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November 2015

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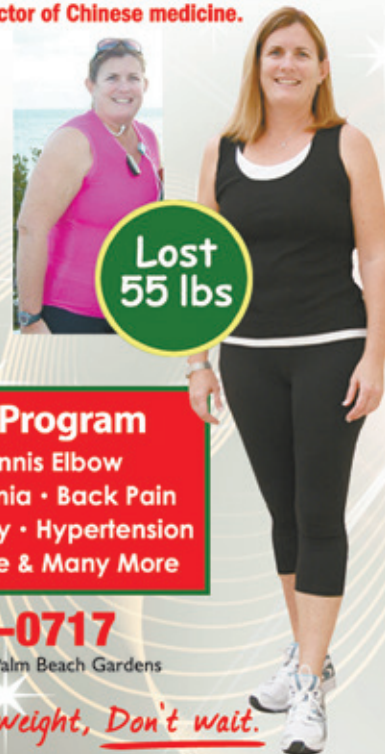
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“STRESSED TRESSES”

Will Holiday Stress Lead to Hair Loss?



By Alan J. Bauman, M.D.

It's not entirely clear yet why a higher level of stress impacts the hair follicles, but some studies have suggested it could be due to above average cortisol levels. When a person is “stressed out” their body tends to experience elevated levels of cortisol, which is a type of steroid hormone produced by the adrenal gland. It has been documented in a number of medical studies that cortisol has a number of adverse effects on the body, including suppression of the immune system, decreased bone density, weight gain, increase in blood pressure and cholesterol, heart disease and lower rates of learning and memory. Recent studies on mice have also indicated that stress hormone levels have a direct impact on impairing hair follicle function, shutting down the hair follicle and causing hair loss. This effect was confirmed by adding a stress hormone blocking molecule in one group of mice, prompting hair regrowth in that cohort.

The normal cycle of the hair is to grow, rest, shed and regrow. However, spiking cortisol levels appear to interrupt this cycle by forcing the hair follicles to go into a resting state prematurely and remain in it longer – most often until the cortisol levels decline. This is what leads to shedding without regrowth. (But keep in mind – some shedding is normal. The average person sheds 100 to 200 strands per day. It is only when the shedding exceeds that level that it is considered problematic.)

For consumers, it is important to realize that the health of your hair is directly linked to the body's overall health; any changes to the latter will impact your follicles in one way or another.

No one will ever be able to eliminate every bit of stress from their lives, and certainly not during the holidays, but it's important for patients to pay close attention to their overall health and the health of their hair. If you notice excessive shedding during periods of stress, it may be time to meet with a board-certified hair restoration physician or a qualified trichologist. These hair science professionals can examine your hair line, scalp and medical background to determine the exact cause of the hair loss and whether or not it will worsen over time. At Bauman Medical Group's state-of-the-art salonB Trichology Center, aside from measuring your hair density over time with HairCheck trichometry and

For most of us, the many joys of the holidays are usually accompanied by extra stress, and in some cases, lots of it. From long lines and shopping trips, family dinners and busy travel schedules, it is easy to forget to take care of yourself. We all know that stress can take its toll on our physical health, but did you know it can also affect your hair?

Believe it or not, hair can be a very sensitive barometer of someone's health. Even small changes in different lifestyle factors, including nutrition, hormone levels, sleep cycles, medications, and of course stress, can wreak havoc on your hair. The old saying has always been that stress will “make you go gray,” but can stress also make your hair fall out? The short answer is “yes,” but thankfully, there is more to it than that, or else—let's face it—no one would have any hair!

Stress alone doesn't cause permanent hair loss, but it can lead to a temporary hair loss situation called telogen effluvium or excessive shedding,

leading to thinning in both men and women. People who are most susceptible to this type of stress-induced fallout likely have other contributing factors as well, such as a genetic predisposition to male- or female-pattern baldness, or certain health factors that are already influencing the hair follicles (e.g., illness, hormonal imbalance, lack of sleep, medications, poor nutrition, smoking, etc.). Additionally, when stress does play a key role in hair loss, it's usually a more extreme circumstance or severe chronic stress—for instance, a serious illness, death of a loved one, or divorce. In the latter case, recent studies have found a correlation between divorce cases and a loss of hair volume.

HairCam photography, we can also test the scalp for key factors influencing hair growth and performance, such as blood cortisol levels as well as scalp sebum, pH and hydration. For some patients, reversing problematic hair may simply come down to adding a hair-specific nutritional supplement like Viviscal Pro or mega-dose Biotin to your diet; or it may include a “scalp makeover” by our salonB trichologists, which utilizes scalp massage, scalp steaming and highly advanced topical products to boost the health of the scalp and follicles. For other patients, this occasional shedding may be a sign of a more serious problem that requires more advanced therapies, such as low-level laser therapy,

platelet-rich plasma (PRP) therapy, Formula 82M minoxidil and FinPlus finasteride.

If you notice sudden, unusual, or excessive shedding, don't ignore it. Hair loss caused by stress, whether emotional or physical, is particularly difficult to self-diagnose because it doesn't happen immediately following the stressful period or triggering event - it often happens weeks, or even months afterwards. To properly diagnose the cause of your hair loss, it is important to be evaluated by a board-certified hair restoration physician, who can help determine if your hair loss is in fact due to stress, or if it is a symptom of a more serious underlying health condition.



1



2



3

STRESS AND HAIR LOSS

Stress is often cited as a key factor influencing the health and quality of the hair, with recent medical studies finding direct causal links between the two. Here are three ways stress may induce or support hair loss in both men and women:

- 1) **TELOGEN EFFLUVIUM:** This type of sudden, excessive hair fallout or shedding is not permanent, and often resolves on its own after a few weeks or months. Repeated cases of TE, however, could result in lasting damage to the follicles and hair strands, as the hair may regrow thinner or weaker each time. TE occurs when the hair follicles' normal growth cycle is disrupted, forcing more follicles into a longer resting phase when no new hairs are produced. TE may be caused by stress (which raises the cortisol level in the blood), changes in estrogen/progesterone levels, serious illness, blood-flow restriction, medications and other health factors.
- 2) **TRICHOTILLOMANIA:** A hair-pulling disorder due to stress, anxiety or obsessive-compulsive disorder, this condition can result in permanent hair loss in the affected areas due to physical damage of the follicles.
- 3) **ALOPECIA AREATA:** A rare auto-immune disease that attacks the hair follicles, resulting in bald “patches” within the scalp. Recent medical research suggests that extreme stress may also play a contributing role in this condition.

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 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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What is **AGE-RELATED MACULAR DEGENERATION?**

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

AGE-RELATED MACULAR DEGENERATION (AMD) is a deterioration or breakdown of the eye's macula. The macula is a small area in the retina — the light-sensitive tissue lining the back of the eye. The macula is the part of the retina that is responsible for your central vision, allowing you to see fine details clearly.

The macula makes up only a small part of the retina, yet it is much more sensitive to detail than the rest of the retina (called the peripheral retina). The macula is what allows you to thread a needle, read small print, and read street signs. The peripheral retina gives you side (or peripheral) vision. If someone is standing off to one side of your vision, your peripheral retina helps you know that person is there by allowing you to see their general shape.

Many older people develop macular degeneration as part of the body's natural aging process. There are different kinds of macular problems, but the most common is age-related macular degeneration.

With macular degeneration, you may have symptoms such as blurriness, dark areas or distortion in your central vision, and perhaps permanent loss of your central vision. It usually does not affect your side, or peripheral vision. For example, with advanced macular degeneration, you could see the outline of a clock, yet may not be able to see the hands of the clock to tell what time it is.

Causes of macular degeneration include the formation of deposits called drusen under the retina, and in some cases, the growth of abnormal blood vessels under the retina. With or without treatment, macular degeneration alone almost never causes total blindness. People with more advanced cases of macular degeneration continue to have useful vision using their side, or peripheral vision. In many cases, macular degeneration's impact on your vision can be minimal.

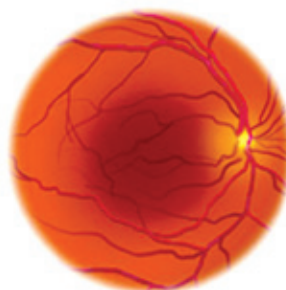
When macular degeneration does lead to loss of vision, it usually begins in just one eye, though it may affect the other eye later.

Types of macular degeneration: dry macular degeneration and wet macular degeneration

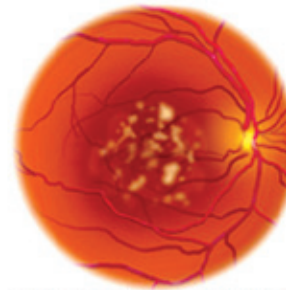
There are two types of macular degeneration: *Dry, or atrophic, macular degeneration (also called non-neovascular macular degeneration) with drusen*

Most people who have macular degeneration have the dry form. This condition is caused by aging and thinning of the tissues of the macula. Macular degeneration usually begins when tiny yellow or white pieces of fatty protein called drusen form under the retina. Eventually, the macula may become thinner and stop working properly.

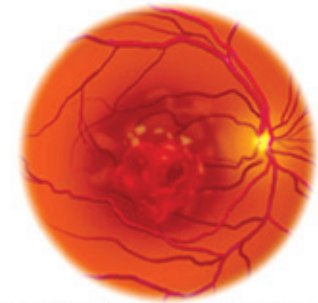
With dry macular degeneration, vision loss is usually gradual. People who develop dry macular



NORMAL MACULA



DRY MACULAR DEGENERATION



WET MACULAR DEGENERATION

degeneration must carefully and constantly monitor their central vision. If you notice any changes in your vision, you should tell your ophthalmologist (Eye M.D.) right away, as the dry form can change into the more damaging form of macular degeneration called wet (exudative) macular degeneration. While there is no medication or treatment for dry macular degeneration, some people may benefit from a vitamin therapy regimen for dry macular degeneration.

Using an Amsler grid to test for macular degeneration

If you have been diagnosed with dry macular degeneration, you should use a chart called an Amsler grid every day to monitor your vision, as dry macular degeneration can change into the more damaging wet form.

To use the Amsler grid, wear your reading glasses and hold the grid 12 to 15 inches away from your face in good light.

- Cover one eye.
- Look directly at the center dot with the uncovered eye and keep your eye focused on it.
- While looking directly at the center dot, note whether all lines of the grid are straight or if any areas are distorted, blurry or dark.
- Repeat this procedure with the other eye.
- If any area of the grid looks wavy, blurred or dark, contact your ophthalmologist.
- If you detect any changes when looking at the grid, you should notify your ophthalmologist immediately.

Wet, or exudative, macular degeneration (also called neovascular macular degeneration)

About 10 percent of people who have macular degeneration have the wet form, but it can cause more damage to your central or detail vision than the dry form.

Wet macular degeneration occurs when abnormal blood vessels begin to grow underneath the retina. This blood vessel growth is called choroidal neovascularization (CNV) because these vessels grow from the layer under the retina called the choroid. These new blood vessels may leak fluid or blood, blurring or distorting central vision. Vision loss from this form of macular degeneration may be faster and more noticeable than that from dry macular degeneration.

The longer these abnormal vessels leak or grow, the more risk you have of losing more of your detailed vision. Also, if abnormal blood vessel growth happens in one eye, there is a risk that it will occur in the other eye. The earlier that wet macular degeneration is diagnosed and treated, the better chance you have of preserving some or much of your central vision. That is why it is so important that you and your ophthalmologist monitor your vision in each eye carefully.

MACULAR DEGENERATION SYMPTOMS

In its earliest stages, people may not be aware they have macular degeneration until they notice slight changes in their vision or until it is detected during an eye exam. People who are at risk for macular degeneration should have regular eye exams to test for macular degeneration and, if diagnosed, begin treatment.

Dry macular degeneration signs and symptoms

- Blurry distance and/or reading vision
- Need for increasingly bright light to see up close
- Colors appear less vivid or bright
- Hazy vision
- Difficulty seeing when going from bright light to low light (such as entering a dimly lit room from the bright outdoors)
- Trouble or inability to recognize people's faces
- Blank or blurry spot in your central vision

Dry macular degeneration can affect one or both eyes. You may not notice vision changes if only one eye is affected, as your unaffected eye will compensate for vision loss in the other eye.

Wet macular degeneration signs and symptoms

- Distorted vision — straight lines will appear bent, crooked or irregular
- Dark gray spots or blank spots in your vision
- Loss of central vision
- Size of objects may appear different for each eye
- Colors lose their brightness; colors do not look the same for each eye

Wet macular degeneration symptoms usually appear and get worse fairly quickly.

WHO IS AT RISK FOR MACULAR DEGENERATION?

Recently much new information on macular degeneration has been discovered. Genetic changes appear to be responsible for approximately half the reason for individuals getting macular degeneration. Additionally, there are other risk factors for developing the disease. Many older people develop macular degeneration as part of the body's natural aging process. One large study found that the risk of getting macular degeneration jumps from about 2 percent of middle-aged people in their 50s to nearly 30 percent in people over age 75.

Oxidative stress and macular degeneration

Our bodies constantly react with the oxygen in our environment. Over our lifetimes, as a result of this activity, our bodies produce tiny molecules called free radicals. These free radicals affect our cells, sometimes damaging them. This is called oxidative stress and is thought to play a major role in how macular degeneration develops. Approximately 1 in 3 Caucasians have genetic changes that make them more prone to damage from oxidative stress, which can lead to macular degeneration.

Macular degeneration in families

Heredity is another risk factor for macular degeneration. People who have a close family member with the disease have a greater chance of developing macular degeneration themselves.

Inflammation and macular degeneration

Some studies have shown that inflammation (swelling of the body's tissues) may play a role in macular degeneration development. Inflammation is the way the body's immune system fights off infection or other things it considers "invaders." But an overactive immune system with its associated inflammation may be a risk factor for macular degeneration.

Smoking, high blood pressure and abnormal cholesterol and macular degeneration

Smoking and high blood pressure are associated with the wet form of macular degeneration. Research also suggests there may be a link between being obese and having early or intermediate-stage macular degeneration develop into the advanced (wet) form.

Another risk factor for developing macular degeneration may include having abnormal cholesterol levels or having high blood pressure (called hypertension).

MACULAR DEGENERATION TREATMENT

The Age-Related Eye Disease Study 2 (AREDS2) showed that among people at high risk for developing late-stage, or wet, macular degeneration (such as those who have large amounts of drusen or who have significant vision loss in at least one eye), taking a dietary supplement of vitamin C, vitamin E, lutein and zeaxanthin, along with zinc, lowered the risk of macular degeneration progressing to advanced stages by at least 25 percent. The supplements did not appear to provide a benefit for people with minimal macular degeneration or people without evidence of the disease during the course of the study.

Another large study in women showed a benefit from taking folic acid and vitamins B6 and B12. Other studies have shown that eating dark leafy greens, and yellow, orange and other colorful fruits and vegetables, rich in lutein and zeaxanthin, may reduce your risk for developing macular degeneration.

These vitamins and minerals are recommended in specific daily amounts in addition to a healthy, balanced diet. Some people may not wish to take large doses of antioxidants or zinc because of medical reasons.

It is very important to remember that vitamin supplements are not a cure for macular degeneration, nor will they give you back vision that you may have already lost from the disease. However, specific amounts of these supplements do play a key role in helping some people at high risk for developing advanced (wet) AMD to maintain their vision, or slow down the progression of the disease.

Talk with your ophthalmologist to find out if you are at risk for developing advanced macular degeneration, and to learn if supplements are recommended for you.

WET MACULAR DEGENERATION TREATMENT

Treating the wet form of macular degeneration may involve the use of anti-VEGF treatment, Micro-Pulse Laser Treatment of wet macular degeneration generally reduces—but does not eliminate—the risk of severe vision loss.

Anti-VEGF medication injection treatments for wet macular degeneration

A common way to treat wet macular degeneration targets a specific chemical in your body that causes abnormal blood vessels to grow under the retina. That chemical is called vascular endothelial growth factor, or VEGF. Several new drug treatments (called anti-VEGF drugs) have been developed for wet AMD that can block the trouble-causing VEGF. Blocking VEGF reduces the growth of abnormal blood vessels, slows their leakage, helps to slow vision loss, and in some cases improves vision.

Your ophthalmologist administers the anti-VEGF drug (such as Avastin, Lucentis, and Eylea) directly to your eye in an outpatient procedure. Before the procedure, your ophthalmologist will clean your eye to prevent infection and will use an anesthetic drop or injection of anesthetic with a very fine needle to numb your eye. You may receive multiple anti-VEGF injections over the course of many months. Repeat anti-VEGF treatments are often needed for continued benefit.

In some cases, your ophthalmologist may recommend combining anti-VEGF treatment with other therapies. The treatment that's right for you will depend on the specific condition of your macular degeneration.

Micro-Pulse Laser treatment for wet macular degeneration

Although most cases of wet AMD are treated with medication, in some instances thermal laser therapy may be used. Laser treatment is usually done as an outpatient procedure in the doctor's office or at the hospital.

The laser beam in this procedure is a high-energy, focused beam of light that produces a small burn when it hits the area of the retina to be treated. This destroys the abnormal blood vessels, preventing further leakage, bleeding and growth.

Following laser treatment, vision may be more blurred than before treatment, but often it will stabilize within a few weeks. A scar forms where the treatment occurred, creating a permanent blind spot that might be noticeable in your field of vision.

Usually the abnormal blood vessels are destroyed by laser treatment. However, it is likely that 50 percent of patients with wet macular degeneration who receive this laser procedure will need a re-treatment within three to five years. You may be instructed to use the Amsler grid daily to monitor your vision for signs of change.



**The Retina
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Lauren R. Rosecan

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

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Laser Liposuction

Laser Liposuction has been around for many years and should have made traditional liposuction obsolete by now, however many physicians are still performing traditional liposuction for several reasons. It can be performed under general anesthesia, and there is no large investment involved as there is with a laser technology. When a patient is put under general anesthesia, the trauma that is caused during the procedure only becomes evident after we wake up. We consider liposuction to be surgery and we expect to have post-surgical consequences which include pain, bruising, swelling, and downtime for several weeks if not more. No pain, no gain right? Not necessarily.

LASER LIPOSUCTION HAS MANY ADVANTAGES OVER TRADITIONAL LIPOSUCTION.

Less Downtime

With traditional liposuction, a cannula is forced under the skin to manually break up the tissue. This movement and force can cause trauma that is comparable to an impact that is felt by a severe car crash. However, the laser fiber that is used during the laser liposuction, replaces this technique and gently melts the fat without the abrupt force. Since we only create a tiny incision that is 1.5mm in size there is minimal scarring. Although swelling and bruising and pain can occur it is minimized. We do not use drains or even stitches and patients are fully ambulatory after the procedure.

Flexible Fiber

Laser liposuction is performed with a laser that uses a fiber that is as small as the stem of an ink pen. It is flexible in nature so it allows for more precise angles and movements to target the hard to reach areas such as the area surrounding the rib cage. As I've seen in many cases, clients who visit me after liposuction performed years prior, there is often a fat bulge that runs along the ribcage because it cannot be reached safely without the possibility of puncturing a lung. So physicians usually steer clear of that area to avoid the risks. With the small flexible laser fiber, we can safely reach those similar types of areas with only minimal risk involved.

Less Risk

Since we are able to locally anesthetize the patient without putting them under, the risks that are associated with general anesthesia are eliminated. There is minimal risk of blood clots compared to traditional liposuction since patient are up and about immediately after surgery. Also, the patients are able to drive home if narcotic prescription medica-

tions are not taken. In most cases, patients choose not to take any.

Skin Tightening

After traditional liposuction, the fat is removed and then what? Loose hanging skin is left? That is exactly what can happen. If you are a young individual then chances are you will have good skin retraction, but with laser liposuction we are able to use a specific wavelength once the fat is removed that is very effective for skin tightening. The skin tightening will continue to improve for up to six months after the procedure.

Even Results

With manual disruption of fat cells, it is not possible to evenly break up the fat. Often times there are ripples that are left under the skin. By using a laser to melt the fat cells, we can keep treating the area until all the fat is evenly melted and dislodged, thereby achieving more even and precise results. In order to assess whether or not a patient is a candidate, a complimentary consultation is recommended.



BEFORE



AFTER

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Diabetes and Hearing Loss – is there a link?

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

No question about it, diabetes is in the news — and not in a good way. Considered by many healthcare providers to be the biggest epidemic of the 21st century, diabetes is affecting more and more Americans at an alarming rate. According to the American Diabetes Association, 30 million Americans have diabetes, and 34.5 million have some form of hearing loss, which makes them two of the most prevalent health concerns in the country. Understanding the risks associated with both diabetes and hearing loss is important in preventing any further complications from occurring.





Familiarizing yourself with the symptoms of hearing loss and scheduling routine hearing checkups could help you catch hearing loss before it progresses too far. Audiologists recommend having your hearing checked regularly, much like an annual physical.

Recent studies by the National Institutes of Health show a strong and consistent link between hearing impairment and diabetes, with people with diabetes being twice as likely to have hearing loss. While the exact cause is still uncertain, experts believe that high blood-sugar levels could damage the nerves and blood vessels of the inner ear in the same way they damage the eyes or the kidneys.

If you or a loved one has diabetes or prediabetes (on the cusp of developing full-blown diabetes), be particularly conscious of the fact that you could be more at risk for hearing loss. Familiarizing yourself with the symptoms of hearing loss and scheduling routine hearing checkups could help you catch hearing loss before it progresses too far. Audiologists recommend having your hearing checked regularly, much like an annual physical. Since hearing loss usually occurs gradually over time, the person experiencing it sometimes doesn't even realize it's happening. In many cases, family or friends notice a person's hearing loss first.

Many forms of hearing loss can be improved with hearing aids, but experts estimate that only one in five Americans who could benefit from them wear them.

If you have other conditions that are linked to hearing loss and notice your hearing has been worse than usual, call us today.



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

By Richard A. Reiner, D.C.

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

IF YOU READ NOTHING ELSE, READ THIS: More than 20 million Americans suffer from peripheral neuropathy, a problem caused by damage to the nerves that supply your arms and legs. This painful condition interferes with your body's ability to transmit messages to your muscles, skin, joints or internal organs. If ignored or mistreated, neuropathy can lead to irreversible health conditions. Its time to get help by someone trained to correct the major cause of peripheral neuropathy. Read the following facts;



MORE PILLS ARE NOT THE SOLUTION:

A common treatment for many nerve problems is to take some pills and "wait and see." While this may be necessary for temporary relief of severe symptoms, using them long term is no way to live. Some of the more common drugs given include pain pills, anti-seizure medications and anti-depressants—all of which have serious side effects.

THE LIKELY CAUSE OF YOUR PROBLEM:

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



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

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

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2. A detailed evaluation of your area of chief complaint.
3. A thorough analysis of your evaluation so we can start mapping out your plan to be pain free.
4. I'll answer your most probing questions about nerve problems and how chiropractic can help.

THE FIRST 25 CALLERS ONLY:

will receive everything I've listed for only **\$35**.

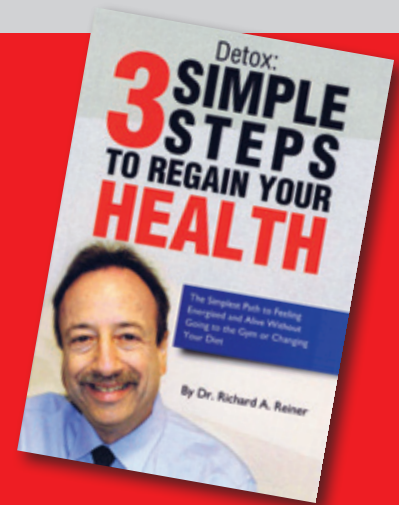
The regular charge is \$150, so you're saving money by taking me up on this offer.

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We can get you scheduled for your consultation as soon as there is an opening.

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in West Palm Beach, FL.**

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



If you sign up for a series of treatments, you'll get a personalized autographed copy of my book,

Detox: 3 Simple Steps To Regain Your Health.

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

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

No Guts, No Glory...

**If our Gut is dysfunctional
we can not enjoy the Glory of good health.**

The most common ailment today is the inability to digest our foods efficiently. People that are experiencing symptoms like heart burn, reflux, leaky gut, ulcers, bloating, burping and irritable bowels are suffering from an imbalance of beneficial and harmful bacterias due to lack of adequate cellular oxygen levels. These under oxygenated cells are over ridden with toxins that enter in to our body through our foods, water and the air we breathe.

Chemicals like Round-up and 100's of other herbicides and pesticides are sprayed freely over our farms. Unfortunately they all have what's called a "drift factor" which means they travel with the wind and contaminate vegetation and water supplies near and far. Unknowingly, we ingest foods tainted with these toxic chemicals everyday to one degree or another.



When our digestive tract is under oxygenated, lacking hydrochloric acid, low on enzymes and not reinforced with a large population of good bacterias we fall prey to undigested foods that putrefy and suffocate the tissue in the gut. The ingested toxins can now go to work weakening and destroying the tight junctions between the cells that create the intestinal wall. The great wall that houses 70% of your immune system starts tumbling down.

Without our first line of defense functioning properly, foreign matter and harmful substances enter the blood stream. Now our immune system calls the second line of defense known as the white blood cells. We have several kinds of these



special task force cells to handle different invaders ie: bacterias, viruses, parasites, chemicals etc. If the blood stream becomes chronically overridden with invaders, the immune system stays on high alert overworking night and day. This is the road to auto-immune diseases.

This is a quick general overview of the important role our digestive system plays in the level of our health. The most basic element we take for granted everyday is oxygen (O₂). This keeps our body working on all levels starting a single cell to every functioning system in our body.

Super oxygen (O₃) is the reinforced “new and improved” version of O₂! We need super reinforcement to maintain health in a super toxic environment. Super Oxygen is a powerful life sustaining and healing substance. It’s a very effective detoxifying agent, a premium blood cleanser, the most potent natural antibiotic and the conductor to the orchestra of the immune system.

There are several ways to oxygenate your body and digestive tract with O₃. You can flood your body with O₃ through the skin while sitting comfortably in a personal sauna with customized rife frequency settings and temperature regulation. Drinking oxygenated water and using ozonated



oil for ingestion and topical use offers many health benefits.

Super Oxygen can be localized for more concentrated penetration to target specific areas of the body. Techniques such as cupping, limb bagging and intravenous delivery systems are various methods the body can receive super oxygen directly. Insufflations through the ears are very effective for brain fog, inflammation, sinus conditions, memory dysfunction etc.

Our digestive system is our immune system and it is the rock that our house of health is built upon. Super Oxygen, minerals, enzymes, clean oxygenated water, a clean colon, mental, emotional and spiritual balance are the jewels of vibrant health that create your crown of glory!



BiO₂ Energy Zone
675 W. Indiantown Rd. Suite 100
Jupiter, FL 33458
(561) 962-1516

info@bioenergyzone.com
 www.bioenergyzone.com

In last months issue the phone number (952-1516) was incorrect. We apologize for any inconvenience.

HOLIDAY WEIGHT GAIN:

The unwanted, unhealthy, un-returnable gift that keeps on giving

It was not surprising to learn that holiday weight gain ranked second in what people dread most about the holidays. Gaining weight is on the minds of many Americans and for good reason. According to the National Center for Health Statistics (NCHS) of the Centers for Disease Control and Prevention (CDC), the National Health and Nutrition Examination Survey (NHANES) revealed, when adjusting for age, an estimated 34.2% of American adults 20 years of age and older were overweight, while 33.8% were obese (Ogden & Carroll, 2010). The overall prevalence estimates for overweight and obesity when combined for adults 20 years of age and older (BMI 25) was a stunning 68.0% (Ogden & Carroll, 2010). Another way to think about the overweight and obesity epidemic is that less than a third of adults (i.e., 31.6%) in the United States are at a healthy weight.

There are a number of claims made in the literature about how much weight people gain during the holidays. Depending on whom you read or listen to about it, the amount of weight gain from Thanksgiving to New Year's Day could range from 1-10 pounds. There are ways to avoid this trap. Try these simple strategies and you can still eat, drink, and be merry without ending up looking as plump as Santa Claus:

HYDRATE:

While rushing around shopping and preparing for guests it's easy to forget to drink plenty of water. Try to get in at least eight glasses a day. Your body easily confuses being hungry and being thirsty, so drinking water regularly will keep you from eating when what you really need is to hydrate.

LIMIT ALCOHOL INTAKE:

Alcohol calories add up fast. A 12-ounce beer has 140 calories and a 5-ounce glass of wine has 100. Plus having too many drinks lowers your inhibitions, so when you imbibe you're likely to eat more. Decide how many drinks you will have at holiday parties beforehand and stick to your decision. Or plan to be the designated driver, and avoid alcohol all together.

EAT SLOWLY:

Research shows that slow eaters tend to eat less food. Try this: Swallow each mouthful before taking the next bite and chat with a table mate in between forkfuls.

BE SELECTIVE, NOT RIGID:

Don't declare all party food off-limits. It's a strategy that's bound to backfire: if you decide to deprive yourself of all treats, you may end up overindulging out of frustration and rebellion. Instead, be honest with yourself about what foods you're really looking forward to and enjoy those in moderate amounts; at the same time cut back on high-fat and calorie-bomb snacks and fillers you really can live without.

STAY ACTIVE:

Exercise is probably the first thing to fall off your to-do list during the holidays, but it's your best ally in the battle against holiday bulge—as well as holiday stress and depression. Don't worry if you can't maintain your regular workout routine due to travel or other commitments. Simply challenge yourself to add some physical activity to your day.

INCORPORATE ACUPUNCTURE:

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



WHERE DOES ACUPUNCTURE FIT INTO A WEIGHT LOSS PLAN?

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

1. Acupuncture reduces food cravings and regulates appetite

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

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

In a randomized study by Sabina Lim and others (Graduate College of Basic Korean Medical Science at Kyung Hee University, Seoul, South Korea), 91 obese persons were randomly assigned to a group receiving stimulation of a five-needle protocol on the outer ear, a group receiving a single ear acupuncture point, or sham (fake) acupuncture. The five-needle group achieved the largest drop in waist

circumference, as well as drop in body fat, followed by the one-needle group, and no change in the control group. The study was published in *Acupuncture in Medicine* on Dec 16, 2013.

2. Acupuncture regulates hormones

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

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

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

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

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

3. Acupuncture reduces inflammation and pain

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

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

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

The study is a review of previous acupuncture studies that compared the ancient Chinese practice to



standard pain care or to sham acupuncture. In the latter, patients are needled in a manner different from (or at spots on the body not tied to) traditional acupuncture.

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

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

4. Acupuncture improves digestion and metabolism

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

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

and the Krebs cycle? People with insulin-resistance have compromised mitochondrial function.

Acupuncture can help restore the body's homeostasis, bringing back its optimal functioning. In acupuncture lingo, we call it “Restoring the Qi” or the body's vital energy.

5. Acupuncture reduces stress and increases relaxation.

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

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

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



Yanhong Meng, AP, DOM

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

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4060 PGA Blvd., Suite 202
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IV SEDATION FOR DENTAL PROCEDURES – How Does It Work?



Many patients have a significant fear of dental procedures. I myself suffer from dental phobia. This fact is interesting because my grandfathers were both dentists and I grew up going to their offices. The time spent there instilled in me that dental procedures, by in large, really do not hurt (yet I look like someone getting ready to take off in a space shuttle once I am laid back in the chair). It is amazing how we can often tolerate other procedures, but when it comes to our mouths we become extremely anxious. Fortunately, much can be done to help ease the anxiety and make dental procedures both comfortable and non-stressful.

What is IV Conscious Sedation:

IV Conscious Sedation (often referred to as “twilight sleep”) is a technique used to help relax a patient before and during a procedure. It should not be confused with general anesthesia in which the patient is literally “under” (in an unconscious state). This form of sedation decreases anxiety and can bring a patient to the level of light sleep. The patient can be aroused by voice or light touch. In most cases, little or no memory of the procedure will occur (yes, it is sad that I chose a profession in which patients prefer not to know I exist).

Is it Safe:

Safety is of course a main concern of patients. In fact, IV Conscious Sedation is considered extremely safe. Patients remain conscious and medications are able to be given in very small increments, with the effects almost immediate, until the desired sedation is achieved. Using this technique allows the doctor to tightly control the dose of the medications given. This is very different than taking a medication orally.

A patient may respond quite differently to a dose of a pill taken by mouth than another patient, therefore the doctor has less control of the level of sedation. In addition, IV Sedation allows rapid reversal of the sedation if necessary.

How Does it Work:

Typically the sedation medication is given until the patient is very relaxed (possibly even lightly sleeping) and the anxiety gone. Once this is achieved, the dental anesthetic can be given and the procedure performed. Incremental doses of the medication can be given to bump the level of sedation throughout the visit. Additionally, medications such as anti-inflammatories, antibiotics or others can be given before the procedure is completed. While under sedation, the patient’s vital signs are continually monitored. IV Conscious Sedation can truly help patients overcome the fear of dental procedures in a very safe and effective manner.

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

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



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

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

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



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Sclerotherapy

By Victoria Zimmer

You may wonder if sclerotherapy interferes with circulation. The answer is no. Once you visualize ugly spider and varicose veins they are no longer doing their job appropriately. Veins have tiny valves inside that work to bring blood back to the heart. The veins that you can see are no longer working effectively to bring blood back to the heart, but rather allowing blood to flow away and then back. In essence, a one-way valve becomes an ineffective and inefficient two-way valve. You still have miles of appropriately functioning veins deep within your legs and feet. The risk of sclerotherapy includes bruising and ulceration. The bruising that results is due to your body's unique ability to eliminate waste. Once a vein is closed your body sends cells that gobble up and eliminate the un-needed end product as waste. The bruising clears up within a matter of weeks. Eventually, the unsightly veins will disappear and the person will have clear legs and feet again! Unfortunately, insurance does not pay for this procedure, as sclerotherapy is considered "cosmetic." Sclerotherapy was once considered financially unattainable for the average person. Now there is an option for those who desire clear legs and feet at an affordable price.

Oceanside Vein Center in Jupiter, Florida prides itself in improving the lives of others at affordable prices.

Victoria Zimmer, MSN, Family Nurse Practitioner—certified by the American Association of Nurse Practitioners—has over 20 years of experience in Palm Beach County working in various facilities in the emergency room, intensive care unit, open heart step-down unit, recovery room,

telemetry, and home health care. She has years of experience injecting and treating others.

Victoria maintains and performs services using the most current evidence-based guidelines and uses only FDA-approved medications. Through her work as an adjunct clinical instructor at a local university, Victoria remains current and up-to-date in the latest FDA recommendations and esthetics guidelines, while motivating baccalaureate prepared nursing students to excel in a wide variety of clinical endeavors. Victoria has extensive experience injecting unwanted veins in legs. This procedure is known as "sclerotherapy." In addition, Victoria is extremely proficient in providing Botox and dermal fillers in order to maintain or achieve a beautiful face. Love your legs and face!

Victoria is passionate about providing excellence in your personal treatment. Whether you are coming in for sclerotherapy (spider vein treatment), Botox, or dermal fillers, she guarantees your personal satisfaction.

OUR MISSION STATEMENT

At Oceanside Vein Center, we pledge to deliver quality services at an improved price. Our hours and scheduling are convenient for patients, and our easy-to-find, beautiful location is directly across from the Jupiter Maltz Theatre on East Indiantown Road. Our convenient parking is at the rear of the building, notably the south side. The south entrance is most convenient to locate our Suite 106-B (on the first floor). As a brand-new business owned by a nurse practitioner that truly cares about your health and satisfaction, we are determined to provide you with the absolute best in customer service and patient care.

Schedule your appointment today at:
www.OceansideVeinCenter.com
 or call (561) 685-8796.
We look forward to meeting you!



Oceanside Vein Center



For men and women plagued with unsightly spider and varicose veins the choice to wear shorts or sandals may be non-existent. There are a variety of treatments available claiming to eliminate these pesky veins, however, sclerotherapy remains the "gold standard" for elimination. Sclerotherapy is the art and science of collapsing or closing veins. A very tiny needle is carefully placed in the lumen or middle of the vein and medication is slowly injected to close the vein. The outcome of treatment depends on two things: the skill of the injector and the medication injected. Healthcare providers that have performed large numbers of sclerotherapy are, of course, more skilled in this procedure than those who perform this procedure less often.



VITAMIN D

And Its Importance In Human Nutrition

Whoever thought the vitamin considered to be the one to stop rickets would then be reclassified in our lifetime as no longer a vitamin but instead a hormone? Vitamin D is a hormone that is involved in more than 300 reactions per second in the human body. For the most part vitamins need to be taken as cofactors for multiple reactions in our human chemistry. Unlike others, Vitamin D can be synthesized by the human body. Incredibly, exposure of sun to the oils in our skin can convert these oils to their active form of Vitamin D. Vitamin D is classified as a fat-soluble vitamin along with vitamins K,E and A. For that reason it can be stored by the body and therefore, at certain levels, can become toxic.

Up until recently most would've considered Vitamin D in very low doses and only for the prevention of rickets and perhaps the absorption or enhanced absorption of calcium. However, during the past year alone, hundreds of articles written about Vitamin D, and its usefulness in so many diseases, make a compelling argument for its use in everyone from infancy to the elderly. Doses much higher than originally thought are needed to create the elevated optimal levels for human nutrition. Currently, the normal level given by labs for Vitamin D3 is 30-100 ng/mL, however, the optimal level that should be strived for are between 60-100 ng/ml. At this optimal range a decrease and protection from significant diseases that beset humankind are suggested. There are two major forms of Vitamin D: Ergocalciferol, also known as Vitamin D2 and Cholecalciferol, also known as Vitamin D3. Vitamin D2 is produced by some invertebrates, fungi and yeast. Vitamin D3 on the other hand is produced by ultraviolet radiation on its precursor 7-dehydrocholesterol to form Vitamin D3 in the skin. Unfortunately, due to many variables it is extremely difficult for us humans to absorb enough Vitamin D from the sun alone. For example, use of sunblocks, taking a shower within 12 hours after sun exposure, having the wrong oils in our skin, and not obtaining enough sun exposure or perhaps having too little of our body exposed for a proper length of time, can all, independently or collectively, be the cause for failure. Even age is a factor for absorption. Certainly the conversion of the sunlight in the oils of the skin to vitamin D3 is the best form that we could possibly receive. It is a water-soluble form unable to be produced by synthetic means and is the most absorbable form of Vitamin D. Vitamin D2, however, is only 10-30% as absorbable as Vitamin D3 and is currently recognized as unsuitable as a replenishable form of Vitamin D. A new article, however, recently noted that patients with early onset of Alzheimer's may be helped by Vitamin D2 ingestion. An animal study recently examined the effectiveness of Vitamin D2 in reversing the plaques that form in the brain.

Being that this is a fat-soluble vitamin, it presents concern about toxicity, although it has recently seemed to be overrated. The LD50, the dose of Vitamin D3 that would kill half of the animals tested with the same dose, is quite high. It would take 3,520,000 In-

ternational Units of Vitamin D to hit the LD50 which means an individual could take 10,000 units a day of Vitamin D3 every single day, month after month, year after year and not ever reach a toxic dose. Doses that lead to a level of vitamin D3 between 100 and 150,000 would need to be tailored or drawn back a little so as to make sure the optimal levels are maintained at 60-100 ng/mL. For those concerned about creating hypercalcemia or elevated calcium levels in the blood should note that doses of 50,000 International Units of vitamin D3 daily would have to be taken for months to have hypercalcemia occur. Functional doses or physiologic doses of 5000 IUs a day have actually been shown to reduce artery accumulation of calcium. And for certain, don't be misled to believe that sunblocks are needed to block the production of malignant melanoma because it is been found that individuals with the highest levels of vitamin D in their system have the lowest rates of this aggressive cancer, malignant melanoma.

Vitamin D is carried in the bloodstream to the liver, where it is converted to calcidiol which in turn is converted into calcitriol, the active form of vitamin D, either in the kidneys or by certain cells of the immune system. Vitamin D can act as an antimicrobial blocker by helping the body's immune system to work appropriately. Vitamin D is also imperative in the healthy conversion of DNA into its progeny; therefore, when levels are low the individual is more prone to solid tumor of all kinds.

For those eating a raw vegetarian organic diet, the sources for vitamin D are scant. Fatty fish species, such as Catfish, Salmon, Mackerel, Sardines, Tuna, beef, liver and whole eggs are some of the non-vegetarian origins for Vitamin D. The only vegetarian sources truly are UV irradiated mushrooms and yeast. To some degree Portabella mushrooms that have been exposed to sunlight may also have some increase in Vitamin D content.

COMPREHENSIVE LITERATURE REVIEW:

Scientists at London Kingston University have recently demonstrated that Vitamin D2 may help in the prevention and reversing of Alzheimer's Disease.

University of Copenhagen noted that individuals with low levels of Vitamin D3 have a marked increase in both heart disease and heart attacks. These same individuals were shown to have a 40% higher risk of ischemic heart disease, 64% higher risk of heart attack, 57% higher risk of early death, and no less than 81% higher risk of death from heart disease.

Improving mental function, preventing obesity and decreasing the risk of developing rheumatoid arthritis have all been noted recently in the literature.

Drexel University School of Health has demonstrated that obese patients with low levels of vitamin D have a marked increase risk for Diabetes Type II. The study found obese individuals are 20 times more likely to have insulin resistance, although low Vitamin D plus obesity was associated with a 32 times greater likelihood of insulin resistance.

The European Journal of Clinical Nutrition notes that older individuals with low levels of Vitamin D have a 30% increase risk of dying than people with higher levels.

According to the University of Rochester Medical Center the combination of BCG, often used to treat bladder cancer, and Vitamin D may make a formidable combination in the fight against this type of cancer.

Loyola Health System in Chicago noted that rejection of a lung transplant was enhanced when the individual has low Vitamin D levels.

The European Society of Hypertension stated that when Vitamin D was given to individuals during winter months it actually helped reduce blood pressure.

Researchers of National Jewish Health demonstrated that Vitamin D can positively influence and decrease inflammation. We all know that real inflammation has a causal relationship between heart disease as well as most cancers.

A study of mice at Institute of Ophthalmology at University College London, Found that old mice with eye difficulties, similar to age-related macular degeneration, were aided by the introduction of Vitamin D to their diets.

University of California at San Diego discovered a correlative relationship between higher rates of lung cancer and less exposure to the sun and that Vitamin D may help prevent cancer of the lung as it has already been shown in the cases of prostate, breast and colon cancer. It seems that a mechanism of Vitamin D usage in the division of the DNA helps to control the out-of-control cancer cells.

The National Institute of Health has shown that giving larger doses of Vitamin D3 to rats with uterine fibroids has a reduction of up to 75% of the fibroid size.

Even menstrual cramps can be aided by giving an individual 300,000 international units by injection every three months. University of Messina published this article in the Archives of Internal Medicine.

In the 2012 meeting of American Academy of Orthopedic Surgeons it was suggested that most patients, who are athletes with trauma, do not have sufficient levels of Vitamin D to heal in an appropriate manner.

Children becoming obese may be related to the deficiency of Vitamin D in women that were pregnant with low levels of the same. This article was promoted in the American Journal of Clinical Nutrition in the May issue, 2012.

Two new studies appearing in the Journals of Gerontology Series A: Biological Sciences and Medical Sciences show that vitamin D may be a vital component for the cognitive health of women as they age.

Even the prevention of dental caries may be linked to Vitamin D levels according to a new article published in Nutrition Reviews,

It should be pretty convincing that each individual, man, woman and child should have optimal levels of Vitamin D3. Even infants from the first day of life that have 2000 IUs daily have been found to have an 85% less chance of ever having Type I Diabetes. Safety and efficacy issues seem to be so compelling that not bringing the levels to the optimal 60-100 ng per ml is irresponsible. Physicians and patients alike must familiarize themselves with the articles that have already been written and the new ones that are becoming evident on a daily basis in favor of our raising our Vitamin D3 levels appropriately. I am often asked how much one should take when it comes to Vitamin D3 and what is the best route for absorption? The level that's appropriate for one's use should be depended upon a previous blood test including the measurement of both D2 and D3 levels. Less than optimal levels should be replenished aggressively; especially in those individuals that already have either a cancer, autoimmune disease or some other serious inflammatory or infectious disorder. Many now agree that the Vitamin D deficiency is the number one cause of our getting the Influenza and probably our best insurance for the winter months for escaping the flu is getting our Vitamin D3 levels optimized. Most of us will require 5 to 8 thousand IUs daily just to maintain a healthy level. For those of us below the optimized level would require much more. Often 10,000 to 15,000 units a day are indicated for periods of up to 2 to 3 months. Often to help the individual reach their goal in a more pro-



ficient manner, injections intramuscularly of Vitamin D3 in high doses are required even every other day. I have found the liquid Vitamin D3 made from lanolin, sheep hair oil that has been converted to high levels of Vitamin D from the sun, to be the best oral source.

The role of Vitamin D in the body includes modulation of cell growth, neuromuscular and immune function, and reduction of inflammation. Many genes that regulate cell proliferation, differentiation, as well as necessary cell death (to allow new cells to be made) are handled in part by Vitamin D. Many cells have Vitamin D receptors that are often blunted when individuals have high stress levels increasing adrenal function. It is very common to have high levels of cortisol interfere with the proper absorption of Vitamin D; therefore, individuals with high levels of stress may find it difficult to get to optimal ranges because of their adrenal function being abnormal. Sunshine converting the oils in our skin to the most active form of Vitamin D may unfortunately be impractical. Because new studies demonstrate that it could take up to 48 hours before Vitamin D is absorbed but it is likely that most individuals would have showered by that time. Complete cloud cover and shade could reduce ultraviolet radiation by 50 to 60%. Please note that UVB light, required for the conversion of the oils to vitamin D3, does not penetrate windows so indoor sunshine will have no use in benefiting an increase.

It's obvious that supplementation both orally and intramuscularly will be required for most individuals. One is most at risk for low Vitamin D3 levels as an infant, an older individual, a dark skinned individual or one that has little or no sun exposure. Any problem with gut metabolism especially that relates to fat metabolism, as seen in someone with a gastric bypass, would also have difficulty with all fat soluble vitamins including Vitamin D for absorption. Certain medications such as corticosteroids, fat blockers and cholesterol lowering drugs may inhibit the absorption of Vitamin D. 7.6 million children

and 50.8 million adults are below the normal range for Vitamin D. For those of us consuming a healthy raw vegetarian diet, a higher risk for Vitamin D deficiency exists because of the lack of Vitamin D in most vegan products. The State University of New York at Albany has made it clear to women noting that breast-cancer cells died within days after injection with Vitamin D. With Vitamin D able to prevent 50% of breast cancer cases and two thirds of colorectal cancer cases it may just be the miracle we've been waiting for in this century.

In summary, Vitamin D usage includes preventing multiple sclerosis, solid tumor cancers, arthritis, hypertension, heart disease, obesity, age related macular degeneration, tuberculosis, and insulin resistance issues that can lead to diabetes mellitus. With the National Institute of Cancer itself suggesting that 80% of cancer cases could be prevented, it simply behooves us to easily check our Vitamin D2 and D3 levels and replete them accordingly on a regular basis.



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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.”

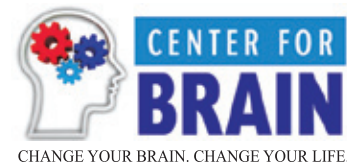
Michael Cohen, President and Founder, Center for Brain

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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CHANGE YOUR BRAIN. CHANGE YOUR LIFE.

Pain, Pain Go Away – ELECTRIFYING NEWS

By Wayne S. Weidenbaum, M.D.

Pain is truly important in all of our lives, so that when something is wrong we are alerted to do something about it. However, when pain lasts far longer than the healing process, and the damage is no longer progressing, it can become its own debilitating problem. Chronic pain affects a tremendous number of people in the world and now there are many effective treatments.

Simply put, sensations, like pain (most times), travel through the body in nerves, relay through the spinal cord and reach the brain that translates the message into feelings, thoughts, emotions and actions. The French philosopher, Descartes explained this in the 1600s (diagram above).

Electricity has been used since ancient times to treat pain. Electric Torpedo fish were used 2000 years ago to treat pain from gout and headaches. We have since learned to use electricity much more effectively to treat chronic pain in the form of spinal cord stimulation or “the pacemaker for pain”.

Spinal stimulators are devices that can dramatically reduce certain kinds of pain, by producing electricity next to the spinal cord, which either decreases the painful sensation, or replaces it with a more pleasant sensation such as tingling, vibration or a massaging sensation. Patients can control what the stimulator does with a wireless remote control. The devices have improved dramatically over the last 30 years and now they are very small and very reliable.

Typically a trial or “test drive” is done to make sure a patient would benefit from a stimulator. We do this by placing epidural needles in the back, much like an epidural injection, and then inserting very thin wires through the needles until they are in the best position. We assess the response right in the operating room by turning on the stimulator and asking the (mildly sedated) patient what they feel. The needles are removed and we place a dressing over the wires, which are left in place. The wires are then attached to a small portable battery for the patient to go home. The patient them self will test the amount of pain control for a few days. The wires are removed easily in the office.

If the patient gets significant pain relief from the trial, then we can make it permanent, by making small incisions in the back and implanting the battery and wires as an outpatient. They can then control their stimulator with a remote control. The above is a description of the most common type of stimulator used, but there are many other variations. Spine surgeons can implant more invasive “paddle electrodes”, and we sometimes place the wires over nerves outside the spine for more discrete problems. Some urologists also use stimulators for bladder control problems.

Conditions that are treated this way involve nerve pain, like sciatica, pain that persists after spine surgery, RSD (now called complex regional pain syndrome), pain after amputations, pain from nerve injuries, post-herpetic neuralgia and peripheral neuropathies. This is certainly not a complete list and new approaches and techniques continue to improve our ability to treat pain using these techniques.



Doctors used to think of this treatment as a “last resort”, probably because the equipment and techniques were less refined and reliable years ago. Now we know there is a very important place for this amazingly effective treatment.

The most important factors in achieving a successful outcome are first: careful patient selection to ensure that the patient is motivated to improve and second that the patient has a problem that can respond to this type of treatment. Of course it helps that the doctor has substantial experience and expertise as well. Interventional pain physicians do most of these procedures, but there are some other specialists like neurosurgeons and spine specialists who have experience with this too.

Anyone suffering from a severe chronic pain, for which no treatments seem to be working, may want to schedule a consultation with a physician experienced in the use of spinal stimulators to learn if this treatment may be an option.



WAYNE S. WEIDENBAUM, M.D.

Board Certified in Pain Medicine and Anesthesiology

Dr. Weidenbaum is Board Certified by the American Board of Anesthesiology and the American Board of Pain Medicine. He earned his medical degree at S.U.N.Y. Health Science Center at Syracuse. He completed his residency in Anesthesiology and Pain Medicine at S.U.N.Y. Health Science Center at Syracuse.

He specializes in performing interventional procedures and overseeing medication management to treat acute and chronic pain conditions. He has strong interest in interventional pain management techniques such as radiofrequency lesioning, spinal cord stimulation, and programmable morphine pump implantation.

He is a member of the American Society of Interventional Pain Physicians, American Board of Pain Medicine, American Society of Anesthesiologists, AAPM, FSA, FSIPP

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Compression Devices: Effective Treatment for Limb Swelling

By Alyssa Parker

Many individuals attempt to manage their limb swelling through various treatments such as compression stockings, exercise, diuretics, and elevation with little or no results. Limb swelling, also known as edema, may be a symptom of an underlying medical condition. Some of the most common conditions where limb swelling is the first symptom include venous insufficiency, post operative trauma, infection, and lymphedema. Clinicians may overlook the cause of your swelling; Lymphedema or venous insufficiency is not always evident in their earliest stages. It's important to seek treatment early on to prevent further complications. These conditions can be easily misdiagnosed as acute and minor swelling followed with minimal treatment. Pneumatic compression devices are one of the most highly recommended treatments for these conditions and are recognized by Medicare.



Chronic venous insufficiency is another condition that causes swelling in the legs along with open wounds. CVI occurs when the valves in the veins that normally channel the blood to the heart become damaged which then leads to pooling of the blood in the lower extremities. Discoloration of the skin, referred to as hemosiderin staining, is identified by a reddish staining of the lower limb. From poor circulation shallow wounds may develop due to the stagnant blood that would normally return to the heart. Symptoms vary but may include swelling, aching, itching or burning, varicose veins, infection, chronic venous ulcer, and decreased mobility.

Treatment

A widely recognized and highly effective treatment is using a compression pump. This is a safe and effective way to assist your body's circulatory system in moving the excess 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. This is a great treatment option for patients who have tried compression stocking, elevation, diuretics, or massage with little or no relief. This is a safe and effective way to assist your body's circulatory system in moving

the excess fluid which has accumulated in the limb and can cause painful swelling, non-healing wounds, heaviness, and discomfort decreasing your mobility.

This is where choosing a physician experienced in recognizing and treating Lymphedema or CVI is critical. Some good questions to ask your physician include:

- Does my family have a history of swelling (Hereditary Lymphedema)?
- Stemmer'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 socks") appear from the ankles down
- Traumatic injury or surgery potentially damaging Lymph nodes (Hip replacements, etc)?
- Radiation to Lymph areas?

Remember ANY swelling is an indication of an overloaded Lymphatic system.

The compression pump is recognized by Medicare and covered by many commercial insurers; Actual coverage varies with individual plans. 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.



Lymphedema and Chronic Venous Insufficiency

After having a surgical procedure cancer or non-cancer related (example hysterectomy or gallbladder removal) it may take months or years for Lymphedema to manifest because of its slow progression. It is imperative that Lymphedema is treated quick and effectively, regardless of the severity. Complications dramatically decrease when treatment is started in the earliest stage of Lymphedema. When left untreated common complications include cellulitis or lymphangitis, skin changes such as skin thickening, restricted movement of a limb, or chronic wounds. Aside from surgical procedures and radiotherapy for cancer other known triggers include vein stripping, peripheral vascular surgery, trauma, inflammation, infection, and insect bites.

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The Power of PRP for SUPER-FAST HEALING

By Dr. Angel Cuesta

PLATELET RICH PLASMA was initially developed in the 1970's and was first used in the late 80's and early 90's primarily by oral surgeons and plastic surgeons. Recently, PRP has gained national press attention as more and more professional athletes and celebrities are using the state of the art treatment for different purposes. Tiger Woods, Hines Ward, Alex Rodriguez, Fred Couples and Kim Kardashian are some notable personalities to have received PRP treatment recently.

WHAT IS PRP?

PRP is your body's own blood plasma with super concentrated platelets. Platelets are cells within your blood that contain natural sources of growth factors, proteins, and cytokines that activate cell recovery and stimulate the healing of bone and soft tissues.

HOW DOES IT WORK?

The body's first response to soft tissue injuries is to deliver platelet cells to the damaged area. During inflammation, growth factors (called cytokines) from the platelets are released and are responsible for the repair process that naturally occurs in the body. Packed with growth and healing factors, platelets initiate repair and attract the critical assistance of stem cells. PRP consolidates these growth factors, cytokines and proteins. By injecting the PRP into the damaged area, its natural healing process intensifies the body's effort by delivering a larger concentration of platelets directly into the area of need. This in turn stimulates inflammation which triggers the healing process thereby stimulating repair and regeneration.



Benefits of PRP

Safe –The platelets are harvested from your own blood, so there is little to no risk of complications including rejection, reaction, or disease transmission.

Fast Healing Time – The procedure is quick, usually taking only 1 hour to perform. There is also little down time and recovery time. You can also resume daily activities right away.

Non-Surgical – This treatment avoids surgery with the possible complications and down time associated with surgical procedures.

Avoids Cortisone Shots – Multiple cortisone injections are detrimental and have several contraindications and side effects such as tendon weakness, nerve damage, bone thinning just to name a few.

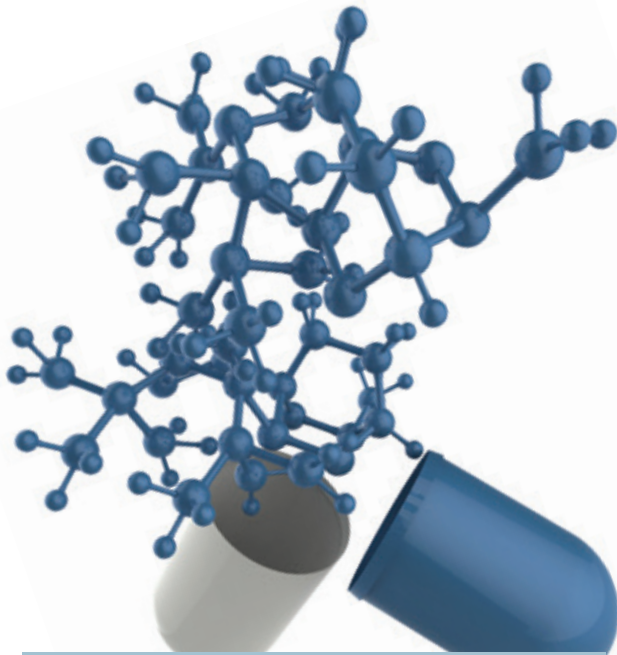
Cost-Effective –This is an outpatient procedure that avoids surgical, hospital, or facility costs.

WHAT CONDITIONS CAN BE TREATED WITH PRP?

- Golfer's elbow
- Tennis elbow
- Patellar tendinitis (jumper's knee)
- Bursitis
- ACL injuries
- Rotator cuff injuries
- Osteoarthritis of the knee, shoulders and hips
- Achilles' tendinitis
- Plantar fasciitis
- Ankle/knee sprains
- Muscle strains



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SALT THERAPY



Antibiotics, steroids, oxygen tanks and rescue inhalers... those who suffer from COPD, allergies, asthma and sinusitis know the benefits but also the troubling side effects of the medications offered by doctors. Now people in the United States are discovering a natural alternative to relieve their worst symptoms: salt therapy. Practiced for hundreds of years in Europe in salt caves or mines, salt therapy centers have opened in larger cities in the U.S. over the past 5 years, and are now springing up all over.

Salt is anti-inflammatory and antibacterial, so when it is inhaled (think: a day on a sailboat) airways open to receive more oxygen and expel mucus, while also being cleansed of germs and pollutants. How does this work at a wellness center? First, rooms that mimic a salt cave are constructed, salt on the walls and floors providing a negative ion environment that is relaxing and balancing to the positive ions ever-present in the world we live in. This microclimate is enhanced by a halo generator which grinds salt into particles fine enough to reach every area of the lungs, sinuses and ear canals. Just sit back for 45 minutes, relax, read, nap, and walk out with a more open and refreshed respiratory system.

Anyone who suffers from symptoms from sinusitis, bronchitis, allergies, asthma – even COPD and Cystic Fibrosis – is likely to enjoy better breathing and diminished use of steroids and antibiotics. Breathing salt also supports the immune system and acts to reduce the risk of colds and flu, and rates of ear infection. Athletes benefit from enhanced lung function, and skin dermatitis is diminished – hair and skin feel softer after each visit.

The Salt Suite is a wellness facility providing salt therapy with one relaxation room for adults and one playroom for children. We offer every visitor their first session free, and now have 3 locations in Palm Beach County and one coming soon to Ft Lauderdale. Call **561-316-3105** for questions and to reserve a seat.



In addition to being a Board-Certified physician, Dr. Ghen holds a Master's Degree in Biomechanical Trauma and has a Ph.D. in nutrition and psychoneuroimmunology.



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UNDERSTANDING DRY EYE AND BLEPHARITIS

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

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



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

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

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

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

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

Dr. Goldman speaks English and Spanish.


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Developing Discipline



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

Here’s a follow-up question: **WHY ARE YOU NOT DOING IT?**

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

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

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

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

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

Spiritually speaking, the same is true: our relationship with God is largely determined by our discipline. You ask any godly man or godly woman and

they will tell you about the importance of discipline. Spiritual discipline is the habit of making wise decisions and then living in alignment with them. Our behavior needs to be in alignment with our thinking and that takes discipline.

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

Here are three “Disciplines of Being Disciplined”.

1. Persistence - “Never Give Up”

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

2. Advance Decision Making - “Say No Now”

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

3. Delayed Gratification – “Putting Pain before Pleasure”

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

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

Dr. Ray Underwood

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