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February 2017

North Palm Beach Edition - Monthly

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**ARE YOU  
CHRONICALLY ANXIOUS?**

**WHY DO SO MANY  
MEN AND WOMEN  
EXPERIENCE EXCESSIVE  
SHEDDING IN FEBRUARY?**

**A NEW APPROACH  
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**good  
news**

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Read more about neurofeedback and Center for Brain on Page 8

**Have you been seriously considering getting help for your anxiety? Don't suffer one more day!**

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## Upcoming Seminars Jupiter Plastic Surgery Center:

- Wed. Feb 8<sup>th</sup> 12:30 pm** ZO Skin Health Lunch & Learn
- Wed. Feb 15<sup>th</sup> 12:30 pm** Liposonix, Pelleve, Thermigen and Light Therapy
- Wed. Feb 22<sup>nd</sup> 12:30 pm** Mini Facelift & Fillers
- Wed. Mar 1<sup>st</sup> 12:30 pm** ThermiVa Feminine Rejuvenation  
Jupiter Plastic Surgery Center
- Thurs. March 9<sup>th</sup> 5:30 - 7:00 pm** ThermiVa Feminine Rejuvenation  
JoAnn Francis Medical Esthetics  
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- Wed. Mar 15<sup>th</sup> 12:30 pm** Skinbetter Science Lunch & Learn
- Thurs. March 30<sup>th</sup> 5:00 - 7:00 pm** ThermiVa Feminine Rejuvenation  
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# DO YOU HAVE A PROBLEM WITH ALCOHOL OR DRUGS?

By Ashley Miller, M.Ed, LMHC, CAP



Chances are, if you think you have a problem with alcohol or drugs (prescription or recreational), you probably do. Honestly answer these questions to help assess your situation:

1. *Have you felt you ought to cut down on your use?*
2. *Have people annoyed you by criticizing your use?*
3. *Have you felt bad or guilty about your use?*
4. *Have you ever used first thing in the morning to steady your nerves or to get rid of a hangover?*

If you answered “yes” to two or more of the above questions, it suggests you have a substance use problem. More important than the number of “yes” responses is how you feel and how your behavior affects your life.

Many people do not get the help they need since their feelings of worry, hopelessness, fear, guilt, and shame prevent them from reaching out to professionals who can help them. Facing up to the fact that you might have a problem takes courage. Deciding to take control and get some help is a really brave move, and if you do feel you have a problem, getting help can be the best thing ever. The easiest and quickest way to get help is to talk to someone about it. The sooner you talk to someone about what you’re going through, the sooner things will start to feel a bit better. Fortunately, getting the help you need is as simple as making a confidential phone call to an addiction professional who can offer support and insight into your individual needs.

Recovery from addiction is possible. At Origins of Hope we specialize in creating a women centered treatment program that focuses on the individual. Through our holistic approach, we help heal the entire person, mentally, physically, and spiritually. Our interdisciplinary staff works closely with each patient to help overcome addiction and inspire hope.

## WOMEN CENTERED

Women are unique in so many ways and treatment is no different. Our treatment program is women centered and focuses on the distinct needs of women in addiction recovery. The atmosphere at Origins of Hope, characterized by support, acceptance, and hope, is the foundation that provides our client’s the ability to work through challenges productively. We recognize the special traits that women possess and encourage strategies and skills that highlight those traits and strengthen healing. Since women frequently become dependent on substances to seek relief from painful emotions, we teach women ways to calm oneself through self-soothing techniques and sharing with others to replace destructive ways of coping.

Our comprehensive approach addresses the physical, psychological, emotional, spiritual, and sociopolitical aspects of addiction. We provide specialized treatment services and offer an array of resources to help with specific issues experienced by women including child care, parenting, domestic violence, housing, etc., to help women overcome barriers that may prevent them from engaging in treatment.

Ashley Miller, a Certified Addictions Professional, is the Clinical Director of Origins of Hope, a premier treatment program for women. Utilizing holistic & evidence-based methods, OOH aids women in developing the skills necessary to overcome addiction and establish a solid foundation in recovery.



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# Are you **Chronically Anxious?**

## **Neurofeedback Helps Chronic Anxiety without Medication**

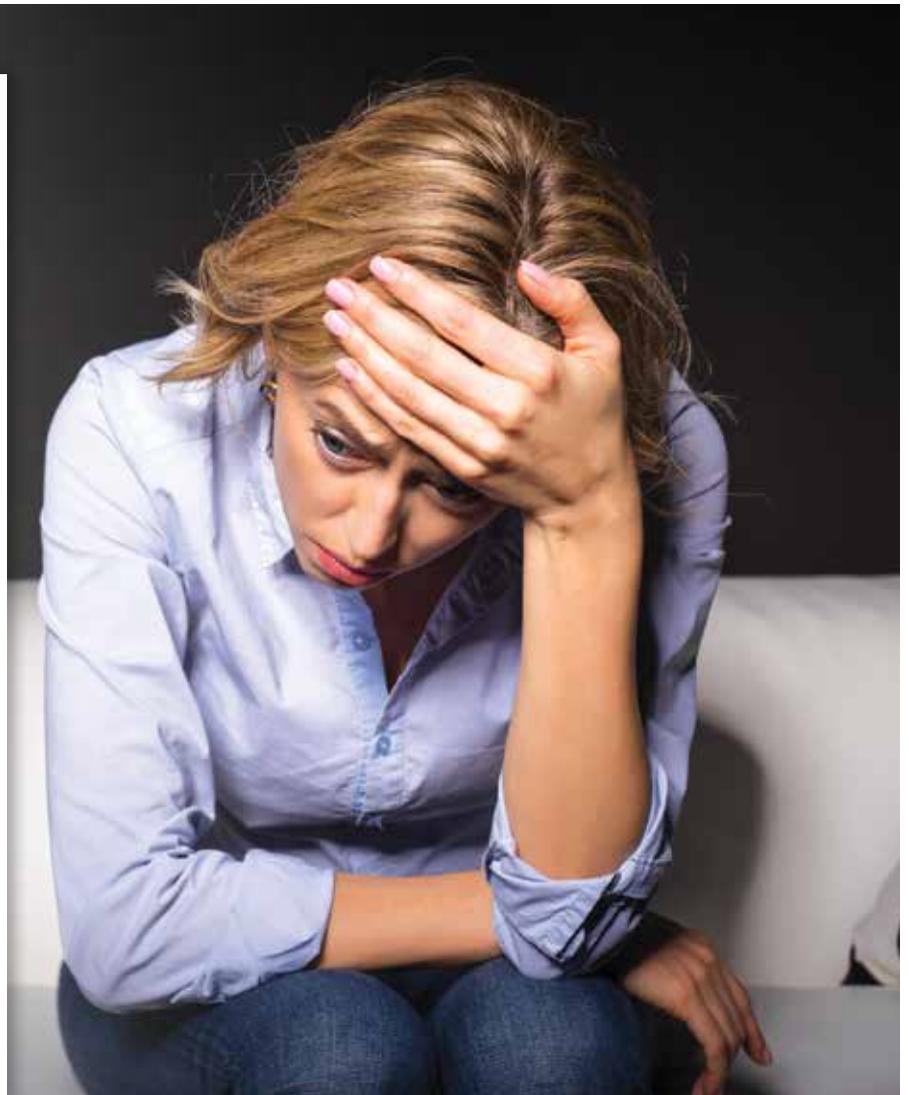
By Mike Cohen, Director  
Center for Brain

### **TAKE A MOMENT TO ANSWER THESE QUESTIONS:**

- Do you feel fearful?
- Do feelings of fear “come out of nowhere”?
- Do you worry excessively about situations or events, out of proportion to their chances of happening?
- Do your worries result in physical symptoms such as sweating, nausea and diarrhea?
- Do you have trouble concentrating, even on important matters?
- Is your sleep disturbed? Do you have trouble going to sleep, falling asleep or both?
- Are you frequently irritable?
- Do you have panic attacks? These are sudden episodes of intense fear causing severe physical reactions when there is no real danger or apparent cause. You feel like you’re losing control, having a heart attack or even dying.
- Do your symptoms make it hard to carry out day-to-day activities and responsibilities, causing problems in relationships and work?

If you said “yes” to two or more of these questions you probably have anxiety – and you also probably already know it, especially if you’ve been plagued by these symptoms for six months or more.

Maybe you’ve tried medications and they didn’t help much, or you don’t want to take drugs.



For someone like you there is a solution called **neurofeedback** – and it doesn’t involve drugs.

### **Why Can’t I Talk Myself Out of My Anxiety?**

People who don’t understand anxiety may tell you to calm down and not let things bother you. You may even tell yourself that, but if it were that easy you’d already be doing it!

Anxiety and fear are a normal state of mind when there’s a true threat or danger. For most people, when the danger has passed, the mind goes back into a calm state.

People prone to anxiety have often suffered trauma either as a child or as an adult which wasn’t addressed and worked through with therapy, impacting their feelings of safety. The brains of people subject to chronic anxiety get “stuck on high alert,” making it difficult to go about daily life. No amount of logic changes how you feel. How can you concentrate, trust people or have normal interactions when your brain is telling you that your life or well-being may be at risk?

### **What is Neurofeedback?**

Neurofeedback is one of the most powerful technologies in the world for reducing anxiety and panic attacks. It helps the brain get “unstuck” from high gear and operate the way it should when going about day-to-day living.

Neurofeedback takes advantage of “neuroplasticity,” the brain’s ability to change itself. It teaches the brain another way to respond to stimuli like everyday triggers. A computer

analyzes the brainwaves, then “talks back” to the brain using customized sounds and images. This feedback encourages positive brain activity such as relaxation, focus and attention and discourages the type of brain activity which causes anxiety. With repeated training the brain learns to slip more easily back into a state of calm.

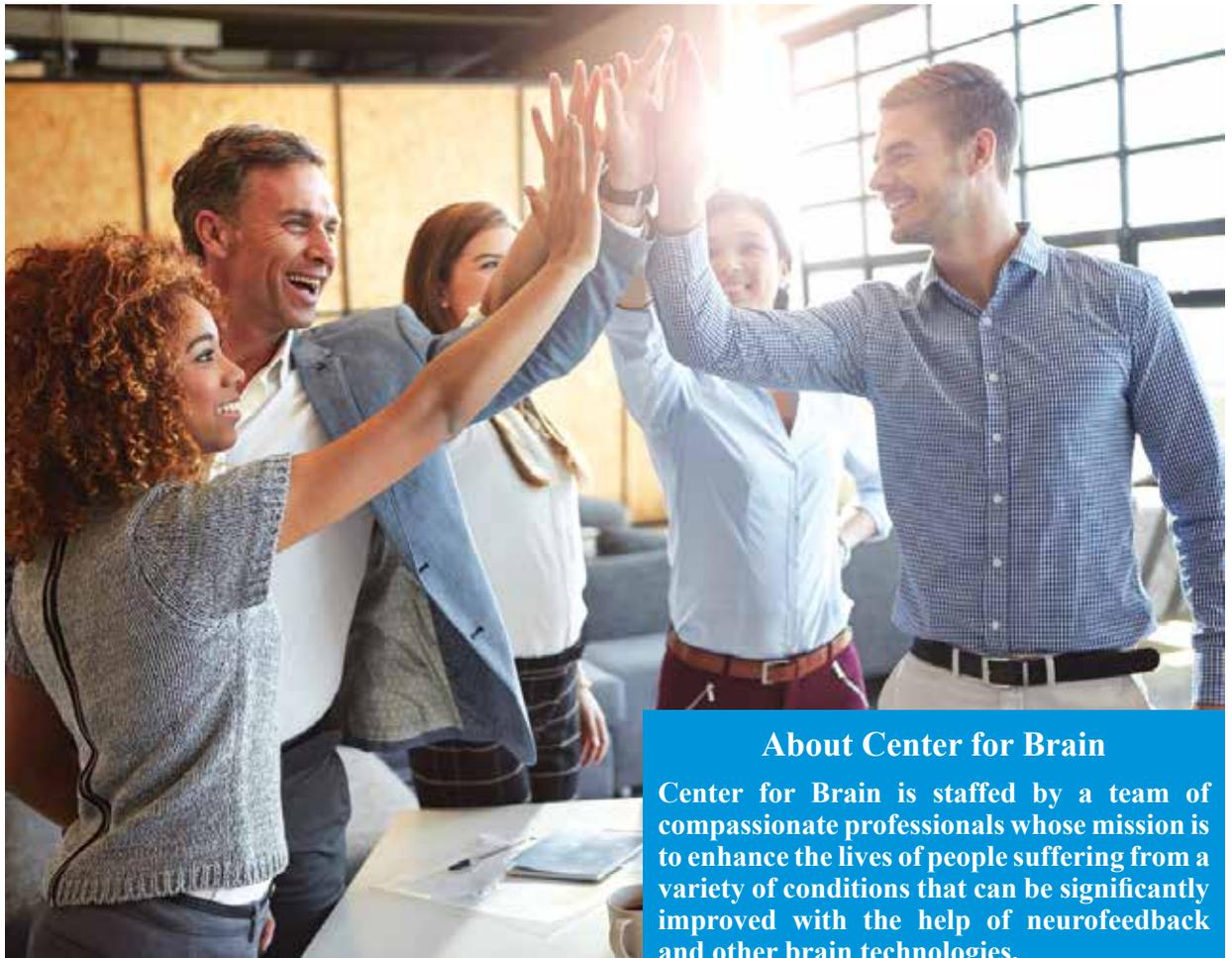
**Do I Have to Do Neurofeedback Indefinitely?**

No. The number of sessions varies depending on the individual, but 25-30 sessions are sufficient for many people to have retrained their brain for long-term improvement.

**Does Neurofeedback Do the Same Thing That Medication Does?**

In some ways, yes, but in one important way, no. Both neurofeedback and medication calm the brain. The difference is that medication doesn't have any permanent impact on brain function. Once the medication wears off, you're right back where you started.

Neurofeedback, on the other hand, teaches the brain a different way to handle the stimuli of life, reducing its tendency to overreact to the situations encountered in day-to-day life. Many of our clients have been able to reduce or eliminate anxiety medications.



**About Center for Brain**

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

**CLIENT SUCCESS STORIES**

**Cecily, 52**, had suffered from anxiety and depression since her late 20s following a serious car accident. Medications helped at first but eventually did not. Doctors ran out of ways to help her, and her anxiety surged.

Cecily became increasingly fearful. She stopped participating in normal activities and felt completely overwhelmed. An intensive and comprehensive intervention of neurofeedback and other therapies at Center for Brain, along with 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.

**Brett, 24**, 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 neurofeedback 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 did not improve. By the time Melissa came to Center for Brain, she had been suffering extreme anxiety for a solid year with very little relief.

After a month of neurofeedback, Melissa 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 Melissa appeared in our office bright, cheerful, and engaging, without any anxiety symptoms.



**Michael Cohen, Director**  
Center for Brain

Mike Cohen is a leading expert in brain biofeedback. For over 20 years he's worked with clients, taught courses and provided consulting to MD's and mental health professionals around the world, helping them incorporate into their practices new biofeedback technologies for chronic pain, anxiety and mood disorders, ADHD and neurological problems.



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# Why Do So Many Men and Women Experience Excessive Shedding in February?

By Dr. Alan J. Bauman



When your body thinks it's starving, it doesn't make 'luxury' items like hair. This can be bad news for the millions of Americans who have spent the last month going to extreme measures to lose the pounds they packed on during the holiday season.

What many dieters don't realize is, the "crash" diets often seen this time of year are not only bad for your health, but they are bad for your hair. Caloric, iron and protein deficiencies are among the most common nutritional triggers for unhealthy hair, including excessive shedding and thinning.

Each February hair restoration physicians see an influx of new patients seeking answers to the sudden hair shedding and thinning. What many of these patients don't realize is, the hair loss they are experiencing is a direct result of the diet they started four to six weeks earlier. Patients are not only surprised to learn that their diet is behind their hair loss, but many also falsely believe that hair thinning will stop as soon as the end their diet, which is a dangerous misconception. The effect of diet on your hair is proportional to an individual's risk for hereditary hair loss. For instance, for those who are genetically predisposed to male or female pattern hair loss, the crash diet may be the catalyst to an onset of symptoms and problems. For most people, nutrition-related hair loss is usually temporary, but be prepared, once the diet is stabilized, it can still take six to 10 months for the hair to return to normal.

It can be difficult to assess the root cause of sudden hair loss, it is essential for patients to consult a hair loss specialist, a board-certified hair restoration physician who can help assess the damage, choose a course of treatment if necessary, and track and monitor future hair thinning as well as their response to treatment.

The HairCheck device is one of the many tools used to determine the extent of damage to a patient's hair. HairCheck is a simple, painless, non-invasive way to measure and track the amount of hair growing in a given area of scalp (called your Hair Mass Index or "HairNumber"). The highly sensitive hand-held 'trichometer,' measures hair caliber and hair density together and expresses them as a single number, it can also measure the percentage of hair breakage, which is a common cause of hair loss. Tracking these numbers can help determine the extent and rate of a patient's hair loss and/or breakage and inform them of any changes over time. HairCheck can also be used to quantify the degree of hair breakage from harsh hair care regimens or extreme diets.



While the HairCheck and other tools allow doctors a better understanding of the damage a patient's hair has suffered, the best way to protect your hair is through preventative measures. And the simplest preventative action is a healthy diet, which gives your hair the vitamins and nutrients it needs. Eating a healthy, well-balanced diet with plenty of protein is important for maintaining healthy hair growth. However, in addition to protein, there are many other nutrients that are needed to maintain the

thickness, growth rate and healthy appearance of the hair strands. These include vitamins A, B and C, zinc and omega-3 fatty acids. For this reason, foods like fish, dark green vegetables, red meat and nuts are especially good for maintaining healthy hair.

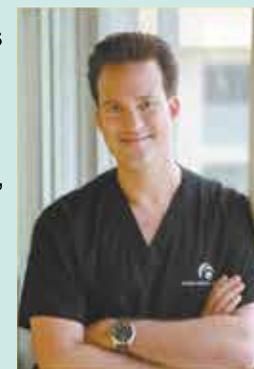
To help stimulate healthy hair growth and reverse damage to your follicles, your hair may benefit from a boost to jumpstart the healing process. New FDA-approved low-level laser devices from LaserCap, Theradome and Capillus, when used as directed and worn regularly, have been clinically proven to regrow hair WITHOUT any drugs or side-effects. Another easy way to help the healing process is to take specialized nutritional supplements which can boost healthy hair growth and improve the overall quality and appearance of your hair. While taking a vitamin seems like an easy fix, it is important to do your homework, because not all hair supplements are created equal. Some good choices include BaumanMD Hair Vitamin Complex and Viviscal Professional, which contains Amino-Mar (sustainable shark cartilage) as well as high-dose medical-grade 10,000 mcg Biotin taken daily.

Nutrafol is another high-tech hair supplement that has promised to be helpful for shedding.

Just remember, how you eat can determine how healthy, or unhealthy, your hair is, so think twice before starting an extreme diet – or you might lose more than a few pounds.

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

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



Alan J. Bauman, M.D.  
Hair Loss Expert

lecturer and frequent faculty member of major medical conferences, Dr. Bauman's work has been featured in prestigious media outlets such as The Doctors Show, CNN, NBC Today, ABC Good Morning America, CBS Early Show, Men's Health, The New York Times, Women's Health, The Wall Street Journal, Newsweek, Dateline NBC, FOX News, MSNBC, Vogue, Allure, Harpers Bazaar and more. A minimally-invasive hair transplant pioneer, in 2008 Dr. Bauman became the first ABHRS-certified Hair Restoration Physician to routinely use NeoGraft FUE for hair transplant procedures.

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### DR. BAUMAN'S NUTRITION TIPS FOR HEALTHY HAIR

- Iron and protein deficiencies are among the most common nutritional triggers for unhealthy hair, while vitamins, especially B, are important to the overall health of your hair and preventing hair loss and thinning.
- Some of the best food choices for healthy hair include salmon, which is loaded with omega-3 fatty acid, dark green vegetables for vitamins A and C, and Nuts, which are a terrific source of zinc, which can prevent hair shedding.
- Many women take calcium supplements to improve their health - but the same should also be true for hair supplements. Scientifically developed treatments like Viviscal Pro and Biotin actually create longer, thicker, healthier hair.
- Hair loss may be a sign of a serious medical condition so seek the advice of a hair loss specialist so diagnosis, measuring and monitoring can be performed.

# Are There Any **New Technologies For Fat Reduction?**

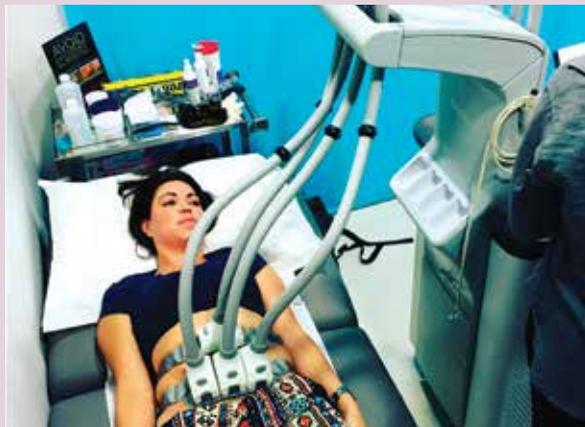


It is interesting to watch technology as it continues to evolve. Many of my patients are up to date with what is trending in aesthetic technology. There is a new exciting technology that melts and tightens skin simultaneously without downtime.

**COOLSCULPTING®** has been a good fat reduction treatment for many of my patients. It is a way to non-invasively destroy fat cells by freezing fat, however it takes about 1 hour per area and depending on the patient, it could take up to 4 to 6 hours in one day! Also, the cost of CoolSculpting® is pretty much equivalent to liposuction.

A newer technology has just been FDA approved for the same application of destroying fat cells non-invasively, but it uses heat. It's called **SculpSure™** by Cynosure®. SculpSure™ is a laser device that uses a 1060 nm wavelength to target fat cells and destroy them without any incisions.

Unlike CoolSculpting®, SculpSure™ takes less time, the treatment areas are much larger and there is no downtime. One treatment takes only 25 minutes and there have been no reported side effects.



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SculpSure™ is a breakthrough non-invasive body contouring treatment for fat that has been unresponsive to diet and exercise.

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- **Customized treatment sessions to achieve the look you want**

The treatments applicators are placed on the skin and a balance of laser wavelength with cold is projected to the fat layer, making it hot enough to achieve the right temperatures to destroy fat cells, but cold enough to be comfortable. The destroyed cells are disposed of by the body's lymphatic system.

The results are seen in 6-8 weeks and most people require just 1 treatment. Another major advantage and game changer is the skin tightening effects of this laser.

So in summary, SculpSure™ is less expensive, takes less time and tightens skin very effectively. I'm very excited and happy to share this information!



#### **Medical Director, Daniela Dadurian M.D.**

- \* Board Certified Anti- Aging Medicine
- \* Board Certified Laser Surgery

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

The specialty recognition identified herein has been received from a private organization not affiliated with or recognized by the Florida Board of Medicine.

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# CHOROIDAL NEOVASCULAR MEMBRANES

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

**C**HOROIDAL NEOVASCULAR MEMBRANES (CNVM) are new blood vessels that grow beneath the retina and disrupt vision. These blood vessels grow in an area called the choroid, the area between the retina and the sclera (the white part of your eye). The choroid supplies oxygen and nutrients to the eye. CNVM occur when new blood vessels start to grow in the choroid and break through the barrier between the choroid and the retina. When CNVM leak in the retina, they cause vision loss.



CNVM are associated with many serious eye diseases, most commonly wet age-related macular degeneration. In addition, CNVM are found in patients with histoplasmosis, eye trauma and myopic macular degeneration, an eye disease in patients who are extremely nearsighted.

## CHOROIDAL NEOVASCULAR MEMBRANES SYMPTOMS

If you have CNVM, you may experience painless vision loss. You may notice blank spots in your vision, especially your central vision. Your vision may be distorted, so that straight lines appear bent, crooked or irregular.

## WHO IS AT RISK FOR CHOROIDAL NEOVASCULAR MEMBRANES?

Because wet age-related macular degeneration accounts for most patients with CNVM, they are most commonly found in people age 50 and older, with the risk growing with age.

However, people with risk factors for different eye diseases or who experience eye trauma may develop CNVM at a younger age.

## CHOROIDAL NEOVASCULAR MEMBRANES DIAGNOSIS

If your ophthalmologist suspects you may have CNVM, he or she will take special photographs of your eye using fluorescein angiography and optical coherence tomography (OCT).

During fluorescein angiography, a fluorescein dye is injected into a vein in your arm. The dye travels throughout the body, including your eyes. Photographs are taken of your eye as the dye passes through the retinal

blood vessels. Abnormal areas will be highlighted by the dye, showing your doctor whether you have choroidal neovascular membranes.

OCT scanning is an imaging technique that creates a cross-section picture of your retina, which helps in detecting abnormal blood vessels.

## CHOROIDAL NEOVASCULAR MEMBRANES TREATMENT

Treatment of CNVM may vary depending on the underlying disease. Treatment for CNVM includes anti-VEGF treatment or/and thermal laser treatment. Depending on the progress of your disease, you may receive with one or more of these treatments.

## ANTI-VEGF TREATMENT

A common way to treat CNVM 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 that can block the trouble-causing VEGF. Blocking VEGF reduces the growth of CNVM, slows their leakage, helps to slow vision loss and in some cases improves vision.

Your ophthalmologist administers the anti-VEGF drug 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 to numb your eye with a very fine needle. You may receive multiple anti-VEGF injections over the course of many months. Repeat anti-VEGF treatments are often needed for continued benefit.

## THERMAL LASER TREATMENT

Another form of treatment for CNVM is with thermal laser therapy. 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, patients who receive this laser procedure often need a re-treatment within three to five years.



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Health & Wellness MAGAZINE

# Let's Talk about FEMININE WELLNESS

by Dr. Robin Sykes

Increasingly, women are learning that there is something that can be done for their "female problems". The number of procedures is increasing yearly, as women seek relief from symptoms of dryness, laxity, decreased libido, and urinary stress incontinence. Women are becoming more vocal about their issues, although there are many who still keep it to themselves because they are embarrassed to acknowledge the changes they are experiencing.

The loosening of the pelvic tissues is caused by an increase in tissue stretch due to aging, hormonal changes, and vaginal delivery. In fact, all women who have given birth vaginally experience stretching of their vaginal tissues; however, there are also many women having problems who have never delivered children.

Thermiva treatments can tighten and tone sagging, loose, and excess tissues in the vaginal and labial areas. This radio-frequency-based device is used to tighten the structures in the pelvic area, including the pelvic floor. The treatment can also help to reduce or eliminate urinary incontinence.

The treatments, usually three in number, are minimally invasive and have no down-time. There is no surgery, no incisions, no sutures, and takes about a half an hour per treatment session. There is no discomfort, just a feeling of warmth. No bruising or redness is expected. Patients can immediately go about their regular daily activities. Some people notice a very quick improvement in their symptoms, even within days to weeks.

The Thermiva treatment uses radio-frequency waves. It is very different from laser treatments to the area. With Thermiva, both internal and external structures can be tightened. There is no wounding or need for recovery time. There is no need for pain medications or antibiotics.

## HOW DOES THERMIVA WORK?

Thermiva treatments use temperature-controlled radio-frequency energy to gently heat tissues. The device allows precise monitoring of the treatment area, to prevent over- or under- treatment of the areas. The Thermiva treatments deliver controlled thermal energy to the desired areas, using the same technology that has been used for years to reduce the effects of facial aging. The complete Thermiva procedure includes three separate treatments over a period of three months. The procedures are performed in the office setting.

The best way to understand what these treatments can do is to hear from those who have had the treatments themselves:

### PATIENT TESTIMONIALS:

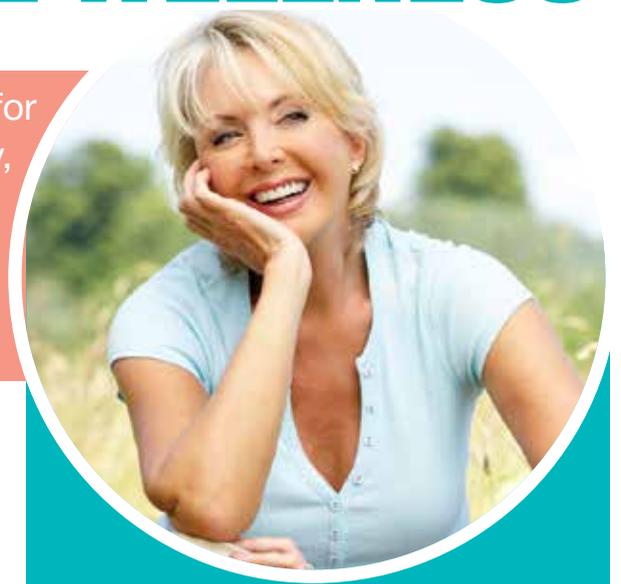
*"I am so relieved that now I have something I know can help me with my personal and intimate needs. This is definitely a life-changer that needs to get out to the world!" - Patient A12*

*"I threw away my pads!" - Patient J.K.*

*"I came in for one concern but was pleasantly surprised that I had an improvement in other areas." - Patient D119*

*"I don't fake it anymore." - Patient D117*

*"I did not tell my husband that I was getting it done. But he noticed that I was initiating intimacy more often. He finally just flat out asked what was going on. He is not so grumpy now." - Patient D112*



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**Robin A. Sykes, MD** is a Board-Certified Plastic Surgeon. She has a BA in Biology from Wells College, an MD from the Johns Hopkins University School of Medicine, General Surgery training at the University of Miami, and Plastic Surgery training at the University of Kansas. She is a National Merit Scholar and Phi Beta Kappa. In addition, she has many years of art training, and brings this to her work in aesthetic plastic surgery. Many new technologies as well as new aesthetic devices and products are available in her practice, so that she can offer a variety of surgical and nonsurgical treatments for your unique aesthetic needs and desires.



## UPCOMING SEMINARS AT JUPITER PLASTIC SURGERY CENTER:

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# A NEW APPROACH TO RELIEF OF NECK PAIN



**F**ather Hallock Martin, had no idea a car accident from 15 years ago could cause such lasting effects. Fr. Martin is Rector of the Holy Spirit Episcopal Church in West Palm Beach. He explains he had been experiencing increasing neck pain and knew it would get worse. “I slept on a neck pillow, and that would help sometimes, but very often my neck would be sore”, Fr Martin describes. “It didn’t really limit my ability to participate in the things I was doing, but it was headed that way. I was beginning to experience more pain on a regular basis”.

Fr. Martin did not hesitate when his son recommended he contact Marc Weinberg DC. “I made the appointment and went. Dr Weinberg did an adjustment a time or two, then tested to see if the MCU was something that would help with my particular issue and it turned out that it was.” Explains Fr. Martin.

#### **THE MULTI-CERVICAL UNIT**

The MCU, Multi-Cervical Unit works to isolate and strengthen weak neck muscles. According to Dr. Weinberg, research indicates the MCU is the absolute best way to strengthen the neck.

It’s the missing piece of traditional neck pain care, and a must to treat neck weakness.

“Starting in the 1990s, a fair amount of research came out. The research showed that neck weakness leads to neck pain, and you need to address the neck weakness first in order to treat the pain,” explains Dr. Weinberg. “If someone gets into a car accident, or has ongoing repetitive motion, micro-trauma (from keeping their head down all the time) they start off with some neck discomfort. The muscles become inhibited, and that weakness leads to more pain, which leads to further weakness: It’s a vicious cycle.

Research reveals that patients who are treated with the MCU typically experience far better success rates with more permanent relief than those who opt for traditional therapies alone. It is a priceless asset in the diagnosis and treatment of neck pain.

The MCU is the most comprehensive cervical spine evaluation and rehabilitation system in the world. It provides a thorough and objective evaluation of the cervical spine (the neck) and its related muscles. It then prescribes a series of neck-strengthening exercises to resolve the underlying cause of your neck pain. Unlike massage, acupuncture and decompression, which do nothing to strengthen muscles, the MCU offers a restorative approach.

#### **HERE’S HOW IT WORKS:**

The MCU is a digital system that evaluates and records the patient’s cervical spine movement and isometric strength. Evaluations take about 45 minutes to perform.

The patient’s strength and range of motion is accessed, and a report is generated.

The MCU recommends a therapy program precisely tailored to suit the patient's needs

Strengthening sessions last 20-30 minutes and are conducted 3 times per week for only 6-12 weeks.

The amazing part of the MCU, it can detect the presence of weakness in any neck muscle group. It can pinpoint the location and then strengthen the muscle(s) thereby allowing the inflamed tissues, like bulging or herniated discs, swollen facet joints, overused muscles and even areas of stenosis to "quiet down" and heal, thus alleviating neck pain. Along with a thorough examination, the MCU can also determine if neck weakness is not the cause of your neck pain and is a comprehensive evaluation to help determine if the MCU treatment will be beneficial to each patient. In Fact, Medical Research shows that 75% of people with chronic neck pain, from any cause, will get significant relief of their pain simply by strengthening their neck with the Multi-Cervical Unit.

Dr. Weinberg notes that the MCU is not the sole treatment used, but rather a key component of a customized treatment plan.

Fr. Martin agrees the MCU evaluation and treatment is simple and effective. "It's like any exercise machine, but it focuses on your neck", he describes, "it is completely painless". Fr. Martin continues to explain the process, "They start you out at a very light weight and as the muscles build, you gradually build up (weight). You go through the regimen 3x/week for about 9 weeks, and you are tested on a regular basis through the process. When it's all said and done, the doctors suggest some simple isometrics on a regular basis to maintain the neck strength that has been built up."



Fr. Martin is pleased with the results of his treatment, "I do not have the neck pain that I had, I can stand for longer periods of time and I have no pain. I am very pleased with the results."

Although Fr. Martin has completed his MCU treatments, he continues to visit Active Health Center for regular chiropractic adjustments and massage. "I would certainly recommend it" he says. "I have been very pleased with them."

If you or someone you love has suffered from neck or upper back pain, contact the team at Active Health Center for an evaluation to see if the MCU treatment is right for you. **561-842-2273.**

### **MCU OFFERS EFFECTIVE TESTING AND TREATMENT FOR:**

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Inhale. Exhale. Breathing is something many of us take for granted until it's difficult to breathe and then we search options for relief. Whether you have had an upper respiratory infection, a cold, or a more chronic condition like asthma, COPD or seasonal allergies, you have searched for relief when you can't breathe. Salt therapy is a growing alternative for those looking for a natural remedy.

CUR Salt Spa in Jupiter, Florida provides relief to their guests suffering from breathing issues by offering multiple options for halotherapy. A special generator circulates pharmaceutical grade salt through the air in rooms that mimic the microclimate of a salt cave. What makes them unique is the offering of a Private Salt Chamber. In what they call their Private Salt Booth, guest can get a more concentrated session. The dry salt aerosol can quickly penetrate the sinuses and respiratory track to kill bacteria, reduce inflammation and speed recovery. Guests searching for long-term alternatives to medication appreciate the convenience with a quick visit and the concentration of dry salt the Private Salt Booth provides.

CÜR's Private Salt Booth provides halotherapy in a 10 minute session and seats 1 guest. The booth is nestled in a private room which features space to change and disrobe if desired. Guests who wish to expose areas of the body with inflammation or issues to the salt can do so in comfort and privacy. A Wellness Specialist will adjust the settings for the session based on the guest's wishes and dry aerosol salt is circulated in the booth. The booth features a seat, reading light and a speaker cable for personal music.

Most people are familiar with 'wet' salt therapy. Whether you've put salt in a bath, had a saline solution treatment or used a Nettie pot to clear your nasal passages or gargled with salt water, wet salt has its benefits. Dry salt is different and the drier the salt the better. That is why CÜR's protocols include heating the salt prior to putting it into the salt chamber. Heat ensures that all moisture is evaporated so when it is crushed and ground into micro particles and inhaled, the salt particles can do their best job.

Halotherapy benefits adults and children alike. It is natural and safe and there are no side-effects. A majority of people who visit the Private Salt Booth on a regular basis may find relief from a variety of respiratory conditions such as asthma, allergies, common cold, bronchitis, COPD, cystic

fibrosis, and more. However, one does not need to have any conditions to enjoy the benefits of dry salt therapy. People are exposed on a daily basis to pollutants, airborne diseases, bacteria, allergens and other irritating environmental irritants. Halotherapy is an excellent way to cleanse and detox the lungs as well as invigorate the whole body with increased lung capacity and oxygen intake.

The use of salt therapy as a healthy remedy has been around since the Greeks when Hippocrates recommended salt inhalation as a respiratory treatment. Modern dry salt therapy has its origins from the salt mines and caves in Europe and Russia. As the workers were mining the salt (through chiseling, grinding and hammering at the salt), micro-sized salt particles were being disbursed into the air. Additionally there were ideal conditions below the Earth's surface where air pressure and circulation, and humidity and temperature affected the quality of the environment. In this environment, miners were receiving many natural health benefits by breathing in the salt particles. Considering that mining jobs were usually recognized as dangerous to life and health, salt miners seemed to thrive on good health. They rarely had any respiratory issues and also looked younger due to great skin appearance.

In the 20<sup>th</sup> century, Eastern European physicians and engineers learned to simulate the conditions inside salt caves. In modern halotherapy ("halo" is Greek for salt) a generator is used to blows tiny micro-particles of salt into a room. Salt therapy is studied, recognized and used in many European hospitals to treat various respiratory ailments. Although it has yet to be clinically researched in a controlled and extensive way in the United States, many wellness centers are now incorporating Salt Therapy into their practices. Gaining popularity in the United States, most salt therapy companies offer salt-filled rooms to relax and enjoy a salt treatment but few offer a private salt chamber as an option.

Whether you have chronic respiratory issues or are looking for temporary breathing relief, CÜR Salt Spa offers innovative therapy to provide the treatment you need. The CÜR staff invites you to stop in for a visit and see the facilities for yourself. A session in their Private Salt Booth is a \$30 value but they offer membership pricing and specials to fit every guest's budget. Inhale. Exhale. Livewell.

[WWW.CURSALTSPA.COM](http://WWW.CURSALTSPA.COM)

# Potential Cognitive Decline From Hearing Loss Could Be Avoided

By: Dr. Dana Luzon, Au.D., FAAA  
Board Certified in Audiology



“As audiologists, we are concerned about the possibility that the hearing loss we are treating, in some instances, might be a leading indicator for other health concerns,” says Dr. Dana Luzon. “We know that some individuals become increasingly isolated when hearing loss becomes a problem, and that’s another risk factor involved with dementia and other cognitive diseases. The great part about this discovery is that more people are getting their hearing checked at younger ages and finding out that the solutions for hearing loss are simpler than they may have first thought, and that actions can be taken that yield positive results.”

According to the Johns Hopkins study, those with a hearing loss greater than 25 decibels are most at risk. The potential for cognitive decline increases with greater levels of hearing loss. Audiology & Hearing Aids of the Palm Beaches encourages people as young as 45 to have a baseline hearing exam every year. If we think of the ears like a muscle, when you have hearing loss, you are not using the muscles to their full potential. When you have hearing loss and use hearing aids, you keep those ears working and active. By keeping the ears active and stimulated with sound, we help to keep the brain active.

“What we’re seeing as the science of hearing loss continues to expand is a leap in the number of people who are excited about the possibility of better hearing health,” says Dr. Luzon. So far, the evidence seems to suggest that better hearing helps keep the brain sharp, and as more people seek better-hearing solutions, we end up with a mentally sharper, healthier population as a whole. Don’t wait to get a baseline hearing test, call today to schedule an exam to make better hearing a part of your overall health and wellness plan.

People who choose to seek treatment for hearing loss will be happy to know that they have also reduced their risk of serious cognitive disease. According to recent research by the Johns Hopkins University School of Medicine, depending upon the severity, people with untreated hearing loss may face a 36% increase in the risk of dementia, cognitive impairment and other cognitive diseases. These findings appear to reinforce the results of another recent study of 2,000 adults in which individuals with mild to moderately severe hearing loss were found to be 24% more likely than those with normal hearing to see their cognitive function diminish early.



**Dana Luzon,**  
**Au. D. , 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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# ACUPUNCTURE: The New Facelift?

## WHAT IS SKIN REJUVENATING ACUPUNCTURE?

Skin Rejuvenating Acupuncture is an effective, safe, non-surgical treatment to reduce the signs of aging. It is a great natural alternative to Botox. It is based on the principles of Chinese Medicine which has been around for thousands of years. It involves the insertion of very thin disposable needles just under the skin's surface on the face and body where needed to balance energy and encourage healing.

This specific, very shallow insertion creates tiny "micro-traumas" on the skin's surface which stimulates your production of elastin and collagen, which is critical to anti-aging. It also increases oxygen and blood circulation to the skin. This combination helps fill in fine lines and give firmness and tone to the skin for a healthy, glowing complexion.

Acupuncture has been used for thousands of years to treat many conditions and illnesses. The

effectiveness of acupuncture has been related to the manipulation of the energy points on the body to balance and to remove blockages in the meridians (energetic pathways), in order to achieve health and to prevent diseases.

Skin Rejuvenation Acupuncture has attracted great attention in the last few years, especially in the big cities like New York City and Los Angeles. It used to be a treatment only for the rich and famous in Hollywood, but now everyone wants the royal treatment.

A 1996 report in the international journal of Clinical Acupuncture reported that among 300 cases treated with acupuncture for skin rejuvenation, 90% has marked effects with one course of treatment. The effects included: more delicate skin, improvement of elasticity of facial muscles and tone, brighter complexion, and overall rejuvenation.

## HOW DOES IT WORK?

A practitioner specializing in Cosmetic Acupuncture is able to utilize the meridians that either end or begin at the face to stimulate and balance the energy and at the same time, treat the underlying factors that contribute to the aging process. This involves the insertion of hair-thin disposable needles just under the skin at specific areas on the face and body. The needles are inserted into the energy pathways or meridians to improve the flow of Qi (energy inherent in all living things). As the flow of energy improves a greater amount of energy and blood are circulated to the face, oxygenating, firming and toning the skin to diminish fine lines and improve overall skin tone.

## WHAT ARE THE BENEFITS OF SKIN REJUVENATING ACUPUNCTURE?

Skin Rejuvenating Acupuncture may take 5 to 10 years off the appearance of your skin. It helps to eliminate fine lines and makes the deeper lines look



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Skin Rejuvenating Acupuncture may take 5 to 10 years off the appearance of your skin. It helps to eliminate fine lines and makes the deeper lines look softer. It also firms and tones the skin to help reduce sagging along the jaw line and drooping eyelids.

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softer. It also firms and tones the skin to help reduce sagging along the jaw line and drooping eyelids.

**OTHER BENEFITS INCLUDE:**

- **Improves muscle tone**
- **Increases circulation and oxygenation of the skin**
- **Tightens the pores**
- **Helps reduce acne outbreaks**
- **Nourishes the skin for a healthy natural more radiant glow**
- **Brightens the skin to reduce dull complexions**
- **Minimizes fine lines**
- **Increases collagen and elastin production**
- **Evens facial color and tone**
- **Increases lymph circulation Leaves skin refreshed and rejuvenated.**
- **Why choose Skin Rejuvenating Acupuncture over a Face Lift?**

While not a replacement for surgery, acupuncture is an excellent alternative for someone who does not want to undergo a surgical procedure. Skin rejuvenating acupuncture is a much more subtle procedure (which can be a good thing) and does not have the risks involved with surgery. It is also far less expensive than plastic surgery and is virtually painless and has no side effects or risk of disfigurement. Surgery may have an extended recovery period with swelling and discoloration.

**WHO SHOULD NOT HAVE SKIN REJUVENATING ACUPUNCTURE?**

There are various cautions including bleeding disorders, persons on blood thinners or persons with hypersensitivity or untreated high blood pressure. In such cases, our non-needle technique would be the preferred treatment.

**DOES IT REALLY MAKE A DIFFERENCE?**

Skin Rejuvenating Acupuncture has been performed for thousands of years in China. As early as the Sung Dynasty (960 A D – 1270 AD) acupuncture was performed on the Empress and Emperor’s concubines. For centuries, the Chinese have known that beauty radiates from the inside

out. If the internal body is nourished and the energy and blood are flowing smoothly, the external body will reveal this radiance. A study in 1996 in the International Journal of Clinical Acupuncture reported that among 300 cases treated with Skin Rejuvenating Acupuncture, 90% reported marked effects with one course of treatment. The effects included: the skin becoming more delicate and fair, improvement of the elasticity of facial muscles and leveling of wrinkles, a bright complexion and overall rejuvenation.

Call us at Meng’s Acupuncture Center Medical Center to setup your appointment to look younger today **561-656-0717**.



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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# Can A Dental Implant Procedure Really Be Performed in 15 Minutes?

One of the most amazing developments in the field of dentistry is the dental implant. Dental implants are used to replace missing or broken teeth. This option truly can help a patient achieve both the appearance and function of teeth that have been lost. Advanced technology, called **Computer Guided Implant Surgery**, has now made the actual placement of the implant much less invasive leading to greatly reduced (if any) discomfort after the procedure.



In order to understand the procedure it is important to understand the dental implant itself. Very simply, a tooth has 2 parts: a root (that holds the tooth in the bone) and a crown (that is seen in the mouth). When a tooth is removed, an empty socket remains in the bone. A replacement root, called a dental implant, can be placed in this site. The implant itself is not visible in the mouth and over time becomes one with the bone surrounding it. A number of months later a connection can be added to the implant so that crown can be made (just like a crown is made on a tooth root) to complete the entire tooth.

## TRADITIONAL IMPLANT SURGERY:

Implants are usually planned by the surgeon using a combination of a clinical evaluation and a careful examination of dental x-rays. These x-rays are helpful, but have the limitation of only showing a 2-dimensional view of the area. Typically the “width” and exact locations of important structures such as nerves cannot be determined.

CT scans offer a significant improvement in the detail provided to the surgeon when planning the procedure. In-office CT scanning takes typically less than a minute and involves sitting in a chair while the unit rotates around your head. The scan offers a 3-D view of the structures being evaluated. The views are similar to slicing a loaf of cinnamon raisin bread and seeing the exact detail of each slice. In the CT scan, nerves, sinuses

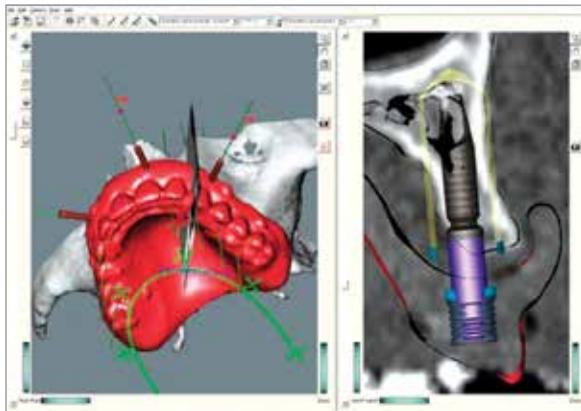
and other important anatomy can be identified with a high degree of precision. This information allows the procedure to be planned in the most conservative and safest manner. Once the treatment has been planned, the procedure is performed by opening the gum tissue and inserting the implant into the desired location. Sutures are typically used to close the surgical area.

## COMPUTER CT GUIDED IMPLANT SURGERY:

Guided Implant Surgery allows your procedure to be “performed” in advance of the actual surgery. The majority of the work occurs when you are not in the dental office. Once the CT scan is taken, advanced computer programs are used to “perform the surgery” and place implants within the 3D representation of your mouth in the safest and most ideal positions. These implant positions can be shared in advance with your general dentist so that the overall treatment is ideal. In a very oversimplified example, the programs used are similar to a very advanced video game with full representation of your jaws and all the implants available to an exact scale. Ideal placement location and implant size selection can be determined using this software.

A surgical guide is created that only allows the surgeon to place the implant in the predetermined locations. The technology lets the surgeon perform the procedure without the need for typical incisions and suturing. This conservative approach typically leads to decreased pain, swelling and a more streamlined recovery. Improved safety can often be achieved around nerves and sinuses with the use of this procedure. The state-of-the-art procedure can be used for patients requiring 1 implant to patients in need of full mouth rehabilitation.

This technology has drastically changed the way dental implant surgery can be planned and performed with improved preciseness and typically decreased pain. The procedure is not applicable for every case and needs to be determined by your surgeon on an individual basis. Shorter treatment times, increased safety and decreased pain are patients’ most frequent comments regarding this type of therapy. The answer is yes, dental implant placement can be performed in 15 minutes.



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, dental implants, regenerate supporting bone and treat periodontal disease without the use of traditional surgical procedures. Additionally, Dr. Cohen is certified in Pinhole Gum Rejuvenation, which is a scalpel and suture free procedure to treat gum recession with immediate results.*

*Dr. Cohen 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. Botox® and Dermal Fillers are also utilized to enhance patients’ cosmetic outcomes.*

*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. Dr. Cohen is a member of the American College of Maxillofacial Implantology and the American Academy of Facial Esthetics. In addition, he has been awarded Fellowship in the American College of Dentists, International College of Dentists and the Pierre Fauchard Academy.*



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# RejuvaWAVE™ is a Revolutionary New Treatment that cures Erectile Dysfunction (ED)

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Introducing the only Erectile Dysfunction Treatment that cures ED, RejuvaWave™ is revolutionary, non-invasive and heals the underlying causes of ED. RejuvaWave™ uses FDA-cleared, scientifically proven non-invasive technology that uses Acoustic Pressure Waves to stimulate cellular metabolism, enhance blood circulation and stimulate tissue regeneration creating new blood vessels in treated areas. Traditional treatments for ED, such as pills or injections, lose effectiveness over time and have to be used every time a man wants to engage in sexual activity. Our treatment is about regenerative medicine – helping men return to their younger, healthier selves, and enabling a spontaneous, active sex life.

## GO BEYOND MEDICATION. EXPERIENCE THE CURE FOR ERECTILE DYSFUNCTION.

Simply Men's Health believes in treating and curing the underlying issue with regenerative medicine. RejuvaWave™ stimulates your body's own healing response and creates new blood vessels in the area treated. In some cases, doctors combine RejuvaWave™ with PRP (Platelet Rich Plasma) in order to add a high concentration of growth factors that work synergistically together. By treating ED patients with regenerative medicine, doctors can best restore patients to their younger healthier selves, rather than relying on oral medications or injections as a temporary fix for each sexual activity.

## IS IT SAFE?

Yes. This is an FDA cleared technology, originally developed in Europe and used worldwide. RejuvaWave™ uses state-of-the-art technology that has extensive applications including orthopedic medicine, urology, and anti-aging treatments and wound healing. RejuvaWave™ has virtually no risks or side effects. RejuvaWAVE™ therapy has been used extensively in Europe for over 10-15 years, but is relatively new to the U.S. for erectile dysfunction. As the leader in men's sexual health, Simply Men's Health introduced this technology in the spring of 2015 and the results have been nothing short of amazing.

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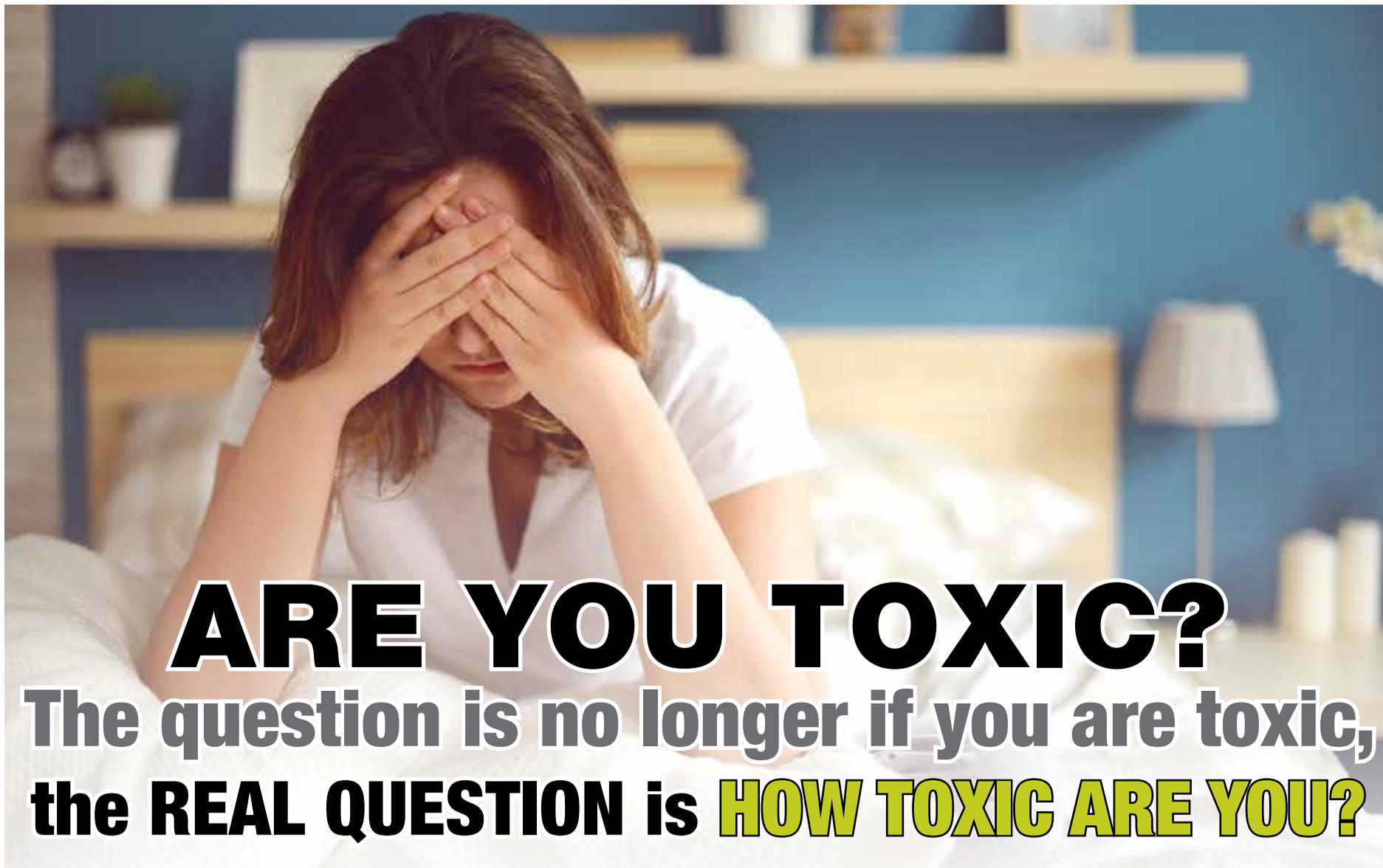
## WHAT OUR PATIENTS ARE SAYING:

**Testimonial:** I am 70 years old and have diabetes and have had heart surgery and had a stroke. I haven't had an erection in over 10 years and Viagra did nothing. I have tried several clinics and needles in the past, but nothing helped. I heard about this new treatment at Simply Men's Health, and I gave it try not having much expectations. To my surprise after my first treatment I woke up with an erection, something I hadn't seen in years, and by my 5th treatment I was having sex with my wife. It's truly a miracle treatment. Steven O.

**Testimonial:** I'm 34 years old and started to experience problems getting an erection and maintaining it over the last couple of years. I had tried Viagra and hormones, but it didn't help. I heard about Simply Men's Health and made an appointment not knowing what to expect. I signed up for the 3 week EPAT therapy and the Priapus shot. After just a couple of treatments I was getting erections, but even more amazing was that the curve in my penis straightened out. The treatment was only a few minutes and relatively painless, but the results are amazing. A. B.

**Testimonial:** I'm 80 years old and married to my high school sweetheart. One day my wife asked me if I could rub a genie bottle and have one wish, what would it be? My answer was to have sex like we used to when we were young. It would take a miracle. I have had problems with ED for over 10 years and had TURP surgery for my prostate. I had gone to urologists and tried pills and nothing helped. Well, my wife said she heard a commercial for Simply Men's Health. I called and made the first available appointment. I was so scared and nervous, but the staff was wonderful and understanding. Within a few weeks my wish came true and my wife and I are so ecstatic. Ral S.

**Enjoy a SPONTANEOUS & ACTIVE SEX LIFE again in as little as 3 weeks – no pills, no needles, no surgery!**



# ARE YOU TOXIC?

The question is no longer if you are toxic, the **REAL QUESTION** is **HOW TOXIC ARE YOU?**

## COMMON SYMPTOMS

### INDICATING

### EXCESSIVE TOXINS:

**fatigue, depression,**

**headaches, brain**

**fog, poor memory,**

**tremors, and**

**coordination issues.**

**T**he lymphatic system absorbs toxins and metabolic waste products. Congested lymphatic fluid is laden with toxins that cannot be efficiently eliminated impairing the immune system.

The body contains three times more lymph fluid than blood. Through a complex network lymphatic fluid is carried to the lymph nodes where toxins, metabolic waste, and fats can be filtered and purified.

Toxins and our health, throughout our life we are in constant contact with environmental toxins leading to a variety of health concerns. The CDC's Fourth National Report on Human Exposure to Environmental Chemicals tested 212 chemicals, 6 of which were toxic and found evidence of all 212 in the blood or urine in most Americans.

Toxins come from a variety of sources and initial exposure begins in utero. The lymph system is formed at the end of week 5 in the womb. EWG (environmental working group) in 2005 found **287** chemicals in the umbilical cord blood of newborns. **180** of the 287 chemicals found are known to cause cancer in humans or animals, and **217** are toxic to the brain affecting the nervous system.

Our highest exposure to harmful toxic chemicals is actually coming from the food we eat. To reduce your exposure to pesticides and herbicides avoid eating non-organic fruits and vegetables on the Dirty Dozen List. Also, conventionally raised meat and dairy have been found to have the highest levels of "hormone disrupting" chemicals. 25 million pounds of antibiotics are fed to live stock annually and animal feed is sprayed with high amounts of chemicals.

Factors that may affect your ability to excrete toxins include genetics, diet, and lifestyle. Conditions and diseases associated with an excessive toxic burden on the body: allergies, asthma, obesity, chemical sensitivities, fibromyalgia, fertility issues, chronic infections, and autoimmune diseases.

The lymphatic system is vital to the body's immune system. Unlike the cardiovascular system, which uses the heart to pump blood for circulation, the lymph system has no mechanism other than muscle contraction to propel the fluid to the lymph nodes where toxins are eliminated. Poor lymph circulation can result from chronic illness, chemicals and pesticides in food, pollution, stress, sedentary life style, high fat, and high sugar diets.

Electro-Lymphatic Drainage is a one hour accelerated method of detoxifying the body. This non-invasive light touch therapy is 8-10 more effective than manual therapy by utilizing electro-sound therapy to break down congested lymphatic fluid, inert gases to kill bacteria and viruses, and micro-current to stimulate the lymphatic system.



### Benefits of Lymph Drainage:

- Detoxifies body tissue Supports post mastectomy health
- Assists in weight loss Reduces edema and lymph edema
- Decrease cellulite Promote T-cell development
- Relieves chronic joint pain Treats pain from fibrocystic breast



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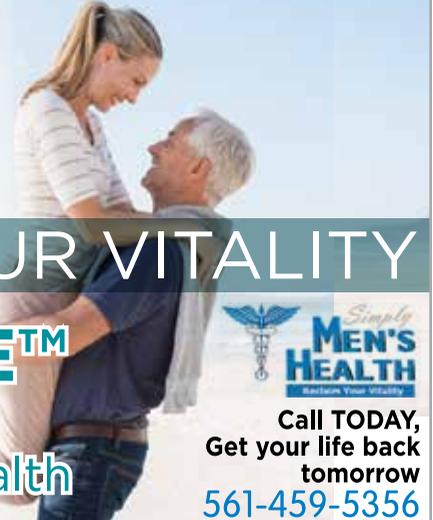
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# DISC HERNIATIONS: not all are equal

By Dr. Jonathan Chung



**N**eck pain and back pain are two of the most common reasons for visits to a doctor's office. One of the most notorious causes of neck and back pain are caused by herniated discs in the spine. Most people have heard of a herniated disc, but there's a lot of misinformation about the condition what to do to get it treated. Today's article is going to deal with the most common misconceptions.

## MISCONCEPTION #1

### HERNIA = HERNIATED DISC:

First of all, a herniated disc and a hernia are not the same things. A hernia is a condition that typically involves parts of your internal organs poking out of the body and can lead to parts of the organ to become ischemic and die. Many people use these terms interchangeably, and believe me when I say that it's never good for the chiropractor or the patient to have a person with a hernia in the office. Those people belong in the ER.

A herniated disc involves a part of the intervertebral disc poking out of the normal barriers of the spine. They are often called slipped disc or ruptured discs. When someone has a herniated disc, the common threat is that of a pinched nerve causing pain or dysfunction to spine or the extremities.

## MISCONCEPTION #2

### HERNIATED DISCS REQUIRE SURGERY:

The truth is that herniated discs range widely in magnitude and severity. They are generally categorized into 3 different types in order of severity: disc prolapse, disc extrusion, and disc sequestration. A prolapse is when the disc begins to push out of its normal barrier. An extrusion is when parts of the disc have visibly entered the spinal canal. Sequestrations are when the disc material begins to break off the main disc and separate into the spinal canal.

Most of you reading this probably have a prolapse and don't even know it. Research shows that as many as 60% of disc herniations show no pain or symptoms. Protrusions and smaller extrusions that cause pain can typically be managed conservatively without surgery. Larger extrusions and full sequestrations can affect the spinal cord, cause muscular weakness, and even affect organ function which certainly becomes a surgical issue.



**MISCONCEPTION #3**  
**CHIROPRACTIC IS UNSAFE FOR PEOPLE WITH DISC HERNIATIONS**

I'm often confronted with this misconception when someone introduces me to a friend or family member with a spine problem. Even though as many as 60% of my patients are people who are coming to me for relief from disc herniations, I'm often told that their spine has herniations and that chiropractic is not safe.

While this may have been true for some of chiropractic's olden days where people only used a heavy handed and rough style of manipulating the spine, we live in a time where multiple techniques can be applied that are gentle and effective in helping people with disc problems.

Most doctors offer therapies to relieve the pain of a bad disc. This can range from things like traction devices, injections, and acupuncture. These therapies do a great job of relieving the pain from a bad disc, which we know can be excruciating.

Once the person is out of acute pain, it's in the patient's best interest to fix the underlying reason the disc went bad to begin with. Some people have disc problems from something like a severe accident or fall, but many others have years of structural and biomechanical imbalance in their spine. When the spine loses its normal structure, it begins to have poor motion and poor motion will wear down the tissues of the disc.

A chiropractor who focuses on Structural Correction looks to correct these subtle imbalances so that the spine will be more balanced in gravity. A balanced spine in gravity means healthier movement and better outcomes for chronic disc patients in the long term. If you're suffering from secondary problems like chronic back pain, sciatica, neck pain, or arm pain from a previous disc herniation, then your problem may be from a Structural Shift in the spine. Stop suffering every time you get up out of a chair or bed and experience the Structural Difference.



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# Underlying Reasons for Limb Swelling

By Alyssa Parker

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

## HOW THE LYMPHATIC SYSTEM WORKS

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

## WHAT IS LYMPHEDEMA?



Lymphedema is a degenerative condition which means it will only get worse over time without treatment. There is no cure for Lymphedema. Once a lymph node has been damaged, your lymphatic can become compromised. Over the years, as you get older, you may incur irreversible damage to the lymphatic system through



medical procedures, injuries, or infection. Examples include cancer radiation, surgical lymph node removal, joint replacements, scarring of the lymphatic vessels through reoccurring infections i.e. cellulitis, or other health problems relating to gall bladder, kidneys, intestines, or reproductive organs. When an obstruction has occurred, a blockage in the lymph nodes can occur. The limb begins to swell with fluid because the lymphatic system is blocked/impaired, unable to move the fluid back into the circulatory system.

## COMPRESSION PUMP TREATMENT

One recognized treatment is using a compression pump. This is a safe and effective way to assist your body's lymphatic system in moving the lymph fluid which has

accumulated in the limb and can cause painful swelling, non-healing wounds, heaviness, and discomfort decreasing your mobility. The compression pump is a gentle massaging technique that compresses in a rhythmic cycle, similar to that of a normally functioning lymphatic system that has not been damaged.

## POSSIBLE SYMPTOMS OF LYMPHEDEMA

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

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

**SOME GOOD QUESTIONS TO ASK YOUR PHYSICIAN INCLUDE:**

- Does my family have a history of swelling (Hereditary Lymphedema)?
- 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?



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**When the SPINE SHIFTS...**

<ul style="list-style-type: none"> <li>Arm Pain</li> <li>Assymetr</li> <li>Bone Spurs</li> <li>Carpal Tunnel (Wrist)</li> <li>Canal Stenosis</li> <li>Decreased Motion</li> <li>Degenerated Joints</li> <li>Digestive Disorders</li> <li>Disc Herniations</li> <li>Dizziness (Vertigo)</li> <li>Dowager's Hump</li> <li>Fatigue</li> <li>Fibromy Algia</li> <li>Golfer's Elbow</li> </ul>	<ul style="list-style-type: none"> <li>Headaches</li> <li>Hearing Issues</li> <li>Itchiness</li> <li>Low Back Pain</li> <li>Mid Back pain</li> <li>Migraine Headaches</li> <li>Muscle Spasm</li> <li>Muscle Tensions</li> <li>Muscular Imbalance</li> <li>Neck Pain</li> <li>Numbness / Tingling</li> <li>Pinched Nerve</li> <li>Poor Posture</li> <li>Rotator Cuff Issues</li> </ul>
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# A NEW CATARACT SURGERY FOR THOSE WITH MACULAR DEGENERATION



“CentraSight is the first treatment program to use a tiny telescope that is implanted inside the eye ... Smaller than a pea, the telescope implant uses micro-optical technology to magnify objects that would normally be seen in one’s ‘straight ahead’ vision.”

By David A. Goldman, M.D.

Imagine the heartbreak for someone who gradually loses the ability to see her grandchildren, husband and the people who mean the most to her. Now imagine her joy when she can see them again. Thanks to a groundbreaking new treatment program called CentraSight®, this dream can now be a reality for patients around the country with End-Stage age related macular degeneration (AMD), the leading cause of blindness in older Americans.

More than 15 million Americans are affected by some form of macular degeneration, a progressive disease that can lead to severe vision loss in its most advanced form, End-Stage AMD. The number is expected to double with the rapid aging of the U.S. population. Approximately 2 million Americans have advanced forms of AMD with associated vision loss.

Macular degeneration attacks the macula of the eye, where one’s sharpest central vision occurs. Although it does not cause complete blindness, patients with End-Stage AMD have a central blind spot, or missing area, in their vision. This vision loss makes it difficult or impossible to see faces, read, and perform everyday activities such as watching TV, preparing meals, and self-care.

For many people, the first sign of AMD is something they notice themselves. Straight lines like doorways or telephone wires may appear wavy or disconnected. When they look at someone, their face may be blurred while the rest is in focus. Lines of print may be blurred in the center or the lines may be crooked.

CentraSight is the first treatment program to use a tiny telescope that is implanted inside the eye to treat End-Stage AMD. Smaller than a pea, the telescope implant uses micro-optical technology to magnify objects that would normally be seen in one’s ‘straight ahead’ vision. This image is projected onto the healthy retina in the back of the eye not affected by the disease.

The telescope implant improves patients’ vision so they can see the things that are important to them, increase their independence, and manage everyday activities again. They can feel more confident in social settings because they can recognize faces and see the facial expressions of family and friends.

The CentraSight treatment program focuses on comprehensive patient care, requiring potential patients to undergo medical and vision evaluation to determine whether they

may be a good candidate. A unique aspect of the evaluation is the ability to simulate, prior to surgery, what a person may expect to see once the telescope is implanted to determine if the improvement possible will meet the patient’s expectations. After an eye surgeon implants the telescope in an outpatient procedure, the patient then works with vision specialists to learn how to use their new vision in their everyday activities.

The telescope implant is not a cure. Patients must meet age and cornea health requirements to be considered a good candidate. Possible side effects include decreased vision or vision impairing corneal swelling.

The CentraSight treatment program is now available at Goldman Eye. For more information on the telescope implant and who qualifies for the treatment, visit [www.CentraSight.com](http://www.CentraSight.com) or call Dr. Goldman’s office at (561) 630-7120.





**I**n 1967 the Beatles released a song titled “All We Need Is Love” which sat atop Billboard’s charts for eleven consecutive weeks. Their manager at the time stated, “... they really wanted to give the world a message... it is a clear message saying that love is everything.” In fact, the simple chorus repeats the words: “all you need is love...”

What a message for the world to hear!

During the month of February, many of us focus on the idea of love (thanks to Valentine’s Day), but really the message of love is timeless and not bound by a simple holiday.

And to be totally truthful, The Beatles did not invent the idea that “all we need is love.” That was a message taught and written long before they made it popular... about 2,000 years earlier by Jesus.

Jesus often found Himself in a tight spot as He had a tendency to upset what traditional religion had established in His lifetime. Jesus often spoke against the religious leaders of His day and offered a better way – a way founded in grace (not rules) and love (not guilt).

In fact, there was one exchange recorded in the New Testament where a lawyer came to ask Jesus a question with the hopes of trapping Him with His words. Here is that exchange as recorded in the Gospel according to Matthew:

“Teacher, which is the most important commandment in the law of Moses?” Jesus replied, “You must love the LORD your God with all your heart, all your soul, and all your mind.’ This is the first and greatest commandment. A second is equally important: ‘Love your neighbor as yourself.’ The entire law and all the demands of the prophets are based on these two commandments.” - Matthew 22:36-40 NLT

Do you see that? What does Jesus say is the most important thing? Love. We are supposed to learn to love God with all that we are – our minds, our hearts, our bodies. And then we are supposed to love others. But then He goes on to say this: everything else hangs in the balance of these two things.

So, what does that mean for you and me? It’s simple – not easy – but simple. If we learn to love God and love others, then everything else will take care of itself.

Think about it – if I learned to love everyone (not just the people I like), how differently would my relationships look? If I learned to love God, how differently would my priorities look? If I could learn to love, then everything else falls in place.

The apostle Paul describes the kind of love we should have: “Love is patient and kind. Love is not jealous or boastful or proud or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. It does not rejoice about injustice but rejoices whenever the truth wins out. Love never gives up, never loses faith, is always hopeful, and endures through every circumstance”. - 1 Corinthians 13:4-7 NLT

Here is an exercise for us to see how we are doing. Go back and read the quote above, but this time, every time to get to the word “love” or “it” put your own name in its place. Then ask yourself: how am I doing? (It’s a simple formula – not an easy one.)

So in this month where we set aside a day of love, let’s make it a lifestyle not just a holiday Because remember, The Beatles were right (just not the first) to say: “All You Need Is Love.”

*Brent Myers*

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