

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

Health & Wellness[®] MAGAZINE

June 2017

North Palm Beach Edition - Monthly



FREE

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**LOSING YOUR HAIR?
CHECK YOUR MEDICINE CABINET**

**MORE PEOPLE
LIVING WITH CANCER**

**ARE THERE ANY NEW
TECHNOLOGIES
FOR FAT REDUCTION?**

**KEEP YOUR HEARING AIDS DRY
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More People Living with Cancer

The evolution of cancer treatment over the last 40 years has resulted in better outcomes for patients; today more people are living with cancer than ever before.

Cancer is an illness unlike any other. Many people mistakenly believe that cancer refers to one disease that occurs in many different parts of the body, but, in reality, cancer is not just one disease. The term “cancer” is the general name for a group of over 100 diseases in which abnormal cells begin to grow uncontrollably. No matter what type it is, cancer is the result of a malfunction in the genetic mechanisms that control and regulate cell growth. Cancer can affect blood, bones and over 60 different organs of the human body.

Through research, we have learned that each person’s cancer is actually a unique disease because every tumor or malignancy has its own distinctive DNA. This discovery has resulted in many new and highly-effective targeted treatments and immunotherapies that are based on a patient’s unique genetic profile. Genetic sequencing of a patient’s tumor can help identify which drugs or treatments will be most effective for that individual.

DAMAGE TO DNA RESULTS IN CANCER

DNA is the genetic material that makes up every cell. When DNA becomes damaged or changed, it produces mutations in genes that affect normal cell growth and division. Gene mutations can be inherited from a parent, or, more commonly, acquired during a person’s lifetime due to environmental factors, such as ultraviolet radiation from the sun or cigarette smoking. Other mutations occur for still unknown reasons, resulting in various types of cancer.

In addition to unregulated cell growth, when a cancer occurs it means there is also a failure in the immune system’s ability to recognize these abnormal cells and destroy them. When normal cells become old or damaged, they die and are replaced with new cells. However, the growth of cancer cells is different from normal cell growth. Instead of dying, cancer cells continue to grow and form more abnormal cells. Cancer cells can also invade other tissues, something that normal cells cannot do.

HOW EFFECTIVE IS CANCER TREATMENT TODAY?

There have been remarkable advances in the treatment of cancer, especially over the past two decades. Today, millions of people are surviving cancer and most

oncologists feel that cancer is becoming more like a chronic disease, such as diabetes or hypertension. In other words, even though no cure has been found yet, the disease is something that can be managed and people can live with cancer for many years.

Early detection and diagnosis, as well as advances, such as immunotherapy and targeted treatments, most of which are available in pill form, are making it possible to live with cancer and continue to have a good quality of life; some of these newer treatments have actually produced virtual cures for many types of cancer.

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Through a strategic partnership with Sarah Cannon, one of the world’s leading clinical trial organizations, FCS offers more access to national clinical trials than any other oncology practice in Florida. In 2016, 84% of all new cancer drugs were studied in clinical trials with FCS participation, prior to approval.

In addition to a robust clinical research program, Florida Cancer Specialists offers a number of services, such as an in-house specialty pharmacy, an in-house hematopathology lab and financial counselors at every location.



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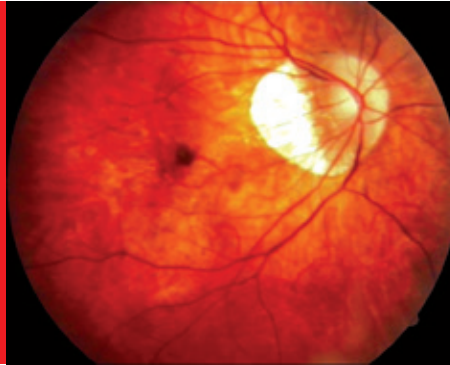
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CHOROIDAL NEOVASCULAR MEMBRANES

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

Diabetic retinopathy, the most common diabetic eye disease, occurs when blood vessels in the retina change. Sometimes these vessels swell and leak fluid or even close off completely. In other cases, abnormal new blood vessels grow on the surface of the retina.



Choroidal 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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Lauren R. Rosecan

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

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Losing Your Hair? Check Your Medicine Cabinet

By Dr. Alan J. Bauman, Hair Loss Specialist



Your doctor says you need them to stay healthy, but could your prescription medications be causing your hair to fall out? Many prescription drugs are notorious for weakening hair follicles and hair loss is often listed as a possible side effect.

DRUG-INDUCED HAIR LOSS

Like any other type of hair loss, drug-induced hair loss can have a detrimental affect on your confidence and self-esteem. Thankfully, in most cases, the hair loss issue resolves once the medication is discontinued. For some patients who are on certain medications for the long term or who are also experiencing hereditary hair loss, otherwise known as male or female pattern hair loss, the battle for a full, healthy head of hair may become slightly tougher to fight.

The type of drug, dosage and underlying conditions may influence the severity of hair loss and the prognosis. Some drugs, like chemotherapy

agents, cause immediate hair loss beginning within a weeks of taking the medication. However, the most common types of drug-induced hair changes like shedding, loss of volume, coverage or shine, etc. typically become noticeable a few months after starting the medication.

COMMON CULPRITS

Some of the most common culprits you may find in your medicine cabinet include: anti-cholesterol medications—especially statins, blood pressure lowering medications like beta-blockers, mood modulators such as antidepressants or anti-anxiety drugs, and hormones like thyroid, testosterone or birth control.

But there are a host of other medications that have been linked with hair loss. Here are a few main categories:

- Acne medications containing vitamin A or retinoids
- Antibiotics and antifungal drugs
- Antidepressants
- Birth control pills
- Anticlotting drugs
- Chemotherapy and drugs that treat breast and other cancers
- Cholesterol-lowering drugs, especially statins
- Drugs that suppress the immune system
- Epilepsy drugs or anticonvulsants
- High blood pressure medications or anti-hypertensives such as beta-blockers, ACE inhibitors, and some diuretics
- Hormone replacement therapy, especially testosterone
- Mood stabilizers
- Non-steroidal anti-inflammatory drugs or NSAIDs
- Parkinson's disease drugs
- Steroids
- Thyroid medications and natural thyroid replacement
- Bariatric or "weight loss" drugs

CHEMOTHERAPY AND HAIR LOSS

Hair loss can be quite scary or even devastating for chemotherapy patients. Chemotherapy is designed to save your life by targeting fast growing cancer cells in your body. Unfortunately, chemotherapy drugs don't distinguish between cancer cells and other rapidly growing cells in your body such as those found in hair follicles. While every cancer drug is different and has different effects on different people, chemotherapy drugs may cause significant hair loss on your scalp, eyebrows, eyelashes as well as the rest of your body. Most chemotherapy causes temporary hair loss, but some chemotherapy medications are known to cause more hair loss more quickly and can

also have a high likelihood of causing permanent damage to your hair follicles. Cold cap therapy or scalp cooling systems can help decrease hair fall from chemotherapy but not all oncologists are “on board” with the treatment.

Most chemo patients are focused on the treatment of their cancer—and rightly so. However, many want to continue to live a ‘normal’ life and not ‘give a face to the disease’—meaning, they want to maintain a healthy appearance to their coworkers, family, friends or others, and not necessarily discuss their health situation. Your health is your business, so you should have the option of discussing it (or not) with whom you choose. Today’s modern hair restoration and hair replacement options like “CNC” 3D-printed cranial prosthetics are significantly different than the medical wigs of the past. Many cranial prosthetics can be totally or partially covered by health insurance.

TREATING OPTIONS

Instead of your general dermatologist, it is always recommended to seek the advice and the evaluation of a qualified, experienced and

ABHRS-certified hair restoration physician who can work with your other health care providers in order to help you diagnose and track your hair loss condition. Good communication with the doctor who prescribed the medication is also imperative to find out if the dosage can be reduced or stopped or if an alternative medication with fewer hair loss side effects could be substituted. When hair loss is due to a medication you are taking, it is likely that hair growth will return to normal once the medication is discontinued. Even if the medications cannot be discontinued or reduced, treatments can still be very effective. Scientific HairCheck measurements can accurately track changes in hair growth in order to determine whether hair loss is stable, getting worse or improving--well before these changes are noticeable to the naked eye. Treatments such as prescription Formula 82M compounded minoxidil, non-chemical PRP Platelet Rich Plasma, targeted nutraceuticals, and non-chemical no-side-effect low level laser therapy for hair regrowth are often used to help rejuvenate hair that has thinned out due to medications.

HOW YOU CAN STIMULATE HEALTHY HAIR GROWTH

- Nutritional hair supplements like Viviscal Pro and “SuperBiotin” can help your hair become shinier, fuller and stronger, in addition to powerful nutraceutical-combos like Nutrafol which supports hair follicle function.
- Low-level laser therapy is a non-chemical side effect-free option for hair regrowth by increasing energy production in the skin and hair follicle cells.
- PRP Platelet Rich Plasma uses your own blood platelets to stimulate hair growth.
- 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.
- New “scalp makeovers” are available to treat various hair and scalp problems, including thinning. Treatments range from sebum-regulating topical serums to scalp steaming and massage, moisturizing lotions and hair boosting dermal patches.



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 20,000 hair loss patients and performed nearly 7,000 hair transplant procedures. An international lecturer and frequent faculty member of major medical conferences, Dr. Bauman was recently named one of



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

the top 5 transformative CEO's in Forbes Magazine. His 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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Relax

By William H. Stager, DO, MS, MPH, FAAFP, FAAMA, FAAO, FACOPF dist.

We all deal with stress every day and we hear about it everywhere. Friends and family, at work or play, on TV or movies, books or news: everybody's talking about stress. So what are we doing about it?

First, let's define stress. Many years ago, Dr. Hans Selye, perhaps the most famous physician to research stress and its affects on us, had a fairly simple definition for stress. He defined stress as simply our response to change. Think about it: how do we respond to change? Implicit in this statement is the neutrality of the words "response" and "change". The change can be big or little, labeled good or bad or otherwise, but it's we who provide the labels and we who choose the response. And we usually respond in response to our labels! So who's responsible for how we view the change and how we respond to it? We are!

I'm sure we are all familiar with examples of the ability of our minds to convince us that something is either good or bad and therefore doable or not. Our parents got us to do things or eat food, for instance, that we didn't like, but managed to, after various forms of creative convincing. And we still do this, more or less, every day of our lives.

We all are living examples of how the body affects the mind and the mind affects the body. It's often a basic truth that when we feel good we act good and when we feel bad we act bad. For example, you know that when you are nervous or worried about something, symptoms appear in your body, such as upset stomach, restlessness, headache, and so on. And the opposite is true: physical symptoms such as pain or illness can affect us emotionally and get us down, even depressed. So how we label changes and how we respond to them is our choice, and we can choose health and happiness.

Some incredible evidence has resulted from the large number of research projects over the years directed at the body-mind connections. A partial list of conditions that have been scientifically

proven to be affected by positive attitude techniques includes: • **allergies and allergic skin reactions** • **asthma** • **anxiety** • **depression** • **digestive symptoms such as nausea, vomiting, constipation and stomach ulcers** • **heart pain and arrhythmias** • **high blood pressure** • **infertility** • **insomnia** • **pain of all types** • **pms**.

I took a course with Dr. David Cheek years ago, who was then one of the best known physicians and researchers in the field of clinical hypnosis. He told us and demonstrated to us how he and other physicians had discovered and documented that people remembered everything while under anesthesia for surgery, and that with the proper suggestions, bleeding, side effects and healing times and responses were all significantly and positively shortened. The power of the mind is such that I have witnessed films of women having c-sections with no anesthesia, only hypnosis!

Many years ago, I had the good fortune to meet Dr. Herbert Benson, the founder of the Mind/Body Institute in Boston, Mass. He is an associate professor at Harvard Medical School, and has done much of the ground-breaking research on bridging the affects of mind and body in science and medicine. He has written several books, hundreds of research papers, lectured internationally, and many of you may have heard of him or seen him on TV. His book: "The Relaxation Response", addresses exactly what we have been discussing here.

He condenses the whole relaxation response to stress or change to two simple steps: **1)** a sound or word or phrase or prayer, repeated silently or aloud, and **2)** a passive attitude, i.e., not worrying or thinking about any other thoughts or distractions, but always returning to one's relaxed center of focus.

That's it! Whatever your beliefs, culture, language or religion, you choose the word or phrase, and

repeat it gently and relaxedly for about twenty minutes at a time. You can sit or stand or walk, you can be in any environment. Just repeat your positive word or phrase in a relaxed and focused manner, without following any other thoughts that may come in. The results are tangible and reproducible and have been the subject of hundreds of research projects. Historically, this remarkable subject has been expressed for thousands of years in every culture and religion.

My practice of **Osteopathic Manipulative Treatment (OMT)** focuses on relieving pain and dysfunction of many kinds. All our patients report a relaxation response as well, as the pain lessens, the body and mind relax, as the body and mind relax, the pain lessens, and so on!

I urge you all to do this, to learn to be focused and relaxed, and share it with everyone you know. Imagine the results!



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CUTTING EDGE TECHNOLOGY USED TO **TREAT NECK PAIN** IN PROFESSIONAL ATHLETES, THE US AIR FORCE, & THE US NAVY – IT IS NOW AVAILABLE IN PALM BEACH COUNTY

THE HUMAN HEAD WEIGHS approximately 11 lbs, significantly larger than the 8 lbs so famously quoted in the movie, “Jerry Maguire”. Your neck’s main job is to hold up/support the head. Mind this is no easy feat. The head must be able to move from side to side and up and down simultaneously. The neck itself forms a conduit for the spinal cord, carries blood vessels to and from the head, and contains passageways for air and food. This is quite a complex system of engineering. No wonder our necks can cause such systematic pain and discomfort. 70% of individuals experience neck pain that interferes with life functioning at least once in their lifetime.



Neck pain can be debilitating. Pain can radiate from the neck to the back down the arms and sometimes even down to the hips and legs. Neck pain can create chronic and intense headaches. The neck itself can become stiff with a decreased range of motion where pain is often worsened with movement.

Traditional treatments frequently create temporary relief for neck pain sufferers but long-term restoration of neck function and pain relief is infrequent. “The MCU (Multi-Cervical Unit) is changing the way we treat and cure debilitating neck pain” explains Dr. Marc Weinberg of the Active Health Center, “Multi-cervical unit (MCU) is designed to increase cervical range of motion and strength in order to restore neck function.”

Prior to the MCU, it was nearly impossible to objectively diagnose muscle dysfunction and weakness. Because other examination methods like CT scans, X-rays, and nerve testing have been unable to detect functional muscle weakness, accurate strengthening of these delicate injuries has often been called “the missing link” in neck pain treatment. The MCU is so valuable because it offers a more reliable diagnosis of strength and motion, and then uses those findings to customize and target the treatment using the same machine. 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.

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.

MCU offers Effective Testing and Treatment for:

- General and Chronic Neck Pain
- Whiplash Associated Disorders
- Muscle Tension headache
- Cervical Disc Conditions
- Sports Related Injuries
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Connection Between Food and Your Physical & Mental Health

What's for dinner? This question is coming up in regards to mental health. More research is finding that a nutritious diet isn't just good for the body; it's great for the mind, too. Recent studies have shown the risk of depression increases about 80% when you compare teens with the lowest-quality diet, to those who eat a higher-quality, whole-foods diet.

Sadhguru, yogi, mystic and the foremost authority on yoga and Mark Hyman, American physician and bestselling author, explore the connection between the food that we eat and our physical and mental health, as well as possible approaches to change our food system.

Mark Hyman: One of the questions that came from the audience is about the connection between our mind, our mood, our emotional state, our mental health, and the food we eat. Everything from ADD to bipolar disease, to depression could be linked to that. So, what is the connection between our body and our mind?

Sadhguru: The yogic system does not identify body and mind as two different entities. Your brains are part of your body. It is just that what we generally refer to as mind is a certain amount of memory and intelligence. Between the rest of the body and the brain, which has more memory, which has more intelligence? If you look at it carefully, your body's memory goes back millions of years. It clearly remembers how your forefathers were. The mind cannot claim that kind of memory. When it comes to intelligence, what is happening in a single molecule of DNA is so complex that your whole brain cannot figure it out.

In the yogic system, there is a physical body and there is a mental body. There is an intelligence and memory running right across the body. People generally think the brain is everything just because it handles the thought process. And because of this separation of body and mind, a large number of people in the West are taking antidepressants at some point in their life.

The type of food we eat has a huge impact on the mind. An average American is said to consume 200 pounds of meat per year. If you bring it down to 50 pounds, you will see 75% of the people will not need antidepressants anymore. Meat is a good food to survive if you are out in the desert or the jungle. If you are lost somewhere, a piece of meat will keep you going, because it provides concentrated nourishment. But it should not be a daily food that you eat when there are other choices.

There are many ways to look at this. One thing is animals have the intelligence to know in the last few moments that they are going to get killed, no matter how cunningly or how scientifically you do it. Any animal that has the capacity to express some kind of emotion will always grasp when it is going to be killed.

Suppose all of you come to know right now that at the end of this day, you are going to get slaughtered. Imagine the struggle that you would go through, the burst of chemical reactions within you. An animal goes through at least some fraction of that. This means when you kill an animal, the negative acids and whatever other chemicals are in the meat. When you consume the meat, it creates unnecessary levels of mental fluctuations.

If you put people who are on antidepressants on a conscious vegetarian diet, in about three months' time, most of them will not need their medication anymore.

For most of those who have become mentally ill, the illness has been cultivated – there is nothing pathologically wrong with them. Such a large percentage of people cannot be mentally sick unless



we are culturing it within our social fabric. We should never let commercial forces determine the quality of our lives. Commerce is there to serve humanity. But right now, we have structured the economic engine across the world in such a way that human beings are here to serve the economic and commercial process.

It is not in the hands of the politicians and policy-makers alone. If everyone realizes their physical and particularly their mental health improves when they change what they eat and how they eat, we will also change the politicians.

Inner Engineering Total, a 4-day, in-person program will be offered in Tampa from June 1st - 4th.

This course provides tools and solutions to create your life the way you want it. It imparts practical wisdom to manage your body, mind, emotions, and the fundamental life energy within. To learn more visit: www.InnerEngineering.com or contact us at tampa@ishausa.org/ 813-413-1661.

InnerEngineering.com
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Question: How can I tell if my friend has a PROBLEM WITH ALCOHOL OR DRUGS?

PHYSICAL SIGNS OF SUBSTANCE USE MAY INCLUDE

- Change in sleep patterns or appetite
- Weight loss or weight gain
- Eyes that are bloodshot
- Pupils that are smaller or larger than normal
- Shakes and/or tremors
- Slurred speech
- Impaired coordination
- Unusual smells on breath, body, or clothing

BEHAVIORAL SIGNS OF SUBSTANCE USE MAY INCLUDE:

- Decreased motivation
- Loss of interest in extracurricular activities
- Drop in attendance or performance at work or school
- Financial problems or an unusual need for money
- Engaging in secretive or suspicious behavior
- Sudden changes in relationships

PSYCHOLOGICAL SIGNS OF SUBSTANCE USE MAY INCLUDE:

- Unexplained change in personality or attitude
- Sudden mood changes
- Periods of unusual hyperactivity or agitation
- Appearing fearful, withdrawn, anxious, or paranoid with no apparent cause

Furthermore, if you're loved one is compulsively seeking and using drugs or alcohol despite negative consequences, such as loss of job, debt, family problems, or physical problems brought on by their use, then he or she is most likely addicted.

Being a friend or family member of someone abusing alcohol or substances can be extremely difficult. At times, it may feel so overwhelming that it may seem easier to ignore the problem. In the long run, minimizing or denying your loved one's use will inevitably be damaging to you, other family members, and the person you are concerned about.

The first step to helping your loved one is learning more about the disease of addiction. You may

want to either talk to a member of AA, NA, Al-Anon or Nar-Anon, or speak with a professional to help better understand your friend or family member's behavior. If your loved one is willing to take the next step, suggest an assessment by an addictions professional to help them understand their options and receive the care that they need.

Addiction is one of the leading causes of preventable death in America. So when you talk to your loved one about their drinking or substance use, you may be literally saving a life.



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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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Selective wavelength to target fat cells below the dermis.

DISPURT

Highly efficient wavelength for controlled energy delivery.

ELIMINATE

Overtime, the body naturally eliminates the fat cells.



BEFORE SculpSure™



AFTER SculpSure™

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

- **25 minute treatment**
- **Clinically proven to permanently reduce fat**
- **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.

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* 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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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.



RejuvaWAVE™ only available at Simply Men's Health

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- No Down Time
- No Side Effects
- 10-15 minutes per session
- Over 80% Patient Satisfaction

HOW TO GET STARTED

At the Simply's Men's Health, take on each case with individualized care and cater your private consultation with our experienced staff of physicians. We pinpoint the exact cause of your sexual health issues and provide a diagnosis to create a customized treatment plan that can CURE ED in about 80% of patients or restore sexual function in over 98% of patients. Return to the sexually confident and active man you were before suffering from erectile dysfunction. Contact the health care professionals at Simply Men's Health today for a private consultation today.



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.



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Written by Dr. John O'Day, Au.D. Presented by Dr. Dana Luzon, Au.D., FAAA



Most hearing aid repairs are due to moisture and earwax accumulating in the hearing aid. The vast majority of these repairs are preventable. Hearing aids are simple to care for. It's important to clean your instruments every day, either before you put them in your ears every morning or when you removed them at night. Your Audiologist can instruct you on how best to clean your particular hearing aid model, and will give you some small tools to brush the aid and clean ear wax from the sound bore and vent hole. **Dr. Dana Luzon**, Board Certified Doctor of Audiology with Audiology and Hearing Aids of the Palm Beaches recommends scheduled maintenance at the office every 3-6 months for a check up on the health of your devices. You do not need to clean your hearing aid with water or any chemical cleaning solution. Always use a dry cloth or tissue to wipe down your hearing aids.

To best protect your instruments from humidity or moisture, use a DRY-AID kit or Electronic Dryer such as PerfectDryLUX or a Zephyr. These kits remove moisture that has accumulated in the instrument (from perspiration, humidity, etc.) and can extend the life of your hearing aids. Electronic dry-aid kits as well as small dry jars are available for purchase from your Audiologist. Electronic dry aids include a germicidal light that kills most bacteria and other germs, desiccants to absorb moisture, and fans to circulate air through the internal components of the hearing aids. Dry jars use the desiccant beads to draw out moisture the hearing aid has accumulated throughout the day and are typically less costly.

Avoid dropping your hearing instruments on hard surfaces; the shock can damage the receiver or other miniature electronic components. Keep your instruments in their case or your dry aid kit when they're not in your ears. It is common for hearing aids to get lost when they're put in a pocket or purse without their designated case. It's also not uncommon for dogs to chew on hearing aids left lying out, so keep them in a protective case to prevent damage to your devices.

Preventive maintenance is the key to longer lasting hearing aids. Well maintained hearing aids can last four to five year, so a little maintenance will go a long way!

To purchase a Dry Aid Kit, please call Audiology and Hearing Aids of the Palm Beaches at **(561) 627-3552** and schedule an appointment with Dr. Luzon. We look forward to being your home for hearing healthcare.

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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What is CBD

AND THE MEDICAL TREATMENT IT PROVIDES:

CANNABIDIOL—CBD—is a cannabis compound that has significant medical benefits, but does not make people feel “stoned” and can actually counteract the psycho activity of THC. The fact that CBD-rich cannabis is non-psychoactive makes it an appealing option for patients looking for relief from inflammation, pain, anxiety, psychosis, seizures, spasms, and other conditions without disconcerting feelings of lethargy or dysphoria.

Scientific and clinical research—much of it sponsored by the US government—underscores CBD’s potential as a treatment for a wide range of conditions, including arthritis, diabetes, alcoholism, MS, chronic pain, schizophrenia, PTSD, depression, antibiotic-resistant infections, epilepsy, and other neurological disorders. CBD has demonstrable neuroprotective and neurogenic effects, and its anti-cancer properties are currently being investigated at several academic research centers in the United States and elsewhere.

Extensive preclinical research—much of it sponsored by the U.S. government—indicates that CBD has potent anti-tumoral, antioxidant, anti-spasmodic, anti-psychotic, anti-convulsive, and neuroprotective properties. CBD directly activates serotonin receptors, causing an anti-depressant effect, as well.

Here are five facts that you should know about this unique compound:

1. CBD is a key ingredient in cannabis

CBD is one of over 60 compounds found in cannabis that belong to a class of molecules called cannabinoids. Of these compounds, CBD and THC are usually present in the highest concentrations, and are therefore the most recognized and studied.

CBD and THC levels tend to vary among different plants. Marijuana grown for recreational purposes often contains more THC than CBD.

However, by using selective breeding techniques, cannabis breeders have managed to create varieties with high levels of CBD and next to zero levels of THC. These strains are rare but have become more popular in recent years.

2. CBD is non-psychoactive

Unlike THC, CBD does NOT cause a high. While this makes CBD a poor choice for recreational users, it gives the chemical a significant advantage as a medicine, since health professionals prefer treatments with minimal side effects.

CBD is non-psychoactive because it does not act on the same pathways as THC. These pathways, called CB1 receptors, are highly concentrated in the brain and are responsible for the mind-altering effects of THC.

A 2011 review published in Current Drug Safety concludes that CBD “does not interfere with several psychomotor and psychological functions.” The authors add that several studies suggest that CBD is “well tolerated and safe” even at high doses.

3. CBD has a wide range of medical benefits

Although CBD and THC act on different pathways of the body, they seem to have many of the same medical benefits. According to a 2013 review published in the British Journal of Clinical Pharmacology, studies have found CBD to possess the following medical properties:

MEDICAL PROPERTIES OF CBD	EFFECTS
Antiemetic	Reduces nausea and vomiting
Anticonvulsant	Suppresses seizure activity
Antipsychotic	Combats psychosis disorders
Anti-inflammatory	Combats inflammatory disorders
Anti-oxidant	Combats neurodegenerative disorders
Anti-tumoral/Anti-cancer	Combats tumor and cancer cells
Anxiolytic/Anti-depressant	Combats anxiety and depression disorders

Unfortunately, most of this evidence comes from animals, since very few studies on CBD have been carried out in human patients.

But a pharmaceutical version of CBD was recently developed by a drug company based in the UK. The company, GW Pharmaceuticals, is now funding clinical trials on CBD as a treatment for schizophrenia and certain types of epilepsy.

Likewise, a team of researchers at the California Pacific Medical Center, led by Dr. Sean McAllister, has stated that they hope to begin trials on CBD as a breast cancer therapy.

4. CBD reduces the negative effects of THC

CBD seems to offer natural protection against the marijuana high. Numerous studies suggest that CBD acts to reduce the intoxicating effects of THC, such as memory impairment and paranoia.

CBD also appears to counteract the sleep-inducing effects of THC, which may explain why some strains of cannabis are known to increase alertness.

5. CBD is legal in the US and many other countries:

If you live in the US, you can legally purchase and consume Cannabidiol in any state.

Cannabidiol from industrial hemp also has the added benefit of having virtually no THC. This is why it’s not possible to get “high” from CBD.

In fact various government agencies are taking notice to the clinical research supporting the medical benefits of CBD. The U.S. Food and Drug Administration recently approved a request to trial a pharmaceutical version of CBD in children with rare forms of epilepsy. The drug is made by GW Pharmaceuticals and is called Epidiolex.

According to the company, the drug consists of “more than 98 percent CBD, trace quantities of some other cannabinoids, and zero THC.” GW Pharmaceuticals makes another cannabis-based drug called Sativex, which has been approved in over 24 countries for treating multiple sclerosis.

Emergent Field of Water Soluble CBD

Researchers are currently diving into the arena of water soluble CBD. Simply put, “water Soluble” means “able to dissolve in water”. This entirely new discovery remains in its infancy and availability is limited. However, one thing is very clear. When CBD is water soluble it is more bioavailable for our bodies to use. Our bodies are 60 % water. When we ingest water soluble CBD a greater amount of CBD reaches the bloodstream, which lowers the actual therapeutic serving size required to achieve therapeutic effect.

Water soluble CBD is simply dosed as a packet to be mixed with 4-6 ounces of water, you simply drink as a beverage. To learn more about our water soluble line of products visit www.PalmBeachHemp.com or call our team at 561-282-8235.

www.palmbeachhemp.com



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 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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4060 PGA Blvd., Suite 202,
Palm Beach Gardens

Does Your Child Have an Anxiety Disorder?

Neurofeedback Helps Anxiety in Children

without Medication

by Michael Cohen, Director
Center for Brain



It's a startling fact: One in every 10 children has an anxiety disorder, and many of those children are being given powerful drugs to try to treat it.

Anxious children are different from kids with normal fears

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.

An anxious child's brain, however gets stuck on "high alert," preventing them from concentrating, trusting people or feeling safe.

Normal kids might get anxious after seeing a scary movie or being in a thunderstorm, but they

get over it quickly and resume normal activities. Anxious children (and adults, for that matter) feel very unsafe in the world – even when in a safe environment. They're often socially withdrawn, scared of new experiences and perceive negative situations as catastrophic. Comforting doesn't work, because anxiety is a problem in their brain.

Younger children suffering from anxiety frequently have stomachaches and sleep problems. They struggle in school. Older children may also do poorly in school and be more likely to have serious behavioral and sleep issues.

Misdiagnosis and powerful drugs

Many children with an anxiety disorder are misdiagnosed with ADHD and given medications that are not appropriate. Others are properly diagnosed and given drugs like anti-depressants or more serious drugs that don't address the root of the problem: inability to turn off the fear or anxiety circuits in their head.

Medications can artificially force a child's brain to be calmer, but when the medication wears off, nothing has changed. Furthermore, they have side effects, and no one knows for sure what certain prescription medications do to a child's developing brain.

The neurofeedback solution

With medications not the answer, more and more parents are opting out of drug therapy in favor of neurofeedback. It's a proven non-drug treatment that reduces anxiety by training the part of the brain that is supposed to make you calm (often the temporal lobe) to do a better job. It gently encourages the brain to change itself and to operate – naturally – in a calmer, more functional way.

Success stories

We've treated hundreds of kids at Center for Brain using neurofeedback, and seen many of them experience significant improvements in their lives. Here are stories of three of them:

An eight-year-old boy had struggled with going to sleep and staying asleep for years. He woke his mother up several times during the night and wanted her to sit up with him until he fell asleep. They were both exhausted. After just one neurofeedback session he slept through the night for six months. A thunderstorm at that point caused a recurrence of the sleep issues, which were significantly reduced with a second session.

A 13-year-old girl was so anxious and nervous at school that her mother was called almost daily to come get her. This interfered with the



mother's work and was stressful to the entire family. After six neurofeedback sessions the number of calls from school was significantly reduced, and the girl herself noticed she was less nervous. By 13 sessions, the problems had almost completely subsided. When the girl did call from school, she was able to be comforted over the phone and resume her classes. After several more sessions, the calls stopped. The little girl learned she was "OK" on her own and was no longer easily upset. She began doing better in school, and the family began functioning more normally.

A 10-year-old girl needed to be in complete control at all times around other children. She became agitated when she wasn't. It was a big turnoff to her peers. After 20 neurofeedback sessions she stopped needing to be in control. She became more relaxed and flexible and made friends for the first time.

Did you know that many children with an anxiety disorder come by it "naturally?" A child who has a parent with an anxiety disorder has a greater chance of developing one. It could have to do with a genetic disposition or the fact that anxious parents accidentally "teach" anxious feelings and behaviors through example. It's common for us at Center for Brain to work with parents and their children at the same time to help reduce anxiety in both.

What is neurofeedback?

Neurofeedback is one of the most powerful technologies in the world for reducing anxiety. 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.

Most children enjoy neurofeedback training because it involves playing simple video games that entertain them while helping their brains change.

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 that causes anxiety. With repeated training, the brain learns to slip more easily back into a state of calm.

**Have you been seriously considering getting help for your anxious child?
DON'T WAIT ONE MORE DAY!
Call NOW for your free consultation
561-744-7616**

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.



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.

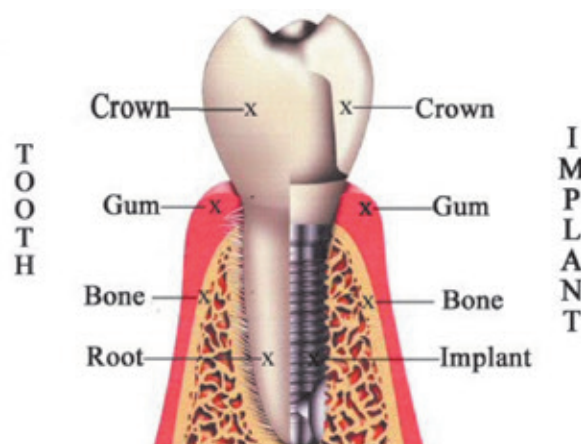


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www.CenterforBrain.com**

AM I A CANDIDATE FOR IMMEDIATE DENTAL IMPLANTS?

Many of our patients start their consultation for dental implants very confused from the numerous advertisements they have read. Often times, patients are not clear exactly what a dental implant consists of or how it can be used to help replace a missing tooth or teeth.



THE BASICS:

Teeth consist of 2 parts: the **Crown**- the part you see when you smile and chew with and the **Root**-the part in the bone and under the gums that gives support. When teeth need to be removed and replaced (this can be due to a number of factors such as decay or bone loss), one option is to use a dental implant. An implant is often referred to as a “root placement”. When the entire tooth is extracted, the crown and root are removed. This leaves an empty space or socket in the bone where the old root used to live. An implant or “new root” can ultimately be placed in the site of the socket and over time the bone in the area can “glue” itself to this implant. Typically, this gluing can take around 3-6 months. Once this occurs, a new crown can be cemented onto the implant to complete the process of replacing the tooth.

Traditionally, when a tooth is removed, a bone graft is placed in the extraction socket to aid in regrowing bone in the site. After a period of healing, an implant is placed into the area with the newly formed bone acting as a support structure for this new root. Three to Six months after the implant has been placed into the area, a crown can usually be attached to complete the process.

IMMEDIATE DENTAL IMPLANTS:

A more advanced technique that can be utilized involves placing the dental implant into the tooth extraction site at the time the tooth is removed. This can be very tricky as variations in bone anatomy,

shape and hardness can impact the stability and position your surgeon can place the implant. On the positive side, research has shown that placing an implant at the time of tooth extraction may help preserve the jaw bone structure around the implant area. In addition, fewer procedures may be needed if the implant is able to be inserted in the same appointment.

Due to the additional complexity of this procedure, we find the use of a 3D x-ray (CT scan) of the mouth area to be critical to helping decide if the use of immediate implant placement is appropriate in each individual case. Having an in-depth knowledge of the anatomy, including location of the nerves and sinuses, can help identify the safest and least invasive approach.

No tooth replacement site is the same and success can vary patient to patient and site to site. In some situations, such as areas of significant infection, the traditional approach to implant placement may be a better option. The more information your surgeon has regarding the areas being considered for treatment can help increase success and assist with determining the best approach for your individualized needs.



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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By Dr. Jonathan Chung

Combating Medication Overuse Headaches

Medication overuse headache (MOH) is a very common manifestation of chronic headache patients. It is one of the unique instances where a once effective way of controlling an illness will actually perpetuate the illness further as the body adapts to a chemical intervention. This condition is unique to patients with chronic daily headache disorders and various chronic pain syndromes like fibromyalgia.

The most frustrating part about MOH is that you may do better for a long period of time because of a medication, but as the effectiveness of the medication wanes over time you may actually experience the headache worse than before.

It's a situation that can cause despair as medications are generally the treatment of choice for all headache conditions. If your body has become resistant to all of the available medications, what can you do next?

WHY IS YOUR MEDICINE MAKING YOUR HEAD HURT?

People with chronic headaches will generally have 7-10 headache days per month. For better or for worse, there are a wide variety of medications that can help knock a headache out or prevent them from occurring. It's not unusual for a chronic headache patient to have a cocktail of drugs that they have to take on a daily basis.

The problem with a frequent medication regiment in chronic pain conditions is that the cells of your body almost always have an adaptation to make itself more resistant to the medications' effects. This can happen even if you're taking your medications correctly as prescribed by your doctor.

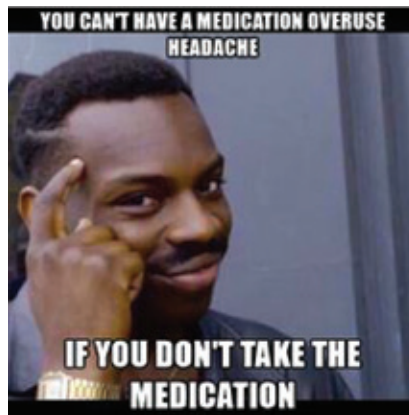
The headache that results from MOH is often called a rebound headache. As the effect of the medication wears off, the headache returns rapidly which can create a need for another dose of medication. In this way it becomes a cycle of struggle as the effects of the medication start to decline faster and the rebound headaches become more persistent. When this occurs, the chronic headache patient can become the chronic daily headache as the headaches will begin to occur greater than 15 days per month. Because of the reliance on these medications, medication overuse headache has become the 3rd most common

headache disorder, and the most common cause of migraine-like symptoms.

Research has shown that this can occur regardless of the type of medication you take. It's most frequently associated with prescription migraine medications, but it has been documented to occur in people taking over-the-counter drugs like ibuprofen. Hard pain meds like oxycontin may be used by headache patients without a doctor's prescription, and these can tend to accelerate the process to MOH because of the way that opioids sensitize your brain.

HOW TO BEAT MEDICATION OVERUSE HEADACHES

The easy answer is to stop taking your medications for a while because....



If you don't understand this meme, then ask someone who is younger than 30. I promise it's funny.

Unfortunately, biology isn't that simple, especially if you have chronic pain. Are there side effects to stopping a daily medication? Will you experience worse pain when you stop taking the drugs? How will you cope with the pain if you can't take any meds? How long will this take before you can make the meds work again?

Chronic headache patients need effective non-pharmacological methods to deal with the pain of headache physiology.

One specific target for drug-less treatment of headaches is by correcting dysfunctions in the neck.

In many cases, headaches syndromes can be a result of a secondary effect of a shift in at the top of the neck. This is why chronic headache patients are some of my favorite people to see in practice because a gentle correction of the neck has allowed us to have a very high success rate with chronic headache syndromes.

While addressing the cervical spine may not address the cause of a medication overuse headache, it may help fix the primary source of a patient's headache condition so that taking the medication becomes less necessary. The most common comment I get from headache patients is when they tell me that they're taking less ibuprofen since they started getting their neck better.

Within 2 weeks of neck corrections with the NUCCA procedure, the vast majority of our headache patients experience relief in either the frequency or intensity of their daily headaches.

NOT ALL NECK ADJUSTMENTS INVOLVE CRACKING

A lot of people are scared about having their neck worked on by a chiropractor. The general portrayal of a neck adjustment by viral Youtube videos can make it seem scary.

While chiropractic adjustments have a tremendous track record for safety, the bottom line is that a lot of people just don't want their neck cracked because the sound and the motion make them really uneasy. This leads to patients tightening up their neck and bracing which can make a neck manipulation hurt in the hands of a chiropractor that is not skilled.

That's one of the big reasons why I've used the NUCCA procedure throughout my career. The NUCCA procedure involves a very light pressure to correct the neck as opposed to a high velocity manipulation. By using the NUCCA procedure, the doctor is able to measure and control how much force goes into the neck, and if we have corrected the underlying dysfunction. All of this happens without the popping, twisting, or cracking of the spine.

Not all patients with headaches are good candidates for the NUCCA procedure. Only patients with a subtle shift in the top vertebra called the Atlas will benefit from the NUCCA correction. A thorough history and examination will help us determine if the Atlas is causing a problem and if it's something that can be fixed.



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By Dr. Ricardo Leano

OSTEOARTHRITIS

OSTEOPARTHRITIS (OA) affects about 27 million Americans and is the most common chronic condition of the synovial joints and a common cause of chronic pain in older people. OA can affect any joint, but it occurs most often in knees, hips, and lower back. Neck, small joints of the fingers and the bases of the thumb and big toe are also frequently affected. It is also called Degenerative Joint Disease (DJD) or Degenerative Arthritis.



In normal joints, the cartilage covers each end of the bones that are involved in that joint. The cartilage is a firm, rubbery material that provides a smooth, gliding surface for joint motion and functions as a cushion between the bones. OA is characterized by focal areas of loss of cartilage causing pain, inflammation, and joint stiffness. As OA worsens over time, bones may break down and develop growths called spurs. Pieces of bone or cartilage may chip off and float around in the joint. In the body, an inflammatory process occurs and cytokines (proteins) and enzymes produced further damage the cartilage. In the final stages of OA, the cartilage wears away and bone rubs against bone leading to joint damage and more pain. The cartilage lacks blood supply evading the own-body healing abilities. It is better to regenerate your cartilage, instead of replacing it with titanium. You may completely avoid or, at least, postpone a major surgery for several years.

Age, genetic factors, and other systemic factors like obesity, all predispose to the development of osteoarthritis. But, we also know that certain forms of activity predispose joints to OA, as well as joint injury and some hormonal factors. Although OA occurs in people of all ages, osteoarthritis is most common in people older than 65.

Symptoms of osteoarthritis differ, depending on which joints are affected and how severely they are affected. Scientists have noticed a confusing lack of direct relationship between radiographic evidence of severity of OA and symptoms. However, the most common symptoms are pain and stiffness, mainly early in the morning or after resting. Symptomatic joints may get swollen, particularly after prolonged activity. Symptoms tend to build over time rather than abruptly.

Even though symptoms may differ, there are features that are common to all symptomatic OA joints. These include pain, which is usually use-related (prolonged activity or prolonged rest); short-lasting stiffness or difficulty initiating movement after rest; limitation of movement with pain at the end of the range, often accompanied by cracking of the joint during activity; tenderness of the joint and palpable bony swelling around it; and, in some cases inflammation (warmth, swollen, tenderness, and redness).

Osteoarthritic pain, swelling or stiffness may make it problematic to complete ordinary duties at work or at home. Simple activities like opening a box of food, tucking in bed sheets, grasp and hold objects, such as a pencil, or to do delicate tasks, such as needlework, grasping a computer mouse or driving a car can become very difficult. Activities such as lifting objects, walking, and climbing stairs may become problematic.

The pain, reduced flexibility, side effects from medication, consequences from treatments (surgery) and other factors associated with OA can lead to adverse health effects not directly related to the joint disease. Many people believe that the effects of OA are unavoidable, so they don't do anything to manage it. OA symptoms can deter work, social life, and family life if actions are not taken to stop joint damage, control pain and improve flexibility.

Not having an adequate treatment may have consequences. Knee or hip pain may lead to a sedentary lifestyle that endorses weight gain and possible obesity, which can lead to the development of diabetes, heart disease and high blood pressure. People with OA have risk factors such as decreased function, muscle weakness and impaired balance that make them more likely to fall and may experience as much as 30 % more falls and greater risk of fracture than those without OA. Side effects from medications used for pain relief, like opioids, can also contribute to falls. On the other hand, invasive treatments like surgery (total joint replacement) carry the risk of infections, lengthy and painful rehabilitation, and prolonged absence from work.

The joints that are most commonly involved are the cervical and lumbar spine, knees, hips, hands, and great toes. The joints least likely to be affected by OA are the ankles and the shoulders. OA of the spine is a difficult problem because chronic back pain is particularly poorly associated with any definable pathology.

Symptoms vary depending, of course, of which joint is affected. Knee OA manifest with pain, stiffness, reduced flexion, weakness, deformity and "grating" sensation with movement. Hip OA manifests with pain on walking, which may be felt in the buttock, groin, thigh, or knee (source of diagnostic confusion). In the hands, OA affects more the joints in the fingers and the base of the thumb. Bony growths (nodes) at the edge of finger joints are typical. Pain, redness, tenderness, and deformity are not uncommon in the fingers.

The diagnosis is mainly clinical based on symptoms and physical exam. Plain X-Rays are helpful in confirming the diagnosis and are of value in excluding other causes of joint pain. Other helpful studies include Ultrasonography and MRI.

The traditional treatment was aimed to manage symptoms and to avoid iatrogenic complications. Most information on management of peripheral joint OA focus on the knee, but it can be applied to any joint. Education is particularly important in OA. Specific muscle-strengthening exercises can reduce pain and disability.

Moving is one of the most beneficial ways to manage OA. Assistive devices like scooters, canes, walkers, splints, shoe orthotics, etc. can help with function, mobility and to lessen the risk of fall. The U.S. DHHS recommends 150 minutes of moderate exercise per week to everyone, including those with arthritis. Pain control can be achieved with different medications, like acetaminophen, NSAIDs (ibuprofen, naproxen, and celecoxib) and topical creams. Intra-articular injections with steroids have good evidence supporting relief for a few weeks. Intra-articular injections of hyaluronic acid have also been shown to be effective and requires 3 to 5 weekly injections. Surgical options may include arthroscopic debridement for milder disease or total joint replacement for more severe cases with all the concurrent risks and costs.

The most novel approach to treat OA is Regenerative Medicine (Reg-Med). Reg-Med comprises the intra-articular injection of PRP (Platelet Rich Plasma), stem cells from bone marrow, mesenchymal cells from fat, or stem cells from amniotic fluid or umbilical cord blood. Many times, and depending on the individual patient, PRP are combined with any of the other modalities. The cartilage lacks blood supply evading the own-body healing abilities. When mesenchymal or stem cells are injected directly into the joint, all the healing elements are deposited directly next to the cartilage to allow that tissue to heal and even regrowth eradicating all the symptoms and limitations the patient is suffering. The treatment is performed in a few minutes and the patient may return to work in a couple of days. Painful and lengthy rehabilitation is not necessary. Your cartilage can regenerate. It is like intra-articular 3-D printing. Results are getting noticeable in a few weeks and rarely the procedure must be repeated. The cost of this procedure is, in most of the cases, less than all co-payments involved in a major surgery.

If you or any of your loved ones have been diagnosed with Osteoarthritis and a total joint replacement was offered, visit Palm Beach Pain for a free consultation with Dr. Leano before surgery. It is better to regenerate your cartilage, instead of replacing it with titanium. You may completely avoid or, at least, postpone a major surgery for several years. Call (561) 248 1166 for an appointment and a free consultation.



**For any consultation, call
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for an appointment with
Dr. Ricardo Leano at
Palm Beach Pain, LLC**



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The future of the facial is here! Coolifting is a simple, fast and effective treatment that dramatically reduces wrinkles and rejuvenates treated areas in just 5 minutes. Coolifting is designed to treat facial wrinkles, in both the expression zones and the gravitational zones: eyes outline, forehead, frown, cheeks and lips' zone.

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The process is simple, Coolifting is a new facial that combines a controlled spray of carbon dioxide and a blend of hyaluronic acid and botanicals to generate beautiful results with no downtime, no injections, and no pain.

FREQUENTLY ASKED QUESTIONS

- **How long will it take to see results?**

There is an immediate luminosity to the skin. You will also notice a lifting/tightening effect within 12-24 hours of the facial. Clients who sign up for a package of four facials, followed by monthly follow-ups, will see substantial improvement over time.

- **Is there any maintenance required after a treatment?**

Post-treatment, you can return to your regular skin care regimen, with a good moisturizer followed by a mineral sunscreen. These guidelines also apply if you get Coolifting "maintenance" facials.

- **Can people with sensitive skin be treated with Coolifting?**

Yes. Coolifting can be used on all skin types or degrees of pigmentation.

- **Is it ok to use Coolifting after microneedling?**

Coolifting can be used in conjunction with microneedling, chemical peels, microdermabrasion, and other procedures to reduce the redness and inflammation caused by these procedures.

- **Is there any downtime after a treatment?**

There is NO downtime after Coolifting. In fact, it's a perfect "Red Carpet" facial before a special event like a black tie dinner, wedding, or class reunion.

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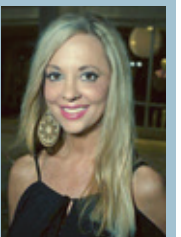
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-Teresa



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Read more about neurofeedback's impact on depression and Center for Brain on Page 26

When the SPINE SHIFTS...



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- Bone Spurs
- Carpal Tunnel (Wrist)
- Canal Stenosis
- Decreased Motion
- Degenerated Joints
- Digestive Disorders
- Disc Herniations
- Dizziness (Vertigo)
- Dowager's Hump
- Fatigue
- Fibromy Algia
- Golfer's Elbow

- Headaches
- Hearing Issues
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- Mid Back pain
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Limb Swelling:

Medicare Approved Treatment Options

By Alyssa Parker

Pneumatic compression devices are one of the most highly recommended treatments for limb swelling and are a Medicare approved treatment option. Dating back to the 1960's pneumatic compression pumps have been used for the treatment of limb swelling due to acute and chronic conditions. In most cases compression pumps are used for swelling associated with lymphedema as well as venous insufficiency. Limb swelling left untreated without a clinical diagnosis and lack of proper treatment may lead to a variety of problems.

Patient's with Venous Insufficiency who experience severe and persistent edema overtime can lead to trapped protein-rich fluid also referred to as secondary lymphedema. The lower region of the leg becomes permanently swollen and may start to harden. Due to poor circulation and protein-rich fluid buildup wounds may become chronic and appear more frequently. Common signs and symptoms that occur are fluid accumulation in a limb, a feeling of heaviness or tightness, thickening of the skin, pain or redness, or chronic ulcers in the affected limb.

How does compression therapy work?

A compression device is used for both acute care (short term in the hospital) as well as chronic care (long term in the home). The compression pump increases blood flow and lymphatic flow. By increasing the circulation in the affected limb many painful symptoms will be alleviated. When compression treatment is used on a limb the excess fluid is removed and worked back into the lymphatic system the natural way. For patients with chronic ulcers using a compression device will help heal the wound from the inside out, by increasing the circulation in the return of the blood from the heart. The heart delivers oxygen rich blood back to the legs and the tissue.

The pneumatic sequential compression relieves the pain and pressure in the swollen area and reduces the size of the limb. The sequential inflation of the chambers, of the sleeve around the affected limb, begins distal (lower region of the limb furthest from attachment) to proximal (area of attachment to the body) naturally mimicking your bodies lymph return while stimulating the blood flow in the legs.

What causes limb swelling?

There can be many different causes for limb swelling, however, two of the most common diseases for chronic limb swelling are Lymphedema and 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.

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. Poor circulation may cause shallow wounds to 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.

Is a Compression Device the right treatment for me? Using a compression device is a great treatment option for patients who have tried compression stocking, elevation, diuretics, and massage with little or no relief. It's also a treatment option for individuals who have chronic venous ulcers. When compression stockings get worn out or stretched over time; many patients aren't receiving the needed compression. When using a compression pump the pressure is locked in, ensuring that you're getting the appropriate amount of pressure each treatment.

Diuretics may be useless and harmful over time if your edema (swelling) is a symptom of chronic venous insufficiency or lymphedema. Diuretics draw fluid from your venous system that your body must have in order to balance the continual fluid deposit from your arterial capillaries; if the needed interstitial fluid is not present because you are taking a diuretic, this will only aggravate your lymphatic system which may lead to additional

fluid retention and additional swelling. Also, using a pneumatic compression device may help the prevention of blood clotting along with deep vein thrombosis or those individuals who are at risk for it.

If you or someone you love suffers from limb swelling it is important to keep a few things in mind. If any of the following apply, seeking medical advice is recommended.

- Family history of edema, venous insufficiency, or lymphedema
- Pitting or skin hardening: push your finger into your skin and count how long it takes to return
- Hemosiderin staining: "red socks" appear from the ankles down
- Traumatic injury or surgery potentially damaging your circulatory system (knee replacement etc.)
- Radiation exposure

For patients who many have Chronic venous insufficiency a test called a vascular or duplex ultrasound may be used to examine the blood circulation in your legs.

The compression pump is approved by Medicare and covered by many commercial insurers; Actual coverage varies with individual commercial insurance policies. 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.



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How Doctors Choose Surgeons

By David A. Goldman MD

When it's time to have an elective surgical procedure how would you choose a surgeon? Most people will ask friends and family, others may do their own internet research. When I needed a hernia repair, I did what all other doctors do – I asked another doctor. Not just any doctor, but in this case the residents who worked with all the doctors in the department of surgery. When a family member needed surgery, I called and spoke to one of the scrub nurses at the local surgery center. While top degrees and awards certainly contain value, there is not always a direct correlation with surgical skill. Scrub nurses, OR technicians, and residents are in unique positions to compare surgeons not on a one-time basis, but on an annual day-in day-out experience. Surgical representatives are often the best because they survey hundreds of doctors within a large geography (and yes, I have relied on the advice of surgical reps many times for my family members).

This is not to downplay the value of resumes, accolades, internet research, and word of mouth. If a personal associate of yours had an excellent experience with a surgeon, you should absolutely trust their opinion. In southern Florida, the population is continually changing, with new patients relocating here every day. In some cases you may not know whom to see for care. Remember that there are multiple sources available for you to check.

So what occurred in my situation? I selected a surgeon based on the advice of residents and fellows who worked with all general surgeons. I had minimal postoperative discomfort and was extremely satisfied with the end result. Of note, a colleague sought out a "renowned" surgeon for the same procedure and had significant pain. When he developed a hernia on the opposite side he saw my surgeon. He couldn't believe how much better the experience was.

In summary, there are many ways to select a surgeon. But, if in doubt, do what the doctors do.



DAVID A. GOLDMAN

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

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

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

Dr. Goldman speaks English and Spanish.

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Brent Myers

You Deserve a BREAK TODAY...

I know it's ironic to quote a famous fast-food chain advertisement in a health and wellness magazine, but on this one – they got it right!

They understood one of the most overlooked principles of our health: the need for rest. (How they recommend fulfilling that need, and what many others think is where we differ...)

Most studies indicate that we operate at our best when we have sufficient rest. Our bodies were not created to be able to go without stopping and taking a break. We were designed to wear down, be refreshed, and go again. Rest is important for all areas of our lives...

PHYSICALLY. Sleep and metabolism are controlled by the same area of the brain. Sleep releases hormones that control appetite. Researchers at the University of Chicago found that dieters who were well rested lost more fat. And a 2010 study found that C-reactive protein, which is associated with heart attack risk, was higher in people who got six or fewer hours of sleep a night.

EMOTIONALLY. Sleep and stress have similar affects on your cardiovascular stress. Being well rested can reduce stress levels and improve your overall health.

MENTALLY. Lack of sleep can make it difficult for you to concentrate and retain information. When you sleep, your brain goes through all the activities and impressions of the day which is important for memory formation.

But what's most interesting about rest, is that God knew the importance of rest long before the golden arches recommended it. God created us with the need for rest; He modeled it and even commanded it.

His Model

"By the seventh day God had finished the work he had been doing; so on the seventh day he *rested* from all his work. Then God blessed the seventh day and made it holy, because on it he *rested* from all the work of creating that he had done." (Genesis 2:2-3, NIV)

God didn't NEED rest. But he CHOSE to rest – giving us an example to follow. Think about this: if the Creator of the heavens and earth and the Sustainer of all living things was able to rest, then I think I could carve out some time to make sure I'm resting, too.

His Command

"Remember the Sabbath day by keeping it holy. 9 Six days you shall labor and do all your

work, 10 but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. 11 For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy." (Exodus 20:8-11)

This, by the way, is in the Ten Commandments. Consider this: of all the possible things God could tell us to do – if you pared them down to the "top ten", most of us would start with the Ten Commandments. And one of the top ten things God tells us to do is: REST.

As God's creation, He knows us better than we know ourselves. He designed us and put us together so He knows exactly what we need. And with all that knowledge and wisdom, what does He tell us to do? Rest.

We should be working hard to make sure that we rest daily (getting a good night's sleep); rest weekly (taking at least one day off from work); and rest annually (retreating for an extended time of refreshment).

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