

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

# Health & Wellness

MAGAZINE

November 2017

North Palm Beach Edition Monthly

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Read more about neurofeedback based approaches and Center for Brain on Page 22

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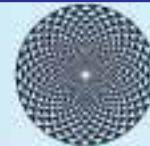
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# LUNG CANCER UPDATE

According to the American Cancer Society, lung cancer is the leading cause of cancer deaths in the United States. More people die of lung cancer in a year than from breast, prostate, colon, and pancreatic cancer combined. Lung cancer is the second most common cancer in both men and women – it ranks just behind prostate and breast cancer, respectively.

## EARLY DETECTION SAVES LIVES

Although there have been considerable advances in the treatment of lung cancer, the average five-year survival rate for lung cancer in the U.S. is only 16.7%, unless it is detected early. If the disease is detected early, while it is still localized within the lungs, the five-year survival rate rises to 52.4%, nearly three times greater. The bad news is that only about 17% of all lung cancer cases are diagnosed in an early stage. Why? Because often in the early stages there can be no real symptoms. That is one of the reasons why regular screenings are so important – especially if you are a current smoker or if you have ever been a heavy smoker for longer than 15 to 20 years.

A study published in 2011 found that through the use of low-dose spiral CT scans of the chest, lung cancer can often be detected in its early stages before it becomes symptomatic, or even before a patient is showing symptoms. This type of screening can detect early stage cancers that cannot be seen on traditional chest x-rays. Check with your physician to see if you could benefit from a CT lung scan.

## IMPROVEMENTS IN THE TREATMENT OF LUNG CANCER

Many advances in the treatment of lung cancer have occurred in the past decade, including the development of medications known as targeted therapies, which interfere with certain processes that cancer cells use to grow and spread, and immunotherapies, a type of targeted therapy that boosts the body's immune system to fight cancer. These drugs have given oncologists many more options in treating lung cancer and have made treatment more effective and safer for patients.

Newer immunotherapy treatments have significantly improved survival rates for some lung cancer patients. A recent study, presented at the American Association for Cancer Research (AACR) Annual Meeting in April 2017, demonstrated that, for a small subset of patients, immunotherapy can work for a very long time.



About 85% of all cases of lung cancer occur in people who are smokers or have smoked in the past. The remaining 15% of cases occur in non-smokers, for reasons not yet fully understood.

## LUNG CANCER RESEARCH INVESTIGATES MANY POSSIBILITIES

Many clinical trials are looking at newer combinations of chemotherapy drugs to determine which are the most effective. Especially important for older patients who may have other health problems, doctors are studying these combinations to discover if treatment outcomes can be further improved. Sometimes, chemotherapy is used in combination with certain targeted therapies, which has been shown to improve survival rates.

With some types of lung cancer, research has shown that combining chemotherapy (which sometimes is thought not actually be helpful) with surgery may shrink the tumor, making it easier to remove it with surgery. It may also increase the effectiveness of radiation, and it can destroy hidden cancer cells at the earliest possible time.

One of the most recent areas of lung cancer research focuses on creating cancer vaccines. Cancer vaccine research involves triggering the immune system to recognize and attack cancer cells without harming normal cells. Unlike cancer vaccines that are used to prevent disease, such as mumps or measles, cancer vaccines are used to treat, not prevent, lung cancer. Although the research in this area is showing some promise, vaccines are only available in clinical trials at this time.

There is still much research needed to develop even more effective treatments for lung cancer, however, today more people are surviving the disease than ever before.

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# TOP 5 WAYS TO HEAR BETTER FOR THE HOLIDAYS

By: Dana Luzon, Au.D., FAAA, Board-Certified Doctor of Audiology



**A**s the holidays approach, social gatherings, entertainment, and time with family become far more prominent. This time of year is about connecting with what helps you embrace and celebrate the holidays. But if you have a hearing impairment or other communication issues, connecting can be difficult, both for you and your loved ones and friends. Here are my five favorite tips for hearing happy this holiday season.

**1.** Work out your ears — and your brain. Research shows that musicians are better able to pick out voices amid background noise than people who don't play music, but it is possible for anyone to learn these skills. When listening to music, the natural inclination is to pay attention to fluctuations of notes, which improves some aspects of hearing and helps to differentiate certain vocal tones from other sounds. Just be careful with the volume setting when listening to music on earbuds, and listen to music at an acceptable level.

**2.** Dine strategically. Don't let fear of hearing loss disrupt your social skills; loss of consistent communication with others affects hearing, but remaining social sharpens those skills. Don't be afraid to remind family that you have difficulty hearing, and try sitting at the end of the table so there are fewer conversations to follow. Dining in a smaller group also helps you focus in on a conversation.

**3.** Have your hearing aids serviced. Make an appointment to get your hearing equipment checked and cleaned prior to gatherings. Often, small adjustments or software installations can make a difference in how you hear.

**4.** Pack your accessories. If there's no time to schedule a cleaning before your holiday gathering, pack extra batteries, a cleaning kit for your aids, or even an extra set of hearing aids to stay prepared.

**5.** Consider investing in new technology. If you were fit for your hearing aids a few years ago, there may be a much more advanced option available now. Even today's base model may offer significant improvements in acoustics and features over higher-end models from a few years ago. These advances could make a huge difference in your life without putting pressure on your wallet.

Hearing testing is simple and painless. At Audiology & Hearing Aids of the Palm Beaches, we take a concierge approach to hearing care. We work closely with you to make sure we meet all of your hearing healthcare needs. If you are diagnosed with hearing loss, we work with you and your family to set goals for your hearing treatment. We follow your progress during a 75-day retraining period to make sure you are comfortable with how you are hearing and to make sure those devices are meeting your listening needs. Included with the treatment plan are three years of office visits, a three-year manufacturer warranty including loss insurance, free batteries for the life of the devices, and a home for your hearing healthcare.

Most people see hearing devices as a simple retail purchase: all you need to do is buy hearing aids, possibly even off the shelf. But hearing devices by themselves are not effective — they are not calibrated automatically. Put simply, they are not “one size fits all.” The full benefits of a hearing aid require a trained professional to set up the aid, teach you how to use it, and customize it specifically for you and the listening environments that are most important to you. Hearing loss is a health problem; it requires a healthcare professional to treat it. Integrating your devices with your lifestyle is essential to achieving better hearing, and a doctor of audiology is the most qualified, trained professional to do this. Investment in better hearing should be measured by the results you experience every day.

Come in to Audiology & Hearing Aids of the Palm Beaches, and we will have you hearing better this holiday season! Just because hearing loss is common doesn't mean it shouldn't be treated as soon as possible. Why wait to improve your quality of life, be engaged in group and family conversation, and love the way you hear this year? For more information on improving your hearing for the holidays, contact Audiology & Hearing Aids of the Palm Beaches.

## **Dana Luzon, Au. D., FAAA, Doctor of Audiology**

Originally from Southern NJ, Dana Luzon received her undergraduate degree in Speech Pathology and Audiology from the Richard Stockton College of NJ, and continued on to receive her Doctorate of Audiology at Salus University's residential program. Her varied clinical experiences throughout her doctoral studies include: VA hospitals, rehabilitation clinics, ENT and private practice settings. Her professional interests include: audiologic rehabilitation and progressive tinnitus devices. Her interests in the field outside of the clinic include: Humanitarian Audiology, and Audiology Awareness. Dr. Luzon currently lives in West Palm Beach, FL.



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# Holiday Gift Ideas

## That GROW on You

By Dr. Alan J. Bauman, MD, ABHRS Board-Certified Hair Restoration Physician



**A**s we come into the holiday season, it's likely you'll find yourself looking for fresh and creative gift ideas for the special people in your life. Now, if you're like me, then you likely feel that the best gifts for "someone who has everything" are the kind of gifts that your special someone probably wouldn't buy for himself or herself.

So allow me to make an unconventional suggestion: How about giving the gift of **hair** this year?

Yes, you read that correctly. Hair. You see, as a physician specializing in Hair Restoration, I can attest to the fact that many patients are reluctant to pursue the many hair loss treatment options available simply because they either don't know the many options or they don't want to seem vain. This is especially true of male patients, but can be true of female patients as well. It's just human nature.

And it's not about vanity. Studies have shown that people who suffer from hair loss are more likely to experience social anxiety and a drop in self-esteem that can lead to depression and a whole slew of related health problems. When you think about it, it's kind of silly that we are more likely to give someone the gift of a new sweater, tie or dress than we are to give a hair treatment that will make them feel better about themselves no matter what they wear...and have that gift give for the rest of their lives!

So, let me offer some gift ideas that can really make a difference in the lives of your loved ones.

### HAIR AND SCALP CONSULTATION

Of course, every patient is unique, so the only way to be certain which treatment option will work best is to schedule a consultation with a board certified Hair Restoration Physician. This can also make a splendid gift for a loved one. During the consultation, the physician will carefully examine the scalp to assess its overall health, and can actually measure the number of hairs per square inch (this is known as Hair Mass Index, or HMI). Your physician will also inquire about your family's history with hair loss, your diet, and any other factors that may impact a patient's hair growth before recommending a course of treatment. This first step is probably the biggest hurdle one must overcome before seeking treatment, so why not help them overcome it by gifting it to them?

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### SCALP TREATMENTS

Scalp treatments are to the scalp like facials for the face! Both relaxing and therapeutic, this ninety-minute scalp and hair pampering session includes a variety of soothing treatments done in our private med-spa room. We start with a deep manual scalp massage and then you will enjoy a specialized steam treatment for the scalp followed by a patented massage device that gently increases blood flow throughout your scalp. Additionally, your pampering session will include an all-natural mask treatment that contains specialized plant cells and minerals as well as essential oils for optimum scalp health and hair beauty. Professional blow dry and hair styling will be done. You can treat your special someone to one scalp treatment or a series of treatments.

*(price range \$250-\$800)*

### PRP TREATMENTS FOR HAIR (\$2500-\$3000)

For men or women with thinning hair, Platelet-Rich Plasma (PRP) treatments have been shown to be effective in activating dormant follicles and stimulating hair growth. The technique uses your body's own growth factors which are concentrated from your own blood and applied to the scalp using a virtually painless, minimally-invasive technique. What's best is that PRP treatments are not time-intensive, and can usually be administered in about one and a half hours at our office.

*(price range \$2500-\$3000)*

### LASER THERAPY FOR HAIR REGROWTH/ LASER CAP THERAPY

Another option to help regrow hair is low-level laser therapy. The wavelength and specific power of low-level lasers have been shown to create a healthy, favorable environment for the follicles in order to stimulate hair growth and maintain hair thickness. The best part of all is that it's discreet.



For example, in addition to in-office treatments, Bauman Medical also offers a portable, battery-powered device that can be worn under a baseball cap, or just about any kind of hat, without anyone even realizing that you are undergoing treatment. *(price range \$800-\$3000)*

**FUE HAIR RESTORATION**

FUE stands for “Follicular Unit Extraction,” which is the modern gold standard for hair transplantation. This process harvests healthy hair follicles one at a time from a donor area in the back of the head using a minimally-invasive technique. The follicles are then transplanted into the areas of need. FUE is a virtually painless procedure, and the results are exceptionally natural. The use of the ARTAS robotic assisted FUE system allows for an incredible level of accuracy, precision and efficiency of graft harvesting. FUE hair transplants are done in-office, and the procedure usually takes several hours through out the day, depending on how many follicles are being transplanted. Because the procedure is minimally invasive (requiring no stitches or staples and leaves no telltale linear scar) it requires very little downtime. There is no better way to restore a receding hairline, temple or to fill in that shiny bald spot on the top of head. *(price range \$5000 and up)*

**EYELASHES/EYEBROWS OR BEARD/MUSTACHE**

Combating baldness is not the only reason why someone on your list might appreciate hair transplants. These same follicle-grafting techniques can be also used to augment eyelashes and eyebrows, as well as beards and mustaches. Follicular unit hair transplants can also be used to repopulate sparse or barren areas caused by scars or burns. I’ve found that many patients simply don’t know what kind of options are available

to them, and most I’ve treated admit that they would have come to me sooner if they had! *(price range \$5000 and up)*

**CNC 3D HAIR PROSTHESIS**

Unfortunately, not all hair loss can be reversed or treated with transplantation. However, the technology behind hair replacement has continued to increase exponentially over the past two decades, and it’s quite remarkable what options are available today.

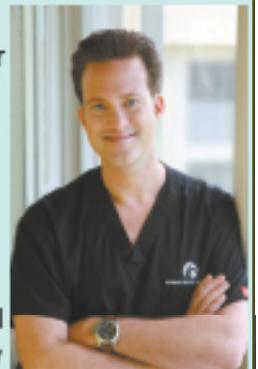
One example is the “CNC Hair and Scalp Prosthesis” that we use to help patients with extremely advanced hair loss. The CNC hair prosthesis is a medical-grade prosthetic device that is custom-made in Italy using unprocessed human hair placed into a 3D laser-printed cap that precisely matches the exact contours of the patient’s scalp for a superb fit. The hair fibers are placed into the cap one at a time in an orientation that mimics Mother Nature’s work. Unlike a wig, the CNC hair Prosthesis is indistinguishable from the patient’s own hair, and is affixed to the scalp to allow for normal activity. You can swim, skydive, or ride in a convertible car with the top down without worrying if your hair will “shift” on your head or if it will fall off. Because it’s constructed of the highest quality of human unprocessed hair, it can be cut, colored and styled to your liking. *(price range \$5000 and up)*

Nobody wants to suffer hair loss and many people don’t have to. Today, there are treatments available for virtually every kind of hair loss. I have seen firsthand how hair restoration can improve a patient’s confidence and overall quality of life. For me, that’s one of the greatest gifts you can give someone.

**HAPPY HOLIDAYS!**

**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 the Top 5 Transformative CEO’s in Forbes.



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

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.

**Hair Loss Study Candidates Needed!**

Bauman Medical is currently enrolling qualified candidates for exciting Hair Loss Studies. Please visit [www.844GETHAIR.COM](http://www.844GETHAIR.COM) for more details.



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# WHAT IS MACULAR TELANGIECTASIA?

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

**M**ACULAR TELANGIECTASIA (MacTel) is a disease affecting the macula, causing loss of central vision. MacTel develops when there are problems with the tiny blood vessels around the fovea.

There are two types of MacTel, and each affects the blood vessels differently.

## TYPE 1 MACTEL

In Type 1 MacTel, the blood vessels become dilated. This forms tiny aneurysms, causing swelling and damaging macular cells. The disease almost always occurs in one eye, which differentiates it from Type 2.

## TYPE 2 MACTEL

The most common form is Type 2 MacTel. The tiny blood vessels around the fovea leak, become dilated (widen), or both. In some cases, new blood vessels form under the retina and they can also break or leak. Fluid from leaking blood vessels causes the macula to swell or thicken. This is a condition called macular edema, which affects your central vision. Also, scar tissue can sometimes form over the macula and the fovea, causing loss of detail vision. Type 2 affects both eyes but not necessarily with the same severity.

## Macular Telangiectasia Symptoms

In the early stages, people with MacTel will have no symptoms.

As the disease progresses, you may have blurring, distorted vision, and loss of central vision. You may need brighter light to read or perform other functions. Loss of central vision progresses over a period of 10–20 years. Macular telangiectasia does not affect side vision and does not usually cause total blindness.

Because MacTel has no early symptoms, it is important to get regular eye exams. This allows your ophthalmologist to detect any macular problems as early as possible.

## Who Is At Risk for Macular Telangiectasia?

Type 2 MacTel happens most often in middle-aged adults. Both men and women are equally affected. If you have diabetes or hypertension, you may be at increased risk. The disease seems to run in some families, so there may be a genetic predisposition. This is not yet completely understood. In most cases, there is no known cause for the disease if found.

Type 1 MacTel is associated with Coat's disease. This is a rare eye disorder present from birth, and is found almost entirely in males. Type 1 MacTel is usually diagnosed around age 40.

## Macular Telangiectasia Diagnosis

Your ophthalmologist may find small, fine crystals in the center of your macula. This is a sign of macular telangiectasia.

First, your eye doctor will perform a thorough assessment of your vision. This will include testing with an Amsler grid to detect any wavy or dark areas in your central vision. The doctor will then dilate (widen) your pupils using eye drops. They will examine your eyes with an ophthalmoscope. This device allows him or her to see the retina and other areas at the back of the eye.

If your ophthalmologist suspects you have MacTel, he or she usually will take special photographs of your eye. The doctor will take them using optical coherence tomography (OCT) and fluorescein angiography (FA).

OCT scanning uses light waves to make images of the underlying structure of the retina. These images show the thickness of the retina. They can help your ophthalmologist detect swelling and abnormal blood vessels.

During FA, a vegetable-based dye is injected into a vein in your arm. The dye travels throughout the body, including your eyes. FA captures images of your retinal blood vessels as the dye passes through them. The dye highlights abnormal areas. Fluorescein angiography is often repeated occasionally, especially if vision is worsening.

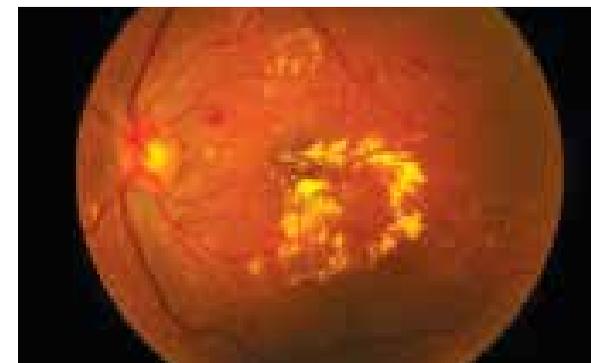
## Macular Telangiectasia Treatment

Over the years, researchers have studied many MacTel treatments. None have proven to significantly improve vision. Since the disease has a relatively good prognosis, most patients may not need treatment.

In certain cases, laser treatments may help seal leaking vessels. This treatment is less preferred because of potential harmful secondary effects. In other instances, ophthalmologists may treat MacTel with injections of steroids or other medicines.

One serious complication of MacTel is the growth of abnormal blood vessels under the retina. This is called choroidal neovascularization. Injections of a drug called vascular endothelial growth factor inhibitors (anti-VEGF) may help.

Anti-VEGF medicine targets a chemical in your eye that causes abnormal blood vessels to grow under the retina. That chemical is called vascular endothelial growth



factor, or VEGF. These injections reduce the growth of abnormal blood vessels, slow leakage, and help reduce swelling. In some cases, this treatment may even improve your vision.

Unfortunately, sometimes treatment does not appear to offer much benefit. Clinical studies are underway to better understand the disease and identify potential useful treatments.

Low vision aids can help people with MacTel make the most of their remaining vision.



The Retina Institute of Florida

## Lauren R. Rosecan

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

*The Retina Institute of Florida with four offices conveniently located in Palm Beach and Martin Counties.*

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# BACK PAIN!

## THE RESOLUTION YOU'VE BEEN WAITING FOR



Excessive surgery has unfortunately become an epidemic in our country. Failed surgery rates for joint replacements and the spine are higher than most people can imagine. At American Med Care Center it's not uncommon for them to see patients that have undergone multiple failed surgeries.

Over 80 percent of the population will experience back pain at one time or another in their lives. Unfortunately, as we age, our spinal discomfort tends to become progressively worse and can become chronic if left untreated.

The spine is made up of wedges of vertebral bone consisting of sacral, lumbar, thoracic and cervical vertebrae as well as, vertebral discs, ligaments, tendons and muscles that attach to the spine. Over 30 nerves run down the entire spinal column. The elements of what's causing the pain depend on your particular situation and biological makeup, but for the most part, it's frequently associated with compressed nerves that are literally being crushed by the narrowing of the vertebrae. The damaged nerves send signals to the brain transmitting the indication of pain.

The typically recommended treatments for spinal compression are pain medication and surgery. BUT, there is a better way; a results-driven solution that doesn't include any drugs or surgery shows favorable results in relieving back pain. For many years chiropractors and physical therapists, have been utilizing a natural therapy for back discomfort called spinal decompression.

### SPINAL DECOMPRESSION VS. TRACTION

Traction is helpful at treating some of the conditions resulting from herniated discs or spinal degeneration. However, traction cannot address the source of the problem. Spinal Decompression can! How? Spinal decompression creates a negative pressure or a vacuum inside the disc. This effect causes the disc to reduce in the herniation. The increase in negative pressure also causes blood and nutrients to flow back into the disc allowing the body's natural fibroblastic response to heal the injury and re-hydrate the disc.

### THE AMERICAN MED CARE CENTER DIFFERENCE!

American Med Care Center (AMCC) focuses on the source of your pain and implements several protocols and therapies that work together to get you the best results without addictive, pain-masking drugs, and without risky surgery. They use a synergistic approach because of PROVEN results that are evident with chiropractic treatment combined with physical therapy methods. Studies show significant outcomes in patient recovery with this type of integrative medicine.

### PROVEN PATIENT SATISFACTION

There are statistics on how patient outcomes fare better when they seek alternative treatment methods first, as opposed to those patients that seek traditional surgery. Due to the vast majority of failed surgery mentioned earlier, it's unfortunate that more patients do not realize or hear about their non-surgical options.

With countless patient testimonials, American Med Care Center sheds light on how their proven methods help numerous individuals to get back to living the life they desire. One patient, in particular, Liz O. was an avid horseback rider, but her chronic neck and back pain took a toll on her daily activities, almost rendering her incapable of getting through the day. After unsuccessfully seeking traditional medical treatment, she

found AMCC. Dr. Brian Reimer treated her with customized spinal decompression and moderated physical therapy.

"I was referred to Dr. Reimer by a friend, and it was great! Out of all the doctors I saw, he spent the most time with me. He put my MRI scans on a board, spent a good half an hour explaining everything, and gave me a nice overview of how I ended up where I was and his treatment recommendations."

Now Liz is 100% off of pain medications and enjoys her ability to move freely without pain.

She added, "It's nice not to have pain be the first thing on my mind when I wake up in the morning, and to go to bed at night and not have it be the last thing on my mind before sleep."

She is quick to emphasize the ease and comfort of her treatment with AMCC and is elated to be back on her horse riding several times per week.

**Dr. Reimer of AMCC** explains his Practice standards, "American Med Care Center is part of a new model of healthcare that is emerging. With advances in technology, a Wellness Revolution is occurring. Science is allowing us to better study the natural design and true physiological function of the body. Pain is seen as an important clue, proper function is seen as the physician's goal and the stability of the systems of the body is the culmination of the therapy with the participation of the patient."

American Med Care Center offers a variety of treatment options for chronic back pain, sciatica, herniated or bulging discs, spinal stenosis, and Failed Back Surgery Syndrome. To schedule an appointment, call the office at **(561) 967-6655**, or visit [treatingyourbackpain.com](http://treatingyourbackpain.com).



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# BLUE MOON HEMP

Christopher D Cowart, former athlete and competitive golfer suffered from a tear to the labrum muscle in his shoulder. Before going through with surgery and western medicine, he decided to look more into natural remedies. After speaking with a holistic specialist, he was introduced to CBD. Christopher had to know more, so he contacted a doctor in Colorado who took the time to explain what CBD was, the endocannabinoid system (ECS) and the anti-inflammatory and anti-anxiety benefits of CBD. After hearing how this could possibly help, he ordered a bottle on faith. Luckily, his faith did not fail him, because only 2 weeks later, he was golfing again and had realized he found a miracle! This result propelled Christopher to go into business providing a product he knew he could help others who suffered from a variety of ailments, in addition to simply providing general nutritional wellness. So, he joined forces with one of largest industrial hemp producers in Kentucky to get Blue Moon Hemp started in the fall of 2015. By spring of 2016, Blue Moon Hemp was in full swing providing top quality CBD products to the market.

Blue Moon Hemp's provider in Kentucky is in full compliance with Sec. 7606 of the 2014 Farm Bill, which provides that products which are derived from Industrial Hemp and not Cannabis Indica that have less than .03% THC are permitted for commercial use. Blue Moon Hemp goes the extra step and reduces the THC to "TRIP ZERO" .0001 or ND – Non Detectable. Because of these provision, Blue Moon Hemp is legal in all 50 states. They use eco-sustainable methods, follow organic practices, use no

chemicals, pesticides, or artificial flavors, and instead they use all plant-based products. The quality of their product is the gold standard. Blue Moon Hemp was proud to break the purity record (with %100 purity) from Pro Verde Labs in Massachusetts. All their formulations use a Nano-emulsion process, using Nano technology called micro emulsion, or micro encapsulation. This means the product is rendered into Nano sized particles, making it more readily absorbed into the bloodstream regardless of how it is consumed, whether it be by vaping, topical, capsules, etc. Christopher is confident in knowing Blue Moon Hemp carries highly reliable products, backed by an extremely high customer retention rate. He is also focused on providing exceptional customer service, providing resources, a forum, and a blog for customers to reach out to one another all on the Blue Moon Hemp website to help spread awareness and education about CBD and its benefits.

The CBD E-liquid line is Blue Moon Hemp's top product. To make their e-liquid, they use non-GMO organic palm kernel oil and bio corn based propylene glycol. This yields a better taste and a higher quality product than when soy and propylene glycol is used, which is a common practice among many other companies. Their top e-liquid flavors are Flan (reminiscent of Crème-Brule) and Red Devil (Strawberry and Vanilla with hints of Tangerine and Mango). Christopher is excited to announce the upcoming launch of a complete edible line; which includes gummies, chewies, gum, lozenges, and lollipops in tasty flavors like passion fruit and blue raspberry, which will be available in October!

Being an industry leader in product formulation and scientific development, Blue Moon Hemp is in the process of creating several new CBD lines including cosmetics and pet care to launch in the next six months. They are also proud to present the first ever CBD Blunt Wrap. Instead of tobacco, it is made with all natural hemp. The CBD blunt wraps will come in 4 flavors: Sour Diesel, Blueberry OG, Pineapple Express, and Sativa AK, by using terpenes infused with the CBD in the process of making the hemp paper. Look for them in vape shops and convenience stores around the US on November 1st!

Christopher has noticed lot more consumer awareness and inquiry of CBD since the industry has begun to shed the social stigma that has been imposed on it in the past, and as consumers are learning they can treat their ailments with CBD, there is now more acceptance of alternate medicines. This is giving Blue Moon Hemp the opportunity to share their products in vape shops all over the country and at industry shows. You can see them at Champs, Big Industry (NY & LA), and at the World Vape Expo, or simply visit their website at [bluemoonhemp.com](http://bluemoonhemp.com) or give them a call at **844-425-8666** for more information about CBD and Blue Moon Hemp's growing line of top-tier CBD products.



**BLUE MOON HEMP**

[BLUEMOONHEMP.COM](http://BLUEMOONHEMP.COM)

# Reversing Gum Recession:

## Scalpel FREE, Suture FREE, Graft FREE

**G**um recession is very common among patients for a variety of reasons. Recession can occur due to genetics, past orthodontics (braces), tooth shifting, infrequent dental hygiene appointments, inflammation and aggressive tooth brushing (among others).



Recession is the loss of the gum tissue that covers the root portion of the tooth. The gum tissue protects both the tooth itself, along with the supporting jaw bone. If the gum starts to recede, the underlying bone will start to resorb as well. This change can lead to significant issues such as tooth loosening, tooth loss, jaw bone loss, root cavities (that frequently lead to the need for root canals), longer looking teeth and tooth sensitivity.

### TRADITIONAL GUM GRAFTING:

Traditional therapy for treating gum recession is called “gum grafting”. The technique typically involves surgically taking tissue from one part of the oral cavity (typically the roof of the mouth) and transplanting it to the area where gum tissue has receded. More specifically, the area that has recession is opened surgically. Tissue is then removed from the “donor” location in the mouth and sutured in place where the recession has occurred. If there is a large area of recession, multiple areas in the mouth may be needed as donor sites, in order to collect a sufficient amount of tissue to treat the recession. In some cases, tissue from a tissue bank can be used in place of surgically removing tissue from another location in the mouth.

### PINHOLE GUM REJUVENATION:

A new procedure, similar to a laparoscopic technique, has been developed with over 10 years of research showing its effectiveness in treating gum recession. This procedure is performed by making a small pinhole in the gum tissue. Using specially designed instruments, the gum tissue is loosened and guided over the receded part of the tooth. There is no incision, suturing or tissue graft placement. Due to this fact, patients can expect minimal post-operative symptoms (pain, swelling and bleeding). Most patients also are pleasantly surprised by the instant cosmetic improvement. The technique is also known as the Pinhole Surgical Technique (PST) and the “Lunchtime Gum Lift”. The procedure has been featured on “The Doctors Show”, “Dr. Steve Show”, “ABC”, “NBC”, and over 240 stations across the United States and Canada.

This procedure has helped treat thousands of patients with gum recession. Our patients have been extremely satisfied with both the immediate cosmetic results and quick recovery because no scalpel or sutures were used. An evaluation by a Certified Pinhole Technique Clinician can help determine if your recession can effectively be treated by this amazing, non-invasive therapy.

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 Periolase 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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of the treatment please see:  
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# DON'T FILL YOUR FACE WITH SYNTHETICS

## Look Younger Naturally with a Proven Technique

Plastic surgery and injectables like Botox or fillers are not the only answer; there are natural alternatives. And the best part is, the answer to aging beautifully isn't costly like cosmetic procedures. For countless individuals, **cosmetic acupuncture** is the solution.

### HOW ACUPUNCTURE WORKS TO REJUVENATE SKIN

Acupuncture has of course been around for centuries, providing the Yin and Yang properties to release the flow of Qi (energy, pronounced chee) to pathways and vital organs for peak health and wellness. When the tiny flexible needles are placed strategically in the dermal layer of the face or neck area (depending on your concerns), the stimulation brings notable contour along with brightness and a youthful glow.

You will first have an advanced evaluation to see which channels are blocked in your body that may be exacerbating facial wrinkles, age spots, acne, laxity, dark circles or other areas of concern. Many times the symptoms that show signs of aging on the face are brought on by blocked energy and inflammatory responses in our internal organs. The acupuncture needles will be placed strategically in specific areas on your face and neck in need of rejuvenation.

Living in a culture that's so focused on healthy living through diet and exercise, it's hard to imagine why so many individuals are willing to fill their faces with painful synthetic injections full of toxins. The ideal solution and natural alternative is to utilize the micro-circulation technique through increasing the Qi and Xue (energy and blood-flow), which creates the youthful luminosity that most people want to achieve. As the flow of energy improves, a greater amount of vitality and blood are circulated into the face, oxygenating, firming and toning the skin to diminish fine lines and improve overall skin and muscle tone.

Cosmetic Acupuncture is an effective, safe, non-surgical treatment to reduce the signs of aging. Celebrities and the elite have been getting acupuncture facials for the past 20 plus years now, but even more notable is that the treatment has been growing in popularity by the general population that realizes the toxic-free effectiveness of the method. That is why cosmetic acupuncture is on the rise.

**A**s more and more people are living longer, the quest for beautiful, healthy skin is a standard part of wellness and looking your best throughout the aging process. Moisturizers and serums will plump the superficial component of the skin, but when you desire real change in your tone, muscle support, and fine lines, potions will never be able to improve your facial contour.



### **BENEFITS OF COSMETIC ACUPUNCTURE**

- **Cost effective**
- **No Harsh toxins**
- **Takes 5 to 10 years off of your appearance**
- **Eliminate fine lines**
- **Deep lines appear softer**
- **Firms and tones skin**
- **Reduces sagging jaw line**
- **Reduces hooded eyelids**
- **Decreases rosacea**
- **Improves muscle tone**
- **Increases circulation and oxygenation of the skin**
- **Tightens the pores**
- **Helps to reduce acne**
- **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**

### **COSMETIC ACUPUNCTURE'S HISTORY OF RESULTS**

In 6000 BC, acupuncture originated in China. Instead of needles, at that time they utilized tiny hair-thin bones. Cosmetic Acupuncture for skin rejuvenating purposes has been the treatment of choice for thousands of years in China.

As early as the Sung Dynasty (960 AD – 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.

Several years ago, a study was conducted in the International Journal of Clinical Acupuncture, which reported that among 300 cases treated with Skin Rejuvenating Acupuncture, 90% reported marked effects with one course of treatment. The results 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.

**Trusting your delicate face in the hands of a practitioner can be intimidating, that's why when you chose to have cosmetic acupuncture, it's imperative to see an experienced licensed Acupuncture Physician and Doctor of Oriental Medicine.**

For over 20 years, Dr. Yanhong Meng has been practicing acupuncture. She is a licensed Acupuncture Physician and Doctor of Oriental Medicine. Dr. Meng graduated from Shan Dong Traditional Chinese Medicine University in 1996. In 1996, Dr. Meng began practicing at the Shan Dong Lai Wu Traditional Chinese Medicine Hospital, and for three years worked under the direct guidance of Dr. Gu Dao Xia, the inventor of Acupuncture Point Nutritional Injection Therapy.

Dr. Meng attended Shen Yang Western University from 1999-2001, where she deepened her knowledge of Traditional Chinese Medicine (TCM) Theory and Practical application in

conjunction with Western Medicine. In 2002, Dr. Meng completed a rigorous clinical rotation at the Beijing Traditional Chinese Medicine University.

Also, from 2002-2004, Dr. Meng operated a TCM Clinic in Dublin, Ireland. After moving to the United States, Dr. Meng graduated with honors from The Atlantic Institute of Oriental Medicine in 2007, where she received her Masters in Oriental Medicine. Since 2007 she has owned and operated Meng's Acupuncture Medical Center in Palm Beach Gardens, Florida.

If you want to look younger, please call Meng's Acupuncture Medical Center today at (561) 656-0717.

**Meng's Acupuncture Medical Center**  
**Gardens Cosmetic Surgery Center Bldg.**  
**4060 PGA Boulevard, Suite 202**  
**Palm Beach Gardens, Florida 33410**  
**Phone: (561)656-0717**  
**Toll-Free: (877)307-0005**



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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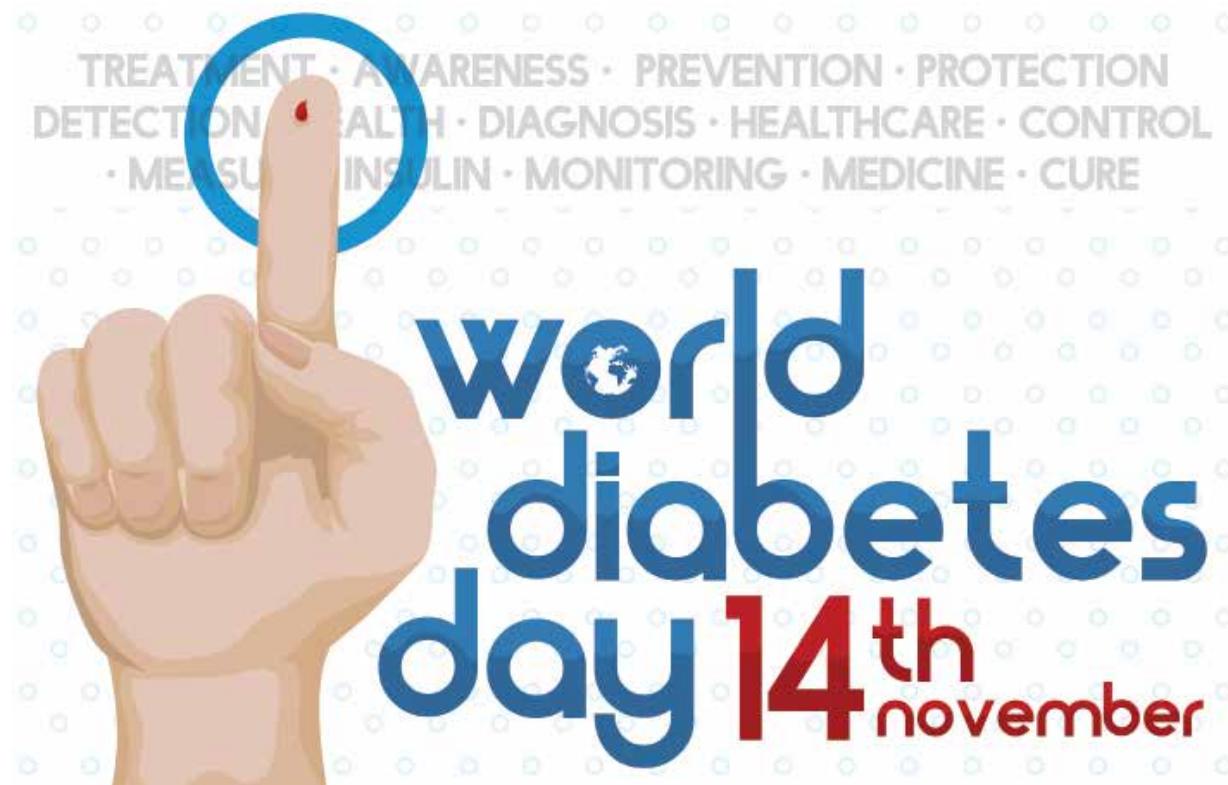
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# Diabetes Education and Management: It Takes a Village

By Noelle Stewart, DO, FQHC Medical Director  
C. L. Brumback Primary Care Clinics



**EVERY NOVEMBER, local communities across the nation recognize “National Diabetes Month” to raise awareness about its impact on millions of Americans – children and adults. Here in Palm Beach County, the Diabetes Coalition estimates that approximately 11% of the population (roughly 119,000 adults as of 2016) have been diagnosed with diabetes and an additional 4.5% of Palm Beach County adults (nearly 49,000) have been diagnosed with pre-diabetes. What is even more alarming is the rise in Type 2 diabetes among students in Palm Beach County’s public schools**

School Nurses are on the proverbial front lines in the battle against diabetes. The Health Care District of Palm Beach County employs more than 200 registered nurses in nearly 170 public schools across the county. Our nurses administer insulin, help students check blood sugar levels and provide nutritional counseling to help children in Palm Beach County manage their diabetes care – both inside and outside of the school’s walls. Everyone knows that healthy students learn better. Accordingly, as health care professionals, our school nurses are routinely called upon to ensure that students with diabetes have the necessary support to engage in typical school day activities.

As part of National Diabetes Awareness Month, the National Association of School Nurses cautions parents and school officials on an annual basis that, “Diabetic ketoacidosis (DKA) is a life-threatening condition and is often the presenting symptom of newly diagnosed type 1 diabetes in youth.” The symptoms of DKA may mimic those of other more common, non-threatening illnesses and could potentially be missed. “A delay in diagnosis of diabetes may lead to death. School nurses can take action and save lives, by increasing the school community’s awareness of the signs and symptoms of type 1 diabetes.”

Many students with diabetes participate in school nutrition programs, meaning that parents do not always have control over their child’s daily diet or the portion size of their meals. It is vital to remember that all students deserve access to healthy, well-balanced meals, and special diet accommodations, when medically necessary. In many of these cases, it is a Health Care District school nurse who advocates on behalf of the best interest of the child.



The impact of juvenile and adult diabetes on families in Palm Beach County is profound. Anyone can get diabetes. The disease knows no racial, economic, religious, or educational boundary. Sadly, early onset diabetes puts children at risk for developing diabetes-related complications at a much younger age. What's more, these complications can profoundly lessen a child's quality of life and more importantly, may be a key factor in shortening a child's life expectancy.

Despite these dire consequences, diabetes prevention and awareness messages are not being heard by all Palm Beach County residents. We know this because close to 25% of Palm Beach County residents are still unaware they may have a chronic medical condition. The good news is that getting screened is easy and treatment is

available. In fact, there are literally treatment options offered in every corner of the county.

Much like raising a child, caring for a child with diabetes "Takes a Village." At the Health Care District of Palm Beach County, our School Health nurses, pharmacies, rural teaching hospital, and ten C. L. Brumback Primary Care Clinics all work together for "wraparound services" that treat and support Palm Beach County public school students and their families as well as low-income and uninsured adults. District employees are committed to the fight against diabetes throughout our community. While type 2 diabetes is a chronic health condition, it can be managed with daily exercise and incorporating healthy behaviors. Visit our website at: [www.hcdpbc.org](http://www.hcdpbc.org) to learn more. Or, simply call our appointment line at (561) 642-1000 to get screened today!



**NOELLE STEWART, DO** serves as the Medical Director of the ten C. L. Brumback Primary Care Clinics, Federally Qualified Health Centers owned and operated by the Health Care District of Palm Beach County. Dr. Stewart, who is fluent in English, Spanish and Haitian Creole, previously served as a provider at the Brumback Clinic location in Delray Beach, Florida.

Dr. Stewart holds a Doctor of Osteopathic Medicine from Nova Southeastern University in Fort Lauderdale, Florida. She completed her residency training at Palm Beach Centre for Graduate Medical Education in West Palm Beach, Florida. She is Board Certified with the American Osteopathic Board of Internal Medicine

Dr. Stewart's professional affiliations include: the American Osteopathic Association, the American College of Osteopathic Internists, the Florida Osteopathic Medical Association and the T. Leroy Jefferson Medical Society. Dr. Stewart's areas of medical interest include nutrition, diabetes and hypertension.

The Brumback Clinics provide medical and dental care for adult and pediatric patients with or without insurance.



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# CULTIVATING GRATITUDE: The Foundation for Attracting Abundance

*“Gratitude turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity...it makes sense of our past, brings peace for today, and creates a vision for tomorrow.” – Melody Beattie*



## SCARCITY: THE “NEVER ENOUGH” BELIEF

Do you ever toss & turn at night, when it is time to go to sleep, with your mind racing of all of things you did not accomplish? Do you ever wake up in the middle of the night with your mind full of all the things on your ever growing to do list? Or do you wake up in the morning already stressed about the day ahead, or start your day by saying “there isn’t enough time” or “I wish there was more time in the day”?

The scarcity mindset feeds itself on beliefs of lack, be it time, money, love, connection, joy or possessions. Oftentimes, we can spend majority of our time assessing how much we have, or don’t have, or how much we want, & then compare it to how much everyone else has, wants or needs.

However, this constant calculating & comparison becomes self-defeating for a couple of reasons. In a nutshell, we are flooded with media driven images & versions of unattainable perfection, or we create our own fictional story of how great someone else has it. From these images, a mindset of scarcity is shaped & it reshapes our overall belief system.

In my work over the years, I have seen an overwhelming amount of comparisons, shame & even disengagement that alter one’s own self-beliefs. More importantly, I see such a desire to eliminate the fear & take bold, courageous action. It is your choice, & it’s a simple question really: Do I want to be feel miserable, stuck & fearful, or do I want to choose to do something about it & shift my attitude?

*“People are about as happy, or unhappy, as they make their minds to be.” – Abraham Lincoln*

## WHAT YOU THINK IS WHAT YOU GET

Your happiness & life are not determined by circumstances, or external acts; they are formed from the inside out. Your mind is a powerful & adaptable tool, & it can be programmed to think a specific way, including (but not limited to) the images created by your imagination & the language with which you speak to yourself. The subconscious mind only responds to mental images, & it becomes the blueprint to carry out “the plan”. For example, worrying is the programming of an image you do not want. When we imagine the worst, the subconscious mind cannot distinguish real versus imagined, & acts to fulfill the imagined situation. As Buddha is quoted as saying, “The mind is everything. What you think, you become. What you feel, you attract. What you imagine, you create”.

As we work to eliminate negative, limiting beliefs based in the mindset of scarcity, you begin to mentally draw up new blueprints for your subconscious mind to accept & act upon.

## FOSTERING GRATITUDE AS A HABIT

Your attitude is the way in which you look at life. This can have a tremendous effect on not only your mind, but your body, as well as the way your mind & body connect & perform. Life is full of habits. In fact, some studies indicate that 98% of what we do is habit. As we work to create new habits of gratitude, we must first eliminate the old habits based in scarcity, or not enough. The reality is, the events that occur in your life are purely neutral, & you have the ability to choose if you see them as positive or negative.

Working together we begin to change the perspective you have on life, yourself, as well as your own specific circumstances. This shift in thought changes the lenses with which you look upon your life & the world around you.

*Imagine You at Your Best!*



Identifying & eliminating any fears, shame or comparisons you may have allows your mind to open up & accept the good all around you. As you form the habit of gratitude, it allows you to look at what is good in a situation, person or place. Of course, in those not so great moments or situations, you also change, & will begin to ask yourself what lessons can be learned. Overtime, you become more aware of all the good in your life & your focus naturally moves that way.

#### ATTITUDE OF GRATITUDE

An attitude of gratitude is both the foundation of the Law of Attraction & also the catalyst of further success. However, it is sadly often the most neglected part too, which can lead to a lack of attracting what you desire. Vision boards, affirmations & focusing on what you want to attract are all well & good, but it is not where the transformation occurs. The basis of successfully

attracting more good into your life is to focus on the good you already have in it, even if that list seems short to you. This is the key, because by doing this, you bring them to your attention, focus on them & therefore bring more of it into your life. As a wise anonymous person said, "Gratitude is not the result of things that happen to us; it is an attitude we cultivate by practice."

*"When you arise in the morning, think of what a precious privilege it is to be alive—to breathe, to think, to enjoy, to love." - Marcus Aurelius*

No matter what habits you want to change, what your goals are or what you want to attract more in your life; it all starts with eliminating the mindset of scarcity & the habit of "never enough" thinking. From there we can begin to form your template for gratitude & cultivating abundance of whatever you desire into your life.



### Laura King and Larissa Brazier, Performance Coaching

Laura King has been helping people heal their minds and bodies for 18 years. Using her unique combination of Hypnotherapy, Neuro-Linguistic Programming (NLP) and Life Coaching, Laura is able to help individuals with even the most difficult of issues to create positive and lasting change. Laura's technique helps individuals at all levels of development to improve their quality of life. Laura is sought after by Olympians, leading edge CEO's, public figures, professional athletes, prominent physicians, award-winning trainers and parents.

Larissa Brazier is a Certified Health Coach & Consulting Hypnotist, Larissa's primary goal is to help others striving to live healthier & happier lives. Creating positive, lasting changes in others' lives, though the utilization of multiple methods that facilitate & assist with the healing process by strengthening the mind body connection. Applying lots of tried & true, insider tools that will allow you to transform your mind, body, spirit & life in every way.



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*Imagine You at Your Best!*



# Finding the “SWEET SPOT” FOR HEALING

Combining the right tools to help chronic body-mind issues

By Mike Cohen, Director  
Center for Brain

**H**ealing physical and emotional issues can be quite complex. Sometimes there’s a medical fix, but often it’s a struggle to find answers.

You search the internet. You talk to friends and family. You see a variety of doctors, maybe a therapist or two. You take supplements. You try yoga.

The fact is that healing is seldom simple or “just one thing.” We see people daily in our practice who have “done everything” and “been everywhere,” and don’t know where else to turn.

If you’ve been on a long healing journey because something is “off” in your body—and nothing has helped you get well—Center for Brain may be able to give you some relief. We help people every day who are struggling—with **brain fog, chronic pain, “weird” autoimmune disorders**, even “**chemo brain**” and **post-surgery issues**.

Complicated cases like these that are resistant to other treatment approaches often include a lot of body symptoms. That’s why I searched for years for something that could help.

## Discovering the Power of Bioregulation Therapy (BRT)

In 2014 we tried out BioRegulation Therapy (BRT), also known as body biofeedback. After many of our clients reported that the results were transformative, we invested in this new technology. Center for Brain was one of the first centers in the United States to offer BRT.

The technology, which has added a new dimension to our practice, helps people’s bodies and brains return to their natural, healthy rhythm. See box on next page for more about BRT.

*Ever since I was diagnosed with Lyme disease, I’ve had fibromyalgia and other diagnoses. Nobody was able to help. I searched for a long time before finding Center for Brain. Their BRT treatments have helped enormously with my pain, and helped me feel so much clearer.*  
– L.T. Center for Brain client

## Connecting the Body and Mind

Clients who come to Center for Brain benefit from a toolbox of options. Our goal is to determine, through working closely with you, which tools and in which combination have the best chance of helping you.

Carolyn Cohen, my wife and co-owner of Center for Brain, helps some of our most complicated clients utilize these tools for bridging the body-mind connection to achieve greater healing.



Carolyn has been recognized as an expert in inner healing for 30 years. Her unique skill set is the result of years of studying and practicing healing due to her own serious health challenges that didn't respond to conventional medical treatment.

**For 30 years, Carolyn Cohen has helped people heal using the power of their mind and guided imagery to go to a deep place for inner healing. Combined with BRT, her healing gifts have helped clients achieve even greater changes.**

**The Sweet Spot**

Healing is not an overnight process but can be faster than you think. Many of Carolyn's clients

describe feeling better after just a few sessions. Part of the experience involves making certain changes, like nutrition and lifestyle. Carolyn then seeks out the sweet spot – the body's innate wisdom—for healing, diminishing chronic issues and bringing the body back into balance. A little bit of this...a little bit of that... It's not a formula or recipe. It's unique for each individual.

Many of our clients tell us that the most remarkable part of their experience at Center for Brain is time spent with Carolyn, whose insights guide them to rapid inner healing. Some have reported that they've traveled the world seeking top specialists and "healers," only to find what they needed right here in Jupiter.

**About Carolyn Cohen**



*"The body has innate wisdom. It knows how to come back to balance if we can learn how to get the everyday stresses out of the way. We can do that by eating good food and surrounding ourselves with people who are good, who are not energy-drainers."*

- Carolyn Cohen.

Carolyn Cohen is co-owner of Center for Brain with her husband, Mike Cohen.

Known as the "Hope Coach," Carolyn combines BRT technology to help you amplify your healing process. BRT helps your nervous system re-balance itself. Through guided imagery she helps you go that wisdom within to help you heal yourself mentally, physically, emotionally and spiritually.

Carolyn is a veteran of chronic pain and illness, triggered in the 1980s when she moved into a home with a gas leak. The fumes left her with an unrelenting cough and a series of auto-immune issues. She found herself debilitated and house-bound for three and a half years. Her immune system was so compromised that on one occasion, after taking just one aspirin, she went into anaphylactic shock and nearly died. She was able to heal herself after embarking on a mind-body-spirit path.

Carolyn has earned two master's degrees, one in counseling from East Tennessee State University and a second in medical science from Emory University.

**Resetting the Nervous System... More about BRT**

Center for Brain's newest tool is BioRegulation Therapy (BRT). BRT helps people with chronic pain, immune system dysregulation such as chronic fatigue, fibromyalgia and Lyme disease. These issues occur when cell-to-cell communication is disrupted. BRT helps improve this communication through its sophisticated biofeedback programs. When the cells communicate better, your organs function better.

Some common causes: eating unhealthy food; electrical and magnetic fields, environmental pollutants and chemicals, and scar tissue from an accident or surgery.

**BRT Is Easy to Do**

Sensors are placed on key parts of your body. They are connected to an amplifier that reads the bioelectrical signals, feeds them back to your body and reinforces healthy signaling information. You feel nothing.

Once the cells are doing their job better, the nervous system calms down, and pain or other disruptive signals, which have become magnified over time, diminish.



**Michael Cohen, Director**  
Center for Brain

Mike is one of the leading experts in brain biofeedback. For more than 20 years he has helped children and adults feel better who suffer with a wide range of problems including ADHD, anxiety, insomnia, and learning and processing issues. He has taught neurofeedback to over 2,000 healthcare professionals, including medical doctors, all over the U.S. and the world.



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By Dr. Ricardo Leano

# VIP CONCIERGE PAIN MANAGEMENT

**T**his program is very useful for local patients with limited insurance coverage and even more useful for our snowbirds that arrive on November and have limited or no coverage in Florida.

It is customary in Pain Management to have monthly visits and to perform some procedures that ameliorate pain to reduce the amount of medications and the consequences of their side effects.

For that reason, we created this affordable “all-inclusive” VIP program for only \$1,490.00. This includes the visits and most common procedures used in pain management, like epidurals, transforaminal injections, intra-articular steroid injections, trigger points, facets, sacroiliac injections, etc. This also includes a 50% discount in Regenerative Medicine procedures like intra-articular PRP injections. You will be scheduled within two days (but we prefer you schedule in advance the first visit). You don’t have to wait in the waiting room, but be prepared for 1 hour with the Doctor for the first visit.

It is important that you provide us with a copy of the last visit form your current provider and as many diagnostic imaging reports and blood work done recently. Please, bring the bottles of the current medications you take as well.

We have all necessary equipment in our office, so we can perform the procedures the same day if you have a companion and you have been fasting for at least 4 hours.

**Dr. Leano speaks French at a conversational level**  
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# What is COPD?

The bronchial tubes are the tubes that carry air into your lungs. They can become irritated by viruses (colds, flu) and smoking. People with emphysema and chronic bronchitis are diagnosed as having Chronic Obstructive Pulmonary Disease. With COPD, bronchial tubes are inflamed and lined with mucous. Coughing, wheezing, shortness of breath and tightness of chest are typical symptoms of this debilitating condition. This common lung disease makes breathing difficult and a variety of medications may be prescribed.

## HOW CAN THE SALT SUITE PROVIDE RELIEF FROM EMPHYSEMA?

Salt therapy provided by the Salt Suite is an all-natural alternative for providing relief and healing of these ailments. Conditions improve as the salt therapy sessions take effect. How does it work?

Inhalation of salt aerosol is known to cleanse the respiratory system and speed up the elimination of toxins in our body. The salt aerosol works as a “bronchial brush” for the airways. Salt aerosol is well known as a decongestant as well as reducing inflammation, therefore, widening our airway passages. This restores the normal transport of mucous secretion and frees the blockages in the bronchi. Following a regimen of salt room visits will provide ongoing clearing of mucous and toxins and thus cleaner, healthier lungs.

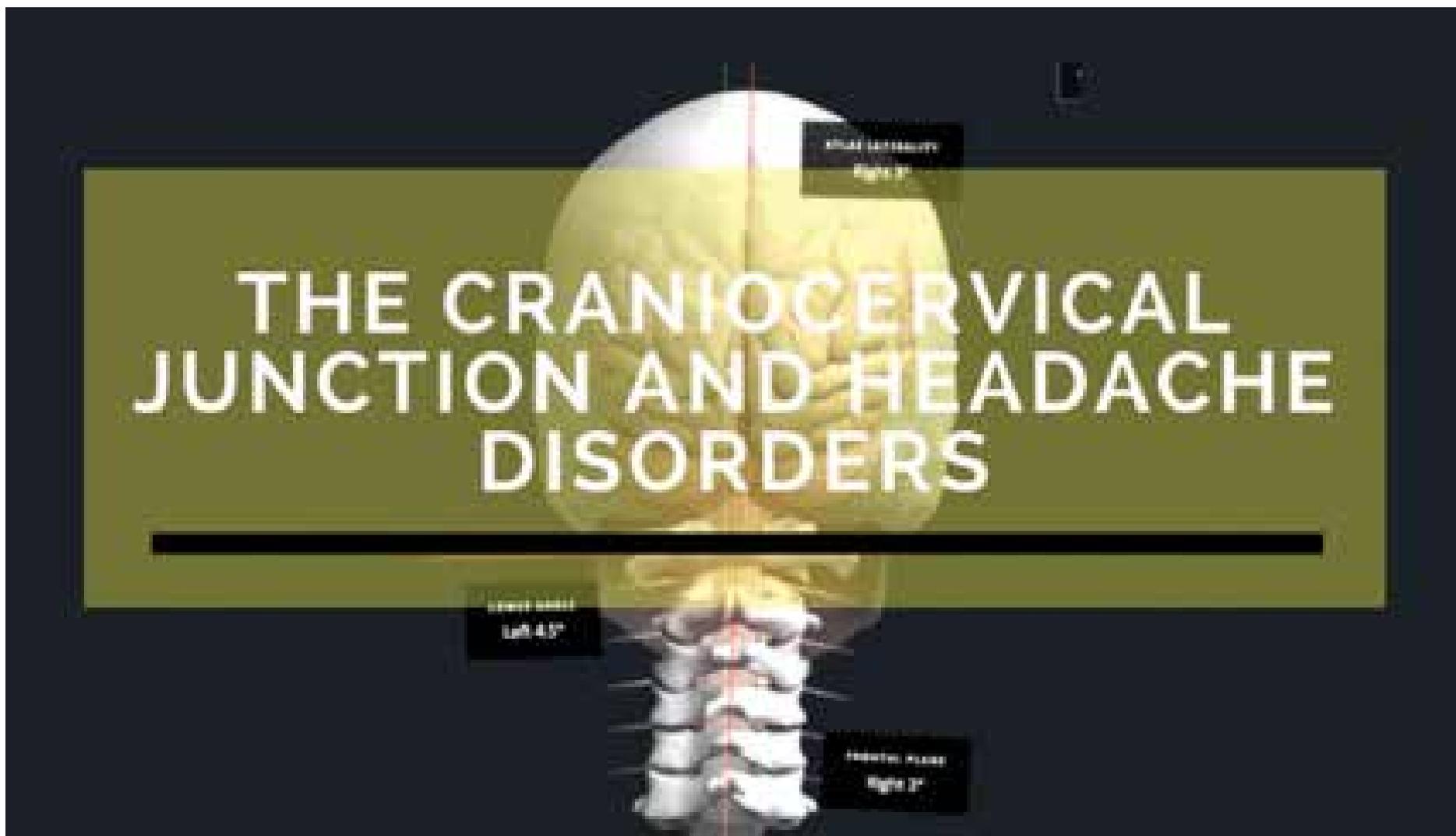
## A TESTIMONIAL FROM A CLIENT:

*“I was referred to The Salt Suite by my cardiologist. He continues to enjoy the suites and said that he has been getting excellent results. He suggested that it might help me. My initial impressions upon arrival included a beautiful environment with a very helpful and pleasant staff. My reasons for trying the suites were to alleviate my symptoms of COPD, emphysema, asthma, retinitis, allergies, sinus and stress. I take the following medications: Spirivia, Symbacort, 2 Liters of CO<sub>2</sub> when sleeping and walking, a nebulizer when needed and Mucinex. After just a two week trial period, I have found my mucous and phlegm condition to be much better and that I am better able to take deeper breaths because my airways are clearer. It has also helped my stress levels which has resulted in my taking lower doses of Xanax. I have not had a nebulizer treatment or used Mucinex since I started. My sinus condition has improved and I have clearer nasal passages. I haven’t had a sinus headache in a week. I am delighted with these remarkable results after just two weeks and I am pleased to have signed up for the six month plan. Thank you!” – Lorrain C.*



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By Dr. Jonathan Chung

- **Chronic headaches come in different types**
- **The neck and headache disorders**
- **The craniocervical junction, NUCCA, and migraines**

Headaches disorders are among the most common conditions that people seek treatment from a doctor. While most people will experience a headache of some form, there are those who develop chronic and repetitive bouts with headaches of different types.

Each headache has unique characteristics that help to make an effective diagnosis for effective treatment. However, when we look at the reality of a daily patient interaction, we see that people with these headache disorders can have traits that overlap. (Remember this point because this is something I'll come back to later)

That makes these headaches extremely burdensome on the patient, but it can also be challenging for a doctor or therapist to find effective solutions. The chronic use of medications has led to the emergence of medication overuse headaches as the third leading cause of chronic headaches in the United States.

Medication overuse headaches were once classified as rebound headaches because of the way headaches could come back with a vengeance after the pain-relieving effects of a medication wore off. It became re-classified in part due to the alarming number of patients showing a regression in their headache symptoms after prolonged and frequent use of medication. While the physiology of this disorder is widely unknown, it does show characteristics of physical dependency as seen with drug withdrawals.

As drug therapies become less effective for this subset of headache patients, there has become a growing need to identify non-pharmacologic strategies to help patients with headache disorders. For many of these patients, a possible solution might lie in the neck.

#### **THE NECK AND HEADACHE DISORDERS**

Headaches caused by a neck problem are usually classified as a subtype known as cervicogenic headaches. People with cervicogenic headaches are usually those with chronic headache along that is associated with neck pain, whiplash, or a resistance to most medications. Studies on chiropractic and cervicogenic headaches are mixed, but it is mostly

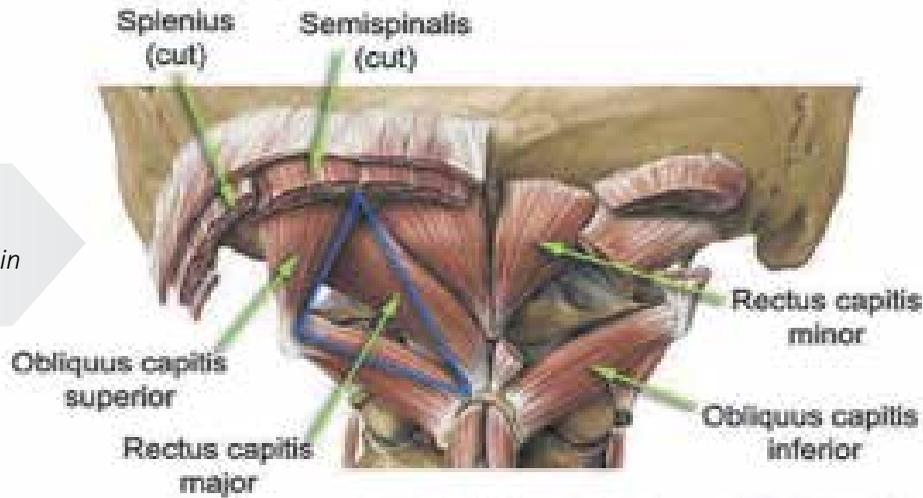
accepted that these types of headaches can be responsive to traditional spinal manipulation.

The study of these headaches has helped us understand the neurology behind head and neck pain in general. There's a lot of really sensitive anatomy in your neck. Structures ranging from the muscles, ligaments, joints, nerves, arteries, and nerves. Things like whiplash, concussion, and even sub-concussive head injuries can damage some of these structures causing pain receptors to fire into your brain stem.

That's where things can get a little bit screwy. The area in the brain stem that gets pain signals from the neck also receives pain signals from the head and face too! When nerve fibers from different parts of the body converge onto one location called the trigeminocervical nucleus (TVN), it allows for 2 things:

1. It allows dysfunction in what part of the body to be felt in other parts of the body. It's like when you have a pinched nerve in your back but you feel it in your leg, or when someone has a heart attack, they may feel it in their left arm.

The muscles in the deep part of the neck have been implicated in headache disorders



2. It allows the opportunity for treatments in one part of the body to have the ability to reduce pain in other areas. i.e – targeting TMJ and the neck to help with head pain

**BUT WHAT ABOUT NEUROVASCULAR HEADACHES LIKE MIGRAINE?**

Neurovascular headaches are those attributed to problems in the blood vessels in the head or brain. Migraine and cluster headaches are the main classes of chronic neurovascular headaches.

From a basic science standpoint, the neck still seems to be a problem area for migraine patients. We also know that patients with migraine also tend to have overlapping pain in parts of their neck too. However, from a clinical research standpoint, most studies on treating the neck in migraine patients have been underwhelming.

Findings like these challenge my beliefs because while I know the research says that treating the neck is not likely going to get you far, the results in my practice seem to dispute that.

**THE CRANIALCERVICAL JUNCTION AND HEADACHES**

As an office focused on upper cervical chiropractic, we often see headache patients who have chronic and treatment resistant headaches. They've usually been through multiple rounds of different medications and have bounced around through various specialists from renowned neurologists, to local chiropractors.

Despite seeing these patients with significant challenges, our success rate in chronic migraine headache is pretty high. About 85% of our patients with a primary complaint of migraine headache reported a favorable outcome after 8 weeks on a progress exam.

Of course I wish everyone got better, and I spend a lot of time reading and going to seminars trying to get answers for the other 15%. We just have a high degree of confidence that even some of the most challenging headache cases seem to do well when we address the upper neck.

**IF SO MANY PEOPLE GET RELIEF IN OUR OFFICE, BUT CLINICAL TRIALS ON CHIROPRACTIC SHOW LIMITED EFFECT, THEN WHAT GIVES?**

The big thing is that I don't practice the same way that most chiropractors practice. Our office uses precise x-rays of the top of the neck called the craniocervical junction and we use very low-force techniques like the NUCCA procedure to address the neck. We also take pre and post x-rays to verify that we've changed the way the head sits on top of the neck.

- Maybe previous chiropractic studies didn't use techniques that accurately identified the problem area in the spine?
- Maybe the way the spine was manipulated was not well suited to the specific patients?
- Maybe the adjustments used didn't actually show a structural change in the craniocervical region? It's hard to say.

However, a small 2015 study on patients suffering from chronic migraine headaches showed that the correction of the atlas vertebra using precise upper cervical methods showed a reduction in headache days and high patient satisfaction.

Obviously we can't generalize these findings to every migraine patient because there was no control group and migraine studies have a high rate of placebo, but this is clearly something worth studying more.

**IS IT WORTH IT?**

So I can't tell someone if getting their atlas corrected is going to be worth it. For many people, the prospect of having far fewer headaches is worth any price. For others, you may have become so used to having headaches that you have learned to live with it and don't mind the pain.

What I can say is that getting the atlas corrected through the NUCCA procedure is a really safe way to address some of the real anatomical and physiologic causes of many headaches.

The only things I can say for sure are this:

1. If your atlas is a major cause or contributor to your headache syndrome, we'll know it pretty quickly as you will likely respond to this within a few weeks.
2. We will do everything in our power to help you find solutions to this disabling secondary condition, even if it means we have to refer you to another provider that is better equipped to help.

**DR. JONATHAN CHUNG** is a Doctor of Chiropractic who focuses on Structural Correction and is primarily concerned with Structural Shifts of the spine. He graduated from the University of Central Florida with a B.S. in Microbiology and Molecular Biology. Dr. Chung then went on and received his doctorate from Life University's College of Chiropractic. Dr. Chung is certified in pediatrics from the International Chiropractic Pediatric Association, and is a Structural Chiropractic Researcher who has been published in scientific peer-reviewed journals. Read more from Dr. Chung at [chiropractorwellington.com/blog](http://chiropractorwellington.com/blog)



How I imagine Brad Pitt would react if he had chronic migraines and didn't anymore



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# WHAT IS EFT AND HOW CAN IT HELP ME?

## #METOO #iHAVE

**E**motional freedom techniques or EFT is the group of strong processes which can support everybody to attain true freedom from the emotions that have generated problems in their lives. These techniques are developed as breakthroughs in the area of psychology. Thousands of people use this successfully resolving various types of difficulties. They are becoming as popular as modern miracle because it not only reveals emotional disturbances, but also physical symptoms and are also very easy to learn. It works in just minutes and has long lasting results with positive side effects.

Numerous therapists are using EFT on number of clients and are getting successful results even in difficult cases. The effectiveness of EFT is related to the human energy system. The human body not only includes the physical body which requires food to produce energy, but also have an intricate energy system which requires electrical impulses to run through the body. The disturbances in the energy system contribute to various problems which people face in their daily lives and many times are caused by emotional traumas. These imbalances in the system can cause phobias, anger, grief, guilt, depression, anxiety and a full range of fears. Physical symptoms can also be present such as pain, headaches, asthma and tension. EFT gives quick relief in majority of these problems and its results are also long lasting due to addressing the root of the issue, the unresolved emotional trauma.

EFT is based on the belief that many of the problems are caused by a disturbance in human energy system, also known as meridian systems. EFT works to relieve system with remarkable consistency in such a way that tapping with fingers is done on short series of point all over the body. These points are considered acupuncture points on the energy meridians. This tapping is done to balance the flow of energy system through the meridian system by overcoming the corresponding blockage. This emotional freedom technique of tapping works effectively in releasing the blockage which is produced when person becomes involved in emotionally disturbed conditions or person thinks about them. Emotions become balanced as soon as the blockage is released, replaced with loving energy creating closure to the situation with a newly anchored view of the situation and self. One good thing about EFT is that once the emotions become balanced, the person reduces or completely removes their upset about those circumstances. Healing of traumas usually happens in layers and each layer healed makes it easier to take on more. The memory is still there, but rewritten for your highest good.

Some problems can be healed or relieved within short period of time through this process; others may take time and need repetition of the process. Some problems or energetic patterns that have been relieved successfully through EFT are as following: Emotions regarding physical conditions, depression and anger, insomnia, addiction such as smoking or eating patterns, phobias such as fear of heights, flying, driving, enclosed places and traumas such as from physical abuse or from war experiences. As with anything we must keep in mind that we are all individuals and results vary accordingly, but I have yet to see anyone walk away from a session with out the transformation of a past hardship.

**There are two main areas you need to learn in order to use Emotional Freedom Techniques effectively:**

1. Tapping techniques and specific tapping locations
2. The positive affirmations

You can treat numerous unresolved issues by applying the following instructions diligently.

### Tapping

The basic Emotional Freedom Technique sequence is simple and straightforward and usually takes most people just a few minutes to learn. Although it's important to ensure that you are tapping the correct area, you should not worry about being very precise since focusing on the general area is also sufficient.

You will be tapping with your fingertips/pads and this is primarily because the fingertips have several acupuncture/pressure points. Therefore, when you are tapping with your fingers you are not only using the meridians in the specific area you are tapping, but also those on the fingertips. In traditional emotional freedom technique, the patient taps using the fingertips of the middle finger and the index finger and with one hand although you can use both or place one hand on your heart chakra. The side you use doesn't matter since most tapping points exist on both sides of the body. Moreover, it does not matter if you decide to switch sides during the process. For instance, you can tap under your left eye and later in the process, under your right arm.

You can also use all your fingers and both hands. Form a gently curved line with all your fingers in a gently relaxed manner. This allows you to cover a larger area and access all the acupuncture points to achieve success. Although it's essential to use your fingertips because they have more meridian points, you can use your finger pads if you have long nails.

### Tap solidly

You should always tap solidly but not so hard as to bruise or hurt yourself. If you are using both hands, alternate the tapping slightly so that your hands are out of phase with each other. This will provide a kinesthetic variant of the work that is usually done by the EMDR (alternating eye movement) and will have some additional benefit. You should tap about 5 to 7 times (the number is not important but can be the length of time it takes for one respiration cycle; a full deep belly breath).

Tapping points proceed down your body which basically means that each tapping point is located below the one before it. Although the sequence is not really important, it is vital to ensure to tap all the points.

### Tapping Points

1. Top of the head: Down the centre of your skull with fingers back-to-back.
2. Eyebrow: Just above the eyes at the back and forth on the eyebrow.
3. Side of the eyes: On the bone that borders the outside corner of your eye in front of the temple
4. Under the eyes: On the bone under your eyes about an inch below the pupil
5. Under the nose: this is the small area between the top of your upper lip and the bottom of your nose
6. Chin point: Midway between the bottom of the lower lip and the point of your chin. This area is called the chin point mainly for descriptive purposes.
7. Collarbone: This is the point where the breastbone (sternum), the first rib and the collarbone meet. This is a very important point especially in acupuncture and is referred to as K 27.
8. Under the arm: This is at the side of your body, about four inches below the armpit; usually at the point even with your nipples (for men) or the middle of your bra strap (for women).
9. Side of Palm: The pad below the pinky of both hands is the last point before repeating.

Acknowledging the issue vocally followed by stating positive affirmations during the tapping is where the magic happens! For example, you can begin going through the series of tapping points while stating out loud...

"Even though I was sexually assaulted, I love and accept myself completely. I forgive myself"

or

"Even though I saw someone sexually assaulted and did nothing to stop it, I love and accept myself completely. I will not allow this to ever happen again. I forgive myself"

As you can see, the variation of situations and traumas as the perpetrator, victim or witness are vast. This can be applied to veterans, sex trafficking victims, foster children, miscarriages, divorce, infidelity, abuse, weight, business and family issues to name a variety of situational experiences that can benefit from this work.

It is recommended that you sit tall with both feet planted on the floor, remove your watch, jewelry and glasses before tapping.

So you now may be wondering if Tapping Therapy (or Emotional Freedom Techniques) can help you in anyway, in particular dealing with traumas, addictions, or other challenges that you may be faced with at this time, yes, it can. Everyone can benefit from a tapping coaching session to guide you in the process so that you may have this as a tool in your everyday life to address the stresses and hardships that may arise in the present or resurface from the past. To book your 15 minute complimentary consultation contact Mind Body Spirit Healing Center at **561.510.1080**. We are honored to serve you in creating a wealth of health in your life.



Like us

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

## WHY MEDICATE WHEN YOU CAN CURE?

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.

## 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.

**RejuvaWAVE™**  
only available at  
Simply Men's Health

- 100% SAFE
- Non-invasive
- No Down Time
- No Side Effects
- 10-15 minutes per session
- Over 80% Patient Satisfaction

**Call TODAY,  
Get your life back tomorrow  
561-316-8942**



## 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 a try not having much expectations. To my surprise after my first treatment I woke up with an erection, something I hadn't seen in years, and by my 5th treatment I was having sex with my wife. It's truly a miracle treatment. Steven O.

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

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

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

## November is 'Diabetes Awareness' Month!

# HELP YOUR DIABETES® (HYD)

\*Accredited 'A Plus' by The Better Business Bureau



## YOUR PATH TO BECOMING CLINICALLY NON-DIABETIC

There is No Cure for Type 2 Diabetes – however; it CAN be reversed!

The 'Help Your Diabetes®' (HYD®) Program will reverse Type 2 Diabetes and have the patient clinically non-diabetic and off all or most medication in as little as 2 to 6 months! (HYD® Licensed by Magnum Health Management, LLC.)

### 'Taking care of your health' should be your priority this Holiday Season!

**T**ype 2 Diabetes is a growing problem that is not going away! Sedentary lifestyle, lack of regular exercise, diet loaded with convenient fast food, sugary drinks and a new generation of couch potatoes who spend increasingly more time on the smartphone means that now more than ever, Type 2 Diabetes is on the rise. Unless we take the ball and run with it as a matter of urgency, it will overtake us all...

Stop by our kiosk in the **Town Center Mall of Boca Raton** to check your A1C on-the-spot, with the Siemens A1C Hemoglobin Analyzer- standard equipment in all our 'walk-in' Clinics. An **A1C** test measures the average amount of sugar in your blood over the past 90 days and gives you an indication as to how well your blood sugar is being controlled over time. You will find out immediately if you are in the Normal, Pre-diabetic or Diabetic range, and you'll receive a print-out in 5 minutes. Our medical professionals will discuss which **HYD®** program would be appropriate for you. Only \$49.95.

If you are one of 27 million Americans with Type 2 Diabetes or 1 of 86 million Americans diagnosed 'Pre-Diabetic (ADA) **the HYD® program** will have you **clinically non-diabetic and off most – or all diabetes medications in 2 to 6 months when you commit to the program.**

#### Check your A1C on the spot

**Medical Schools** train student doctors how to manage Type 2 Diabetes. As Primary Care Physicians they prescribe medications to lower your **A1C** and as the symptoms worsen you are often referred to a **Diabetes Specialist** who may prescribe additional or different medications; along with diet and exercise – increasing the dosage and/or varying the drugs over time.

**Drugs prescribed** to treat Type 2 Diabetes just manage the symptoms by lowering A1C and blood sugar, but can do little to prevent this horrific disease from progressing and in many cases leading to neuropathy, loss of eyesight, amputation of limbs or to kidney failure; which necessitates harmful dialysis for the rest of **life.**

**Drug manufacturers** must by law, disclose the potential dangerous side effects from all medications prescribed to treat **Type 2 Diabetes.**

Their drug's long-term effect is potentially as dangerous to the patient as is the disease! Diabetes drugs are also very expensive for the patient, earning pharmaceutical manufacturers a whopping \$200 billion annually.

**Help Your Diabetes® 'HYD®'** is the patent-pending, Type 2 Diabetes Reversal Program founded by **Dr. J. Murray Hockings, D.C., D. P Sc.,** a member of The American Diabetes Association (ADA).

An internationally acclaimed author and spokesman; Dr. Hockings has been helping **thousands of patients reverse their Type 2 Diabetes**, lose weight via proven natural methods, drop their blood sugar readings, enjoy an improved quality of life, and get them off medications — which only serve to manage symptoms and cannot reverse them.

**Testimonials** from hundreds of satisfied patients attest to the successful reversal of Type 2 Diabetes under the **Help Your Diabetes®** program. (See our website at [www.helpyourdiabetes.com](http://www.helpyourdiabetes.com)).

#### Each HYD® plan includes the following:

The HYD® program includes regular mild exercise, a healthy diet – foods to eat and enjoy – and those to avoid, the proprietary blend of nutritional supplements developed by Dr. Hockings, weekly nutritious appetizing menus plus hundreds of delicious recipes with the appropriate shopping lists.; plus

- Comprehensive, full spectrum lab analysis
- Unlimited one-on-one weekly support over the phone or by email seven days a week with our Dallas office
- Exclusive online membership in the HYD® website
- An online forum to get questions answered, share success stories, find new recipes, etc.
- Weekly training videos
- A Monthly newsletter
- Group training calls 3 days a week

#### Help Your Diabetes® Official Spokesman:

The official spokesman for the Help Your Diabetes® program is Emmy and Golden Globe nominated actor, **Corbin Bernsen**, best known for his role as

divorce attorney Arnie Becker on the NBC drama series **L.A. Law** and star of such films as **Major League.**

#### Noticeable improvement in as little as one week!

HYD® patients will notice an improvement after just one week, reverse their Type 2 Diabetes quickly and safely, lose excess weight, need far less or no medications, regain energy and enjoy improved quality and vitality in their daily life.

#### FAMILY DOCTOR'S ENDORSEMENT

**Dr. Kenneth Power, M.D.** a family doctor in Maumee, Ohio, with 18 years of experience, has recommended the Help Your Diabetes® program to his patients: "The success I've had with the program has been overwhelming. I've had multiple patients come through now and each tend to have a different success rate, but overall, it's been phenomenal.

**Patients see results right away.** I was surprised at how quickly their blood sugar readings improved, usually within just the first couple of weeks. Their health's improving, their blood sugars are dropping and I feel comfortable just after the first several weeks with getting them off at least half of their medication!

#### HYD® Consultation at your home – No Problem!

Patients who prefer to meet with an **HYD® highly qualified Consultant** in the comfort and privacy of their own home at any convenient time; day or evening, simply call **561-506-2569** to arrange for a free, no-obligation, home visit.

#### Highly-affordable – available discrete financing options;

HYD® offers discrete Financing Options that are immediately available. They provide you peace of mind knowing that your lifestyle will not change on your path to reversal of your Type 2 Diabetes. Call for a free, no obligation consultation with the Clinic Director at our Boca Raton location. He will determine with you, which HYD® plan is most appropriate based on the severity of your Type 2 Diabetes.

**Call 561.506.2569**  
to schedule your free, no  
obligation consultation  
with our Clinic Director at:

**HELP YOUR DIABETES**  
301 Yamato Road, Suite 1240,  
Boca Raton, FL 33431

# Advanced Techniques to Replace Your Hair Follicles

Permetix Ink



**H**air loss can be caused by several different factors, age, alopecia, cancer treatments, family history, and various disorders. No matter what the cause, for many individuals dealing with the loss of hair can be traumatic and devastating.

There is a medical alternative to help fill in the partial areas or the entire scalp where hair loss is prevalent. It is called Scalp Micropigmentation. A certified professional permanent makeup artist that's trained in this specialty will consult with you to address your concerns and then map out a detailed plan that suits your needs personally for your medical hairline tattoo.

## How It Works

Typically most individuals have over 1,500 to 2,000 hair follicles on their head. With Scalp Micropigmentation, these follicles will be tattooed back on with an organic plant-based "ink" with no color additives. The best results are when experienced artists use multiple colors and multiple patterns to tattoo your hairline, areas of baldness or thinning, and even your entire scalp in extreme cases.

With a skilled professional your results should last over 20 years, but you may need a few touch-ups in the beginning stages to get you the desired look you'd like to achieve.

Both men and women seek Scalp Micropigmentation for its unparalleled effects. If you are a male or female that has baldness or thinning hair, you will be amazed at the camouflaging effect of Scalp Micropigmentation. It can change your life just by making you feel and appear more confident.

In addition to scalp hair loss, many people experience thinning brows with age, or with disease and disorders. An advanced technique using microblading is working wonders for countless individuals by filling in the brows with a natural appearance. By using the latest methods, tiny strokes mimic the natural hair fibers of the brow and within a short period of time, your eyes will be well framed, and you'll look years younger.

## Not All Artists Are The Same

It's essential to seek a certified and experienced permanent makeup tattoo artist, when you're looking to put your face and hairline in someone else's hands. You'll want an expert and with that, you can't get much better than Kelly Schreck, owner, and founder of Permetix Ink.

Kelly Schreck, Certified Phibrow artist, Certified Scalp Micropigmentation Artist and Licensed Tattoo Artist, with over 15 years in the beauty industry, Kelly has a love and passion for helping people look and feel their best. Training at the Make-up Designory (MUD) in New York City, she developed her skills to create the best color and look for each individual person.

Kelly has trained around the world in several specialties including Permabrow for permanent makeup in California, Phibrows for microblading in Serbia, South Florida for Scalp Micropigmentation, and in Orlando, she studied Nouveau Contour for scarring and areolas. Kelly is also a member of the American Academy of Micropigmentation. With all of her training, Kelly has chosen to specialize in microblading as well as scalp micropigmentation. Microblading is the best method for natural looking hair strokes for eyebrows, and scalp micropigmentation is to replicate the appearance of hair follicles. However, Kelly provides more than just a beautiful enhancement; she creates a comfortable and safe environment for her clients so that they are able to achieve the desired results.

Kelly was inspired by her mother to learn about permanent makeup. As a two-time breast cancer survivor, her mother's struggle with eyebrow hair loss, and scarring after multiple surgeries, left her feeling insecure and powerless. Kelly wanted to help her mother regain that confidence and power, and today she has made it her mission to help women feel better and be more confident in their beauty and bodies.

To find out more about Permetix Ink, please visit our website at [permetixink.com](http://permetixink.com), or call directly at **(561) 516-9775**.

# permetixink

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3401 PGA Blvd., Suite 440, Palm Beach Gardens, FL 33410



# How Doctors Choose Surgeons

By David A. Goldman MD

**W**hen 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 create value, there is not always a direct correlation with surgical skill. Scrub nurses, OR techs, assistants, 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 denigrate the value of reviews, accolades, internet research, and word of mouth. If a personal associate of yours had an excellent experience with a surgeon, you should absolutely trust that opinion. In southern Florida, the population is constantly 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 "renewal" surgeon for the same procedure and had significant pain. When he developed a hernia on the opposite side he saw my surgeon. His condition had been 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

After completing his own private practice, Dr. David A. Goldman served as Assistant Professor of Clinical Ophthalmology at the Norman Krieger Eye Institute in Fort Worth, Texas. Within the first of his two years of employment there, Dr. Goldman quickly became the highest volume surgeon; he has been recognized as one of the top 310 US surgeons by Premier Hospital, an act of being awarded a Best Doctor and Top Ophthalmologist.

Dr. Goldman received his Bachelor of Arts with high honors and with distinction in all subjects from Cornell University and Doctor of Medicine with distinction, a graduate from the Johns Hopkins School of Medicine. This was followed by a medical internship at the same – Johns Medical Center in New York City, he then completed his residency and served fellowship at the Jackson Memorial Eye Institute in Miami, Florida, throughout his training. He received multiple awards including 2nd place in the American College of Ophthalmology Residency National Research Competition, nomination for the Ophthalmology Times, where he served as president, 2008 Paul Dancer International Lecture, and the American Society of Cataract and Refractive Surgery (ASCRS) research award in 2005, 2006, and 2009. Dr. Goldman currently serves as a trustee from 2010 to the American Academy of Ophthalmology. In addition to serving as an advisor for Board certification, Dr. Goldman also serves as a consultant to assist management of amblyopia issues for complex ophthalmologists.

Dr. Goldman's clinical practice encompasses medical, refractive, and reconstructive surgical treatment of the cornea, anterior segment, and lens. The procedure, but is not limited to, various transplantations, refractive refractive cataract surgery, and LASIK. His current interests include glaucoma, cataract and refractive technology, dry eye management, and various depth issues of ophthalmology.

Dr. Goldman speaks English and Spanish.

561-650-7130 | [www.goldmaneye.com](http://www.goldmaneye.com)

# Developing Discipline



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

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

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

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

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

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

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

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

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

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

### Here are three “Disciplines of Being Disciplined”.

#### 1. Persistence – “Never Give Up”

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

#### 2. Advance Decision Making – “Say No Now”

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

#### 3. Delayed Gratification – “Putting Pain before Pleasure”

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

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

Dr. Ray Underwood



## Bravv. A powerful element in fighting cancer.

When Frankie White discovered she had a rare form of lung cancer, being named for her family was all that mattered. After learning the survival rates for her specific cancer, she knew some had to be done. Frankie doctor referred her to Florida Cancer Specialists where she was put on a targeted therapy trial. In 2016, 84% of the cancer drugs approved for use in the U.S. were studied in clinical trials at Florida Cancer Specialists prior to approval. Within months of her treatment, Frankie's health dramatically improved, proving when hope and science join forces, great outcomes happen.

"My doctor at Florida Cancer Specialists and the clinical trial they offer are the reason I'm here today."

—Frankie White, Cancer Survivor

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