

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

Health & Wellness[®] MAGAZINE

December 2017

North Palm Beach Edition - Monthly



FREE

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**FACT OR FICTION:
SIX MINUTE HAIR GROWTH...?**

**5 WAYS BETTER HEARING
CAN HELP YOUR CAREER**

**HORMONAL IMBALANCE
OCCURS IN MEN AND
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FOCUS ON PANCREATIC CANCER

Located behind the stomach, the pancreas is a glandular organ about six inches long that has two major functions: to produce enzymes (digestive juices) that help in the digestion process and to produce hormones, such as insulin, that help control blood sugar levels. The pancreas has an essential role in converting the food we eat into fuel.

Pancreatic cancer occurs when cells in the pancreas begin to grow out of control. One of the reasons pancreatic cancer is so deadly is that it is usually not detected until it is in the later stages. Early detection of pancreatic cancer is very difficult because the disease does not cause many signs or symptoms that are easily noticed in the early stages. Some of the more common symptoms of pancreatic cancer include:

- Jaundice (yellowing of the skin and whites of the eyes)
- Light-colored stools
- Dark urine
- Weight loss for no reason
- Loss of appetite
- Feeling very tired
- Pain in the upper or middle abdomen and back

While these symptoms can be attributed to other causes, it is recommended that you consult your physician if you experience any of these indications.

The incidence of pancreatic cancer is relatively small; however, it is considered an extremely difficult cancer to successfully treat and potentially cure, primarily because it is often detected at a late stage. Because the pancreas is deep inside the body, early tumors usually can't be seen or felt during routine physical exams; plus, most people usually have no symptoms until the cancer has already spread to other organs. According to the American Cancer Society, factors that can affect the chance of recovery from pancreatic cancer include whether or not the tumor can be removed by surgery, the size of the tumor, whether or not it has spread outside the pancreas to nearby tissues, and the patient's general health.

RISK FACTORS

Almost all pancreatic patients are over the age of 45; in fact, the average is 71 at the time of diagnosis, as reported by the American Cancer Society. Men are at a slightly higher risk than women; however, it is speculated that this may be due to the fact that more men smoke than women.



Pancreatic cancer accounts for about 3% of all cancers in the US and about 7% of all cancer deaths, according to the American Cancer Society.

African Americans are also at slightly more risk than Caucasians for reasons that are not clear, but may be due in part to other risk factors, such as a higher rate of diabetes.

Risk factors such as age, race and gender can't be changed; however, other risk factors can be lessened by lifestyle choices, such as not smoking and maintaining a healthy weight. Approximately 20% to 30% of pancreatic cancers are thought to be caused by cigarette smoking and the risk of having pancreatic cancer is twice as high for smokers compared to non-smokers.

Family history is another risk factor for pancreatic cancer. It is thought that about 10% of pancreatic cancer is due to inherited genetic mutations. For people who may have a family history of pancreatic cancer, hereditary breast or ovarian cancer due to BRCA1 or BRCA2 gene mutation, or Lynch Syndrome (hereditary non-polyposis colorectal cancer), it is best to consult with your physician regarding genetic testing or endoscopic ultrasound.

IMPROVING TREATMENT

A variety of treatments are used in pancreatic cancer involving surgery, ablation, radiation therapy and chemotherapy, to name a few. There are a number of clinical trials that seek to develop new treatments, including immunotherapy treatments. Immunotherapy drugs, which utilize the body's immune system to fight cancer, have worked against some of the most lethal cancers, such as melanoma and late-stage lung cancer. Difficult to treat with conventional drugs, pancreatic cancer also has proven to be resistant to initial immunotherapy approaches. Pancreatic tumors are usually surrounded by a tough, fibrous capsule that is difficult for drugs to penetrate. This protective covering also wards off the immune system's T cells, which attack foreign intruders, such as cancer cells, within the body. However, researchers are continuing to test immunotherapy combinations and devising innovative strategies that they hope will bring greater understanding of how to effectively treat these tumors.

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5 WAYS BETTER HEARING CAN HELP YOUR CAREER

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



More than 10 percent of full-time employees have a diagnosed hearing problem, and another 30 percent suspect they have a problem, but have not sought treatment, according to EPIC's Listen Hear! survey.

And of those with a suspected hearing loss, nearly all report that this hearing loss impacts them on the job, with complaints ranging from stress due to misunderstanding what was said to pretending to hear well to having trouble over the phone.

A 2011 study by the Better Hearing Institute revealed that hearing loss can pose a significant barrier to productivity, performance, overall career success, lifetime earnings, and household earnings — in fact, it can lead to almost \$30,000 in lost income every year. Luckily, treating hearing loss can make a hearing-related income loss negligible, and it can help in other ways that you might not have expected. Take a look at just a handful of the ways that improving your hearing can help you in your career.

It shows you're an ambitious problem solver. Many people ignore or downplay their health problems, and they do so for a variety of reasons. But addressing hearing loss sends the message that you're willing to deal with issues like this head-on: You'll do what it takes to stay atop your game.

It improves your workplace communication. A 2007 study by the Better Hearing Institute found that workers are most affected by hearing loss during phone calls and conversations with co-workers. Conversely, nearly 7 in 10 participants reported improvements in their ability to communicate effectively when they used hearing aids. For jobs where communication is critical, treating hearing loss can pay dividends.

It makes you more confident. One of the largest self-report surveys of hearing aid users and their close family and friends revealed that self-image, self-confidence, relations at work, and life overall improve greatly. Despite the stigma surrounding wearing hearing aids, better hearing means better relationships and more confidence, and those are two great things to take with you to the workplace.

It keeps you on the cutting edge of technology. Hearing technology today isn't the same as it was a decade ago — it's connective and plays well with other technology to make your life easier. With hearing systems that connect with your

smartphone via Bluetooth® to stream audio and allow you to customize your listening situation, today's technology acts to improve your life in ways that go beyond better communication.

It keeps your earning potential high. Remember the 2011 Better Hearing Institute study quoted earlier that found that untreated hearing loss impacts annual income earnings? That same study found that the use of hearing aids was shown to reduce the risk of income loss by 90 to 100 percent for those with a mild hearing loss, and by 65 to 77 percent for those with moderate to severe hearing loss. Those with untreated hearing loss also face higher rates of unemployment, which drops your earning potential.

How do you know when you have a hearing loss? It's a sneaky problem, and many folks aren't aware that their hearing is getting worse until a family member or friend talks to them about it. Hearing loss is occurring at a faster rate among our younger generation, and the associated risks like dementia may soon become a health epidemic.

It's important to get your hearing checked regularly, along with your vision, dental, and physical wellness checkups. Contact us today and schedule a comprehensive hearing exam — no matter your age — and find out how hearing loss might be affecting your workplace relations and income potential.

**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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For some, the idea of laser beams conjure up images of epic SciFi battle scenes. For others, lasers in medicine mean skin resurfacing or perhaps even hair removal. Today we see “lasers for hair regrowth” advertised in magazines, on TV and in our Facebook newsfeeds. Are these treatments for hair loss for real or is it just a gimmick... another bogus ‘snake oil’ treatment? How can lasers affect hair follicles or other parts of the body? Who is a candidate for laser hair therapy? Are there any side effects? What are the limitations of laser treatments for hair loss? How do I choose the best laser? How can I measure laser therapy results?

Fact or Fiction: Six Minute Hair Growth....?

LOW LEVEL LASERS EXPLAINED

Far below the power required to blast away cancer cells, kill hair follicles – or evil aliens, for that matter – “Low Level Laser Therapy” is the use of non-cutting, non-burning or ‘cold’ lasers that impart energy to living cells without damaging them. Since their discovery in the 1960’s, low-level lasers have been proven to be an effective drug-free way to help heal wounds, relieve pain, increase circulation, decrease inflammation and provide a host of benefits to the human body and now we know why.

HOW DO LASERS HELP PREVENT BALDNESS?

First, it’s important to realize that all hair loss is not the same. “Alopecia,” the broad medical term for hair loss, can mean a huge variety of different medical conditions that decrease or eliminate hair follicle function causing everything from increased shedding to extensive baldness. When hair follicles, the mini-organs under the skin that produce your visible hair fibers, “fail,” there could be a wide range of causes which require accurate diagnosis and treatment by a hair loss specialist. If hair follicles are weakening, producing thinner, shorter and wispier hair, laser therapy may be an excellent non-drug, no side-effect option to improve hair growth. When low level laser energy is consistently applied with the correct power and regimen, improvements in hair growth can be easily measured and eventually felt and seen.

WHAT LASER DEVICE IS RIGHT FOR ME?

Today, laser hair therapy devices come in all shapes, sizes and costs. There are large, in-office devices, at-home portable caps,

helmet and dome-shaped devices as well as the consumer laser brushes, combs and “band” lasers. Each device may have different types or a combinations of light sources (laser and non-laser), numbers of laser diodes, types of laser diodes, areas of coverage, treatment times as well as other factors that impact use such as comfort, size, weight, cord vs. cordless, etc. With so many laser devices FDA-cleared for hair regrowth in men and women, how can patients choose which device will work best? For our patients at Bauman Medical, we recommend exclusively devices that meet the following criteria:

1. **“Pure” laser (no LEDs or non-laser light sources)**
2. **Over 200 laser diodes for maximum coverage**
3. **Cordless, rechargeable for portability and ease of use**
4. **FDA-cleared for hair growth in men and women**
5. **Hands-free (no movement or readjustment during treatment required)**
6. **Discreet (fits under a standard baseball or other cap/hat for easy compliance)**

The easiest way to understand the benefit of a “good quality” laser is the difference between watering your front lawn with a watering can versus an automatic sprinkler system... both theoretically can work, but one method requires significantly less time, effort and energy. When searching for laser device, know that like most electronic equipment (TV, stereo, car, etc.) you get what you pay for in terms of power, effectiveness and durability. A quality laser will last you a long time, and because it’s a one-time expense, laser therapy is actually your least



Female before and 12 months after laser therapy with a portable, hands-free laser device

costly hair loss treatment over the long-run. Therefore, it's recommended to "stretch" a little when making this kind of long-term investment in your hair's health and also make sure you measure and track your results over time with a qualified medical professional.

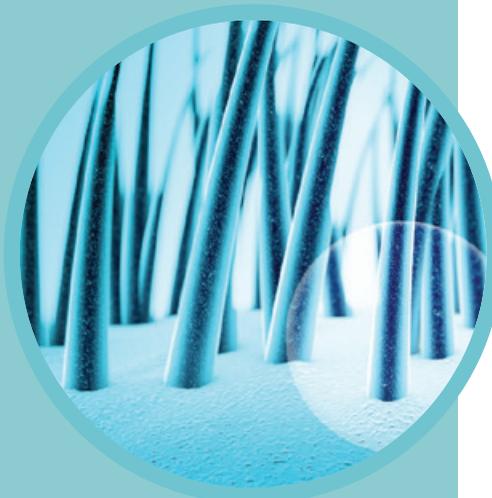
HOW DO I KNOW MY LASER IS WORKING TO HELP HAIR GROWTH?

Knowing what treatment will work best requires an accurate diagnosis, effective treatment regimen, compliance with the regimen and routine follow-up

tracking measurements. This is most easily accomplished with an in-office visit and consultation with board-certified Hair Restoration Surgeon like Dr. Alan J. Bauman, MD, ABHRS. During your initial consultation, scientific HairCheck measurements are obtained from several different areas of the scalp to benchmark your baseline as well as track your progress over time from treatment. At Bauman Medical, after your initial consultation, all follow-up HairCheck measurements are performed as a courtesy to all of our patients at no-charge!

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

Dr. Alan J. Bauman is the Founder and Medical Director of Bauman Medical Group in Boca Raton, Florida. Since 1997, he has treated nearly 20,000 hair loss patients and performed nearly 7,000 hair transplant procedures. An international lecturer and frequent faculty member of major medical conferences, Dr. Bauman was recently named one of



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

the Top 5 Transformative CEO's in Forbes. His work has been featured in prestigious media outlets such as The Doctors Show, CNN, NBC Today, ABC Good Morning America, CBS Early Show, Men's Health, The New York Times, Women's Health, The Wall Street Journal, Newsweek, Dateline NBC, FOX News, MSNBC, Vogue, Allure, Harpers Bazaar and more. A minimally-invasive hair transplant pioneer, in 2008 Dr. Bauman became the first ABHRS certified Hair Restoration Physician to routinely use NeoGraft FUE for hair transplant procedures.

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WHAT IS BELL'S PALSY?

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

BELL'S PALSY is a nerve problem that affects the muscles of your face. It causes weakness or partial paralysis of the muscles on one side of your face. With Bell's palsy, your eyelid may not close properly and your smile may seem uneven.

Bell's palsy usually affects adults only. It is more likely to happen to people who have diabetes, are pregnant, or have a family history of Bell's palsy.



WHAT CAUSES BELL'S PALSY?

Generally, it is not known what causes Bell's palsy. However, doctors believe it may be due to one or more of these problems:

- problems in your body's immune system (how it fights disease)
- reduced blood flow to a nerve that goes to your face (the 7th cranial nerve)
- infection from a virus, causing swelling of the facial nerves

BELL'S PALSY SYMPTOMS

Bell's palsy symptoms can appear all of a sudden. You may notice that you cannot smile on one side of your face. You may have trouble speaking clearly, and you may lose feeling in your face. You may have some facial pain just before or as it becomes weakened or partially paralyzed.

Your eyes may become dry and you may have blurry vision. One eye may not close completely, and it may feel irritated.

Bell's Palsy Symptoms

Inability to furrow brow

Drooping eyelid & cannot close eye

No muscle tone in cheek

Drooping mouth & cannot smile or pucker lips



You might not be able to taste food as well as you could before. Also, you could have hearing problems, such as having things sound distorted or unusual.

Tell your primary care doctor or ophthalmologist if any of your symptoms get worse.

If you have symptoms on both sides of your face, you may have something other than Bell's palsy. If your symptoms do not improve in a few weeks, your ophthalmologist may recommend an MRI. An MRI is a scan that provides images of tissue inside the body.

HOW LONG DO BELL'S PALSY SYMPTOMS LAST?

For about 8 out of 10 people, symptoms of Bell's palsy start to improve in about 3 weeks. Symptoms should be nearly gone in about 2–3 months.

Some symptoms may remain, such as a small amount of facial paralysis or reduced movement on one side of your face. For about 2 out of 10 people, Bell's palsy symptoms never go away.

Your ophthalmologist can tell you how to relieve uncomfortable eye-related symptoms with Bell's palsy.

BELL'S PALSY TREATMENT

There is no treatment for Bell's palsy. In most cases, it goes away on its own in a few weeks. However, your ophthalmologist can help manage the symptoms affecting your eye. Eye drops or other lubricants provide relief if you cannot fully shut your eye.

In some cases, corticosteroids, antiviral drugs or other medicine may be prescribed to help you heal from Bell's palsy.



The Retina Institute of Florida

Lauren R. Rosecan

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

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Palm Beach Gardens

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618 East Ocean Blvd., #3, 34994

(772) 287-7026 Office

(772) 220-4186 Fax

Boca Raton

1050 NW 15th Street, #114, 33486

(561) 368-7723 Office

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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.

As 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.

**LOSE WEIGHT,
 REDUCE STRESS,
 ACHIEVE OPTIMUM HEALTH**

Call Today for Details and Schedule Your
FREE Consultation Appointment

561-656-0717

4060 PGA Blvd., Suite 202,
 Palm Beach Gardens



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



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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 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

HORMONAL IMBALANCE Occurs in Men and Women Alike

What You Need to Know About Restoring Them Naturally

AT NOVAGENIX, they realize the value of Bioidentical Hormone Replacement Therapy (BHRT). In addition to alleviating the symptoms of Low Testosterone and Menopause, bioidentical hormones safely aid in the anti-aging process, improves memory and mood, sex drive and performance, and creates an overall sense of well-being.



DR. TIMOTHY SIGMAN has practiced Internal medicine in the Palm Beach area for close to 20 years. After being in private practice for a few years, he was disappointed with patient outcomes using conventional medicine. Tired of treating patients with drugs to help mask the symptoms of disorders, he discovered how hormone replacement therapy helps get people OFF of medications by addressing the underlying CAUSES of these chronic health conditions. Dr. Sigman began learning about the benefits of BHRT for men and women and how replacing what the body has lost over the years, improves the overall health of his patients. The results spoke for themselves. He was so impressed with what just balancing the hormones can do to bring wellness and vitality to life, that he began

focusing on preventative wellness and anti-aging through hormone therapy full time.

Today, Dr. Sigman has been treating hundreds of patients, balancing their hormones and practicing anti-aging and wellness medicine. Dr. Sigman is a well-known expert in hormone therapy and is highly sought after as a lecturer. Having spoken in front of athletes, medical professionals and law enforcement, his expertise in hormone therapy make NovaGenix the obvious choice for patients looking to optimize their health and improve their quality of living. After a thorough examination and the necessary lab tests, Dr. Sigman will create a customized plan to help you balance your hormones, providing medical benefits which will have you looking and feeling better than you have in years.

HORMONE THERAPY FOR WOMEN UNDERGOING PERI-MENOPAUSE

Women go through drastic changes as they age, due to hormone imbalance.

At a certain point, a women's hormonal cycle begins to slow down, her fertility decelerates, her periods become irregular, and her chemical balance is drastically off. This is a challenging time indeed as her body is stressed both physically and emotionally.

HORMONAL IMBALANCE SYMPTOMS

- Hot Flashes & night sweats
- Insomnia & sleep disturbances
- Irregular periods
- Mood changes
- Vaginal Changes



- *Bladder disorders*
- *Decreased fertility*
- *Changes in sexual function*
- *Reduced sex drive and painful intercourse.*
- *Loss of bone*
- *Feeling of uneasiness*
- *Low sense of wellbeing*
- *Decreased energy*
- *Changes in skin elasticity and tightness*

Often, women may suffer for months and even years without treatment. Hormone imbalance can damage one's life emotionally, physically, mentally, and often leads to problems in personal relationships. These hormonal disparities can usually cause a great deal of stress to a woman's life.

Fortunately, NovaGenix can help. It's now possible to replace hormone levels to what they were prior to perimenopause and menopause. For women that suffer from low progesterone, estrogen, and testosterone deficiencies, NovaGenix can replace these hormones via bio-identical hormone therapy.



TESTOSTERONE REPLACEMENT THERAPY FOR MEN (TRT)

Restoring male testosterone levels can help men's numbers be back to the elevated quantities of their youth. Having testosterone levels within the normal to upper range is critical for a males overall health. Men undergo physical and emotional disturbances when their hormones are disturbed. Research has shown that men with testosterone levels in the upper ranges live more active, healthier and happier lives. The treatment pathways to optimize hormone levels in men vary according to the form of testosterone used, the route of administration, and the dosing level and frequency. Dr. Sigman is an expert in TRT, and after just one meeting with him, patients understand why his adept experience is above and beyond that of his peers.

Many practitioners refer their patients to NovaGenix to take advantage of Dr. Sigman's experience in this specialized field of medicine. His years of experience in helping men return to their past physical and mental state have made him one of the most sought-after physicians around.

MALE LOW TESTOSTERONE SYMPTOMS

- *Decreased motivation*
- *Sleep disturbances*
- *Low sex drive*
- *Difficulty in achieving & maintaining erections.*
- *Depression, irritability, mood swings.*
- *Fatigue*
- *Low thyroid function & increased weight gain*
- *Increased body fat & decreased muscle tone and mass*

For both MEN & WOMEN, The first step is to schedule an appointment at NovaGenix for a FREE consultation where you will then get your blood work analyzed so that Dr. Sigman can evaluate your levels and check for hormonal deficiencies. NovaGenix will customize an individualized treatment plan that will turn your life around and let you feel emotionally, physically and mentally.

Call NovaGenix.org at **561-277-8260** to schedule your FREE consultation today!



609 N Hepburn Ave ste 106, Jupiter, FL 33458 US

Phone: +1.561.277.8260

<https://www.novagenix.org>

Allergies



You can't "cure" allergies, unfortunately. But you can treat them and lessen their symptoms. Hundreds of thousands of people in Florida suffer from allergies and the stuffy nose, scratchy throat, post nasal drip and itchy eyes that go with them.

You can't "cure" allergies, unfortunately. But you can treat them and lessen their symptoms. Hundreds of thousands of people in Florida suffer from allergies and the stuffy nose, scratchy throat, post nasal drip and itchy eyes that go with them.

The soothing dry salt aerosol of our salt rooms (we have separate rooms for Adults and Children) actually penetrates bronchi and bronchioles and reduces swelling and inflammation, taking the "stuffies" away. The humidity level in the room is at the most ideal level to keep you breathing easy. Your nasal passages will be opened, naturally, without the use of nasal sprays or decongestants. Mucous clears out and sinus pressure is relieved. Itchy throat and puffy eyes caused by your allergies will be soothed by salt therapy.

But don't take our word for it. Ask about our membership plan to manage your allergy symptoms.. We have seen firsthand how the benefits of salt therapy helps allergy sufferers.

"I have been going to The Salt Suite for a few weeks now & it has helped my allergies & sinus infection clear up. My girls love the children's room & it has helped them so much with their respiratory issues. Sooo happy I found this place. My pediatrician is now recommending it as well."
– Jennifer L.

"I have been going to The Salt Suite for a few weeks now & it has helped my allergies & sinus infection clear up. My girls love the children's room & it has helped them so much with their respiratory issues. Sooo happy I found this place. My pediatrician is now recommending it as well."
– Jennifer L.




the
SaltSuite

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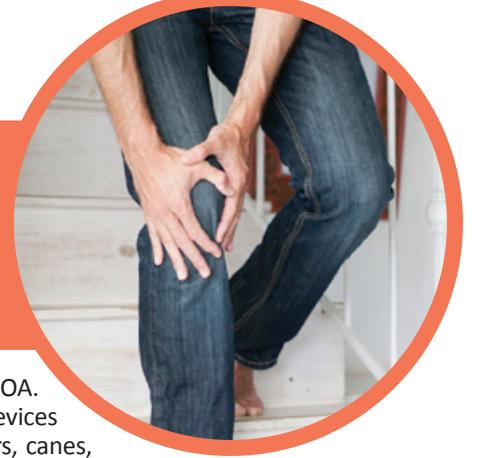
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By Dr. Ricardo Leano

OSTEOARTHRITIS

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



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

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

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

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

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

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

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

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

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

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

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

manage OA.

Assistive devices

like scooters, canes,

walkers, splints, shoe

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

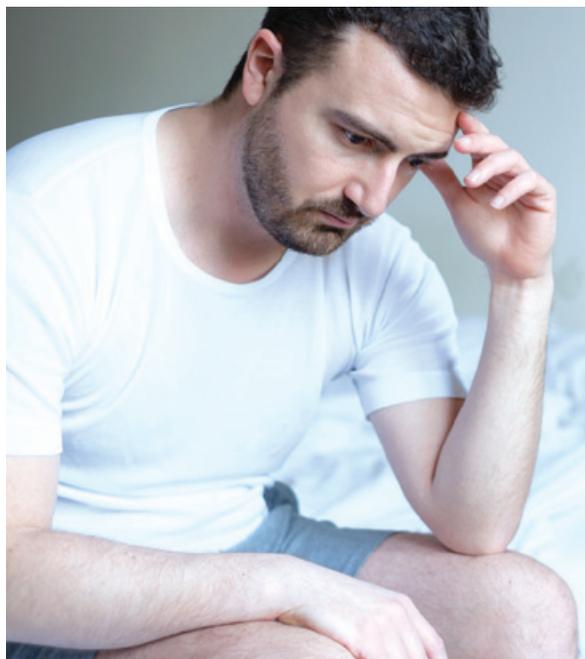
The most novel approach to treat OA is Regenerative Medicine (Reg-Med). Reg-Med comprises the intra-articular injection of PRP (Platelet Rich Plasma), stem cells from bone marrow, mesenchymal cells from fat, or stem cells from amniotic fluid or umbilical cord blood. Many times, and depending on the individual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

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



**For any consultation, call
(561) 248 1166
for an appointment with
Dr. Ricardo Leano at
Palm Beach Pain, LLC**

Revolutionary New Treatment For Erectile Dysfunction And Peyronie's Disease



SIMPLY MEN'S HEALTH is the leader in Men's Sexual Health and a pioneer in the field of regenerative medicine. Simply Men's Health was the first to introduce Acoustic Pressure Wave therapy (shockwave) for erectile dysfunction (ED) in South Florida. And now Simply Men's Health is revolutionizing the field of men's sexual health by introducing the state-of-the-art RejuvaEnhancement® Procedure to help reverse the inevitable aging process and treat ED and Peyronie's Disease. Peyronies disease is defined as relating to symptoms. Peyronies is a build up of scar tissue in the penis that causes a curvature or bend in the erected penis. This disorder typically causes a great deal of pain during intercourse

INSTEAD OF MEDICATING — CURE WITH REJUVAWAVE®

Customary treatment for ED is prescription medications or injections that cause an erection. However, Simply Men's Health has revolutionized this standard of care by introducing the only ED Treatment that CURES erectile dysfunction. The RejuvaWAVE® is revolutionary, non-invasive, and heals the underlying causes of ED. RejuvaWAVE® uses FDA-cleared, scientifically proven technology that uses Acoustic Pressure Waves to stimulate cellular metabolism, enhance blood circulation, and to stimulate tissue regeneration, which creates 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.



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

IS REJUVAWAVE® SAFE?

Yes. RejuvaWAVE® 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, anti-aging

treatments and wound healing. RejuvaWAVE® has virtually no risk and no side effects. Although acoustic pressure wave technology has been used for over 15 years to treat ED in Europe, it is relatively new to the United States 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.

GO BEYOND MEDICATION –TREAT THE ROOT CAUSE OF YOUR ERECTILE DYSFUNCTION

It's natural for men to experience a decline in sexual performance as they age; this typically happens between the ages of 50 to 60 years old. For many years, this, unfortunately, was just accepted as an untreatable fact of life. Then came the "little blue pill" Viagra. For those men who could tolerate the headaches, stuffy nose and other side effects, the pills were a temporary "Band-Aid" that allowed men to continue performing in the bedroom, albeit robbing them of spontaneity. With time, these pills are known to become less and less effective, and eventually stop working altogether, because they do not address the underlying causes of ED and sexual dysfunction. Simply Men's Health believes in treating and curing the underlying issue with regenerative medicine.

WHAT IS REGENERATIVE MEDICINE AND REJUVAWAVE® AND REJUVAENHANCEMENT® PROCEDURE?

Regenerative medicine, rather than treating symptoms, shifts the body into a healing and restoration state. RejuvaWAVE® stimulates your body's own healing response and creates new blood vessels in the area treated. The RejuvaEnhancement® Procedure magnifies the effects of the RejuvaWAVE®.

SIMPLY MEN'S HEALTH REJUVAENHANCEMENT® PROCEDURE?

The RejuvaEnhancement® Procedure combines growth factors and stem cells from your own blood with live, cryogenically-preserved, pluripotent stem cells and growth factors derived from human placentas and amniotic. The amniotic allograft contains over 75 growth factors, cytokines, collagen, and stem cell activators which call the body's own stem cells. In addition, the

cryogenically-preserved allograft contains LIVE PLURIPOTENT stem cells and fibroblasts which promotes cell repair and tissue regeneration to help restore your sexual vitality. These stem cells and growth factors work synergistically together with RejuvaWAVE® to restore patients to their younger healthier selves, rather than relying on oral medications or injections as a temporary fix for each sexual activity. Also, this procedure can increase both the length and the girth of the penis by up to one inch.



**RejuvaEnhancement®
Amniotic Stem Cells**

- REPAIR
- REGENERATE
- RESTORE

THE POWER OF STEM CELLS?

Stem cells have the potential to differentiate into many different types of cells and can serve as an internal repair system, which can replace damaged or worn out tissue. Pluripotent stem cells, derived from amniotic/placental tissue have virtually unlimited potential to become any type of cell in the body. Adult stem derived from either bone marrow or fat cells are limited to the type of cell they can develop into.

IS THE REJUVAENHANCEMENT® AMNIOTIC STEM CELL PROCEDURE SAFE?

Yes. This cryogenically preserved amniotic tissue has a “100-year history” with no reported recipient rejections since the amniotic tissue is immunoprivileged and does not express HLA type antibodies.

The amniotic tissue is obtained only from live, healthy births. NO EMBRYONIC TISSUES OR NO TISSUE FROM ABORTED FETUSES ARE EVER USED. The amniotic tissue is obtained through aseptic recovery techniques during a planned Caesarian section of full-term deliveries from a healthy woman aged 18-35 who have been prescreened according to the FDA and American Association of Tissue Banks guidelines for infectious disease and have under extensive testing and screening.



WHAT OUR PATIENTS ARE SAYING:

Testimonial: “I’m a 70-year-old widow and have had ED for over twenty years. Unexpectedly, I met a wonderful lady and when we wanted to take our relationship to the next level, I couldn’t perform. I came to Simply Men’s Health and after several months I started to notice improvements... and after about six months ED is no longer a problem. I have sex regularly without any pills or needles.” – Joseph M.

Testimonial: “I’m in my sixties, and I had always had a very active sex life, but over the last years even the pills had stopped working. When I first came to Simply Men’s Health, I was skeptical, but they were extremely caring and professional, and after several months of treatment I’ve got my life back... Just as they promised, no needles, no pills and no surgery and I’m performing as I did when I was much younger.” – Steve F.

Testimonial: “I am in my 70’s and have diabetes, high cholesterol and had my prostate cancer and my prostate removed several years ago. I had tried everything, and I thought my sex life was over. I have been coming to Simply Men’s health for about six months, and the results have been amazing. They have restored my ability to enjoy a spontaneous sex life again. The RejuvaWAVE The RejuvaEnhancement procedures are remarkable. I feel like Superman.” – E.M.

HOW TO GET STARTED?

At Simply Men’s Health, we respect your time and privacy. You receive individualized care with our experienced staff of physicians. We pinpoint the exact cause of your sexual health and create a customized treatment plan. Almost everyone will experience a decline in sexual functioning. But with the advent of Regenerative medicine, Erectile Dysfunction is no longer an inevitable part of aging. Simply Men’s Health’s innovative approach of regenerative medicine can restore your sexual confidence and allow you to enjoy a Spontaneous and Active Sex life again!



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Painless Gum Disease: Do I Need To Treat It?

We see an incredible amount of patients with all levels of gum and jaw bone disease with one common finding... lack of pain. This may seem like a blessing, but the lack of warning often does not prompt patients to seek treatment in the early stages. Leaving periodontal disease, inflammation and destruction of the gum and jaw bone untreated can lead to potentially significant dental problems that may require costly treatment.

WHAT HAPPENS:

A very large, recent study revealed that 1 in 2 adults over the age of 30 have some form of periodontal disease. That is every other one of us! Periodontal disease can range from simple, swollen gums to significant loss of jaw bone support and eventually loss of teeth. Most of this entire process can occur without any discomfort, which tends to lead patients into feeling that nothing dramatic is happening.

The development and progression of periodontal disease is not exactly the same for every patient, but it does often follow a similar pattern. Typically, plaque (which is bacteria) rests on the teeth and gum line. If left undisturbed (unbrushed), this plaque can calcify over time and turn into tartar. Tartar forms a ledge that can catch even more plaque making the situation continue to get worse.

Our bodies view this accumulation of plaque and tartar as an “infection”. Just as if you cut your hand, extra blood is sent to the area to help ward off the infection and begin the healing process. On our hand, this may be evident by a red, swollen area. In our gums, the tissues become inflamed and often bleed when brushed. We call this Gingivitis. If treated properly, Gingivitis has the potential to be reversible. If not addressed, there is a high probability that this disease will lead to destruction of the jaw bone supporting the teeth (and ultimately loss of the teeth).



WHAT CAN BE DONE:

Patients often avoid treatment for 1 primary reason, fear. What most people do not realize is that periodontal disease can be treated in a number of ways that truly does not hurt. Early therapy often involves non-surgical treatments such as scaling and root planing (often called by patients a “Deep Cleaning”). This initial form of therapy can help remove much of the tartar deposits and reduce the gum inflammation. Many patients report a decrease in bleeding when brushing their teeth after this treatment.

In situations where the disease has progressed beyond just gum inflammation (a periodontal evaluation and x-rays are needed to make this determination), more advanced therapy may be indicated. An exciting, newer treatment for periodontal disease called LANAP (Laser Assisted New Attachment Procedure) or Laser Therapy is available which typically involves no pain or discomfort. LANAP is the only FDA approved laser therapy for the treatment of periodontal disease. Traditional periodontal procedures are also available to help try and slow (or potentially stop) the disease progression.

Catching periodontal disease early may help slow or stop the continuation of tissue, bone and possibly tooth loss. Many of the treatment options available are pain-free and can help prevent more invasive and costly procedures down the road. It is important to realize that you may not be symptomatic or in pain while this disease continues to destroy important gum and bone tissue. Regular periodontal evaluations and early intervention can truly help a patient increase their chances of maintaining their original teeth.

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

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



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

The focus of his interests are conservative approaches to treating gum, bone and tooth loss. He utilizes advanced techniques including the use of the Periolas Dental Laser (LANAP procedure) to help save teeth, dental implants, regenerate supporting bone and treat periodontal disease without the use of traditional surgical procedures. Additionally, Dr. Cohen is certified in Pinhole Gum Rejuvenation, which is a scalpel and suture free procedure to treat gum recession with immediate results.

Dr. Cohen uses in-office, state of the art 3D CT imaging to develop the least invasive dental implant and bone regeneration treatment options. Dr. Cohen and his facility are state certified to perform both IV and Oral Sedation procedures. Botox® and Dermal Fillers are also utilized to enhance patients' cosmetic outcomes.

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



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DYSAUTONOMIA:

FATIGUE, FEINTING, AND A HEART RACING OUT OF CONTROL



Unless you suffer from multiple sclerosis, chronic fatigue syndrome, fibromyalgia, or traumatic brain injury, dysautonomia is probably a word that you've never heard of. The problem with that, is that the symptoms of dysautonomia are probably the most difficult to deal with in when it comes to chronic illness. It's even a condition that can exist on its own.

The symptoms of dysautonomia affect a wide variety of organ symptoms.

Here are some of the symptoms:

- *Extreme fatigue*
- *Heart palpitations*
- *Brain fog*
- *Migraines*
- *Frequent dizziness and feinting*
- *Extreme spikes in heart rate*
- *Severe abdominal discomfort*
- *Excessive sweating*
- *Anxiety and panic attacks*

The symptoms can be quite severe. Especially if you are a patient with cardiovascular symptoms, many people with dysautonomia get a full work up on their heart only to find out that there's nothing wrong with it. With a rare illness like dysautonomia, this leads many patients to be dismissed with a psychosomatic disorder.

Because of the nature of these symptoms, dysautonomia is often considered an invisible illness. A diagnosis of dysautonomia is usually given in conjunction with another condition like Multiple sclerosis. However, certain conditions like POTS (postural orthostatic tachycardia syndrome) and neurocardiogenic syncope are diseases that are solely related to dysautonomia in general.

HOW DO I KNOW IF I HAVE DYSAUTONOMIA?

The reason that cardiac testing is negative with dysautonomia is because the illness is a neurological problem. It reflects a problem with the branch of the nervous system that regulates all of the body functions that are on autopilot like your heart beat, blood pressure, digestion, etc.

In conditions like POTS and syncope, the brain is making an inappropriate response to its relationship with gravity. That's why someone may feel faint, dizzy, or light headed when they go from sitting to standing.

The only reliable test for dysautonomia for POTS and syncope is something called a head up right table-tilt test. When are placed in an angle on a table while their heart rate and blood pressure are monitored. During this time, patients are likely to experience a surge of their primary symptom which leads it to be very stressful.

CAN IT BE FIXED?

Dysautonomia is a challenging condition to treat whether it's a primary dysautonomia like POTS or syncope, or a secondary dysautonomia to concussion, MS, or chronic fatigue. Some people have severe cases where they have to be moved in a wheel chair to limit their movement, while others can walk around looking like they've never been sick.

While some of the conditions associated with dysautonomia are incurable, there are therapies available that can help make a patient with dysautonomia more functional. In our office we have seen patients respond well to a combination of Atlas Correction and vestibular rehabilitation.

Below are a couple of case studies on 2 patients with POTS that we've seen this year:

CASE 1

This patient started with us back in June 2017. She got hit with dysautonomia after coming back from a trip where she had a bout with malaria. She's had times where the her dizziness and fatigue were so bad that she had to be pushed in a wheelchair to get around. Her heart rate is consistently over 100 beats per minute with routine standing. When she came to our office her biggest problem was that whenever she stood up from seated, she would start to get dizzy, feel faint, and sometimes black out. This made it difficult for her to go to church, take a shower, and other really basic activities of normal living.

She showed dysfunction in her neck at the atlas vertebra and some past history of whiplash. She also had a large amount of difficulty just following moving objects with her eyes alone and it made her vision blur repeatedly.

We started by performing a correction of her Atlas and after her first visit she was able to go from seated to standing without having her vision go dark and pass out.

As her cervical spine maintained the correction, we began doing exercises for her eyes and vestibular system to help her brain orient itself to the environment accurately again.

As she performed the exercises more frequently, she was able to track moving objects better and she was able to tolerate standing for 15-20 minutes without feeling tired or faint.

CASE 2

After case 1 got really great improvements, she referred her mother to our office to see if we could help her in a short amount of time. Case 2 also had dysautonomia throughout her life. She had it many years ago and was frequently dizzy and had difficulty with standing and fatigue. She went into remission for a number of years when the symptoms started to come back. She also got into a car accident which seemed to intensify the symptoms again. She flew in from North Carolina to be seen and evaluated.

We knew we would only be able to work with her for a week at a time so we opted to do some more intensive care seeing her for multiple sessions in a day initially. Fortunately, being fast responders to NUCCA corrections seems to be a family trait.

We identified problems in the upper neck as well, and while her eyes were not moving as poorly as case 1, she had some issues tracking objects certain head positions would cause vertigo.

After her initial visits, she was able to maintain better balance and bend forward without getting dizzy. She also started to notice improvements in pain throughout her body.

On her third time visiting, she was able to jump and move with significantly less feeling of imbalance.

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

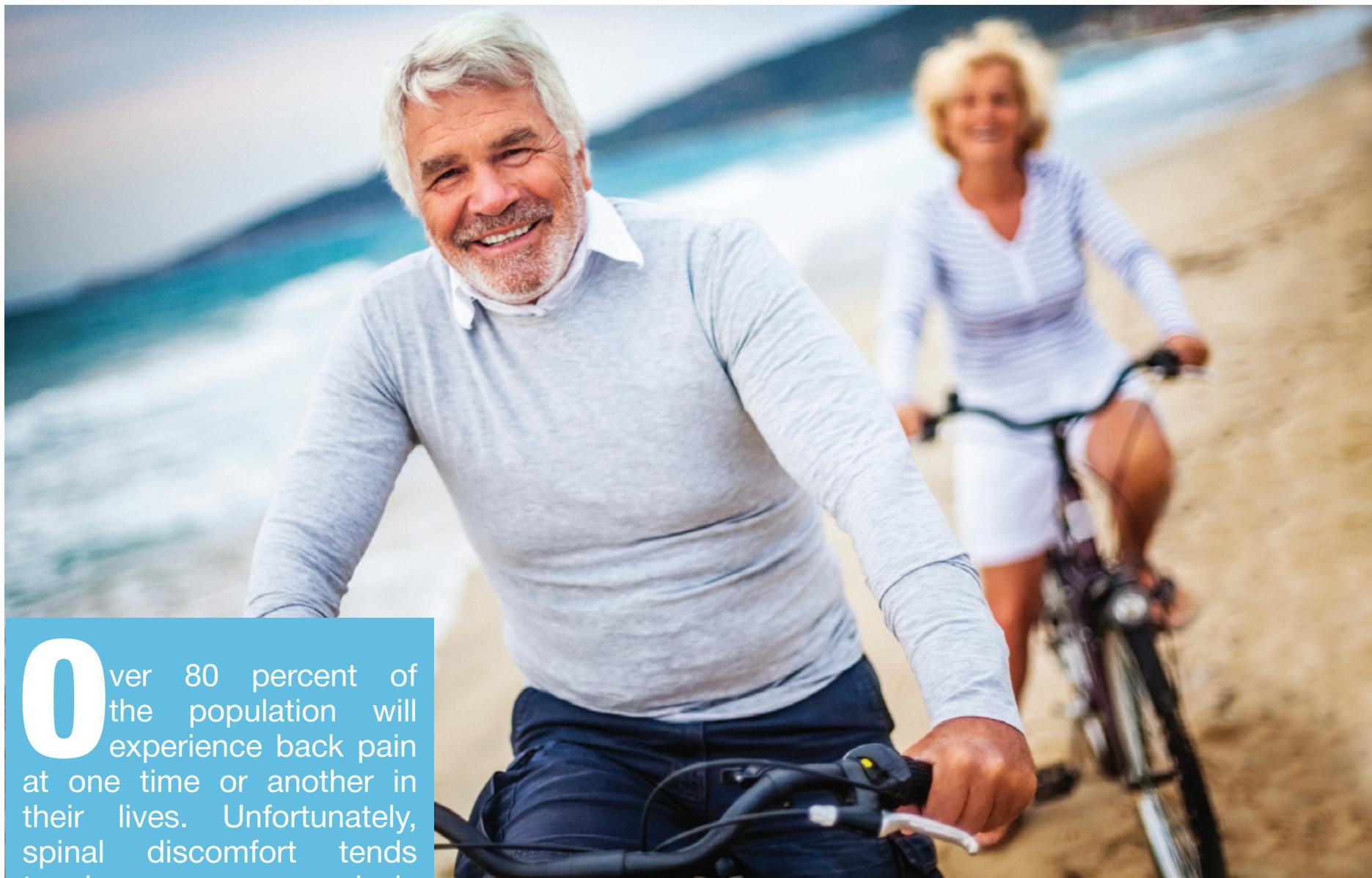


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AVOIDING BACK SURGERY: THE DRX 9000 DIFFERENCE



Over 80 percent of the population will experience back pain at one time or another in their lives. Unfortunately, spinal discomfort tends to become progressively worse and can become chronic if left untreated. Some of the most common reasons for backaches are trauma or sports-related injury, lifting heavy objects, improper spinal posture, poor sleeping posture, and motor vehicle accidents.

The typically recommended treatments for spinal compression are pain medication and surgery, but most patients are reluctant to have back procedures for fear of long-term spinal complications, and pain medications are very often an addictive habit not easily broken, once the pain is controlled, therefore most individuals are unenthusiastic about taking pain medication prescriptions.

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 **Dr. Reimer** of the **American Med Care Centers** has been utilizing a 100% natural treatment option for back discomfort called, **DRX 9000**.

The DRX 9000 is a non-surgical spinal decompression system that is designed to provide pain relief from compressive and degenerative defects and injuries of the spine. The spinal decompression, with the DRX 9000 system provides relief from chronic back and neck pain, unlike any other decompression device.

Its superiority lies in one significant difference; the DRX 9000 utilizes a computerized communication device that continuously monitors and corrects the patient-specific vertebral measurements while decompressing the spine.

PATIENT TESTIMONIALS

Carol was a long-time hairdresser, and ironically always seemed to be on her feet, even after working hours. Then a series of car accidents changed Carol's life dramatically, and it seemed like the injuries from multiple accidents never had time to heal properly. She tried a variety of treatment options, but with little success.

"I went to an orthopedic surgeon who gave me medication, but it didn't help," says Carol. "I went to chiropractors and got electrical stimulation, but that didn't do much for me either. It would help for a few hours, but then the pain would come right back. I even had a cortisone injection in my back once, but that didn't help at all. In fact, my pain actually got worse after that."

Carol's condition changed after she began DRX 9000 treatments with Dr. Reimer.

"The first consultation was great," she emphasizes. "Dr. Reimer told me I was eligible for the DRX9000, he showed me a video about it, and it's been great ever since! I stood for almost three hours straight and didn't even realize it! I don't have the burning fire in my spine anymore. It's really amazing."

ANOTHER PATIENT OF DR. REIMERS, GREG WAS EXPERIENCING CHRONIC BACK PAIN DUE TO AN AUTO ACCIDENT.

The accident left Greg with three herniated discs in his lower back. As a result, the pain made his life miserable. In his search for a solution, Greg began the wearying round of doctor visits so familiar to chronic pain sufferers.

"I was taking painkillers," he reports, "and I got pain injections in my spine, but that didn't fix anything."

Greg even contemplated surgery but was understandably reluctant to undergo an invasive procedure on his spine.

"I just didn't want to have surgery at thirty years old" he confides. "You're never the same after surgery."



The DRX 9000

is a non-surgical spinal decompression system that is designed to provide pain relief from compressive and degenerative defects and injuries of the spine.

Greg adds that DRX 9000 therapy was his answer, making a tremendous difference for him.

"My pain got less and less as the weeks went on; to the point where, for the most part, I have no pain at all now," he marvels. "Best of all, I don't need surgery."

Greg credits Dr. Reimer and his staff for paying attention to his concerns and finding the right treatment for this problem instead of just treating the symptoms.

AVOIDING SURGERY

Dr. Reimer states, "Most patients are not looking to undergo an invasive surgery if they don't have to. Fortunately, for many people like Greg and Carol who feel that they are nearly 'at the end of their rope,' there is a noninvasive solution. Gentle decompression enlarges disc space and eases the herniated or degenerative discs back into proper position, restoring nutrients and blood flow. For a noninvasive machine, it has gotten excellent results with patients with all causes of back pain, such as herniated, bulging

or degenerative discs, which make for very difficult cases, as well as for some of the simpler cases. I've been utilizing it in Palm Beach County for approximately 15 years, and we have had excellent effectiveness with it. We have had patients who get immediate relief and others where the treatment has taken longer."

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.



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Fundamentally new way to Beat Anxiety and Panic Attacks

By Michael Cohen, Director
Center for Brain

TAKE A MOMENT TO ANSWER THESE QUESTIONS:

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

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

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

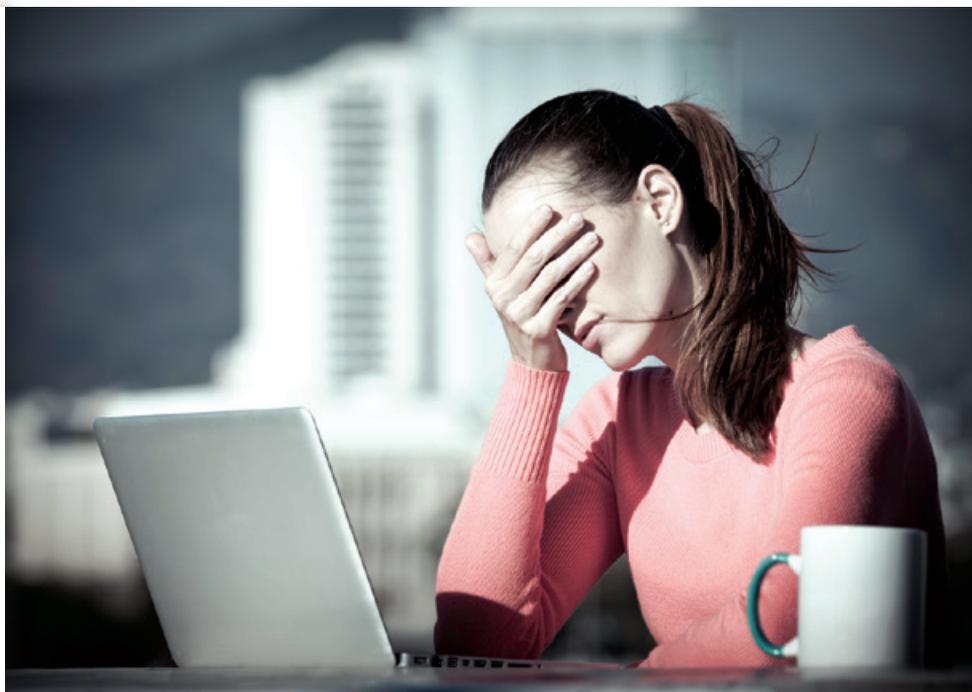
For someone like you there is help
A non-drug solution called **neurofeedback**.

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

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

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

The brains of people subject to chronic anxiety get “stuck on high alert,” making it difficult to go about daily life. No amount of logic changes how you feel. How can you concentrate, trust people or have normal interactions when your brain is telling you that your life or well-being may be at risk?



What is Neurofeedback?

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

Neurofeedback takes advantage of “neuroplasticity,” the brain’s ability to change itself. It teaches the brain another way to respond to stimuli like everyday triggers. A computer analyzes the brainwaves, then “talks back” to the brain using customized sounds and images. This feedback encourages positive brain activity such as relaxation, focus and attention and discourages the type of brain activity which causes anxiety. With repeated training the brain learns to slip more easily back into a state of calm.

Do I Have to Do Neurofeedback Indefinitely?

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

Does Neurofeedback Do the Same Thing That Medication Does?

In some ways, yes, but in one important way, no.

Both neurofeedback and medication calm the brain. The difference is that medication doesn’t have any permanent impact on brain function. Once the medication wears off, you’re right back where you started.

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

CLIENT SUCCESS STORIES

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

Cecily became increasingly fearful. She stopped participating in normal activities and felt completely overwhelmed. An intensive and comprehensive intervention of neurofeedback and other therapies at Center for Brain, along with an adjustment of her hormones, and acupuncture, broke her cycle of anxiety and depression. Today she is sleeping without medication and living a calm and peaceful life.

Brett, 24, had become so paralyzed by panic attacks that he had been unable to work or drive for two years. He was on heavy-duty mood stabilizers, an antipsychotic medication and other drugs. The medications helped somewhat but not enough for him to function.

After one month of neurofeedback sessions 3-4 times per week his panic attacks and extreme anxiety diminished, and he was able to drive again. Now that he knows how to calm himself he reports feeling “completely normal.”

Melissa, 47, had anxiety so severe that she was unable to drive, couldn't pay attention to anything and was afraid to leave her house. She took numerous medications for anxiety and sleep but did not improve. By the time Melissa came to Center for Brain, she had been suffering extreme anxiety for a solid year with very little relief.

After a month of neurofeedback, Melissa began feeling much calmer and was sleeping better. She started leaving the house and was even able to get and keep a job. Following three months of treatment Melissa appeared in our office bright, cheerful, and engaging, without any anxiety symptoms.



About Center for Brain

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



Michael Cohen, Director
Center for Brain

Mike 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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COMBATING HOLIDAY STRESS:

Become More EMOTIONALLY INTELLIGENT

During the time in between Thanksgiving and the New Year many people have a predisposition to feel overwhelmed and/or over committed, worried about finances with gift giving, the abundance of food/alcohol/sweets leading to over indulgence and weight gain, or maybe tension with specific family members. These triggers can often overlap as well. This can create a conflict in one's mind, as we are generally taught throughout our lives that it is supposed to be a time of joy and celebration. In fact, various studies show an astounding percentage of people find this time of year to be extremely to very stressful. However, the truth is, it does not have to be. You can learn how to enjoy the holidays, which allows you to dedicate more time and energy into creating peaceful memories filled with joy.

THERE ARE TWO PARTS TO STRESS: THEIR STIMULUS & YOUR RESPONSE

It is important to know that it is not what is actually happening around you that is making you feel upset, uncomfortable or stressed out, it is how you respond to it internally. We generally learn through life to believe the holidays are a happy, joyous time of year, we have a tendency to react negatively to what is going on around us.

So, although we are generally conditioned to believe this should be "the most wonderful time of the year", we have a predisposition to react to what is happening, or the actions/words of others. You cannot change what other people do or say, or how they treat you, but you can alter how you perceive it and therefore how you react and respond to it, as well as how you treat yourself.

No one can drive you crazy... unless you give them the keys to the car.

EMOTIONAL INTELLIGENCE

Emotional Intelligence is the ability to recognize one’s emotions, as well as the emotions of others, detect specific feelings, classify them accurately, employ emotional information to redirect thinking and behavior, and master and/or fine-tune one’s own emotions to change your response(s), diminish negative feelings and stress, and/or achieve goals. The fundamentals of positive emotional intelligence for personal competence are self-awareness and self-management, and the foundations for social competence are social awareness and relationship management.

Low Emotional Intelligence	High Emotional Intelligence
Aggressive Demanding Egotistical Bossy Confrontational	Assertive Ambitious Driving Strong willed Decisive
Glib Selfish Impulsive	Enthusiastic Sociable Persuasive
Resistance to Change Passive Unresponsive Slow	Patient Stable Predictable Consistent
Critical Picky Fussy Perfectionistic	Detailed Careful Meticulous Neat

Personal Competence:

Self-Awareness & Self-Management

Self-awareness is your ability to accurately recognize your emotions as they happen and understand your general tendencies for responding to different people and situations. After you have a greater self-awareness, you can use your awareness of your emotions to choose how you react, along with what you say and do. This then gives you the ability to positively direct reactions, behavior and emotions.

Social Competence: Social Awareness & Relationship Management:

Via your own self-awareness and self-management, your social awareness also begins to transform, allowing you to relate to other people for specific purposes over time. As this shift begins to occur, your ability to have greater relationship management activates and develops.



TAKE BACK THE JOY

Hypnosis can help you take the time to take care of yourself during this holiday season, as well as help you become more emotionally intelligent. Using hypnosis & NLP, we can work together to change your thoughts, and therefore your reactions related to the events or people around you as you enhance your emotional intelligence. You can learn to relax, look at things differently and handle them in happier, healthier ways all while taking care of yourself too!

Let’s enhance your ability to enjoy this upcoming holiday season, eliminate any undesired or unpleasant feelings/emotions, and create new internal emotional awareness and strategies. Together we can do the work to you to keep calm, confident, outwardly focused, acting assertive when necessary, all while standing up for and taking care of yourself. Take back the keys to your happiness and take a giant leap forward to creating wonderful memories that will last a lifetime!



Laura King and Larissa Brazier
Performance Coaching



At Summit Hypnosis and Wellness, we believe in an integrated approach to life, health, healing and performance in order to enhance your overall quality of life. We focus on reversing the effects of emotional, physical, nutritional & chemical stresses through hypnosis, nutrition, life & performance coaching. We combine a multitude of modalities to personalize each session, which provides a multitude of benefits within each custom-tailored session. We look forward to helping you on your path to happiness & health!



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THE CORNEA

By David A. Goldman MD



Although people may have heard the word ‘cornea’ in reference to the eye, many are unaware of what it really refers to. While diseases such as glaucoma and macular degeneration affect the back of the eye, the cornea is in the front of the eye.

In fact, the cornea is the most anterior structure of the eye. It is the clear part responsible for much of the focusing of light waves which enter the eye. When patients place contact lenses on their eye, they are placing them on their corneas. When patients develop an abrasion (scratch) or infectious ulcer of the eye, it is typically in the cornea.

The cornea consists of several layers, but it is simplest to break it down into three: epithelium,

stroma, and endothelium. The epithelium is the superficial outer layer of cells. When a scratch occurs on the cornea, the epithelium acts quickly to fill in the scratch. In cases of severe dry eye, tiny dried out “holes” can also appear in the epithelium.

The stroma is the central portion of the cornea, and comprises the bulk of it. It provides the majority of structural support to the cornea. When patients undergo LASIK surgery, it is the stroma that is affected. In LASIK, a laser creates a flap within the stroma. That flap is then lifted and a laser then reshapes the cornea under the flap. For patients who are myopic (nearsighted), the laser flattens the center of the cornea. For patients who are hyperopic (farsighted), the laser removes tissue in a circular pattern to steepen the cornea. The endothelium is

the most posterior layer of the cornea. Consisting of a layer of cells, these endothelial cells work as microscopic pumps to pump fluid out of the cornea to keep it clear. As we age the number of endothelial cells decline. Typically this is asymptomatic. In conditions such as Fuchs Dystrophy, however, patients are born with a lower number of endothelial cells and at some point may require surgery. Fortunately, the surgical options have improved greatly – less than ten years ago a new procedure was developed called DSAEK. In the past, corneal swelling which did not respond to topical eye drops required a full thickness corneal transplant. With the DSAEK procedure, solely the posterior layer of cells is transplanted. With this newer technique, vision can be restored in weeks instead of months.

This is not to say that a full thickness corneal transplant does not have its place in eye care. Conditions such as keratoconus, where the cornea becomes irregularly cone shaped, and scars of the cornea can significantly limit visual acuity. In these cases, replacing all layers of the cornea can work well to restore vision. In many cases, laser vision correction can be performed over a corneal transplant so that the patient can see well without glasses.

While problems of the cornea, whether inherited or environmental, can significantly disturb vision, there are multiple procedures available to improve vision. As opposed to posterior eye pathology such as glaucoma and macular degeneration, the overwhelming majority of vision problems related to the cornea can be fixed.



DAVID A. GOLDMAN

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

Dr. Goldman received his Bachelor of Arts cum laude and with distinction in all subjects from Cornell University and Doctor of Medicine with distinction in research from the Tufts School of Medicine. This

was followed by a medical internship at Mt. Sinai – Cabrini Medical Center in New York City. He then completed his residency and cornea fellowship at the Bascom Palmer Eye Institute in Miami, Florida. Throughout his training, he received multiple awards including 2nd place in the American College of Eye Surgeons Bloomberg memorial national cataract competition, nomination for the Ophthalmology Times writer’s award program, 2006 Paul Kayser International Scholar, and the American Society of Cataract and Refractive Surgery (ASCRS) research award in 2005, 2006, and 2007. Dr. Goldman currently serves as councilor from ASCRS to the American Academy of Ophthalmology. In addition to serving

as an examiner for board certification, Dr. Goldman also serves on committees to revise maintenance of certification exams for current ophthalmologists.

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

Dr. Goldman speaks English and Spanish.

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THE ARRIVAL

Do you ever find yourself in what seems like a hopeless situation? Is your life so hectic that you wish for just a moment of peace? Do you wish you laughed more, stopped to smell the roses, and enjoyed life more easily? Are relationships in your life broken – do you long for love?

If you answered “yes” to any of the above, then I have the answer for you. If you answered “no” then still read this article, commit it to memory, and bring it back to mind when need it.

Here is the answer: Christmas. Christmas is the season in which we can find all of the things we want (and need): hope, peace, joy, and love.

Many times Christmas is referred to as the Advent Season. In simplest terms, “advent” means “arrival”. But when speaking of Christmas, what exactly has arrived?. Sure, we celebrate the arrival of a baby born to a virgin in a small village in the Middle East. The baby’s name? Jesus.

But the arrival of Jesus means a lot more than just another birth. You see Christmas is the season when we celebrate the arrival of hope, peace, joy, and love because Jesus brings all those things in a relationship with Him.

We can have hope in a relationship with Jesus. No matter what may come, we anchor ourselves to the truth of Who Jesus is and what He’s done for us. The Scriptures remind us of the hope Jesus brings: “The people who walked in darkness have seen a great light; those who dwelt in a land of deep darkness, on them has light shone.” And we see it fulfilled: “She will bear a son, and you shall call his name Jesus, for he will save his people from their sins.”

Matthew 1:21

We can know peace because of the life we can have in Him. The prophets of old wrote: “For to us a child is born, to us a son is given; and the government shall be upon his shoulder, and his name shall be called Wonderful Counselor, Mighty God, Everlasting Father, (the) Prince of Peace”. Isaiah 9:6 And on the night in which Jesus was born, the angels proclaimed: “Glory to God in highest heaven, and peace on earth to those with whom God is pleased.” Luke 2:14

We can have joy in an abundant life in Christ. The angels also said: “Fear not, for behold, I bring you good news of great joy that will be for all the people. For unto you is born this day in the city of David a Savior, who is Christ the Lord.” Luke 2:8-14

And we can experience an unconditional love that never runs out. “For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life. For God did not send his Son into the world to condemn the world, but in order that the world might be saved through him.” John 3:16-17

So during this Advent Season as we celebrate The Arrival, think about all that means for us in our daily lives. As the carols play on the radio, as you see the “The Reason for the Season” bumper stickers, as you drop coins in the red buckets on the way into the store, remember that it’s about Jesus and the hope, peace, joy, and love that comes in a relationship with Him.

Brent Myers



Gratitude. A powerful element in fighting cancer.

Dave Norris was a healthy 65-year-old, until one day he had trouble swallowing. His doctor discovered a malignant tumor in his stomach and Dave sought treatment at a large cancer center in another city. There, they saw him as patient number 1125157, not Dave Norris. Every other week, Dave flew across the country for treatment until he discovered a Florida Cancer Specialists clinic only minutes from his home. Here, Dave was given a successful knockout round of treatment, all while being treated like Dave Norris, not just another number. The care and compassion Dave received inspired him so much that he has dedicated the next chapter of his life to helping other Florida Cancer Specialists patients.

"I am thankful for the doctors and nurses at Florida Cancer Specialists who cared for me as a person and a neighbor, not just a patient and a number."

-Dave Norris, Cancer Fighter

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