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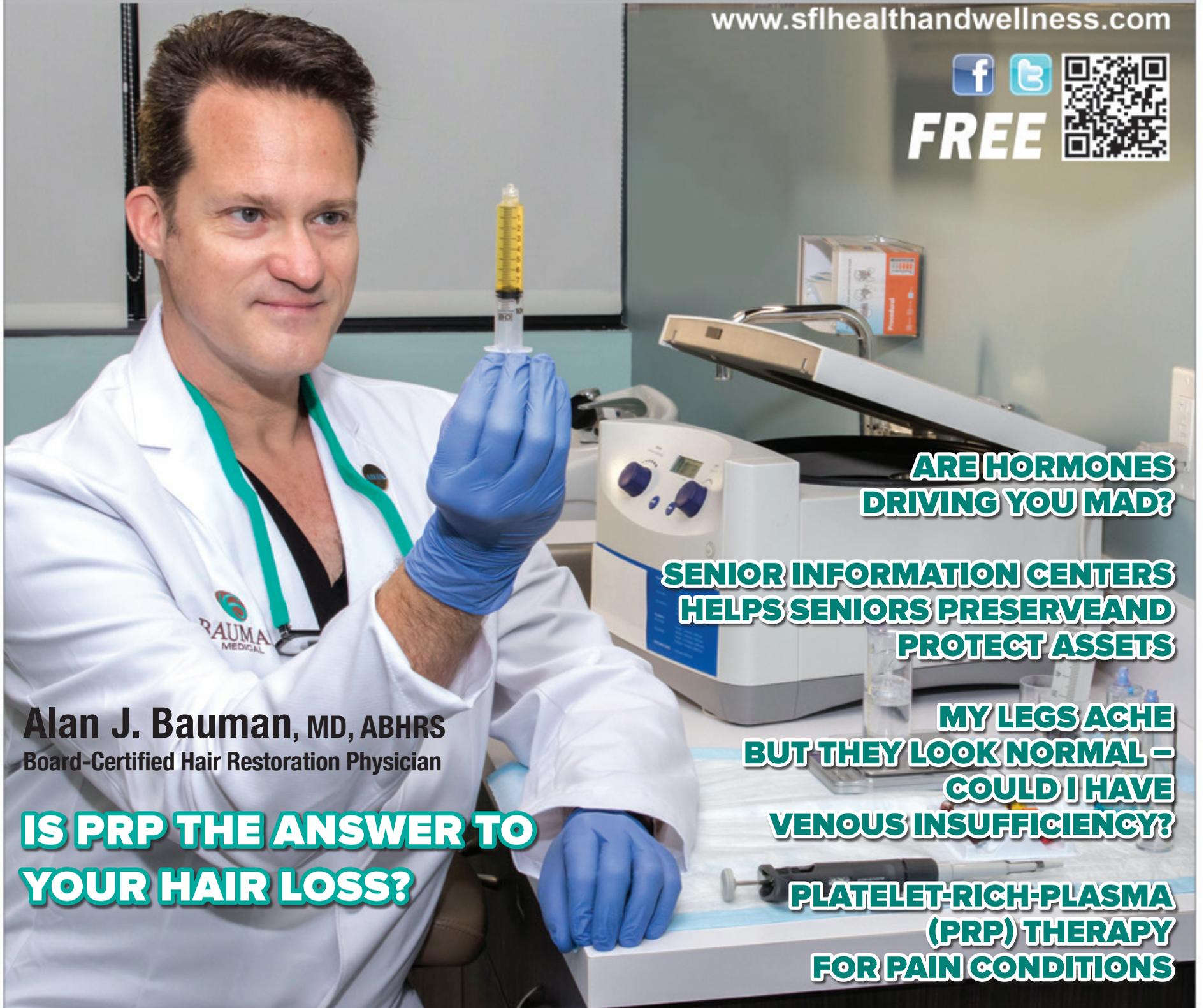
April 2018

South Palm Beach Edition - Monthly

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**FREE**



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

**IS PRP THE ANSWER TO YOUR HAIR LOSS?**

**ARE HORMONES DRIVING YOU MAD?**

**SENIOR INFORMATION CENTERS HELPS SENIORS PRESERVE AND PROTECT ASSETS**

**MY LEGS ACHE BUT THEY LOOK NORMAL – COULD I HAVE VENOUS INSUFFICIENCY?**

**PLATELET-RICH-PLASMA (PRP) THERAPY FOR PAIN CONDITIONS**

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**LAW OFFICE OF ANDREW CURTIS, ESQ**

- LLM in Taxation New York University Law School 1986
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- BS Cornell University 1977

Andrew Curtis is an attorney whose practice concentrates in the areas of trusts, estates, and elder law. He is a graduate of some of the top universities in the country. He devotes his time to estate planning for the middle class, charging moderate fees, and then getting referrals from happy clients.

## Revocable Living Trust

### ATTENTION SENIORS:

- Why Forbes Magazine says that the middle class may need living trusts
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- How a living trust may avoid probate
- Why you may have probate in more than one state if you own out-of-state real property
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# Senior Information Centers

## Helps Seniors **PRESERVE AND PROTECT ASSETS**

**D**eveloping a comprehensive plan for financial preservation is essential to help seniors avoid costly mistakes and prevent financial devastation.

Senior Information Centers, an umbrella network of licensed Florida professionals, provides comprehensive estate planning services that help seniors preserve and protect their assets. The company, with offices in Boca Raton, Sarasota and Ocala, serves seniors and their families throughout Florida.

“It’s never too late or too early for seniors to plan for protecting their assets,” said

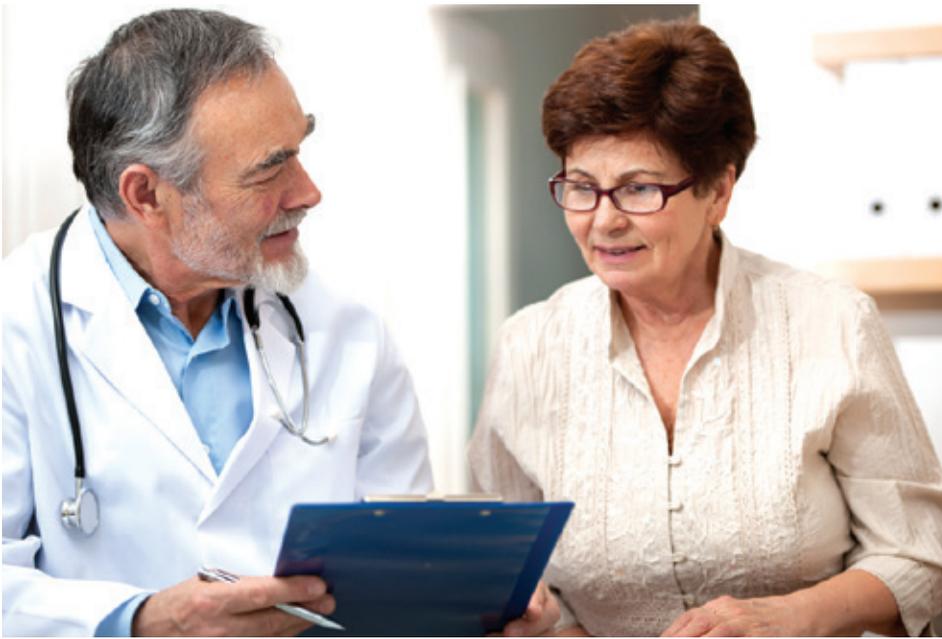
Stephen D. Wolfe, Elder Planning Specialist and Certified Senior Advisor, who founded Senior Information Centers in 2001 along with his business partner Bryan Plonsky. “They should educate themselves so they can understand their options. Many seniors may mistakenly believe that planning is very expensive, but Senior Information Centers provides an affordable way for them to preserve their valuable assets.”

The company brings together a team of experts including elder care attorneys, Medicaid and Veteran’s Administration (VA) specialists, paralegals, certified financial planners and accountants who provide a wealth of information and help

seniors and their families develop comprehensive plans for asset preservation. They provide services in four major areas of concern to seniors: legal, illness, taxes and investments.

Legal services include the development of tools such as a Living Will, Durable Power of Attorney, Healthcare Surrogate Designation or HealthCare Power of Attorney (which are only \$33 each) and Deeds and Trusts.

Services related to illness help seniors reposition their estates properly to preserve assets and help them qualify for government benefits, whether for home care, assisted living facilities or nursing homes.




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Tax advisors review portfolios to eliminate unnecessary taxes on investments and IRAs. While Senior Information Centers professionals are not stockbrokers with securities licenses, they deal with no-risk, tax-deferred secure investments that keep seniors' assets fixed, guaranteed and insured.

The firm's target clients are primarily seniors in their 70s, spouses, adult children and other family members. Senior Information Centers markets its services throughout the community to assisted living facilities, nursing homes, caseworkers and hospital discharge managers.

"Sometimes after a medical crisis involving a hospital stay, seniors end up in rehabilitation centers with no plan of attack," said Wolfe. "Senior Information Centers can show them all their options, rough out a plan and give them hope that assets can be preserved and benefits attained."

Wolfe noted that the company's professional's turn over every rock from "today until death" to make sure an action taken today will not negatively impact their financial future.

"For example, achieving Medicaid qualifications can be a daunting task," he said. "Giving away assets to children may trigger the five-year look back, which means the senior will not qualify for Medicaid benefits. Veterans also make mistakes with improper planning that makes them ineligible for Medicaid."

Veterans, their spouses and their widows may be entitled to VA benefits to help offset their out of pocket medical expense. Senior Information Centers helps clients regardless of their level assets or income. The attorney offers reasonable fees for development of legal documents or planning services. There is no cost or obligation for consultations. Telephone consultations are available for clients' families who live out of state.

Currently, Senior Information Centers serves 8,000 clients in Florida. Frequently, business comes from word-of-mouth referrals.

"Your involvement with us through the various challenges we faced, which extended even beyond our father's ultimate passing, was most exemplary and supportive," wrote a client's adult children. "We are truly thankful that someone who has a caring attitude, knowledge and resources to help manage elder-care issues is available for families struggling with these emotionally charged issues."

Stephen and Bryan stress the importance for seniors to have a full, comprehensive plan to preserve and protect their assets – not just piecemeal documents here or there. "In every area, there's a way seniors can be robbed of their dollars." "We show them how to protect their assets in every aspect of their life."

**For additional information about  
SENIOR INFORMATION CENTERS,  
visit [www.seniorinformationcenters.com](http://www.seniorinformationcenters.com)  
or call 800-731-8784.**

# Is PRP the Answer to YOUR HAIR LOSS?

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



Over the past few years, interest in PRP, or platelet-rich plasma therapy for hair regrowth has exploded as more physicians and patients become familiar with the cutting-edge treatment, which has proven itself as a viable way to stimulate scalp follicles to improve, enhance and regrow hair. In addition to its considerable potential for new growth stimulation, PRP is also proving to be a valuable tool in terms of helping to accelerate wound healing after hair transplantation.

**PRP** is a natural, side-effect free regenerative treatment which has been widely used in many areas of medicine, including nerve damage, cardiac muscle injury, bone and ligament repair/regeneration, sports medicine, oral surgery and plastic surgery. While the medical community has been studying the applicability of platelet-rich plasma therapy for decades, only recently have hair restoration physicians really begun to look into its potential for hair loss patients. What initially began as a way to repair damaged nerves, tissues and bones is now seen as a way to stimulate this same type of cellular growth cosmetically, and in the case of androgenetic alopecia, as a way to restart weakened or dying hair follicles and produce new natural growth.

**So what exactly is PRP and is it the answer to your hair loss?**

#### How Does PRP Work?

PRP is a treatment derived from your own blood platelets to enhance hair growth as a stand-alone treatment or to improve the recovery and results of hair transplant surgery. Following a simple blood-draw, the patient's blood is spun in a special centrifuge with specific kits designed to separate and concentrate the high-quality PRP – a powerful growth factor “cocktail.” Once activated, platelets release powerful molecules, which have profound biologic effects on the hair follicles and skin. Under comfortable local anesthesia, this powerful cocktail

of growth factors, cytokines and other proteins is injected into the area of the scalp where weak hair follicles exist. In some cases Extracellular Matrix or ECM may be added to the PRP. Even more advanced procedures can enrich the PRP such as using the patient's own adipose (fat) derived stem cells or signaling cells.

The comfortable, outpatient procedure takes less than one hour to perform and patients may resume all activities, including workouts, shampooing, etc. immediately afterwards as there is no recovery phase. Mild soreness is rare and redness of the scalp, if any, resolves in less than a day and improved hair growth can be measured in a matter of weeks.

#### Who is a Candidate?

PRP has been found to be most effective on two types of hair loss patients: patients who have thinning areas where weak quality hair exists on the scalp primarily due to male or female pattern hair loss and patients with small round bare patches of Alopecia Areata. People with certain blood disorders or on certain medications may NOT be good candidates for PRP. The first step is to schedule a consultation with a qualified, experienced and properly credentialed hair restoration physician who will be able to diagnose your situation, identify hair loss risk factors and discuss the best treatment plan to address your specific hair restoration goals.

#### Can PRP Cure Baldness?

As with all hair loss treatments, PRP is most effective when started early, before the hair follicles have been completely obliterated or miniaturized beyond repair. The areas of the scalp where the hair follicles are producing hair fibers that are thin, wispy and weak is where PRP holds the greatest potential, and where the therapy can really make a difference. One downside to PRP treatment for hair regrowth is that it does not offer permanent results. Most patients who undergo PRP therapy using ECM require a repeat treatment in about 12 to 24 months. Without extracellular matrix, expect treatments as soon as every other month. It typically takes three months to measure the improvements from PRP using the scientific HairCheck cross-sectional hair bundle trichometry measurement tool. Over time, the PRP treatment may need to be repeated depending on the patient's response to therapy, hair loss condition and goals.



Actual Bauman patients before and 12 months after PRP

**Are There Risks to PRP Therapy?**

Since PRP is derived from your body's own blood, this procedure possesses little to no risk of adverse reactions. After your procedure, your scalp will feel numb and appear pink for a few hours. Temporary swelling in the forehead or eye area is rare and takes a day or two to resolve. The main risks of PRP have less to do with side effects and more with what the doctor and/or staff may be doing and using in terms of outdated techniques or equipment resulting in a painful or an ineffective procedure. To reduce your risk of complications, seek out a physician with extensive experience specifically with PRP for the scalp, because techniques for hair growth are different when compared to other areas of the body.

**Tips for Achieving Optimal Results**

Patients should note that to achieve optimal results, a multi-therapy approach might be required, depending on the severity of the hair loss and their personal goals. PRP may be used as an adjunct to FDA-approved medications like finasteride and minoxidil, or other therapies like low-level laser therapy, compounded minoxidil, nutritional supplementation and minimally invasive FUE hair transplantation, such as SmartGraft, NeoGraft or ARTAS robotic-assisted transplants.

To find out if you are a candidate for PRP, request a consultation with a board-certified hair restoration physician. Private in-person or virtual consultations over Skype or FaceTime may be scheduled with Dr. Bauman by visiting [www.baumanmedical.com](http://www.baumanmedical.com) or by calling toll-free 844-GET-HAIR or 1-561-394-0024.

**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. 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.



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

**Hair Loss Study Candidates Needed!**

While Bauman Medical has no active hair loss studies at this time we may in the future.

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**Hair Loss Treatment Round Up**

When it comes to finding out why you are losing hair and what can be done to effectively enhance, protect and restore hair growth, seek advice from an ABHRS-certified and IAHRS-accepted hair restoration physician who's practice is limited to the diagnosis, tracking and treatment of hair loss at the earliest possible time.

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- Scalp Makeovers

# FOCUS ON HEAD & NECK CANCERS

*Long-term survival of head and neck cancers is increasing. Establishing healthy habits can greatly reduce your risk of developing these and other related cancers.*

An estimated 436,060 survivors of head and neck cancer are living in the United States today, according to the American Cancer Society (ACS), and that number continues to grow. Through successful research and clinical trials, as well as early detection, long-term survivorship is possible. Additionally, developing healthy habits will help reduce the risk of these forms of cancer.

Collectively, head and neck cancers usually begin in the squamous cells that line the moist surfaces inside the head and neck. These include areas inside the mouth, the nose, and the upper throat. In the mouth, or oral cavity, cancer can begin on the lips, in the front two-thirds of the tongue, the gums, the lining inside the cheeks and lips, under the tongue, on the hard palate (bony top of the mouth), and the small area of the gums behind the wisdom teeth. Head and neck cancer also can be found in the pharynx (the tubular structure that starts behind the nose and leads to the esophagus), the larynx (voice box), nasal cavity, sinuses and salivary glands, which produce saliva.

As one might expect, tobacco use and alcohol consumption account for approximately 75% of all head and neck cancer cases. Another important risk factor is human papillomavirus (HPV) infection. As many as 70% of cancers of the pharynx are linked to high-risk strains of HPV. It is important to take steps to avoid tobacco and alcohol and maintain oral health by taking good care of teeth and dentures and visiting the dentist on a regular basis.

## EFFECTIVE TREATMENTS ARE AVAILABLE

The treatment plan for head and neck cancers can vary greatly, depending on a number of factors, including location of the tumor, the stage of the cancer, and the patient's age and general health. Treatment can include surgery, radiation therapy, chemotherapy, targeted therapy, or a combination of treatments.

According to the National Cancer Institute, recent research has shown that patients with HPV-positive pharyngeal tumors may need to be treated differently than patients who do not have the HPV infection. Ongoing clinical trials are investigating this; early results indicate that patients with HPV-positive tumors can "have a better prognosis and may do just as well on less intense treatment."



The most important thing to remember is taking control of one's health and reducing risk through changes in diet, exercise and lifestyle choices, such as smoking, can greatly impact survivorship.

## WORLD-CLASS CANCER CARE CLOSE TO HOME

Florida Cancer Specialists & Research Institute (FCS) has put together a network of expert, board-certified physicians who bring world-class cancer treatments to local communities, both large and small, across the state. With nearly 100 locations, FCS is the largest independent oncology/ hematology group in the United States. That status puts the practice on the leading edge of clinical trial research and gives FCS physicians access to the newest, most innovative treatments.

## CLINICAL TRIALS LEAD TO TOMORROW'S TREATMENTS AND CURES

Through a strategic partnership with Sarah Cannon, one of the world's leading clinical trial organizations, FCS offers more access to national clinical trials than any other oncology practice in Florida. Many of the newer

cancer drugs recently approved for use in the United States were studied in clinical trials with FCS participation, prior to approval.

In addition to a robust clinical research program, Florida Cancer Specialists offers a number of services, such as an in-house specialty pharmacy, an in-house hematopathology lab and financial counselors at every location. Patients can now receive the most advanced care, including immunotherapies, chemotherapy, targeted treatments and cutting-edge, precision technologies, at the same location where they see their oncologist and get their lab tests done, not only increasing convenience for patients, but also improving their quality of life.



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# MY LEGS ACHE But They Look Normal – Could I Have VENOUS INSUFFICIENCY?

Perhaps you've probably written it off as getting older or pain that everyone has. Perhaps you've asked your physician about it and, seeing normal looking legs without bulging varicose veins, he's reassured you that it's nothing. Perhaps you've even had an ultrasound of your legs, only to be told you "don't have a blood clot."



These are all things we hear frequently from people who have leg heaviness, pain, cramping, and fullness – people who have Chronic Venous Insufficiency (CVI). CVI is a condition where some of the veins of the legs have a defect resulting in inability to circulate blood from the legs back to the heart, against the force of gravity. In addition, blood may actually flow backwards down these veins (venous reflux), resulting in the calves and lower legs becoming engorged with fluid by the end of the day.

CVI sometimes results in obvious varicose veins, leg swelling, darkening of the skin, and ulceration. It can also occur with no obviously visible findings – the legs may look completely normal – causing patients and doctors to dismiss the symptoms. Left untreated, CVI can progress to injure the skin of the lower legs, resulting in frequent infections (cellulitis), skin damage (venous stasis), and even chronic wound (venous ulcers).

About 80% of patients with CVI have a parent with circulatory issues like varicose veins. Exacerbating factors include occupations with prolonged standing (nurses, flight attendants, and restaurant workers are regularly affected), multiple

pregnancies, excess weight, and advanced age. About 1 out of 5 people over 70 years of age may be affected.

The diagnosis of CVI can be made definitively by an ultrasound performed by a credentialed physician (look for someone with an RVT or RPhS designation) with the patient in the standing position, the position being critical to assessing the function of the veins under the force of gravity. During testing, your physician should be able to demonstrate to you where veins are weakened or blood flow is reversed (reflux), the cardinal sign of CVI.

Treatment for CVI, EndoVenous Laser Ablation (EVLA), is performed in the office in about 30 minutes with no subsequent downtime and is covered by Medicare and commercial insurance. Once treated, 98% of patients have a lifelong cure with many commenting afterwards, "I didn't realize my legs were supposed to feel this way! I feel great!"

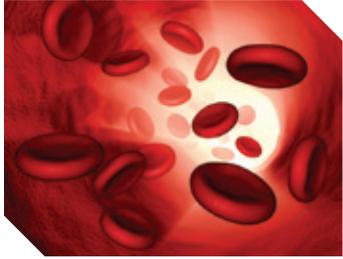
M. Albert Malvey, MD, RVT, dABVLM, specializes exclusively in the diagnosis and treatment of venous disease and sees patients in Delray Beach at the Delray Vein Center at Feinstein Dermatology.



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# Platelet-Rich-Plasma (PRP) Therapy for Pain Conditions



**P**LATELET-RICH PLASMA THERAPY, sometimes called PRP therapy, takes advantage of our blood's natural healing properties to repair damaged cartilage, tendons, ligaments, muscles, or even bone.

A growing number of people are turning to PRP injections to treat an expanding list of painful conditions and or injuries, including osteoarthritis. It is commonly used for knee arthritis, we also use

this method on other joints as well such as shoulders, wrists, sacroiliac, ankles and hips. This is also used to help treat pain from the neck and low back. This can be used to treat disk pain and or arthritic pain from the entire spine.

When treating osteoarthritis with platelet-rich plasma, we inject PRP directly into the affected joint.

#### The goal is to:

- Reduce pain
- Improve joint function
- Slow, halt and even repair damage to cartilage

Platelet-rich plasma is derived from a sample of the patient's own blood which is easily obtained at their time of the visit. The therapeutic injections contain plasma with a higher concentration of platelets than is found in normal blood. This is also all prepared in the doctor's office.



**WHAT IS PLASMA?** Plasma refers to the liquid component of blood; it is the medium for red and white blood cells and other material traveling in the blood stream. Plasma is mostly water but also includes proteins, nutrients, glucose, and antibodies, among other components.

**WHAT ARE PLATELETS?** Like red and white blood cells, platelets are a normal component of blood. Platelets secrete substances called growth factors and other proteins that regulate cell division, stimulate tissue regeneration, and promote healing.

We use PRP therapy to treat osteoarthritis and also theorize that the platelet-rich plasma:

- Inhibits inflammation and slow down the progression of osteoarthritis
- Stimulates the formation of new cartilage
- Increases the production of natural lubricating fluid in the joint, thereby easing painful joint friction
- Contain proteins that alter a patient's pain receptors and reduce pain sensation

Platelet-rich plasma injections are outpatient procedures. Because the patient's blood must be drawn and prepared for injection, a typical procedure may take anywhere from 45 to 90 minutes.

Whether the patient has a one-time injection or a series of injections spaced over weeks or months is up to the individual patient and doctor. If a series of injections is planned, a doctor may recommend a single blood draw during the first visit and use fresh PRP in the first injection and freezing and thaw the remaining PRP as needed for future injections. However, some experts believe freezing and thawing PRP negatively affects its usefulness and prefer to do a separate blood draw for each PRP injection. Dr. Rosenblatt believes it is safer to take a fresh sample of blood prior to any new injection.

#### PLATELET-RICH PLASMA INJECTIONS REQUIRE PRECISION

- An experienced physician, like Dr. Rosenblatt, should perform the injections. The use of imaging technology (e.g., fluoroscopic guidance) ensures a precise injection.
- Precision is important because, like viscosupplementation treatments, platelet-rich plasma injections must be made directly into the joint capsule.



By Aaron Rosenblatt, MD

Scientists are still exploring which arthritis patients should be eligible for PRP injections. While nodefinite conclusions can be made, research suggests that PRP injections are appropriate for patients of all ages.

Dr. Rosenblatt explains, "When appropriate, PRP injections are an extremely safe and effective way to help treat the pain of so many different types of individuals. I have used this technique on young athletes and for older patients with joint and or spine pain with great success. It even surprises me sometimes how well this treatment works. It's truly amazing how people with acute or chronic pain and or injuries respond to this treatment."

In Dr. Rosenblatt's beautiful freestanding interventional pain management building in Delray Beach, FL, individuals have been able to benefit from this technique. People have flown in from all over the United States for this treatment specifically with Dr. Rosenblatt. He has been performing this procedure with great success. Every patient is evaluated by the Dr. Rosenblatt and a comprehensive treatment plan is always made. Please look forward to more articles about Dr. Aaron Rosenblatt and the vast number of procedures he performs to help people with all types of pain. His main focus is to help individuals avoid surgery, eliminate pain medications and to ultimately feel much better on a daily basis and enjoy life!

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# SUPERFICIAL RADIATION THERAPY (SRT100)



## What is SRT?

Superficial Radiation Therapy (SRT100) is a non-invasive, FDA-approved treatment for non-melanoma skin cancer (basal cell carcinoma and squamous cell carcinoma) virtually anywhere on the body.

## What is SRT used for?

SRT100 is a great treatment option for patients with basal cell carcinoma or squamous cell carcinoma who are not ideal candidates for surgery. SRT may be considered for older patients (typically >70 years old) and/or when performing surgery poses increased health risks (i.e. patients who are not healthy enough to undergo surgery or reconstruction, patients who are on blood thinners or who do not heal well, patients who cannot tolerate anesthetic or patients who have compromised immune systems). In these circumstances, SRT100 can be effectively used to treat non-melanoma skin cancers on arms, legs, back, trunk, face and scalp. Additionally, SRT may be considered in sites such as the nose, eyelids, and ears, which often require complex closure or reconstruction if surgery is performed.

## How does SRT work?

The SRT technology is specifically designed to treat skin cancer. Unlike other forms of radiation, SRT penetrates only up to 5mm below the surface of the skin. This allows SRT to safely treat skin cancers while preserving the surrounding healthy tissue which helps with recovery.



**What is the procedure like?**

SRT treatments typically take less than a minute and are performed in a dermatologists office by a certified provider who is trained in the procedure. SRT treatments are often administered 2-3 times weekly for several weeks and are usually very well tolerated by patients. There is no downtime after the treatment and patients may immediately return to their normal activities.

**What are the benefits of SRT?**

The cure rate is high and comparable to surgery (approximately 95% for basal cell and squamous cell carcinoma). SRT eliminates potential issues associated with surgery including bleeding, infection, long healing/recovery times, and

unwanted or unsightly scar tissue. Your dermatologist should consider all treatment options to determine the most appropriate treatment for each individual patient.

**What can I expect after the procedure?**

After the procedure, the treated skin will be may be red and have some irritation. Patients can expect a healing time of approximately four weeks following the completion of the procedure. The long-term results are generally very good with minimal scar tissue and mild discoloration.

If you have any further questions about SRT100 or wish to schedule an appointment, please contact our office at **(561) 498-4407**



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# EUROPE'S COVETED FAT REDUCING PROCEDURE: *Wanted by Countless Patients*



**M**any individuals struggle with losing and sticking to a weight loss plan. With the sheer number of people discouraged with the scale and the stubborn areas of fat that don't seem to budge, the disappointment from carrying around excess pounds can be overwhelming.

Doctors notice the frustration is not only geared towards female patients, but men as well, and all varying ages from young and old alike seem to have some type of body issues. Not only are extra pounds unhealthy, they sometimes hold people back and hinder their self-confidence. When anxiety from being over-weight sets in, the struggle to lose the pounds gets even more difficult.

When Bella Shape (known as Icoone® in Europe) was introduced to the US, practitioners were clamoring to be some of the first clinics to offer this patented technology to their patients for body shaping and skin rejuvenation using the power of light and laser. This innovated combination of FDA cleared techniques provides a gentle yet efficient skin stimulation for improving the appearance of cellulite while reducing body contouring. The Bella Shape can be used for lymphatic drainage, which has a detoxing effect and can relieve pain, edema, and inflammation.



For years, Europe has benefited from Bella Shape's revolutionary Cellulite Removal, Fat Reduction, Anti-aging and Wellness treatments, AND now it's finally available in the U.S.

### Patients want Bella Shape

Preparing for summer vacation parties, dinners, family get-togethers, and events are always a little easier when clients feel confident about their body. We've all been there, stubborn bulges, dreaded cellulite, and loose skin can make us feel less likely to wear our favorite clothing with self-assurance. Working out and eating right often fall short in our stubborn areas, and as we age, many of us lose the firmness in our face and body that we once had. Now that Bella Shape is available here in the U.S., educated patients are researching where they can get this treatment.

### Bella Shape Value

- Remove cellulite and fat deposits
- Remove wrinkles and reduces scars
- Increase collagen and elastin production
- Tighten loose skin after weight loss
- Reduce edema and painful inflammation
- Promote lymph drainage
- Improve wound healing process
- Experience tissue coagulation, before and after liposuction

- Shorten and improve recovery after surgery
- Normalize cell function
- Improve the quality of the skin
- Improve body shape
- Accelerate blood flow
- Relieve muscle tension
- No downtime
- 100% natural cell stimulation

### How it Works

The Bella Shape Laser is a comprehensive, non-invasive, body-shaping technology. It works in three very distinct ways. The first is through a motorized massage that gently lifts, suctions and rolls the deep layers of the skin and underlying fat. The second is through the LED light that can permeate through the fat cell membrane. While this fat is penetrated, the continual massaging motions send the fatty deposit and fluid (edema) into the lymphatic system for drainage.

The third component of Bella Shape is the diode laser. It's well documented that diode lasers can penetrate and absorb lipids (fat) by creating a thermal result that melts the fat membranes.

What's even more unique about the Bella Shape Laser is that the rollers are perforated with tiny holes to increase blood flow and nutrient delivery to the skin's layers, allowing collagen and elastin stimulation to rapidly smooth and firm the skin.

For years, Europe has benefited from Bella Shape's revolutionary Cellulite Removal, Fat Reduction, Anti-aging and Wellness treatments, AND now it's finally available in the U.S. With no pain and fast results, isn't it time for patients to get their confidence back?

For physician's, if you're interested in adding Bella Shape to your Services, please contact them at **(614) 778-3509**, or to find out more about Bella Shape, please visit at **bellashapeusa.com**.



**614-778-3509**

**bellashapeusa@gmail.com**  
**bellashapeusa.com**

# Are Hormones Driving You Mad?

by Daniela Dadurian, M.D.



**H**ormones are literally one of the body's important driving forces. They are chemicals made by glands and act to control certain actions of cells and organs which make them messengers of the body. Hormones play a critical role in several areas of our body. They control many facets of our emotional and physical health. If you have ever suffered from fatigue, mental fog, depression, anxiety, mood swings, hot flashes, night sweats, low libido, tension, headaches, hair loss, acne, weight gain or weight loss then you have been directly impacted by your hormones.

Each hormone in the body is responsible for a different function and the imbalance of those hormones may trigger unwanted responses from your body.

To diagnose a hormonal imbalance a blood test is used to measure the levels of hormones in the body. Some of the most common hormones to measure are FSH, LH, Estradiol, Testosterone levels. There are many ways to treat hormonal imbalances either by using synthetic hormones which include pills, patches and/or shots, or by using Bio-identical Hormones which include pills, creams, troches, and pellets.

Once the hormones are measured, we can accurately assess whether a patient is a candidate for replacement. The most common misconception usually seen from a lab result is that all levels are within normal limits. That does not mean they are optimal. The goal is to optimize hormones in order to achieve the best medical benefits.

Estrogen alone has over 400 functions in our body. It helps to control hot flashes, maintain bone density, maintain memory, reduces the risk of colon cancer, increases serotonin and dopamine (happy hormones). If you have a history of drinking or smoking, these habits can decrease estrogen.

Testosterone is vital to protecting your heart, bones, brains, joints and breasts. Both men and women need testosterone and lose testosterone every year. The benefits of a truly balanced testosterone level are truly remarkable. It can help to increase energy, decrease anxiety and depression, improve memory, improve focus, increase libido and enhance performance.

Traditional medicine has known only one way to treat hormone imbalance in women and that is prescribing synthetic hormones. However clinical trials show an increase in strokes, heart attacks, breast cancer, blood clots and Alzheimer's disease in women with this type of replacement. Other methods of hormone delivery include:

*Patches* – are not easily absorbed; need to be changed throughout the week

*Creams/Gels* – can be difficult to determine if you have applied enough or remembered to apply daily

*Injectable Testosterone* – tends to have a “roller coaster” effect.

*Pellets* – are a natural, non synthetic option derived from soy and yams. They are bioidentical which means they have the same molecular structure as human hormones. Once pellets are inserted under the skin, little blood vessels form around the pellets, which ensure a daily even delivery of hormones. In women they last 3-4 months and in men 5-6 months.

Pellet therapy using bioidentical hormones has been by far the most effective in my practice. Patients are happier and healthier. They are finding that they are more energetic, sleeping better, have better focus and clarity. Spouses are thankful for the boost in libido and word travels fast of the many benefits of pellet therapy. For more information, visit [www.drdadurian.com](http://www.drdadurian.com) or call 561-655-6325.



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

\* Board Certified Anti- Aging Medicine

\* Board Certified Laser Surgery

Daniela Dadurian, M.D. received her medical degree from the University of Miami School of Medicine. She is certified by the Board of Anti-Aging & Regenerative Medicine and the Board of Laser Surgery. Dr. Dadurian has also completed a fellowship in Stem Cell Therapy by the American Board of Anti-Aging Medicine. She is a member of the International Peptide Society, the American Academy of Anti-Aging Medicine and the Age Management Medicine Group. Dr. Dadurian is the medical director of several medical spa and wellness centers in palm beach county with locations in West Palm Beach and on the island of Palm Beach. She is a leading expert in anti-aging & aesthetic medicine. Her state of the art facilities offer and array of anti-aging, functional medicine, cosmetic and laser therapies.

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



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# CHOROIDAL NEOVASCULAR MEMBRANES

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

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

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



## CHOROIDAL NEOVASCULAR MEMBRANES SYMPTOMS

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

## WHO IS AT RISK FOR CHOROIDAL NEOVASCULAR MEMBRANES?

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

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

## CHOROIDAL NEOVASCULAR MEMBRANES DIAGNOSIS

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

During fluorescein angiography, a fluorescein dye is injected into a vein in your arm. The dye travels throughout the body, including your eyes. Photographs are taken of your eye as the dye passes through the retinal blood vessels. Abnormal areas will be highlighted by the dye, showing your doctor whether you have choroidal neovascular membranes.

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

## CHOROIDAL NEOVASCULAR MEMBRANES TREATMENT

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

### ANTI-VEGF TREATMENT

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

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

### THERMAL LASER TREATMENT

Another form of treatment for CNVM is with MicroPulse laser therapy. MicroPulse Laser treatment is usually done as an outpatient procedure in the doctor's office.

The MicroPulse laser beam in this procedure is a low-energy, focused beam of light that doesn't produce a

small burn when it hits the area of the retina to be treated. This destroys the abnormal blood vessels, preventing further leakage, bleeding and growth.

Following laser treatment, vision may be more blurred than before treatment, but often it will stabilize within a few hours. Usually the abnormal blood vessels are destroyed by laser treatment. However, patients who receive this laser procedure often need a re-treatment within three to five months.



The Retina Institute of Florida

**Lauren R. Rosecan**

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

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# What is CBD

## AND THE MEDICAL TREATMENT IT PROVIDES?

Jeff Mandall, owner of Vapor Rocket, South Florida CBD, and an advisor to the board of directors for Miami Beach Community Health Centers is the local expert about CBD and its use. He prides himself in working with area medical providers to educate and facilitate treatment of patients with a multitude of different health problems. We went straight to the expert to get our questions answered and here's what we learned:



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

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

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

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

### 1. CBD is a key ingredient in cannabis

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

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

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

### 2. CBD is non-psychoactive

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

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

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

### 3. CBD has a wide range of medical benefits

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

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

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

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

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

### 4. CBD reduces the negative effects of THC

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

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

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

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

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

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

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

We at Vapor Rocket are not medical doctors, however, we do pride ourselves on working closely with treating medical physicians, scientists, and leading researchers in the CBD field to ensure we provide our patients with the highest quality CBD to treat identified medical conditions. If you are interested in using CBD for treatment of an ailment, we recommend you consult your doctor to make sure it’s right for you.

South Florida CBD provides top of the line, high quality organic botanical oils, waxes, and pastes that offer numerous medicinal benefits. With no prescription required, our product captures the highest concentration of cannabidiol available, a chemical compound that triggers and modules receptors in the brain to offer the following benefits: Anti-seizure, Easing chronic pain, Psychological Health Benefits, Anti-inflammatory properties. If you have further questions about CBD or request that we work with your medical professional, please contact South Florida CBD knowledgeable staff at **561-200-0122**.



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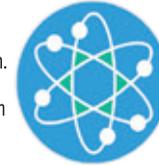
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**ACCURATE DOSING PROTOCOL**  
Our dosing protocols are designed for Mild, Standard and Severe doses depending on your recommended CBD intake. The treatment range is based on weight and condition severity so you can effectively assist your medical needs.

### MEDICAL AILMENTS TREATED

- Cancer • Back Pain • PTSD • Anxiety • Diabetes • Seizures • Acne •
- Multiple Sclerosis • Schizophrenia • Crohns Disease • Insomnia •
- Digestion • Bone Density • Cramps • Arthritis

### CBD DOSING



#### MILD DOSAGE

Weight 2-25 lb = 2mg (10mg Daily Max)  
Weight 26-75 lb = 4mg (28mg Daily Max)  
Weight 75 lb+ = 30mg+ (As Needed)  
Child & Adult Use, Aches & Pain Relief,  
Sporting Activity Regeneration, Sore Joints,  
Everyday Health, Multi-Vitamin, Anagesic,  
Anti-Inflammatory.



#### MODERATE DOSAGE

Weight 90-125 lb = 3 x 25mg Pills  
Weight 126-175 lb = 3 x 50mg Pills  
Weight 175 lb+ = 3 x 75mg Pills  
Recommended for Fibromyalgia, Digestive,  
Migraines, Bipolar, Depression, Asthma,  
PTSD, Rheumatism, Anxiety, Chronic Pain,  
Arthritis.



#### SEVERE DOSAGE

Weight 90-125 lb = 3 x 50mg Pills  
Weight 126-175 lb = 3 x 75mg Pills  
Weight 175 lb+ = 3 x 100mg Pills  
Recommended for Cancer, Liver Disease,  
Kidney Disease, Epilepsy, Parkinsons,  
Schizophrenia, RSD, Huntingtons,  
Multiple Sclerosis, Lupus.



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Offered through Magnum Health Management, LLC. An exclusive licensee of "Help Your Diabetes"



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Brain Biofeedback is a  
Non-Medication  
Approach

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Can't Concentrate? Can't Focus? Can't Remember? Too Tired or Too Hyper? Interferes with School, Work, Sleep, Relationships? Affects Grades or Work Performance?



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STOP living with these symptoms and teach your brain how to get in SYNC!

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## WHEN WOULD NOW BE A GOOD TIME TO OBTAIN WISDOM?

"Wisdom Is The Principal Thing Therefore Get Wisdom" Proverbs 4:7

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**Business Coaching** that will 10X YOUR business with ongoing accountability, measurability, and collaboration.

**Life Coaching** so YOU can immediately breakthrough YOUR pain from abuse, addiction, alcohol, drugs or depression.

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# GAINSWave is a Revolutionary New Therapy

## that Treats Erectile Dysfunction (ED)

### WHAT CAUSES ED?

As men age, the vessels in the penis weaken, contract and fill with micro-plaque just as they do elsewhere in the body. This prohibits men from achieving an erection or decreases the firmness of a man's erection. At the same time, the penis decreases in sensitivity, making it harder to achieve a pleasurable orgasm. Finally, the time necessary between orgasm and the ability to achieve an erection (the refractory time) increases. The bottom line is that most erectile dysfunction is a result of poor blood flow, known as vasculogenic ED.

### COMMON TREATMENT FOR ED:

As many as 50% of men experience some form of ED by the age of 50. For many years men with ED have resorted to oral ED medications to relieve their symptoms. Oral medications for ED can be an effective temporary relief of the symptoms of ED, they don't target the root cause of most patients' ED, they can often bring unwanted side effects, and they can fail to work up to 50% of the time in some men.

Expensive oral medications such as Viagra and Cialis may cause unwanted side effects, such as nasal congestion, headaches, upset stomach, vision changes, facial flushing, and dizziness. They also have to be taken before intercourse limiting spontaneity.

Finally, there are many men with cardiovascular disease who are not candidates for treatment with these medications.

Depending on the severity of ED, The Journal of Urology reported oral ED medications may only yield up to a 27% effective rate in those with severe ED. This leads patients with more severe ED to invasive treatments like penile injections, where medication is injected directly into the penis before intercourse. This again limits spontaneity and chronically drains the wallet.

### WHY MEDICATE WHEN YOU CAN CURE?

Introducing the only Erectile Dysfunction Treatment that treats the underlying cause of ED, GAINSWave is revolutionary, non-invasive and heals the underlying causes of ED. GAINSWave 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. GAINSWave is about regenerative medicine – helping men return to their younger, healthier selves, and enabling a spontaneous, active sex life.

### SCIENTIFICALLY PROVEN RESULTS

There are over 40 clinical studies showing GAINSWave technology to be effective in treating ED. Patients are

reporting great improvements to their sexual health, including:

- Longer lasting erections
- More Spontaneous erections
- Fuller Erections
- Relief from symptoms of Erectile Dysfunction and Peyronie's Disease
- Enhanced sensitivity
- Improved sexual performance
- Decreased recovery time between orgasms

### IS IT SAFE?

Yes. This is an FDA cleared technology that originally developed in Europe and is used worldwide. GAINSWave uses state-of-the-art technology that has extensive applications including orthopedic medicine, urology, and anti-aging treatments and wound healing. While a specific indication for treating ED has not yet been granted, we know that it is only a matter of time given the extraordinary success. In clinical practice, over a 79% of the men who utilize this treatment report improvement in symptoms related to ED. We have even seen improvements in those men who have lost functioning after some forms of prostate surgery. GAINSWave has virtually no risks or side effects and no downtime. This therapy has been used extensively in Europe for over 10-15 years, but is relatively new to the U.S. for erectile dysfunction.

**After the GAINSWave procedure:**

- 75% men experience positive results post treatment.\*
- Some men may experience a spontaneous erection within 24 hours.\*

\*Results vary based on a patient's medical condition and age and may take a few months to obtain.

### HOW TO GET STARTED

Dr. Erickson, takes on each case with individualized care. Return to the sexually confident and active man you were before suffering from erectile dysfunction. Some men in their 40's and early 50's even find it helpful for reinvigorating their sex life and improving their performance to levels they enjoyed in their 20's.

Contact Dr. Erickson for a private consultation today, 561-807-9132.

**Tricounty Center for Integrative Medicine**  
 4800 Linton Blvd D502A, Delray Beach, FL 33445  
 Phone: 561-807-9132  
 EDfixMD.com

75% of men with ED who have received the GAINSWave procedure saw a reversal of their condition, and gave up taking oral ED medications. Nearly 75% of men receiving GAINSWave have reported positive results and improved sexual performance. The majority of patients with ED reported an improvement of their condition and gave up taking oral ED medications.

# FLORIDA MEDICAL MARIJUANA HEALTH CENTERS: NEW LOCATIONS to Serve You

**P**atients with seizures, cancer, chronic pain, and anxiety, just to name a few, are reporting incredible healing through Medical marijuana (MM). When they've finally had enough of western medicine, and it's ability to **ONLY** treat their "symptoms" and not their disorder, that's when patients are grasping onto alternative treatment options. For those that have found help through MM, their words are unequivocal—**IT 100% WORKS!**

That's why Florida Medical Marijuana Health Centers is proud to have added two new locations to serve the community. Now with three conveniently located offices, you can rest assured that your MM and CBD needs are going to be met by the best practitioners.

## FLORIDA MEDICAL MARIJUANA HEALTH CENTER:



700 W Boynton Beach Blvd.  
Boynton Beach, FL 33426  
561-223-0743



6266 S Congress Ave.  
Lantana FL, 33462  
561-429-2105



450 Northlake Blvd. #7  
Lake Park FL, 33403  
561-328-8384

## Medical Marijuana

There are different species and hybrids of the marijuana plant. With strict guidelines, the State of Florida highly regulates how their crops are grown for medical treatment. For instance, some of the plants have much less THC (tetrahydrocannabinol) in them than others. THC is the mind-altering, euphoric component of marijuana that gives the "high" feeling, typically associated with marijuana. However, new laws were put in place that allows recommendations of elevated levels of THC for certain patients with aggressive disorders.

The natural marijuana plant contains both CBD and THC. CBD or cannabinoids can treat many different forms of diseases and disorders with low THC. Our brain and nerve cells have cannabinoid receptors, so our bodies naturally react to CBD (cannabinoids) and TCH (tetrahydrocannabinol) through merging directly with our cells. Our natural endocannabinoid system works synergistically with CBD and TCH, creating a multitude of beneficial reactions in the body.

## The Process

At Florida Medical Marijuana Health Center, they make the process as easy for you as possible. With a highly-experienced physician on staff, they walk you through the protocols to make sure you are receiving the best care and attention.

## Florida Medical Marijuana Health Center

- 10-15 minute examination by a doctor
- If you have a qualifying condition, you will be entered into the state system and given a patient number
- They will supply you with all state required forms and instruct you on the application process
- Once the application is submitted to the state, you will receive an email in about 3 to 4 weeks with your card number.
- Once your card number is obtained, you can purchase, possess, and use the medical marijuana according to your prescription.
- Your actual card will be received about a week later in the mail.

## Qualifying Medical Conditions

Currently, there are 12 medical conditions explicitly defined in the Florida medical marijuana initiative. However, the Florida marijuana law also states that any medical condition in which the medical marijuana doctor believes that the medical use of marijuana would likely outweigh the potential health risks for a patient may be used as criteria when certifying a patient for the Florida medical marijuana program. The medical conditions specifically defined in Florida's medical marijuana law are:

- Cancer
- Epilepsy
- Glaucoma
- HIV
- AIDS
- Seizures
- Crohn's disease
- Chronic muscle spasms
- Post-traumatic stress disorder (PTSD)
- Amyotrophic lateral sclerosis (ALS)
- Parkinson's disease
- Multiple sclerosis
- Any other medical condition that the doctor approves

## How MM is Regulated and Dispensed

There are highly-regulated medical marijuana dispensaries, which are the only place you can purchase marijuana legally. Marijuana is still listed as a Schedule I narcotic by the US federal government and therefore cannot be sold in pharmacies since pharmacies are regulated by the federal government's DEA. Before a patient can legally purchase medical marijuana in Florida, the specialized marijuana physician will enter a recommended dosage amount into the registry.

To get help today, please call **(561) 223-0743** to schedule your consultation and experience the healing effects of medical marijuana.



**Florida Medical Marijuana Health Centers**  
Flamjcenter.com  
561-223-0743  
Flamjcenter@gmail.com  
<https://www.facebook.com/flamjcenter/>

# ARE YOU MENTALLY HEALTHY?

by Renee Chillcott

**M**ENTAL HEALTH is a broad term that encompasses our emotional, psychological, and social well-being. It can also have a profound impact on our physical well-being and daily functioning. Mental health affects how we think, feel and act as we cope with life and is important at every stage of life, from childhood and adolescence through adulthood.



At The Brain and Wellness Center in Boca Raton, our mission is to help bring education and optimal mental health to the clients that we serve. We enjoy utilizing all of our skills in order to enhance the quality of life and bring hope towards a better future for our clients.

## HOW DO I REACH OPTIMAL MENTAL HEALTH?

Being mentally healthy can be achieved in different ways for different people. At our clinic, we don't take a one-size-fits-all attitude. Instead we customize each session to fit the individual and base this on their needs, symptoms, and individual differences. We offer several different services in house and will not hesitate to refer for services we don't offer if they're needed. Through Neurofeedback, EMDR, and counseling, optimal mental health is within reach.

## EMDR

EMDR or Eye Movement Desensitization and Reprocessing, focuses on the memories we have that were stored incorrectly and therefore continue to disturb us, even if we've reasoned them out. These memories get stored in the emotional part of our brain, so accessing them leaves us feeling as if we are still in the midst of them, all the same hurt comes back. EMDR allows the brain to tap into these feeling memories and conjoin them with more logical reasoning so that we can heal them. We don't lose the memories but we lose the emotional grip they have on us.

## WHAT ARE THE SYMPTOMS THAT CAN BE HELPED BY EMDR?

- High anxiety and lack of motivation
- Depression
- Memories of a traumatic experience
- Fear of being alone
- Unrealistic feelings of guilt and shame
- PTSD
- Difficulty in trusting others
- Relationship problems

## IS EMDR NEW?

Since the initial medical study in 1989 positive therapeutic results with EMDR have been reported with the following populations:

- People who have witnessed or been a victim to a disaster
- Clients suffering from PTSD (post traumatic stress disorder)
- Suffers of panic disorders and anxiety attacks
- Suffers of phobias
- Chemically dependent clients
- Persons exposed to excess loss
- Crime victims
- First Responders
- Accident or burn victims

EMDR is similar to that of REM sleep, when our eyes move as we sleep, our brain is able to process the information we have collected through the day. In an EMDR session, your eyes are guided with hand movements or tappers, back and forth at a good pace. While the movement is happening, you may experience different memories, thoughts about the memories, feelings may come up and they may sometimes be intense. Through this process, you will be guided and supported. By the end of the process, your memory, and thoughts about the memory will be different. It won't hold the same feelings for you anymore, and you may see yourself, and indeed your life, in a new way.

EMDR is a powerful with children as well, helping them move past fears and behaviors triggered by past events. It is done through play and can help move children through tough times with less stigmatizing affects. The children continue to work through therapy in play, with the EMDR allowing the brain to work out their feelings much faster.

## COUNSELING

There is no "right or wrong" way to benefit from counseling. Rather, it's all about the "fit" and needs of our clients. At The Brain and Wellness Center we offer many different options and techniques of counseling to fit those needs. Different counseling styles and approaches for individual clients of all ages, couples and families; make us a unique and inviting place to heal and grow.

## OUR THERAPISTS:

**Kristan Torres, LMHC -  
Hope Christian Counseling**  
*Hccounseling.com*

**Tina Landeen, LCSW –  
Harmony Family Counseling**  
*Myharmonytherapy.com*

**Renee Chillcott, LMHC –  
The Brain and Wellness Center**  
*Bocabraincenter.com*

### NEUROFEEDBACK

Neurofeedback, also known as EEG biofeedback, has been studied and practiced since the late 60's. It is exercise for your brain; allowing you to see the frequencies produced by different parts of your brain in real-time and then through visual and auditory feedback, teaches the brain to better regulate itself. Neurofeedback can be used to help detect, stimulate, and/or inhibit activity in the brain safely and without medication. It can help restore a wider "range of motion" in brain states, much like physical therapy does for the body.

While the client sits comfortably watching a movie or pictures appear on the screen (a calm and focused state), the EEG equipment measures the frequency or speed at which electrical activity moves in the areas where electrodes have been placed. This information is sent to the therapist's computer. The therapist is then able to determine what frequencies are out of balance. For example, when the EEG shows that you are making too many "slow" or "sleepy" waves (delta/theta) or too many "fast" waves (high beta), the therapist adjusts a reward band to encourage more balanced activity. This encouragement or "reward" happens through an auditory reinforcement of "beeps" and sometimes through visual reinforcement of changes on the screen.

### WHAT TYPES OF CONDITIONS DOES NEUROFEEDBACK HELP?

*Symptoms of these conditions, among others, can improve through neurofeedback training:*

- Anxiety • Sleep disorders • Depression
- ADD/ADHD • Sensory processing disorder
- Bipolar disorder • Seizure disorders
- Auditory/visual processing
- Chronic pain/Fibromyalgia
- Migraines/headaches
- Traumatic brain injuries • Stroke
- Cognitive decline • Peak performance
- Oppositional defiant disorder
- Rages/mood swings
- Attention/focus/concentration
- Reactive attachment disorder
- Autism/Asperger's • Learning disabilities
- Obsessive compulsive disorder

### WHAT IS A QEEG (QUANTITATIVE EEG) OR BRAIN MAP AND DO I NEED ONE?

The QEEG is a quantitative EEG. It's also called a brain map and does just that...it gives us a map of what is going on with the entire brain at one time. We attach electrodes to the whole head, 19 spots, and then record the brain waves with eyes open for 5 minutes and with eyes closed for 10 minutes. This recording is then sent to an independent specialist be read and analyzed. They are able to not only give us a summary of significant findings but the report also shows the results of analyzing the data several different ways. The brain activity is not only compared spot by spot over the entire head, but we can also look at connections, symmetry, how different parts are communicating and all of this data is compared to a database of peers (same sex, handedness and age). It can help us see what areas need to be addressed more efficiently than just training spot by spot.

We don't always need this data to make improvements in symptoms but we do recommend it in certain situations. A QEEG can also be helpful information when diagnosing and/or trying to decide the best medication/supplement recommendations.

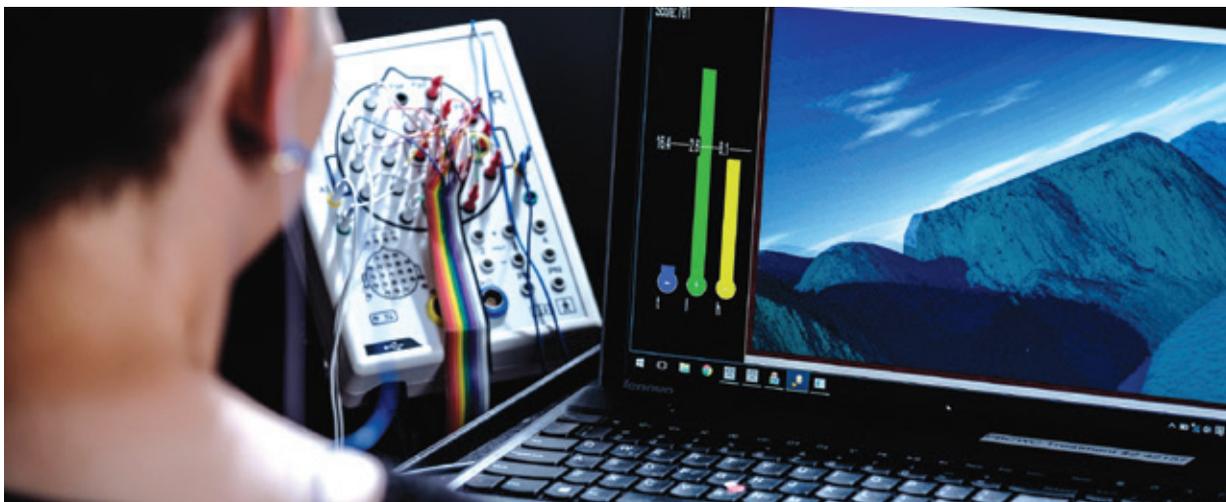
### HOW DO I GET STARTED?

Getting started is easy, just give us a call. The Brain and Wellness Center staff will answer all of your questions, and help you get scheduled. If you are wondering what services are best for you? We can help determine that at the time of the intake, in a telephone consultation, or you can schedule a face to face consultation and see our facility. Call, email or message us today! Brain and Wellness Center, 7301 W. Palmetto Park Rd., Suite 102A, Boca Raton, FL 33433. (561) 206-2706, e-mail us at [info@bocabraincenter.com](mailto:info@bocabraincenter.com), or text us at **(561) 206-2706** or visit our website at **www.BocaBrainCenter.com**.

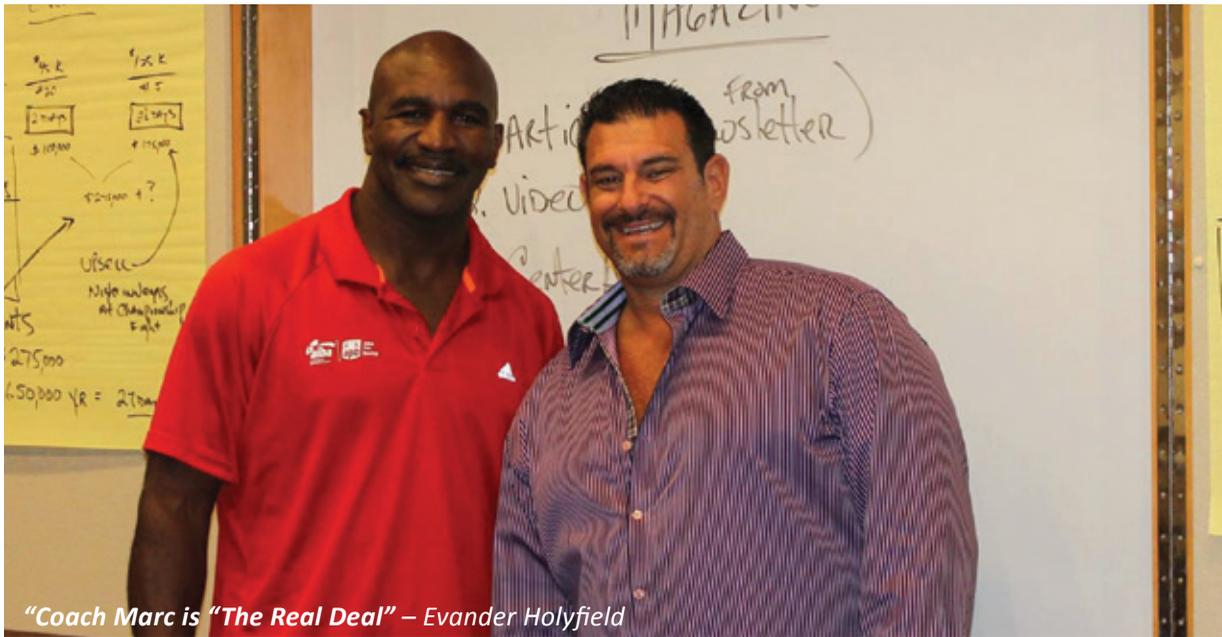


### Renee Chillcott, LMHC

Renee Chillcott is a Licensed Mental Health Counselor that has been practicing Neurofeedback training since 2005. Renee holds a BA degree from The University of Central Florida and a Master's Degree in Psychology from Nova Southeastern University. She is a Licensed Mental Health Counselor and is the owner/operator of The Brain and Wellness Center, located in Boca Raton. At The Brain and Wellness Center, adults, teens, children and families enjoy a variety of services from multiple providers. Neurofeedback, Brain Mapping, Nutritional Counseling, Learning Programs, and counseling are among a few of the services offered.



**7301 W. Palmetto Park Rd.,  
Suite 102A, Boca Raton, FL 33433.  
(561) 206-2706 • [www.BocaBrainCenter.com](http://www.BocaBrainCenter.com)**



“Coach Marc is “The Real Deal” – Evander Holyfield

# The \$400 Million Dollar Lesson

“5X Heavyweight Champion Evander Holyfield’s home is up for auction this Friday at 2:00pm.”  
How is that even possible I pondered?

My heart was breaking as I stared at Huffington Posts online article that Wednesday afternoon. What could I do? How could I help my sports hero Evander Holyfield? At the time, I was the founder and CEO of Crown Financial one of the largest Christian Debt Relief companies in America. After careful consideration, I penned a 4-page handwritten letter to Evander, sharing the details of an encounter and random breakfast that I was privileged to enjoy with the late Whitney Houston back in the summer of 1996 in Aventura Florida. At the end of the 4-page Whitney story, I encouraged Evander that most of humanity faces very similar challenges in life, albeit finance, family, fitness, friendships and even faith. I invited “The Champ”

into a new possibility to overcome his obstacles with my assistance and a week later I was sitting in the lobby of The W Hotel in downtown Atlanta have breakfast with “The Real Deal” and my new client Evander Holyfield.

Over the years I have helped Evander re-invent his career outside of the ring endorsing companies, and sharing his story as a celebrity speaker. Evander is as healthy today as when he beat Mike Tyson for the heavyweight title back in 1996. The \$400 million dollars that he earned and spent during his boxing career doesn’t really bother him today. “I am grateful for all that I have experienced and the things that I have been through”, a motto that has helped Evander’s ongoing success both financially and physically. Evander says that “setbacks pave the way for comebacks and increase the measure of faith that God has put in each one of us.”

Often times when working with clients I hear them say things like; I’m not smart enough, I’m not good enough, I’m not strong enough, I’m not successful enough, I’m not handsome enough, I’m not pretty enough, I’m fat, I’m ugly, I’m a failure, I’ll never be successful, I’ll never lose the weight, I just can’t do it! Now, if you want to be right about these things you can, but are you inspired to be the best version of yourself with this kind of Self-Talk? Are these the kind of affirmations that are going to increase your faith? Are you going to trust yourself at a greater level by reminding yourself about all of your past failures? The answer is NO! Now, I don’t know your exact situation or the pain that you carry, but one thing I do know is that your past doesn’t define you, it prepares you for a bigger brighter future then you have ever dreamed possible. **Here is the key that I taught Evander, and that I will now share with you. Be GRATEFUL for all that you have been through in the past, be GRATEFUL for where your life has brought you today, and get clear about what you want to create in your future, make a plan and go for it!**

## WHAT DOES THE BIBLE SAY ABOUT GRATITUDE?

*This is the day that the Lord has made; let us rejoice and be glad in it. (Psalm 118:24)*

*Give thanks to the Lord, for he is good, for his steadfast love endures forever. (Psalm 136:1)*

*Therefore, let us be grateful for receiving a kingdom that cannot be shaken, and thus let us offer to God acceptable worship, with reverence and awe. (Hebrews 12:28)*

*Continue steadfastly in prayer, being watchful in it with thanksgiving. (Colossians 4:2)*

*But I with the voice of thanksgiving will sacrifice to you; what I have vowed I will pay. Salvation belongs to the Lord!” (Jonah 2:9)*

*Giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ. (Ephesians 5:20)*

**Allow yesterdays curse to become today’s blessing! Be GRATEFUL!**



To schedule **YOUR FREE** 30-Minute Power Session and to eliminate whatever challenge is blocking **YOUR ATTITUDE** Of GRATITUDE and **YOUR PATH TO GREATER SUCCESS** call Marc Feinberg at **561.309.1334**

# RejuvaEnhancement®

## a Groundbreaking New Treatment for Peyronie's Disease and Penile Enlargement

### PEYRONIE'S DISEASE

Peyronie's 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.

### GO BEYOND MEDICATION – TREAT THE ROOT CAUSE

Simply Men's Health is a leader in men's health and a pioneer in the field of regenerative medicine. They were the first to introduce Acoustic Pressure Wave therapy in South Florida, and now Simply Men's Health is revolutionizing the field of men's health by introducing the state-of-the-art procedure called, RejuvaEnhancement®. This method helps to reverse the inevitable aging process and treat Peyronie's disease and restore penis size.

### WHAT ARE REGENERATIVE MEDICINE AND THE REJUVAENHANCEMENT® PROCEDURE?

Regenerative medicine, rather than treating symptoms, shifts the body into a healing and restoration state by providing the body with stem cells (the building blocks), growth factors and platelets that stimulate the body's natural healing process.



**RejuvaEnhancement®**  
**Amniotic Stem Cells**

- REPAIR
- REGENERATE
- RESTORE

**RejuvaEnhancement®**  
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

### 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 and can replace damaged or worn out tissue. Pluripotent stem cells, derived from amniotic/placental tissue have essentially 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.

### 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 bodies, 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.

### IS IT 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.

### 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 issues and create a



customized treatment plan. With the advent of Regenerative medicine, penile issues and the inevitable part of aging are no longer an issue. Simply Men's Health's innovative approach of regenerative medicine can restore you to a healthier, younger you! They also treat men's hair loss, allowing people to regrow their own hair with their exclusive RejuvaHair® Amniotic Stem Cell therapy.

### WHAT OUR PATIENTS ARE SAYING?

*"I've been coming to Simply Men's Health for several months, but I never told my girlfriend. After my second treatment, my girlfriend remarked that my penis was getting bigger."*

Anthony Z.

*"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. After my very first treatment, my penis size increased in both length and girth. Now after about six months, the results have been amazing. The RejuvaEnhancement® procedure is remarkable. I feel like Superman."*

E.M.



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

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



# HELP YOUR DIABETES®

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## YOUR PATH TO BECOMING CLINICALLY NON-DIABETIC

Exclusively licensed through Magnum Health Management, LLC  
[www.MagnumHealthMgmt.com](http://www.MagnumHealthMgmt.com)



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 you clinically non-diabetic and off all or most of your harmful medications in as little as 2 to 6 months!

If you are one of more than 27 million Americans with Type 2 Diabetes or one of 86 million Americans diagnosed as Pre-Diabetic then **the HYD® program** is for YOU!

**Type 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.**

**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 people off harmful medications – which only serve to manage symptoms and cannot reverse them.



*Dr. J. Murray Hockings*

**Medical Schools** train student doctors how to manage Type 2 Diabetes – but not how it can be reversed! They prescribe often costly medications aimed at lowering one’s **A1C**. As the symptoms worsen they refer patients to a **Specialist** who may prescribe additional or different medications – 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 their life.

**Pharmaceutical manufacturers** must by law, disclose the potential dangerous side effects of 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 itself! Diabetes drugs are also very expensive for the patient, earning pharmaceutical manufacturers hundreds of billions of dollars annually!

**LIST OF BENEFITS OF THE HELP YOUR DIABETES PROGRAM**

- Before and After Lab Analysis
- Proprietary Nutritional Supplements to take
- Exercise Recommendations or work with our In-House Diabetes Certified Personal Trainer
- Unlimited One on One Phone or Email Support 7 Days a Week to Monitor your Progress
- Facebook Group to Share Success Stories, Swap Recipes, Etc.
- Group Phone Support Calls 3 Days a Week
- Weekly training videos to keep you on track
- A monthly HYD newsletter
- Enjoy/Avoid List of Foods
- Proprietary Weekly Meal Plans
- Over 200 Recipes
- Grocery Shopping List
- Exclusive Membership in the HYD Website

**Noticeable improvement in as little as one week!** HYD® patients can reverse their Type 2 Diabetes safely, lose excess weight, need far less or no medications, regain energy and enjoy improved quality and vitality in their daily life.

**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's 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 by then."

**Help Your Diabetes® Official Celebrity 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**. [Note: set copy alongside the image of Corbin Bernsen)



Corbin Bernsen

**PLEASE CONTACT OUR OFFICE TO BOOK YOUR FREE, NO OBLIGATION CONSULTATION**

**During your visit you can expect to receive:**

- FREE A1C Test, No Blood Draw needed, just a simple finger prick with results in 5 minutes
- FREE Diabetic Reversal Video Presentation
- FREE Diabetic Assessment and Score

Appointments Necessary, evenings and weekends available upon request.

**Call 561.506.2569**  
**TODAY TO MEET WITH OUR CLINIC DIRECTOR AT:**  
**HELP YOUR DIABETES**  
**301 Yamato Road, Suite 1240, Boca Raton, FL 33431**



**RejuvaEnhancement®**  
Enjoy a **SPONTANEOUS & ACTIVE SEX LIFE** again  
**AMNIOTIC STEM CELLS**

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# SEEKING A SECOND OPINION ABOUT YOUR EYE CARE

By David A. Goldman MD

**T**hroughout my career I have seen patients come to me for second opinions, and I have also had patients ask me if I would ‘mind’ if they saw another specialist for a second opinion.

For the patient, seeking a second opinion is a difficult thing to do. To begin, he or she may not know who is a reputable person to seek for second opinion. Furthermore, they may have a good relationship with their ophthalmologist and may feel they are betraying their doctor’s confidence by seeking another MD. Finally, they may be concerned whether their insurance will cover a visit for second opinion.

For the doctor, discovering a patient has seen another physician may make them feel that they are not trusted or even felt to be incompetent. In some cases, when a patient seeks second opinion it may completely end their care with the first physician.

It has always been my belief that second opinions are an excellent idea. If the care rendered to date is appropriate, the second physician can confirm that and set the patient’s mind at ease. In some cases, the physician may actually find something that the first doctor missed, and in these cases both the physician and patient still benefit. This is because at the end of the day, doctors want their patients to do well. If I am unable to treat a patient completely, I am thankful that another doctor could. On the other side, I am happy to help out my colleagues when they have gotten stuck, or just to tell their patients that everything is going well. Medicine is not performed in a vortex - referrals to subspecialists are very common place. While intra-subspecialty referrals are less common, I am always comfortable recommending the patient seek second opinion if they have any questions or concerns. In this way, doctor-patient relationships are strengthened rather than weakened and care can be given the best way possible.



DAVID A. GOLDMAN

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

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

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

Dr. Goldman speaks English and Spanish.

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# I Have A Wait Problem

Brent Myers

**Y**ou're reading a health and wellness magazine and you're thinking: that guy can't spell. But the truth is that you read it correctly: I have a wait problem: I don't like to wait. But who does?

Think about it... do you like to wait? Do you love sitting in the waiting room at the doctor's office? Do you look for the longest line at the grocery store so you can spend more time waiting? When the light turns green, does it make you happy when the car in front of you just sits there? Do you keep your fingers crossed that wait times are an hour at the amusement park? If you answered "no" to the questions above, then you have a wait problem too.

It's been estimated that we spend ten percent of our lives waiting. That comes out to be over two hours of everyday. I have a wait problem: I'm not very good at it. But I don't have a choice. Waiting is a part of our lives.

And waiting isn't just a part of everyday menial tasks, but big things in life too. Things like waiting for Mr. Right or Miss Perfect; waiting for your first grandchild; waiting for retirement; waiting on test results; waiting to hear back about the interview; waiting...

From a spiritual perspective, waiting is very important. So important, in fact, that God talks about it including these words: *"Even youths shall faint and be weary, and young men shall fall exhausted; but they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint."* (Isaiah 40:30-31, ESV)

## **Waiting is expected by God.**

Notice what he says... "...they who wait for the LORD..." Isaiah doesn't single out an individual

or use the word "if". God – the creator and controller of time and all circumstances – knows we will have seasons of waiting. And He expects us to wait on Him.

## **God uses waiting to build our character.**

Look at the different stages of development: flying high (wings), running, and walking. Waiting gets us to a place where we learn to take in the highest highs, but at the same time realize that slow and steady gets us where we need to go. Waiting helps us grow into constant and consistent forward movement in our lives... even when we are waiting.

## **Waiting is rewarded by God.**

Isaiah shows us that waiting has its rewards. Tired of being tired? Close to giving up? Don't want to wait anymore? Read the passage again: "...and not be weary..." "...and not faint..." God honors us when we wait. God rewards our faithfulness in the midst of our waiting.

## **Waiting is the fruit of our faith.**

Finally look at this: "...but they who wait for the LORD..." When we learn to trust our circumstances to God, we show that we really believe that He is in control. We demonstrate that we actually believe that He knows best and that He works all things together for good. When we wait on the LORD, we show the depth of our faith. So... how do I get better at waiting? The ability to wait on the Lord stems from being confident and focused on who God is and in what God is doing. It sounds simple – and it is – but simple is not the same as easy (because it's not).

But look at it like this... I heard the other day, "there are no problems, only opportunities". So at least now I know I don't have a wait problem after all – just a wait opportunity (and lots of them)!



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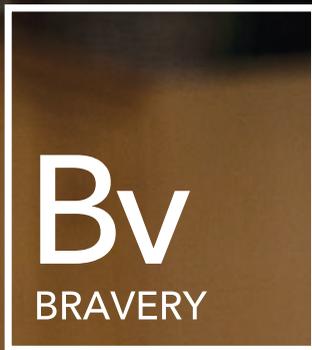
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