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MAGAZINE

July 2018

South Palm Beach Edition - Monthly

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FREE

**HAIR TRANSPLANT
DOS AND DON'TS**

PDO BODY THREADS

**RETINAL TEAR AND
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LAW OFFICE OF ANDREW CURTIS, ESQ

- LLM in Taxation New York University Law School 1986
- JD Georgetown University Law School 1983
- MBA University of Michigan 1978
- 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
- Why a will may not avoid probate
- 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
- How a trust may protect your child's inheritance from divorce
- How a trust may protect your child's inheritance from sons-in-law and daughters-in-law

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by Andrew M. Curtis, ESQ



TRUSTS ARE NOT JUST FOR THE WEALTHY



Perhaps the most common misconception among the general public concerning the areas of wills and trusts is the notion that if a couple owns less than \$5,000,000.00 in assets, that they don't need a revocable living trust. This is a false notion. For example, I recently had a fellow come to my office whose mother has just died. All she owned was a \$50,000.00 condo, and had a will, which read "I leave my condo to my child". What could be more simple and clearer than that? Well, believe it or not, the child had to go through probate before he could get the condo, and the legal fee was \$2,000.00. A revocable living trust could have avoided this.

Another reason for having a revocable living trust is to protect against incapacity. In the trust, you designate who would manage

your assets in the event, let's say, you get Alzheimer's disease. Without a trust, court proceedings might well be necessary, and a stranger could even be designated by the court to manage your affairs.

Further, once the decision is made to have a trust, the trust can in effect allow you to "rule from the grave"! with your assets distributed the same way you would have done as if you were still alive. For example, most wills simply say that on a person's death that his or her children inherit equally. However, think about it – once your child inherits your money, he or she is completely free to leave it to whomever he or she wants, such as a boyfriend, spouse, or other non-blood relatives. So let's say your daughter dies 5 years after you, and leaves the inheritance she got from you to her husband. Even if you like her husband, this could prove



to be a bad result, because the husband could remarry and the new spouse could have children from a previous marriage, and now all of a sudden your hard earned money is going to support kids you never knew. Further, if you leave your assets to your son in a regular will, his wife could divorce him and take the money. A Solution is to leave you assets to your children in a lifetime trust. They could each use the money for their normal living, but would be protected, and upon death, the remaining assets would pass to the child's children, (your grandchildren), or if none, to the child's siblings, not to some stranger.

Another place where trusts are extremely useful is in second marriage situations. If you simply leave your assets to your new spouse, he or she is free to leave the assets to his or her children, and not to yours, once

you pass on. Instead, a trust could be used, so that your assets would be available to care for your spouse after you die, but upon the spouse's subsequent death, the assets would pass to your children, not theirs. Don't assume your spouse will, follow your wishes, because after you die, his or her relationship with your children could change with the passage of time.

Another use of a trust is to manage assets inherited by children who are not good with money. You could provide that the child would get only the income from his or her inheritance, for example.

Trusts can also be used to protect your children's inheritance in the event they go bankrupt, divorce, or face a lawsuit.. And for persons with handicapped children, a "supple-

mental needs trust" can be utilized, to make sure the government simply doesn't take the disabled child's, inheritance as reimbursement for government benefits, and to make sure the child does not lose such benefits.

Thus, there are many reasons why a trust may be advisable for even a person of modest means.

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.

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Hair Transplant DOs and DON'Ts

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

It is every patient's goal is to have their hair restored in a way that is safe comfortable and, of course, undetectably natural. Thankfully, today, minimally invasive hair transplant techniques, the use of small grafts called follicular units and careful artistic design make this absolutely possible for patients.

Here are four “Dos” and “Don'ts” for men and women considering a hair transplant. Following these guidelines can help ensure you achieve optimum results and permanently change your “follicular fate” by restoring the youthful confidence of a fuller head of hair!

DO: Research Your Hair Transplant Surgeon

There is one unfortunate downside to the rise in hair transplant technology. Some doctors unqualified to perform hair transplant surgeries may mistakenly believe that these new devices make up for a lack of technical expertise or clinical experience. Patients who undergo hair transplants from non-hair loss specialists are at a greater risk of botched surgeries from poor planning or poor execution as well as scarring and other postoperative complications.

When selecting a hair transplant surgeon, it is important to make an informed and educated choice. Many hair loss patients are unaware of the qualifications, training and expertise needed to properly perform a hair transplant. As with other medical specialties, hair restoration even has its own certifying board, called ABHRS. Before choosing a surgeon, it is important to know their credentials, qualifications, visit the clinic (virtually online, if not in-person), read reviews, ask for before-and-after pictures and most importantly, ask questions. Lots of questions. Not only should you look for a surgeon with technical skills, but also the artistic talent to recreate the natural patterns of hair growth and achieve realistic looking results. Also, experience matters. A surgeon who performs a procedure once or twice a month will never in his entire career obtain the skill-level of a full-time surgeon who performs the same procedure multiple times every single day.

DON'T: Opt for an Outdated Procedure

FUE or “Follicular Unit Extraction” is the least invasive type of hair transplant. The less-invasive FUE method is appealing to patients looking for an alternative to the “strip” or “linear” harvest transplants, and the hairstyle-limiting telltale scarring they leave behind. Artistic use of the harvested follicles by an experienced surgeon delivers a permanent

restoration of your own living and growing hair that's never pluggy or unnatural.

The three most advanced devices that may be used for hair follicle harvesting and transplantation are:

- **SmartGraft FUE:** SmartGraft is an FDA-cleared mechanical, minimally-invasive surgical hair transplant instrument that works like an extension of the surgeon's hand, allowing the removal of individual follicular units from the donor area located at the back of the patient's scalp which are then implanted into the bald areas. This means no scalpels, sutures, or staples for the patient in the donor area—leaving absolutely NO linear scar. SmartGraft also has an on-board graft collection and storage system that preserves grafts within a carefully controlled environment for optimal hair growth rates and quality.
- **ARTAS Robotic-Assisted FUE System:** The FDA-cleared ARTAS robot is a state-of-the-art medical device that assists in hair transplant surgery by helping to safely and effectively extract intact hair follicles for transplantation using the FUE technique. The robot's sophisticated micron-level precision allows patients to benefit from an unprecedented level of safety, accuracy, efficiency and comfort during their hair transplant procedure. The innovative ARTAS robotic FUE system uses advanced digital imagery to “see,” map and analyze the hair in natural groupings on the scalp for harvesting. The system features stereovision sensors to detect and analyze follicular units—calculating density, exit-angles, orientation and location and proceed with precision robotic harvesting based on algorithms programmed by the surgeon.
- **NeoGraft FUE:** The original “game-changing” device for Follicular Unit Extraction is still in use today to help surgeons extract grafts from the Donor Area without leaving behind a telltale linear scar.

As with any cosmetic surgery, hair transplants can be costly, but patients should always consider that



repairing a poorly planned or poorly-executed hair transplant can add additional financial burden, and in most cases, the results will still never be as good as if the procedure was performed correctly the first time. This is why it is essential that patients take advantage of the new, state-of-art technology available, even if it comes at a higher price point than other outdated surgical techniques.

DO: Be Proactive, But Not Premature

When it comes to hair loss, the biggest takeaway for patients should be that early intervention is the key to preventing and managing hair loss. There are many considerations your hair restoration physician will discuss with you in determining if you are a good candidate for hair transplant surgery. Among these deciding factors is lifestyle, health conditions, health of the scalp, amount of healthy “donor” hair, hair loss classification, commitment to follow-up care and age.

Patients are always encouraged to seek the counsel of a hair restoration physician while in the early phases of hair loss. Early effective medical intervention can prevent the need for immediate transplantation and also reduce the amount and size of hair transplants needed over time.

DON'T: Stop Treatment After Your Transplant

New, less-invasive technology has made recovery faster and easier; most patients are able to resume regular activities within just a few days following a hair transplant. However it is important for patients to understand that the process doesn't end with the procedure. Follow up care and commitment is necessary to ensure optimal results from the procedure and also to effectively maintain the non-transplanted hair. Some of the regimens that may be used in conjunction with a hair transplant may include Platelet Rich Plasma (PRP), which assists with wound healing and graft yield, and low-level laser therapy, which helps stimulate rapid recovery and healthy hair growth. It is essential to follow your doctor's post-op instructions carefully and thoroughly, to ensure the best long-term results.



1: (NOT a Bauman patient.)

BEFORE:

Patient with bad “plug-style” hair transplantation.

2: AFTER:

Bauman patient after corrective work with FUE grafts



1: (NOT a Bauman patient.)

Old-style linear or “strip-harvest” hair transplant leaves a telltale linear scar.

2: FUE techniques allow for the harvesting of grafts as small as a single hair follicle directly from the donor area, leaving absolutely NO linear scar to hide.

Dr. Bauman’s tips for keeping your hair transplant a secret:

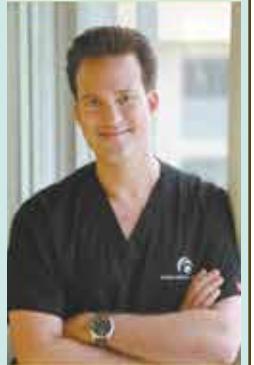
- Select minimally invasive SmartGraft FUE or ARTAS Robotic System as your treatment – which leaves no telltale linear scar, no stitches to be removed, and offers a shorter, more comfortable recovery.
- For small procedures, grow your hair to more than one inch in the Donor Area – this allows you to easily conceal the ‘stealth-shave’ for a no-shave process.
- Wear a bandana or hat for one week following your surgery to cover the transplanted areas until the crusts flake off.
- Use healing treatments (low level laser therapy, healing mist sprays, topical PRP, etc.) to accelerate skin recovery.
- Choose a surgeon who can create an aesthetically natural and undetectable hairline.

What Do Hair Transplant Credentials Mean?

- ABHRS-American Board of Hair Restoration Surgeons. Only approximately 200 doctors worldwide have received this certification through a rigorous written and oral board examination process. It is the only recognized certification in the field of Hair Restoration Surgery.
- FISHRS - Fellow of the International Society of Hair Restoration Surgery. Less than 10% of all ISHRS members worldwide have achieved the coveted “Fellow” status recognizing their continuing commitment to excellence and having met exceptional educational criteria.
- IAHRS - International Alliance of Hair Restoration Surgeons. This elite group was hand-selected by the premier consumer organization dedicated exclusively to protecting hair restoration patients through their commitment to excellence. IAHRS members represent only the best in the discipline and the true leaders in surgical hair restoration.
- AHLA - American Hair Loss Association. The AHLA is committed to educating and improving the lives of those affected by hair loss. They are the authoritative source of information for people with hair loss and the healthcare professionals that care for them.

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.

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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LIFE BEYOND CANCER

While the end of successful cancer treatment is a time for celebration, it can also mean new challenges for survivors. Returning to work and managing the ongoing emotional and physical effects of cancer and cancer treatment often presents unanticipated changes for patients and their families. The key to returning to a normal life after treatment may be found in establishing new habits in diet and exercise, and learning to cope with a range of emotional and physical challenges.

Nutrition and Exercise

Cancer survivors should first turn to their care team for information and advice about nutrition, physical activity and dietary supplements to improve quality of life and long-term survival. In the past, doctors often advised patients to rest and reduce physical activity to avoid fatigue associated with cancer and treatment. If patients experience pain, shortness of breath or rapid heart rate, this is good advice. However, recent research also indicates that exercise during and after treatment can be safe and beneficial. Your cancer team is the best resource for beginning or resuming a more active post-cancer lifestyle. They have answers to many questions about maintaining a healthy diet and exercise routine during and after treatment, and they can refer patients and family caregivers to other professionals for a tailored post-treatment plan.

Physical and Emotional Challenges

The aftereffects of chemotherapy, surgery or radiation therapy should not be underestimated. Pain, fatigue and nausea are common; more serious conditions can include anemia, lymphedema (a buildup of fluid in fatty tissues just beneath the skin) and even severe infections. For both men and women, cancer and cancer treatment can cause changes in fertility and sexual side effects. Your oncology team is trained to monitor and manage the short and long term effects of treatment, so it's important to discuss your concerns with your team and follow their instructions.

The emotional side effects of cancer survivorship touch both patients and their families. The stress associated with a cancer diagnosis and the physical effects of



Not long ago, there were not many options for patients diagnosed with cancer. Today, thousands of patients can look forward to many healthy and productive years after cancer.

treatment are often still fresh in memory. Survivors and their families can feel a complicated mixture of relief and worry about the future; some suffer episodes of anxiety and even depression. These are all matters to discuss with your oncology team, who can help you achieve emotional balance or refer you to another appropriate professional, if needed.

Healthcare after Cancer

In the rush to put cancer behind you, it's important to remember that the end of treatment doesn't mean the end of seeing your cancer team. Most often, long-term follow-up appointments and tests, followed by routine checkups and health screenings, will continue for many years. It's important to keep your follow-up appointments and undergo these tests and screenings as recommended by your oncologist. While there is no absolute certainty that seeing your oncologist will prevent cancer from returning, it will help make sure that any recurrence is detected and treated early.

As a cancer survivor you've come a long way; with the help of your oncology team, your family and even your employer, there's a lot of promise in your future as well. Your life after cancer offers the prospect of many years of good health, rewarding work, happiness and fulfillment.

World-Class Cancer Treatment 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 this practice on the leading edge of clinical trial research, and gives FCS physicians access to the newest and most innovative treatments.

Florida Cancer Specialists treats patients with all types of cancer, and offers a number of services including an in-house specialty pharmacy, an in-house pathology lab, and financial counselors at every location, all of which deliver the most advanced and personalized care in your local community.



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PDO BODY THREADS

One of the hottest trends in body smoothing and lifting are PDO Threads. PDO Threads have gained great popularity in Europe and Asia over the past decade and their use is now growing rapidly in the US with recent FDA approval.



PDO (polydioxanone) is a safe biocompatible, biodegradable synthetic fiber that has been used in surgery for more than 40 years. Also known as absorbable suture material. The effects of using the PDO fiber as a treatment, rather than part of a surgical procedure, can provide a lifting, toning and smoothing effect that helps restore a youthful definition to our body skin.

What is the Scientific Logic behind PDO Threads? The threads stimulate production of new collagen protein and elastin in our tissue, which results in better hydration, improved circulation, greater elasticity and firmness of the skin.

How do PDO Threads work? An immediate improvement in the appearance of the skin can be seen after placement of the threads. After 4-6 weeks the body will start to increase the production of proteins. This building of collagen and elastin thickens the skin in a natural way which continues up to 6 months until the PDO threads are safely absorbed. The stimulation will produce an aesthetic effect that may last up to a year or more for most people.

Which body areas can be treated? Body areas that can benefit from the rejuvenating, lifting and smoothing effects are the belly, belly button, knees, arms, buttocks, thighs and décolleté. For example, one of common places we may notice loose skin is above the knees, especially here in Florida where they are on display most of the time. Threads can build a collagen mesh that lifts and thickens the skin, fades lines and softens folds for a better overall look to the area.

How do the PDO Threads lift? The treatment uses threads that are carefully placed under the skin to subtly elevate the area to smooth and soften the surface appearance of the skin. A combination of a smooth fiber thread and a textured fiber thread are used to provide a lift. A textured thread has been modified with tiny tags that help anchor them to the tissue under the skin to pull up the sagging area. The threads are completely dissolved by the body

and replaced by the skin's natural collagen and elastin that preserves the lifting effect.

Who would benefit most from PDO Body Threads? Those who have sagging or wrinkled skin due to ageing, sun exposure, hormonal changes and weight loss. Those that want a natural rejuvenation of their body skin that is safe for all skin types, convenient and effective. Those with realistic expectations for a non-surgical lift especially in areas of the abdomen and buttocks. Realistic results would include smoothing of lines, wrinkles and improvement of surface texture for abdomen, buttocks, thighs and décolleté. Realistic actual lifting results would be more apparent for knees, arms and belly button.

What to expect during & after the PDO Body Thread procedure? Prior to the procedure a local anesthetic to numb the area being treated is applied. A tugging sensation may be felt as the threads are passed under the skin. It takes about 30-45 minutes to complete the procedure depending on the number of areas to be treated. Light bruising, redness or mild temporary swelling may be experienced for 3-5 days. A mild sensation of tightness may last 1-2 weeks. There is minimal downtime. Personalized post treatment instructions are given to each person to ensure they have a comfortable recovery and achieve long lasting results.

PDO Threads can be used as a stand-alone treatment or combined with other non-surgical body contouring procedures such as Smart Lipo, Venus Legacy and SculpSure to greatly enhance overall results and increase satisfaction.

The best way to discover if you or someone you know would benefit from a PDO Body Thread Lift is to have a complimentary consultation. Each body area is unique and costs are determined based on individual anatomy and quantity of PDO Threads used.

For more information or to receive a complimentary consultation call **561-655-6325**.



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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 an array of anti-aging, functional medicine, cosmetic and laser therapies.

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FACET JOINT INJECTIONS FOR BACK PAIN



By Aaron Rosenblatt, MD

Neck (cervical), mid back (thoracic) and low back (lumbar) pain are common ailments which can be acute or chronic. This may be debilitating and stop people from their usual activities of daily living. As many do not know, this pain from the spine can easily be treated by a qualified Interventional Pain Management Specialist, like Dr. Aaron Rosenblatt. Aaron Rosenblatt, MD is a double board certified medical specialist whose brand new state-of-the-art facility is located conveniently in the heart of Delray Beach, FL. He has been successfully treating patients in south Florida now for over 10 years. Patients also come from all over the country to see Dr. Rosenblatt due to his expertise in spine pain, joint pain (knee, hip, shoulder, wrist and ankle) and their treatment options. Spine pain from arthritis of the neck, mid back and low back are the most common pain syndrome he sees among his patients and he wants to spread awareness how this issue can be treated.



Facet joint injections link the bones of the spine together in the posterior or back part of the spine. Two facet joints are in the present at each spinal segment. They are named after the spinal bones that they connect. Because there are two joints per level, there is a right and left joint. The facet joints are important in restricting the motion of the cervical and lumbar spine, but they also allow twisting, flexion, and extension motions.

Facet joints are common sources of neck pain and lower back pain and also go under diagnosed and under treated. Trauma and arthritic changes can cause the release of pain generating substances that sensitize nerve endings located in the joint. This is easily treatable.

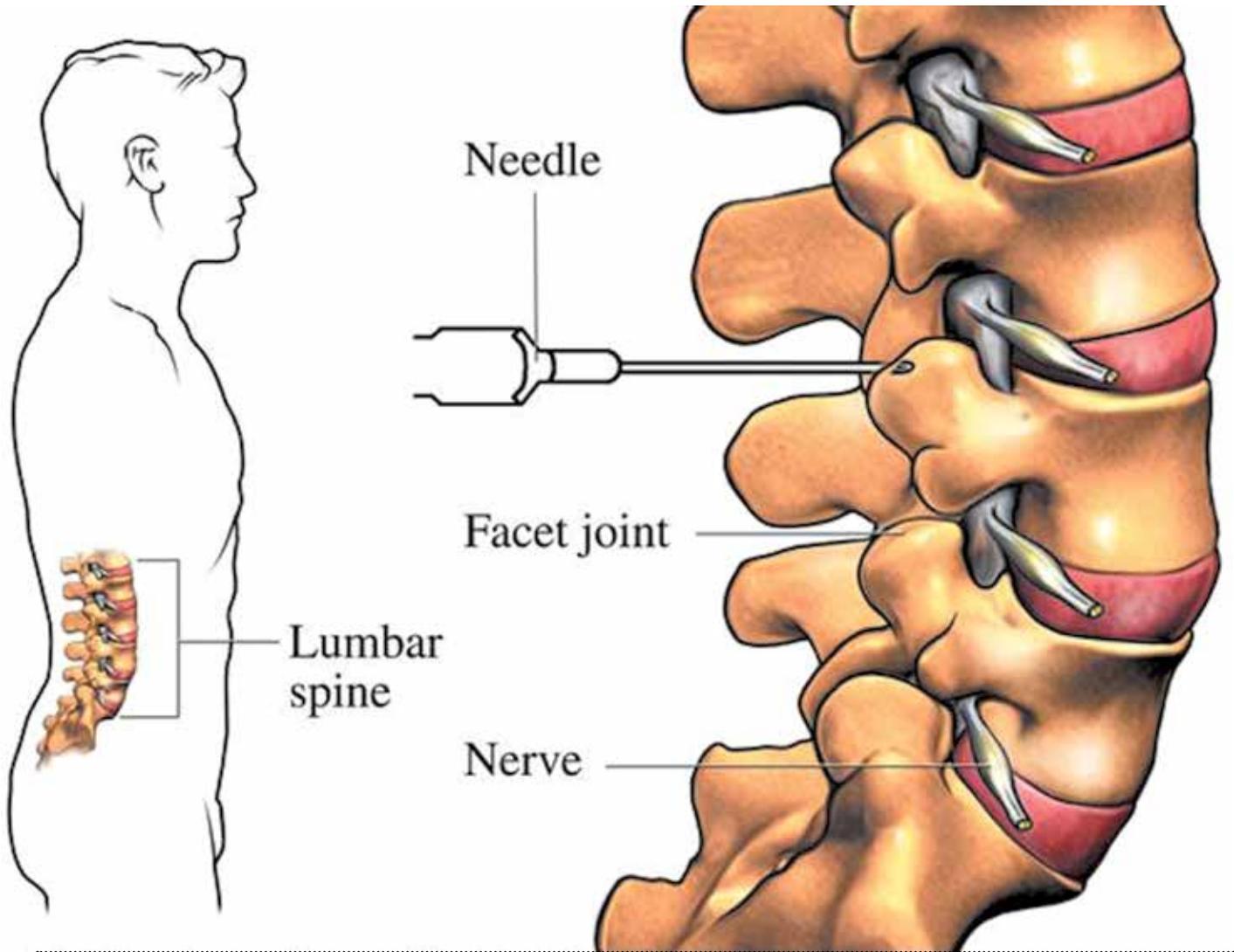
For patients with facet joint pain from the lower back, complaints usually consist of pain or tenderness in the lower back slightly over to one or both sides, pain with lower back extension, pain with twisting, and radiation of pain to the buttocks or back or front of the thighs. Similar symptoms can be found in the mid back and neck with pain, headaches and shoulder discomfort.

A facet joint block involves the injection of a local anesthetic into or next to the joint itself. This is always done under fluoroscopic guidance so Dr. Rosenblatt can see exactly where the medication needs to be placed. A local corticosteroid is commonly administered as well to provide extended relief. This simple procedure, which takes less than 5 minutes to perform, is done to help diagnose where the pain is gen-

erated from and then to also treat the painful condition. Patients normally resume their usual activities immediately after this minimal procedure.

Dr. Rosenblatt explains, "This simple procedure to help people of all adult ages is extremely easy to perform and provide an immense amount of relief." In Dr. Rosenblatt's interventional pain man-

agement clinic in Delray Beach, FL, thousands of individuals have been able to benefit from this technique. 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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Retinal Tear and Retinal Detachment

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

The retina is the light-sensitive tissue lining the back of our eye. Light rays are focused onto the retina through our cornea, pupil and lens. The retina converts the light rays into impulses that travel through the optic nerve to our brain, where they are interpreted as the images we see. A healthy, intact retina is key to clear vision.

The middle of our eye is filled with a clear gel called vitreous (vi-tree-us) that is attached to the retina. Sometimes tiny clumps of gel or cells inside the vitreous will cast shadows on the retina, and you may sometimes see small dots, specks, strings or clouds moving in your field of vision. These are called floaters. You can often see them when looking at a plain, light background, like a blank wall or blue sky.

As we get older, the vitreous may shrink and pull on the retina. When this happens, you may notice what look like flashing lights, lightning streaks or the sensation of seeing “stars.” These are called flashes.

Usually, the vitreous moves away from the retina without causing problems. But sometimes the vitreous pulls hard enough to tear the retina in one or more places. Fluid may pass through a retinal tear, lifting the retina off the back of the eye — much as wallpaper can peel off a wall. When the retina is pulled away from the back of the eye like this, it is called a retinal detachment.

The retina does not work when it is detached and vision becomes blurry. A retinal detachment is a very serious problem that almost always causes blindness unless it is treated with detached retina surgery.

TORN OR DETACHED RETINA SYMPTOMS

Symptoms of a retinal tear and a retinal detachment can include the following:

- A sudden increase in size and number of floaters, indicating a retinal tear may be occurring;
- A sudden appearance of flashes, which could be the first stage of a retinal tear or detachment;
- Having a shadow appear in the periphery (side) of your field of vision;
- Seeing a gray curtain moving across your field of vision;
- A sudden decrease in your vision.

Floaters and flashes in themselves are quite common and do not always mean you have a retinal tear or detachment. However, if they are suddenly more severe and you notice you are losing vision, you should call your ophthalmologist right away.

WHO IS AT RISK FOR A TORN OR DETACHED RETINA?

People with the following conditions have an increased risk for retinal detachment:

- Nearsightedness;
- Previous cataract surgery;
- Glaucoma;
- Severe eye injury;
- Previous retinal detachment in the other eye;
- Family history of retinal detachment;
- Weak areas in the retina that can be seen by an ophthalmologist during an eye exam.

TORN OR DETACHED RETINA DIAGNOSIS

Your ophthalmologist can diagnose retinal tear or retinal detachment during an eye examination where he or she dilates (widens) the pupils of your eyes. An ultrasound of the eye may also be performed to get additional detail of the retina.

Only after careful examination can your ophthalmologist tell whether a retinal tear or early retinal detachment is present. Some retinal detachments are found during a routine eye examination. That is why it is so important to have regular eye exams.

TORN OR DETACHED RETINA TREATMENT

A retinal tear or a detached retina is repaired with a surgical procedure. Based on your specific condition, your ophthalmologist will discuss the type of procedure recommended and will tell you about the various risks and benefits of your treatment options.

Torn retina surgery

Most retinal tears need to be treated by sealing the retina to the back wall of the eye with laser surgery. Both of these procedures create a scar that helps seal the retina to the back of the eye. This prevents fluid from traveling through the tear and under the retina, which usually prevents the retina from detaching. These treatments cause little or no discomfort and may be performed in your ophthalmologist’s office.

Laser surgery (photocoagulation)

With laser surgery, your Eye M.D. uses a laser to make small burns around the retinal tear. The scarring that results seals the retina to the underlying tissue, helping to prevent a retinal detachment.

Detached retina surgery

Almost all patients with retinal detachments must have surgery to place the retina back in its proper position. Otherwise, the retina will lose the ability to function, possibly permanently, and blindness can result. The method for fixing retinal detachment depends on the characteristics of the detachment. In each of the following methods, your Eye M.D. will locate the retinal tears and use laser surgery or cryotherapy to seal the tear.

Vitrectomy

This surgery is commonly used to fix a retinal detachment and is performed in an operating room. The vitreous gel, which is pulling on the retina, is removed from the eye and usually replaced with a gas bubble.

Sometimes an oil bubble is used (instead of a gas bubble) to keep the retina in place. Your body’s own fluids will gradually replace a gas bubble. An oil bubble will need to be removed from the eye at a later date with another surgical procedure. Sometimes vitrectomy is combined with a scleral buckle.

If a gas bubble was placed in your eye, your ophthalmologist may recommend that you keep your head in special positions for a time. Do not fly in an airplane or travel at high altitudes until you are told the gas bubble is gone. A rapid increase in altitude can cause a dangerous rise in eye pressure. With an oil bubble, it is safe to fly on an airplane.

Most retinal detachment surgeries (80 to 90 percent) are successful, although a second operation is sometimes needed.

Some retinal detachments cannot be fixed. The development of scar tissue is the usual reason that a retina is not able to be fixed. If the retina cannot be reattached, the eye will continue to lose sight and ultimately become blind.

After successful surgery for retinal detachment, vision may take many months to improve and, in some cases, may never return fully. Unfortunately, some patients do not recover any vision. The more severe the detachment, the less vision may return. For this reason, it is very important to see your ophthalmologist regularly or at the first sign of any trouble with your vision.



The Retina Institute of Florida

Lauren R. Rosecan

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

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

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The Gummy Smile:

Reducing The Excess Gum to Enhance Your Smile

One of the things we notice when meeting a person for the first time is their smile. A smile does not just involve the teeth themselves, but also the gum tissues that act as the frame around the teeth. If either the teeth or the gum tissue are out of proportion, unwanted attention may be brought to these areas. Our eyes tend to be drawn to things that “do not seem” right. Imagine purchasing the latest, greatest TV and noticing a big dent in the frame around the television. Very typically, our attention will be brought to the dent and not the beautiful picture on the screen. We frequently see this type of issue in dentistry with patients who are bothered by a “Gummy Smile”.



Gummy Smile Treatments:

A variety of treatment options exist based on the cause of a “Gummy Smile”. In the case of inflamed gums due to excess plaque, initial periodontal treatment including scaling and root planning (deep cleaning) may be all that is needed.

In the case of excess gum tissue, the proper amount of visible tooth and gum can be restored to a more natural and esthetically pleasing ratio to fit the frame of your smile with a “Gum Lift”. This procedure, also known as esthetic crown lengthening, can help reshape your gums to reveal the part of the tooth covered by excess gum tissue. Depending on the specific situation, this procedure may be performed in conjunction with cosmetic dental procedures (such as veneers or crowns) on the teeth being treated. In either case, the outcome is to provide you with a more pleasing smile. This type of procedure may be possible with a laser alone in certain circumstances.

It is possible to have the appearance of excess gum tissue, even if the appropriate amount exists, due to a very mobile upper lip. In these cases, the “curtain” or lip moves very high towards the nose when one smiles. A variety of treatment options exist for this type of situation. Use of Botox® can help prevent the excess lip movement,

but must be repeated every number of months. Small periodontal procedures to help reduce lip movement are also an option. In some extreme cases, more involved surgical procedures may be recommended.

Causes Of Excess Visible Gum Tissue:

It is fairly common to see excess gum tissue around one's teeth. This type of problem can give the appearance of very short teeth or a smile dominated by gum tissue. A variety of reasons exist why a “Gummy Smile” may appear. In some situations, a skeletal deformity may exist, but more typically a number of very treatable issues cause this presentation.

One common condition leading to this appearance is called “altered-passive eruption”. This type of problem occurs as the teeth erupt through the gums and descend toward their final position. The gum tissue does not completely retract upwards to its ideal position, leaving excess gum covering part of the tooth that should be visible.

Inflamed gum tissue can also appear due to plaque and bacteria accumulation around the teeth. This excessive, puffy, red-blue tissue can occur from ineffective oral hygiene. Often, plaque retention from appliances like braces make proper home care more difficult and this situation more likely to occur. In addition, certain medications make the gums more sensitive to plaque and increase the chance of gum inflammation becoming a concern.

Another common reason for the appearance of excess gums is the presence of a “big smile” or a “high lip line”. If we think of the lip as a curtain, the amount of tooth and gum that will show depends on how high the curtain is pulled up. Many individuals have an upper lip that barely moves even with the biggest of smiles (showing almost no gum and minimal teeth during smiling), while others with a broad smile reveal every part of their tooth and gum tissue up to their nose.

Lastly, the appearance of excess gum tissue can occur when teeth become significantly worn down, altering the balance between the visible tooth structure and the gum tissue.

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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GAINSWave **is a Revolutionary** **New Therapy**

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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.

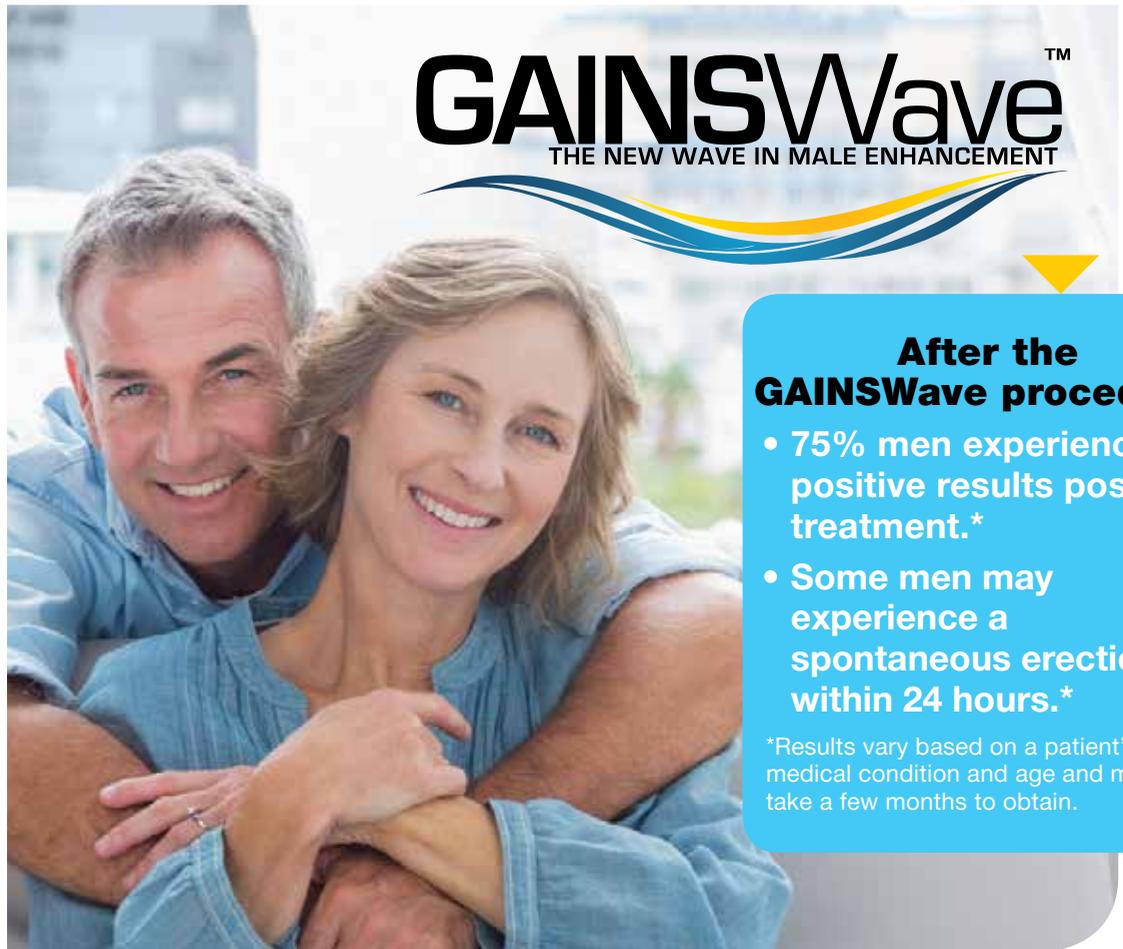
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Introducing the only Erectile Dysfunction Treatment that treats the underlying cause of ED, GAINSWave is revolutionary, non-invasive and heals the underlying causes of ED. GAINSWave uses FDA-cleared, scientifically proven non-invasive technology that 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



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.

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.

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.**

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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.

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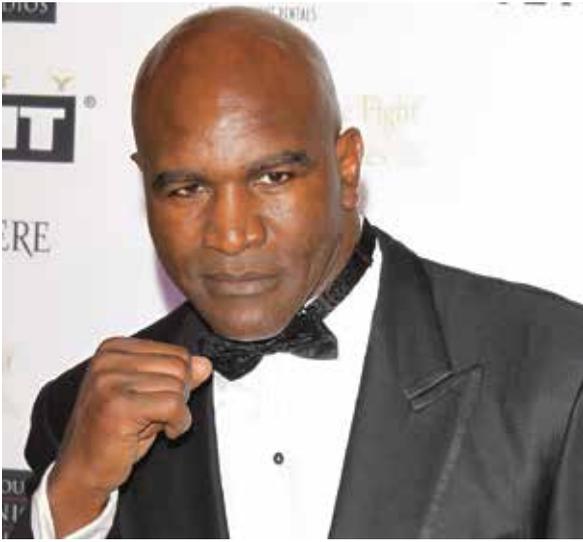
Words and phrases like I'm stuck, I've plateaued, stagnation, limitations, and I'm at my peak are what we've all use to describe various moments in our lives. Whether those moments are days, month's or decades long, we often can fall into these deep pits with no ladder in sight, no rock's to climb, and no man or woman with a rope to help pull us up. What happens when you stay there for too long? What happens to your relationships, your business, your job, your spirit and your emotional intelligence? The answer is usually the same for most people; we lose a little bit of ourselves along the way, and it can be challenging to find your way out and move on.

Okay, okay, maybe you're not in a bottomless pit of despair. Perhaps you're just stuck on one side of the bridge. You know what you need? You need vision, the vision of someone that has devoted his life to helping others achieve success. A great visionary can show you precisely how to rebuild the bridge, right from where you are.

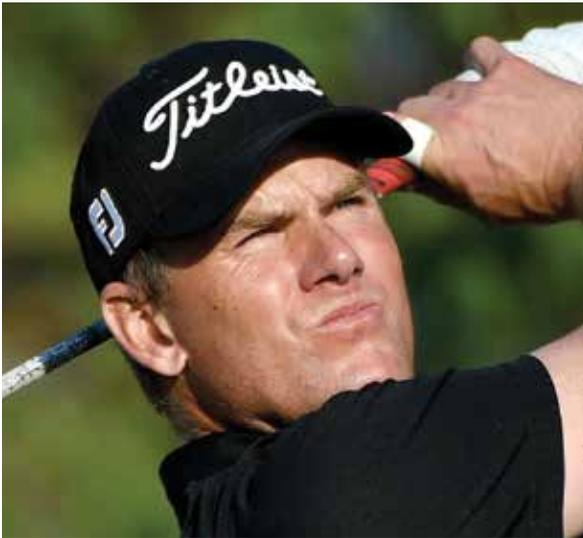
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Why Do I have The Summertime Blues?

By Renee Chillcott, LMHC



When we think of summer we imagine swimming pools, beach time, picnics, vacations and loads of fun-in-the-sun. Our emotions are happy and carefree. We don't usually imagine depression or anxiety during the summer months, as we reserve that emotion for the winter.

SO WHY DOES SUMMER MEAN INCREASED DEPRESSION, ANXIETY AND HEADACHES FOR ME OR MY LOVED ONES?

The answer is simple....INFLAMMATION. But what exactly is inflammation?

The term for opening of capillaries and increased flow of blood is called vasodilation. Capillaries open and an increase in blood flow occurs in the area. An area of injury may visibly swells up and we describe the area as "swollen" or "inflamed". In the case of body temperature, "when we are too hot, blood vessels supplying blood to the skin can swell or dilate (vasodilation). This allows more warm blood to flow near the surface of the skin, where the heat can be lost to the air." After healing or a reduction in body temperature, the capillaries return to normal through a process called vasoconstriction. This process is happening on an almost consistent basis during the summer months when temperatures can reach into the 90's to 100's, even in the evenings and early mornings.

If the capillaries do not close or do not close fast enough, we help them along. We apply ice (constricting the capillaries) or take a medication that reduces inflammation (such as ibuprofen) or promotes vasoconstriction (such as caffeine).

But, what happens to our heads if our body temperature rises, we experience vasodilation, but then do not experience vasoconstriction? A headache occurs. This is the result of increased blood flow we can feel through pain receptors covering the brain or scalp.

What if there is increased blood flow in our actual brain? This part of our body does not have pain receptors. Our brain doesn't technically "feel" pain. The result of increased blood flow in the brain that does not constrict is what we call Brain Inflammation.

WHAT ARE SOME CAUSES OF VASODILATION OR INCREASED BLOOD FLOW IN THE BRAIN?

- Heat or increased body temperature
- Inflammatory foods such as Gluten or Dairy
- Traumatic Brain/Head injuries
- Concussions

- Viruses such as Lyme
- Medications such as Antibiotics or Anesthesia
- Illness, Sinus irritation or colds/flu

WHAT HAPPENS IF THERE IS INCREASED BLOOD FLOW (INFLAMMATION) IN A PART OF THE BODY THAT WE CANNOT SEE?

After vasodilation or increases in blood flow, the brain, just as with other parts of the body should enter a period of vasoconstriction where blood flow decreases. If this does not happen, the blood flow or swelling remains. Unlike swelling in a wrist or ankle, the swelling that remains in your brain is not easily observed. Our first indication that we have increased blood flow that is not constricting is from symptoms.

Some of the symptoms that result from Brain Inflammation are:

- Depression
- Anxiety or related disorders
- Brain Fog
- Fatigue
- Trouble with memory
- Trouble with concentration
- Trouble with learning
- New allergies or sensitivities to food
- Headaches
- Irritability
- Increased pain
- Insomnia or sleep problems

HOW DO I FIX BRAIN INFLAMMATION?

Because we cannot see increased blood flow in the brain without special equipment, it can be difficult to know it is happening. As mentioned earlier, there are not pain receptors in the brain so we don't have pain to indicate swelling or inflammation. Typically, we notice symptoms that do not seem to resolve as an indication that there's a problem that needs to be fixed. There are medications that can provide some relief. However, when we are prescribing medication based solely off of symptoms, you can easily end up on the wrong medication track and not receive relief. Natural anti-inflammatory supplements can also provide relief as well as an adjustment to diet or change in lifestyle. However we recommend an evaluation and EEG study to confirm the inflammation and then suggest the appropriate treatment options for your situation.

WHAT IS AN EEG STUDY?

An EEG study or QEEG (Quantitative EEG) is 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 be



read and analyzed. We provide a summary of significant findings and the report shows the result 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 of the brain have increased blood flow by indicating what areas of the brain have excessive amounts of slower neuron activity (slow neurons promote more blood flow). Another study that can be helpful is the SPECT scan.

HOW CAN NEUROFEEDBACK HELP?

Once the areas of inflammation or dysregulation are identified, we use Neurofeedback or EEG Biofeedback to balance the neural patterns

and reduce excessive slow activity. Teaching the brain to reduce these waves will help the brain to slow down increases in blood flow and return the brain to a more balanced and flexible state, thus relieving symptoms.

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, 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 attended The University of Central Florida where she received her Bachelor of Arts Degree in Psychology in 1995. She then went on to complete her Master's Degree in Mental Health Counseling with Nova Southeastern University in 2001. She has been a mental counselor in a variety of settings including Outpatient Treatment Agencies, Alternative Education Settings, and Private Practice. Renee received her license in Mental Health Counseling in 2004. Renee decided to enter the field of Neurofeedback because there was very little information made available to people/parents about alternatives to medication. Through the use of Neurofeedback she saw more significant and permanent changes in not only her clients, but also her own family and herself. This inspired her to become 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.





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.

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

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- RESTORE

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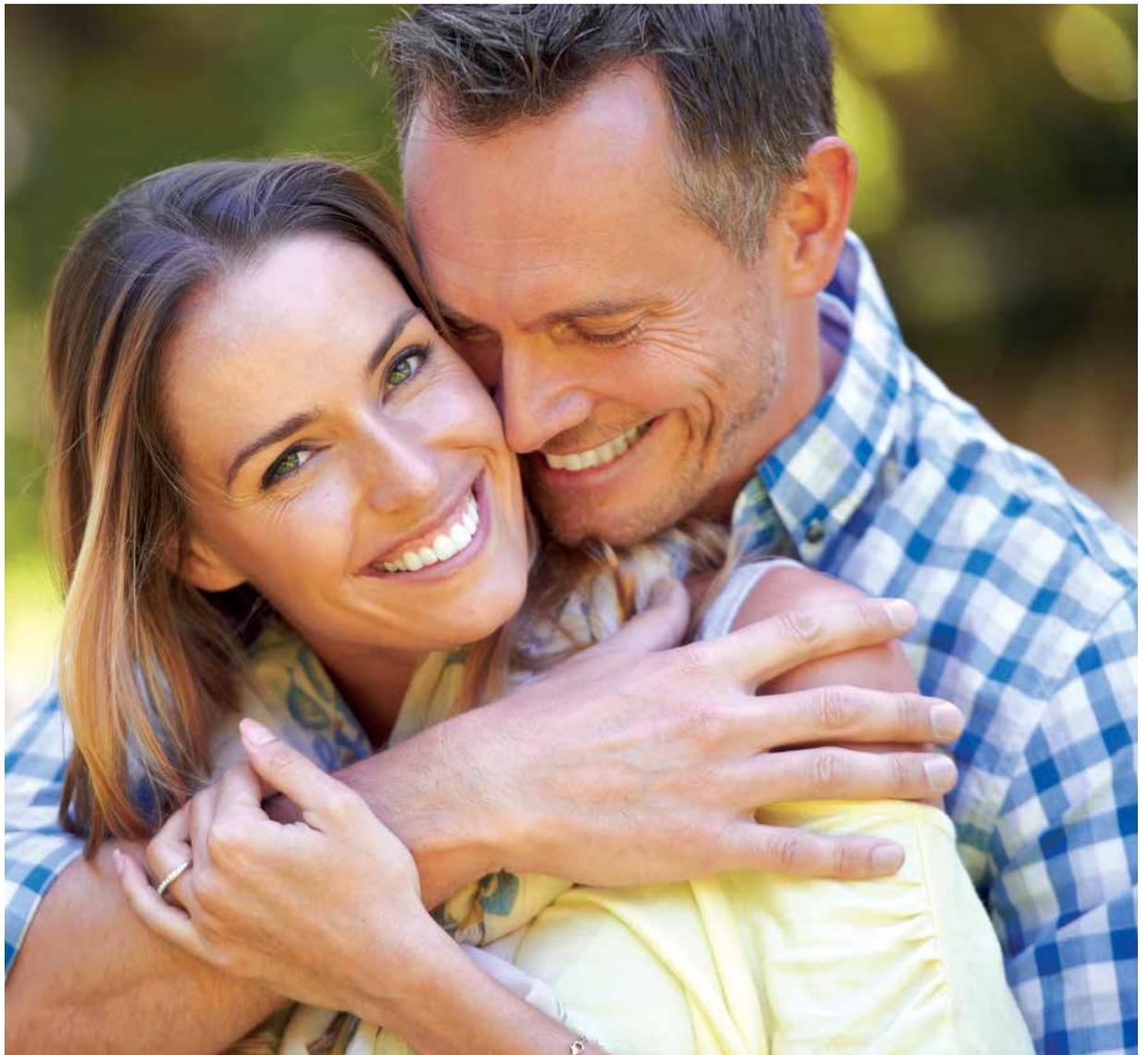
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- No Down Time
- No Side Effects
- 10-15 minutes per session
- Over 80% Patient Satisfaction

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.



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MEDICAL MARIJUANA GOES MAINSTREAM

It's been Twenty-two years since the first American state legalized Medical Marijuana. In the Spring of 1996 California changed the direction of health, healing, and happiness in America. This was after decades of countless arguments and court battles between the doctors with their scientific research and the legal titans with their politics. Ultimately Medical Science prevailed proving the facts that support Medical Marijuana and Cannabis Oil can treat and alleviate symptoms of the following medical conditions: **Cancer * Seizures * Anxiety * Epilepsy * Glaucoma * Parkinson's Disease * Reduces beta-amyloid plaque * Reduces cognitive impairment * Multiple Sclerosis * Crohn's Disease * Positive HIV/AIDS * Posttraumatic Stress Disorder (PTSD) * and Amyotrophic Lateral Sclerosis (ALS). More are added** as Doctors prescribe treatment for **Other**

Debilitating Medical Conditions of the same kind of class or comparable, as determined by the Florida Board of Medicine.

At last count, twenty-nine states have followed suite behind California's lead and I can not believe anything other than "a matter of time" all states will legalize. Florida signed the law in 2016 and in October 2017 Florida Medical Marijuana Health Center opened to the public in Palm Beach County. With such an outstanding response, 2 additional locations were opened within 90 days, with an additional 3 to follow. FMMHC plans to continue to grow and serve you as the industry moves forward.

Florida Medical Marijuana Health Center makes the process as easy as possible. The highly experienced staff will guide and direct you through

the protocols to make sure you are receiving the best possible care and attention that you deserve. A typical patient process / evaluation consists of:

- 10-15-minute examination by the 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 30 days with your card number
 - Once you obtain the card NUMBER you may purchase, possess, and use the medical marijuana according to your prescription
- Your actual card will typically arrive in 7 to 14 days. (Patient cases vary so a few may take longer)

TREATMENT

There are two different forms of medical treatment through cannabis. The first is the natural marijuana plant that contains both CBD (Cannabinoid) & THC (Tetrahydro cannabinoid). The second is the altered version of the plant that has been through a hybrid process to lighten the THC level. CBD can treat many different forms of diseases and disorders without THC. THC is the euphoric component of marijuana that ignites the mood altering “high” feeling. With CBD plants, the THC levels have been extracted through a vigorous process, leaving zero to very little THC levels. CBD is an excellent alternative for patients that benefit from Cannabinoids alone, while other more complex medical cases require the additional advantages of THC to be included with their treatment.

Our brains and nerve cells have cannabinoid receptors. We have the Endocannabinoid System (ES), it works synergistically. CBD and THC merge directly with our cells. Simply explained, our bodies naturally react to CBD oil and THC creating a multitude of beneficial reactions in the body.

Because this is strictly for medical use, there are multiple regulations and protocols that physicians must adhere to when prescribing medical marijuana. Florida Medical Marijuana Health Centers are certified in the state of Florida and have a longstanding reputation of experience in diagnosing and deciphering the need for THC and CBD in their practice. When you visit one of their clinics, you will receive treatment from our physician that specializes in providing reliable access to medical marijuana certification.



A simple process with amazing results. The popularity grows daily, and access is gaining momentum.

Medical Marijuana is now Mainstream... and it happened only 22 years after the first state went “legal”. My guess is ... in another 20 years Medical marijuana will be standard procedure.

TESTIMONIALS:

“My 13 year old, 80 pound, chow/lab mix had to be helped to stand because of arthritis in her rear hips. I bought the CBD oil from this establishment and one hour after the first dose she actually stood on her own. She is also walking up and down the steps on her own. It hasn't turned her back into puppy status, but it sure has eased her pains. I started her on 7 drops, twice a day. Last week I upped it to 8 drops, twice a day. A 1 ounce bottle has lasted just over 2 months. Many thanks to the helpful, knowledgeable, and friendly staff at Florida Medical Marijuana Health Center for their excellent service and advice. Great place to go!!”

“I had the best experience ever in front of me when I had my appointment with Fla medical marijuana health. Center The doctor was so concerning and helpful in making my decision on getting my card. I would recommend this health center to anyone. Great experience!”

“Professional service with informative doctor and staff to help make the process go smoothly. I would highly recommend to anyone considering a medical marijuana card. They also have great quality CBD products.”



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10 TIPS FOR BETTER HEART HEALTH

Your heart works hard for you nonstop for your whole life. So show it some TLC. Making small changes in your habits can make a real difference to your ticker. You don't have to work on all 10 steps at once. Even if you improve just one or two of these areas, you can make yourself less likely to get heart disease. Of course, the more tips on this list you follow, the better.

1. Get 7 or more hours of sleep.

In one study, young and middle-age adults who slept 7 hours a night had less calcium in their arteries (an early sign of heart disease) than those who slept 5 hours or less or those who slept 9 hours or more. The type of shut-eye they got was important, too. Adults who said they got good-quality sleep also had healthier arteries than those who didn't sleep soundly

If you have trouble falling asleep or staying asleep at night, or if you don't feel refreshed after a full night in bed, talk to your doctor about how healthier sleep habits might improve your slumber.

2. Keep your blood pressure low.

If your blood pressure gets too high, the extra force can damage artery walls and create scar tissue. That makes it harder for blood and oxygen to get to and from the heart. The heart has to pump harder and gets worn out faster. If it can't get enough oxygen, parts can start to die.

Cut back on salt, limit alcohol to no more than one to two drinks a day, favor healthy eating habits (think fruits, vegetables, whole grains, and lean protein) manage your stress, and work out. These changes are often enough to bring your blood pressure back down into the normal range. If not, your doctor might recommend you also take medication.

3. Cut back on saturated fats.

To help your heart's arteries, cut down on saturated fats, which are mainly found in meat and full-fat dairy products. Choose leaner cuts and reduced-fat options.



Also, totally quit trans fats, which are found in some processed foods. They drive up your “bad” cholesterol level. Check ingredient lists for anything that says “hydrogenated” or “partially hydrogenated” -- those are trans fats.

4. Get checked for diabetes.

Millions of people have diabetes and don't know it. That's risky because over time, high blood sugar damages arteries and puts you at risk for heart disease. Your doctor should test your blood sugar if you are 45 or older, if you are pregnant, or if you're overweight and have other risk factors for diabetes.

5. Move more.

To keep it simple, you can aim for 30 minutes a day, 5 days a week of moderate exercise. That includes any activity that gets you moving around and breaking a slight sweat. Break up long periods of sitting, and stand or walk while doing things like talking on the phone or watching TV.

6. Eat clean foods.

Your heart works best when it runs on clean fuel. That means lots of whole, plant-based foods (like fruits, vegetables, nuts, and seeds) and fewer refined or processed foods (like white bread, pasta, crackers, and cookies). One of the fastest

ways to clean up your diet is to cut out sugary beverages like soda and fruit juice, which lacks the fiber that's in actual fruit.

7. Get to the root issues.

For many people, “emotional eating” is where they find comfort and stress relief, and how they celebrate. So if it's hard to change those patterns, it can help to talk with a counselor to find other ways to handle those situations.

8. Ditch the cigarettes.

Smoking and secondhand smoke are bad for your heart. If you smoke, quit, and don't spend time around others who smoke as well.

9. Do more of what you love.

Make it a point, too, to spend time with people you're close to. Talk, laugh, confide, and enjoy each other. It's good for your emotional health and your heart.

10. Celebrate every step.

Making changes like these takes time and effort. Think progress, not perfection. And reward yourself for every positive step you take. Ask your friends and family to support you and join in, too. Your heart's future will be better for it!

Source: webmd.com

Staying a Step Ahead of COPD

Obststructive Pulmonary Disease (COPD) has grown in prevalence over the last decade and is now the third leading cause of death in America. When diagnosed with an incurable chronic illness, people tend to search for alternatives to traditional medicine. The quest for treatment options can leave a patient feeling overwhelmed. Anxiety and depression can exacerbate symptoms, creating a vicious cycle. Despite the grim outlook a COPD diagnosis can produce, alternative ways exist to treat not only the symptoms of COPD, but the disease itself.

Coping Strategies

Stay Positive

Talk with someone when feeling anxious or depressed, whether it's a friend or a professional. Enjoy favorite activities, and explore alternative forms of stress management like yoga, tai chi and meditation. These produce mental benefits as well as physical. Find reasons to laugh often. Maintaining a positive outlook can improve overall quality of life.

Bolster Resilience

Choose activities that create a sense of accomplishment. For those who, for instance, love gardening but feel short of breath, a container garden could bring a goal within reach. If the pots are too heavy, a friend could help, and the results could be healthy, growing plants and a new gardening friend.

Pulmonary Rehabilitation

Consider a pulmonary rehabilitation class to address the disease head-on by improving lung capacity and blood oxygen levels. Rehab also involves nutrition. A good diet for someone with COPD includes iron- rich foods, such as red meat and green, leafy vegetables that promote oxygenation of the blood.

Alternative Therapy

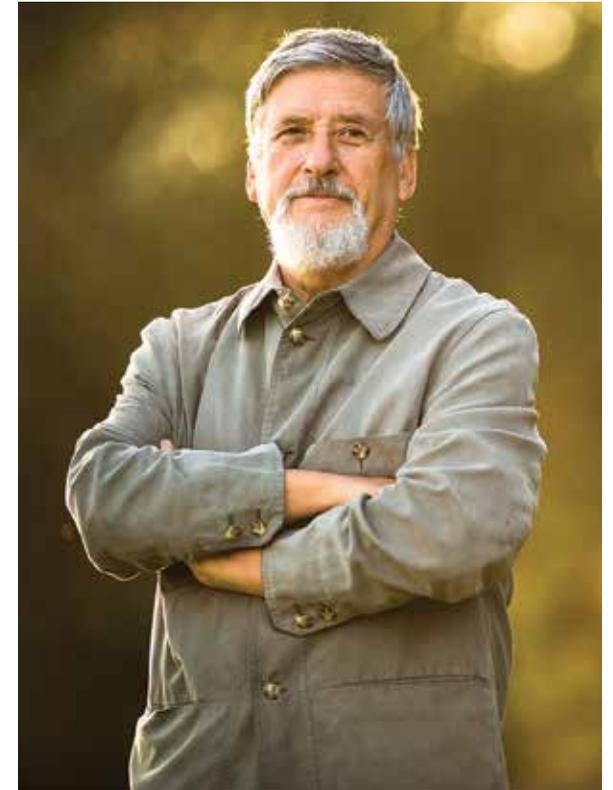
There are many things people can do every day to stay a step ahead of COPD, but to treat the disease, rather than only the symptoms, alternative therapy using the patient's own stem cells has shown potential. The same cells that repair a simple cut on the skin, properly harnessed, can promote healing in damaged lung tissue. Adult stem cells do this naturally, only not at a rate fast enough to keep up with degenerative lung disease.

One medical clinic, the Lung Institute, is using adult, or autologous, stem cells, harvested from patients' blood or bone marrow, to boost the body's natural healing process. The Lung Institute's Jack Coleman, Jr., MD, recently released a white paper outlining a study showing that stem cell therapy in patients with lung diseases has the potential to improve pulmonary function and quality of life.

Dr. Coleman's white paper, titled "Autologous Stem Cell Therapy and its Effects on COPD: A Pilot Study," mentions that he tested approximately 100 patients with COPD. Within three months of therapy, 84 percent of patients found their quality of life improved, with an average improvement of 35 percent.

Coleman said in a press release, "COPD is currently the third leading cause of death in the United States, and we give our patients an alternative that doesn't just mask the symptoms."

People hear things like, "COPD is a chronic illness that is both progressive and terminal," and hear that the traditional options all consist of prescription medications, supplemental oxygen and a highly invasive lung transplant. People are dissatisfied with this



Don't just treat the symptoms. Treat the disease itself.

prognosis. With a rise in alternative options like stem cell therapy, revolutionary medical advancements to better address COPD could be just around the corner.

If you or a loved one suffer from a chronic lung disease, the specialists at the Lung Institute may be able to help. You can contact the Lung Institute at **800-921-4631** or visit lunginstitute.com/health to find out if you qualify for these new treatments.



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Health & Wellness MAGAZINE



Feeling Better About How You Look Can Change Your Mental State:

LOOK YOUNGER NATURALLY *with an Established Technique*

In psychology, there have been numerous studies on the social and psychological effects that appearance has on many individuals. If we're feeling insecure, social withdrawal or having difficulty looking someone in the eyes and maintaining confidence can unfortunately be diminished.

A study called, *Beauty in Mind: The Effects of Physical Attractiveness on Psychological Well-Being and Distress*, concluded that being confident, influential and more outgoing, were common attributes associated in individuals that were aesthetically appealing. Obviously, being attractive isn't the end all be all of happiness, but feeling good about the way we look definitely plays a role in a positive outlook.

SAY NO TO CHEMICALS

Instead of filling your face with synthetic injections like Botox or fillers, there are proven natural methods to give your face a fresh new look, along with tightening the underlying muscles. For countless individuals, cosmetic acupuncture is the solution.

SKIN REJUVENATION WITH ACUPUNCTURE

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.

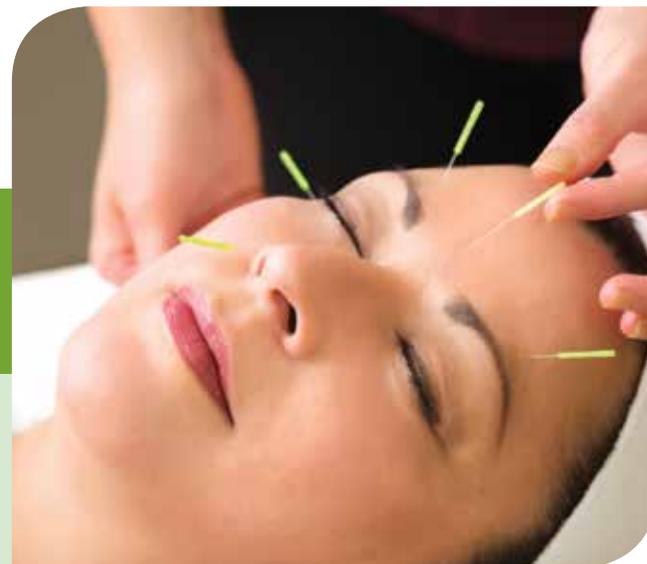
COSMETIC ACUPUNCTURE'S HISTORY OF RESULTS

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 and feel more confident, please call **(561) 656-0717**.



Dr. Meng, MD (China), AP, received her medical degree from the prestigious Shandong University in China and has also completed several advanced training courses in oriental medicine from well-respected TCM hospitals in China. She has over 18 years of experience as a doctor of Chinese medicine. She has owned and operated Meng's Acupuncture Medical Center since 2007.

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KEEP YOUR HEARING AIDS DRY IN THE SUMMER MONTHS

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



It's important to clean your hearing devices every day, either before you put them in your ears every morning or when you removed them at night. Your Audiologist can instruct you on how best to clean your particular hearing aid model and will give you some small tools to brush the aid and clean ear wax from the sound bore and vent hole.

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

Now available is the AGX PerfectClean. This electronic case washes out wax, then dries then disinfects your hearing devices in a one-hour cycle. It uses a safe solution to make daily cleaning easier. Most hearing aid repairs are due to moisture and earwax accumulating in the hearing aid. The vast majority of these repairs are preventable. Hearing aids are simple to care for. Dr. Dana Luzon Coveney, Board Certified Doctor of Audiology with Audiology & Hearing Aids of the Palm Beaches recommends scheduled maintenance at the office every 3-6 months for a check up on the health of your devices.

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

Preventive maintenance is the key to longer lasting hearing aids. Well maintained hearing aids can last four to five year, so a little maintenance will go a long way! To purchase an AGXProtect or PerfectClean please call Audiology & Hearing Aids of the Palm Beaches at (561) 627-3552 and schedule an appointment with Dr. Luzon Coveney. We look forward to being your home for hearing healthcare.

Dana Luzon Coveney,
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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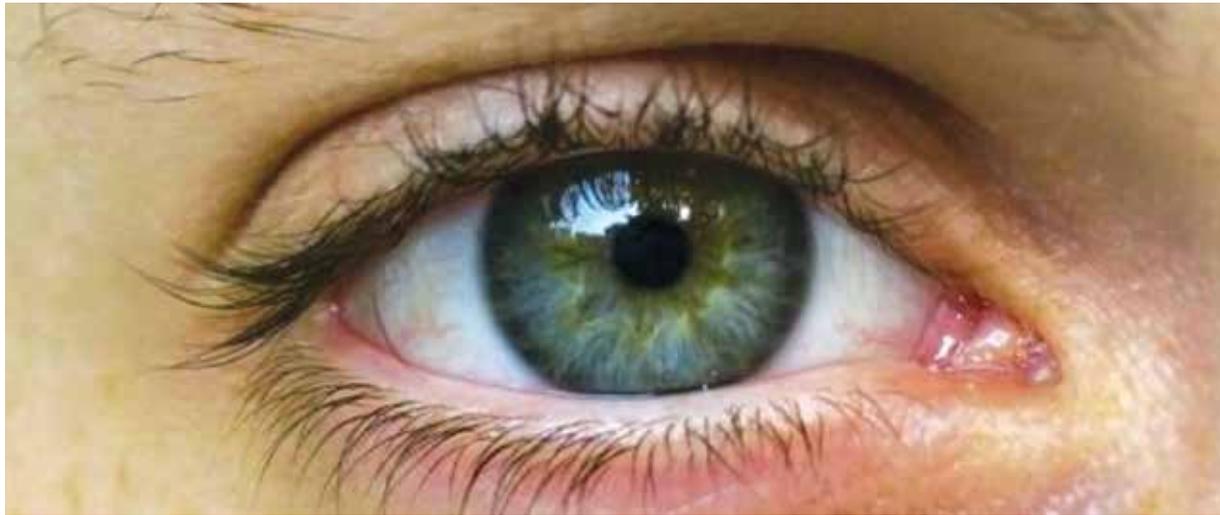
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THE CORNEA

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.

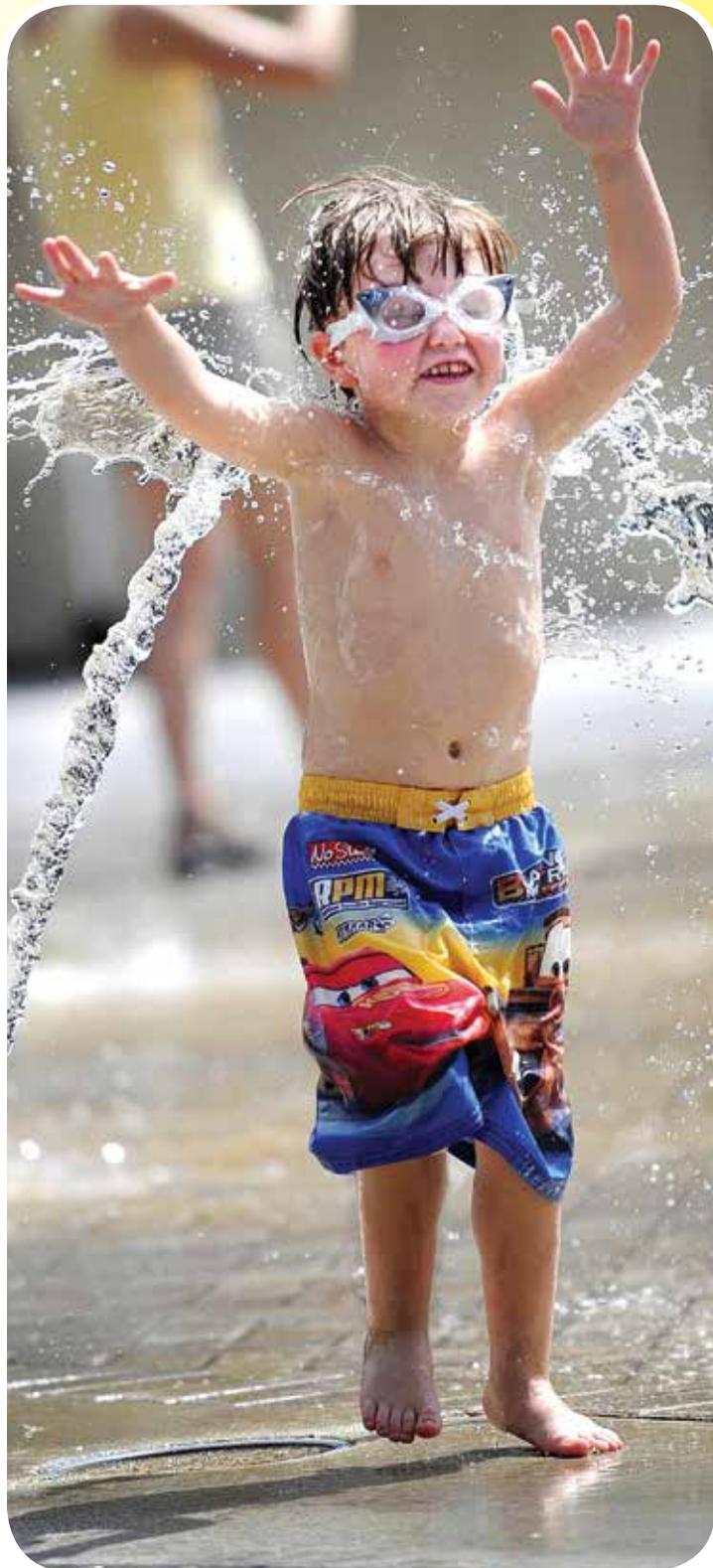
Dr. Goldman speaks English and Spanish.

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IT'S HOT EVERYWHERE IN JULY

Brent Myers



Have you noticed that Summer has arrived? If you haven't, just wait, you will. This is how I can usually tell that our wonderful south Florida Summer has come: when I bathe, get dressed, walk outside the house thirty feet to my car and when I get in – I feel like someone has rubbed a glazed doughnut all over my face.

Is it just me? I doubt it.

But don't misunderstand my description for complaining. Several years ago I learned a very valuable lesson that has had a profound spiritual impact on my life. There was a July Summer day that I was grumbling about how hot and humid it was and wondering aloud how nice it must be in another part of the country. At that moment, a wise man looked at me and said, "Brent... it's hot *everywhere* in July."

Wow!! Simple, but so true!

He wasn't providing a meteorological analysis of the climate zones of the United States, but instead he was telling me: "Be content."

Too many times in our lives we look at our circumstances and wish things were better – or at least different. But spiritually speaking, we need to learn to be content with the life that God has given us – even if it stinks (for right now.)

St. Paul wrote these words: *"I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want."* (Philippians 4:11-12)

Paul was sharing the reality of his life – that he had learned to be content. Whether he was poor or rich – regardless of the circumstances of his life – he was content. Oh, and just for a frame of reference... Paul wrote these words while in prison in ancient Rome!

But before we say to ourselves, "Well, that was the great St. Paul and I could never do that." Let's read a bit further: *"I can do all this through him who gives me strength."* (Philippians 4:13) Do you see that?! Paul couldn't do it on his own either!! He understood that his contentment in life – even in prison – came because Jesus Christ enabled him to deal with it.

So the next time life gives you a bad turn or the next time you find yourself complaining... seek to be content. Try to find the reality of the situation you are in – that God is doing something for a bigger purpose than yourself and He will get you through it. Learn to be content.

Socrates is credited with saying: "He who is not contented with what he has, would not be contented with what he would like to have."

Why? Because it's hot everywhere in July.

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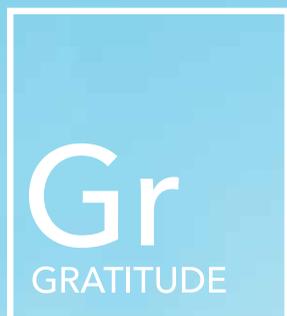
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Gratitude. A powerful element in fighting cancer.

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 as a patient and a number."

-Dave Norris, Cancer Fighter

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