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Health & Wellness[®] MAGAZINE

August 2018

South Palm Beach Edition - Monthly

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HAIR LOSS**

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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.

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- 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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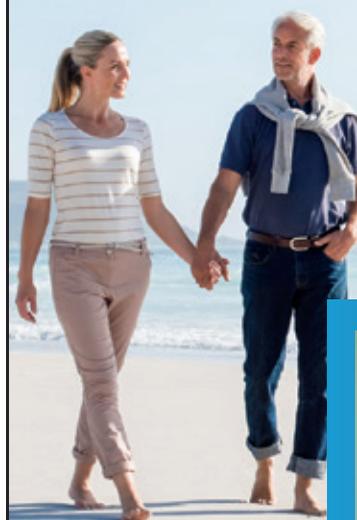
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Senior Information Centers

Helps Seniors **PRESERVE AND PROTECT ASSETS**

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

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

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

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

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

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

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

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



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

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

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

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

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

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

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

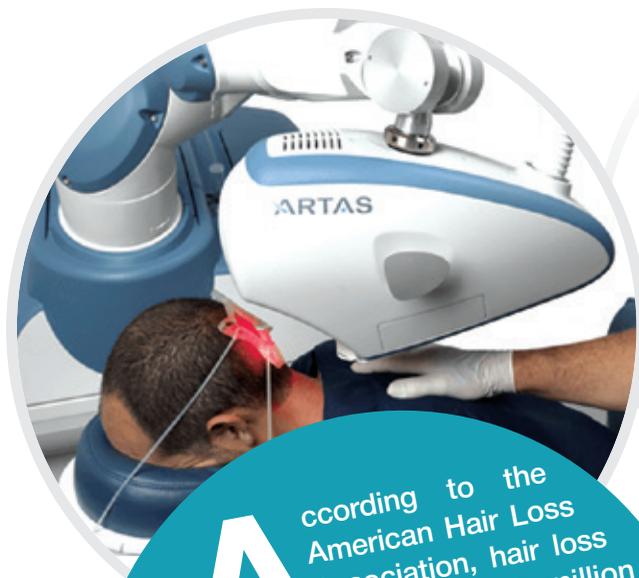
"Your involvement with us through the various challenges we faced, which extended even beyond our father's ultimate passing, was most exemplary and supportive," wrote a client's adult children. "We are truly thankful that someone who has a caring attitude, knowledge and resources to help manage elder-care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

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

**For additional information about
SENIOR INFORMATION CENTERS,
visit www.seniorinformationcenters.com
or call 800-731-8784.**

Detecting and Treating HAIR LOSS

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



According to the American Hair Loss Association, hair loss afflicts over 50 million men and 30 million women in the U.S. and consumers spend over \$3.5 billion per year on treatments – much of which is often wasted. But the good news is, thanks to advancements made in both treatment regimens and improved technologies for both men and women, hair loss is certainly a treatable condition.

Since AUGUST IS NATIONAL HAIR LOSS AWARENESS MONTH, it's a good opportunity for all of us – men and women, old and young – to learn more about the early signs of unwanted hair loss and the effective treatment options available.

Spotting the Warning Signs

A common mistake with detecting hair loss is to rely on the “mirror test” before taking action. That is, most people wait until their hair loss becomes readily noticeable – perhaps it's diffuse thinning up top for men and women, or a receding hairline. However, relying on this type of visual cue puts you at a disadvantage because by the time hair loss is visible half of your hair in that area may be already gone.

Some people think that a better way to check for early signs of hair loss is to examine how much hair is being

shed each day. This also can be tricky because a typical healthy head of hair will lose approximately 100 hair strands per day due to the natural cycling of hair follicles on and off. If you're noticing an excessive number of hairs on the pillow in the morning, at the bottom of the shower or in the comb, you may be in the active stages of hereditary hair loss. What's tricky about that? Well, excessive shedding doesn't always mean you have male or female pattern hair loss—it could be a sign of an underlying health problem or even a scalp issue, which results in temporary shedding of hair called *telogen effluvium*.

Further, patients put themselves at another disadvantage when they tell themselves that their hair loss has stopped. Studies show us that left untreated, hair loss will always get worse over time even though visually it appears to have stopped.

For these reasons, it is important to schedule a visit with an experienced, board-certified hair restoration physician when these symptoms are observed. He or she will be able to run the proper tests to determine the true cause of your hair loss, determine what types of treatments might be needed and run tests to help predict the likelihood of future hair loss.

Taking Action

Once the cause of the hair loss has been determined, an effective treatment plan can be developed. Today, there are a variety of effective treatment options available for both men and women, including:

- **Minimally Invasive “FUE” Hair Transplantation:** No-scalpel/no-stitch Follicular Unit Extraction techniques using devices like SmartGraft FUE, NeoGraft FUE and ARTAS Robotic-Assisted FUE transplants can undetectably restore density in severely depleted areas of scalp using as little as a single hair follicle at a time, while leaving no linear scar and reducing the discomfort and downtime common with old-style procedures.

- **3D Printed Hair Systems:** For patients who are not candidates for hair transplantation due to autoimmune alopecias, injury or chemotherapy, a non-surgical medical-grade hair prosthesis called *CNC* can be an effective short- or long-term option.

- **Advanced Platelet Rich Plasma Therapy or PRP:** Also called “Vampire” PRP uses your own blood platelets, which is naturally enhanced to boost the number of platelets and key growth factors. It is then comfortably applied into the scalp, where it revives dying follicles and enhances weakened hair. The use of special ECMs or Extracellular Matrix enhances and prolongs the effect, so you don't need treatments as frequently.

- **Compounded Formula 82M:** Aside from the generic and brand-name Rogaine you find on the shelf at every pharmacy, a growing number of off-label, customized, compounded versions of the medication, like *Formula 82M*, can be obtained with a doctor's prescription. These compounded versions cost more, but offer a dramatic improvement in usability and strength compared to the over-the-counter brands.

- **Low Level Laser Therapy:** FDA cleared low-level lasers are a key weapon in the battle against thinning. These hair growth lasers are now available in laser-embedded ball caps like *CapillusRX 312*, which offer a quick effective, discreet, hands-free, side effect-free treatment to the scalp in as little as six minutes per day.



Bauman patient, Brian, seen “Before” and 12 months “After” his SmartGraft FUE Hair Transplant procedure by Dr. Alan J. Bauman.

• **Nutritionals & Nutraceuticals:** Hair care also comes in pill form. Hair vitamins and supplements, like Viviscal Pro, Nutrafol and “SuperBiotin” can help your hair become shinier, fuller and stronger.

• **Genetic Testing:** Genetic tests like *HairDX* can accurately predict your risk of hair loss later in life, as well as if you’ll benefit from certain treatments like finasteride.

• **Tracking Hair Loss and Recovery:** An advanced hair loss measurement tool known as *HairCheck* accurately determines the amount and quality of hair growing in a given area of the scalp. This is an effective way to gauge the severity of the your hair loss early on, and how well you are responding to restorative treatments in the critical time *before* the results are noticeable to the naked eye.

• **Scalp Makeover™:** New “Scalp Makeovers” are available to treat oily, dry, itching or flaking scalp as well as hair breakage, thinning and more. It’s sort of like a high-tech facial for the scalp. Evaluations start with a detailed scientific “Trico-Test,” and bespoke treatments range from sebum-regulating topical serums to scalp steaming and massage, moisturizing lotions and hair boosting dermal patches.

For more information about the causes and treatments for hair loss, visit <http://www.baumanmedical.com> or call **1-877-BAUMAN-9** or **561-394-0024**.



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

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



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

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

Hair Loss Study Candidates Needed!

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Tips on Finding a Hair Restoration Physician

- A Hair Restoration Physician is a doctor who specializes exclusively in the medical diagnosis, treatment and tracking of hair loss and its treatment.
- Look for physicians who are board-certified by the American Board of Hair Restoration Surgery (ABHRS), accepted members of the International Alliance of Hair Restoration Surgeons (IAHRS), recommended by the American Hair Loss Association and who have achieved elite Fellow status with the International Society of Hair Restoration Surgery (FISHRS).
- Seek out a full-time hair expert, not a doctor who is a “jack of all trades.”
- Due to the limited number of board-certified hair restoration physicians worldwide, prospective patients should be prepared to travel and take advantage of Virtual Consultations.
- Before choosing your doctor, visit the clinic, read reviews, ask for before-and-after photos and references, and, most importantly, ask questions. Get a second opinion if things don't “feel right.”
- Medical doctors who do not specialize in hair restoration (general practitioners, cosmetic and plastic surgeons, dermatologists, etc.) may not be up to date on the latest evaluation and treatment methods and hair transplant techniques. This can lead to delays in diagnosis, subpar treatment results and, in some cases, complications.



By Aaron Rosenblatt, MD

AVOID BACK AND SPINE SURGERIES!!!



Back surgeries can fail for a devastatingly simple reason; the operation was not the right treatment, because the surgeon never pinpointed the source of the pain. As a result, patients may be just as miserable as they were before, or worse off. Unfortunately a desperate number choose to try surgery again. This is usually the wrong decision as well and this should be avoided. Statistics show also that by two years after a patient's first surgery, about 8% of patients have had another operation and by 10 years after, the rate jumps to 20%, an analysis of Washington State hospital data found.

There is no one best way to treat everyone. But the chance of finding relief for ongoing pain unquestionably lies in understanding what has gone wrong. This is not an easy task. Then seeing the most appropriate specialist for your problem and asking the right questions is quite important. With back problems, perhaps more than with any other medical condition, getting the best care at the utmost importance. The most important doctor you can see, at this point, is an Interventional Pain Management Specialists like Dr. Aaron Rosenblatt. A well qualified and certified doctor like him can evaluate a patient completely. He will order the appropriate scans and or test needed in order to come up with a plan to properly diagnose and the treat the issues WITHOUT SURGERY.

Once all of the appropriate tests are done Dr. Rosenblatt can see what diagnostics need to be completed in his state-of-the-art pain management facility. That's why it's critical to have a thorough workup. To get a sense of the cause of your pain X-rays and MRI/CT scans can be helpful but just because these scan say you have a disc problem here and or an arthritic problem there does not mean that this is where your pain is generated from.

As an interventionalist, Dr. Rosenblatt will take this information and set up diagnostic tests within his office to properly pinpoint the exact regions of the spine which require any type of treatment. Without these diagnostic tests, the wrong diagnoses can be made and then ineffective treatment with

surgery becomes likely. That's because high-tech images routinely uncover bulging discs and other "abnormalities." Dr. Rosenblatt will use this information and interventional techniques to avoid surgery.

Trouble is, many findings on scans often have nothing to do with what's hurting. If you take 100 people off the street and give them MRI's or Cat Scans, 33% of them, even if they had no back pain whatsoever, would have obvious structural problems. Data also points out that less the 5% of all patients who experience back pain will EVER require surgery but, unfortunately, a much higher percent of patients wind up with an operation. We will help avoid this situation.

Here's the real problem... Patients tend to think of back surgery as the BIG CURE or consider it the treatment that will work successfully. Sometimes, in our desperation to get our lives back, it may seem like a good idea to jump over those less invasive procedures and go right to the big one. This is rarely true.

Dr. Rosenblatt says, "Per my experience, it is rarely the case that a patient I see in my office will ever require surgery for pain. I also see too many patients who have already had 1 or more back surgeries without any relief." Surgery should NEVER be seen as worth trying for pain. This approach usually fails to help patients overcome their pain and now their spines are complicated and worse off due to after effect of surgery.

If a doctor recommends an operation, get a second opinion as soon as possible. A good surgeon should understand that you need to be comfortable with any decision and prior to having a surgery other opinions are necessary. For a truly useful second look, Dr. Rosenblatt can fully evaluate this situation and give what options exist.

Dr. Rosenblatt explains, "There have been too many times where patients were scheduled for one type of surgery and something totally different was causing their pain. Specifically, issues with sacroiliac

joints, hips and other regions of the body can mimic pain which would also NOT require surgery."

Dr. Rosenblatt continues, "I'm always trying to help a patient fully understand what is causing them a pain issue. This is usually pinpointed easily, diagnosed properly and then treated successfully without the need for any type of surgery."

Avoiding surgery is our number one goal to help to treat a growing older and active community. At Dr. Rosenblatt's beautiful freestanding interventional pain management building in Delray Beach, FL, he serves at the medical director and is board certified. Every patient is evaluated by Dr. Rosenblatt himself and a comprehensive treatment plan is always tailor made for each individual. Patients are NOT seen by PA's (physician assistants) or NP's (nurse practitioners). You will see the doctor at each and every visit. Dr. Aaron Rosenblatt specializes in performing Interventional Pain Management procedures and also in the field of Physical Medicine and Rehabilitation. His knowledge encompasses each region of the body which can cause pain. He runs on time and does not make patients wait hours in his office to see him. He is not only a pleasure to talk to regarding pain issues, but also enjoys every day topics such as sports, movies, entertainment and current events. 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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Early Pain Treatment CAN PREVENT Prolonged Suffering!

REGULAR CANCER SCREENINGS CAN SAVE LIVES

The development of improved screening tests for various types of cancer means that physicians can now identify and diagnose cancer at an earlier stage, often before any symptoms are present. With all types of cancer, early detection and diagnosis can make a big difference in outcomes.

Recommended Cancer Screening Tests

Skin Cancer: Screening for skin cancer involves checking your skin and moles for changes, for these could be signs of cancer. An annual skin check by a dermatologist or your regular physician is especially recommended for those with a family history of skin cancer.

Breast Cancer: In addition to monthly self-examinations, the American Cancer Society (ACS) recommends that all women 40 years of age and older should have annual screening mammograms. Talk to your doctor about what is right for you based on your family health history and your risk factors.

Colorectal Cancer: Colonoscopy screenings for colorectal cancer should start at age 50 and be done every 10 years unless recommended more often by your doctor, up until age 75. This type of screening can detect cancer early, and in many cases, can prevent cancer from developing. Colonoscopies can help identify and allow for the removal of polyps (abnormal, precancerous growths within the colon).

Lung Cancer: Low Dose CT scanning is recommended for some people who are at a higher risk for lung cancer. This group includes adults ages 55 to 80 who have a 30 pack-year smoking history, and who currently smoke or have quit smoking within the past 15 years. To determine a pack-year score, multiply the number of packs smoked per day by the number of years smoked. For example, if you smoked two packs per day for 20 years, your pack-year score would be 40.

Oral Cancer: Screening for oral cavity and oropharyngeal cancer can be done during a routine check-up by a dentist or medical doctor. The exam includes looking for lesions or abnormal looking areas in the mouth and throat. 75% of all head and neck cancers begin in the oral cavity.



Prostate Cancer: The PSA test is used to screen men for prostate cancer. It is important to talk with your doctor about the risks and potential benefits of this test based on your personal and family history.

Cervical Cancer: An annual Pap test is advised for all women ages 21 and older. Women ages 21 to 29 should have a Pap test every three years. Starting at age 30, ACS recommends a Pap test combined with human papillomavirus (HPV) testing every five years. Testing should continue until the age of 65.

A Vaccine that Prevents Cancer

According to the Centers for Disease Control (CDC), all children ages 11 to 12 years old should be vaccinated against the human papillomavirus, which causes several types of cancer including:

- cancers of the cervix, vagina, and vulva in women
- cancers of the penis in men
- cancers of the anus and back of the throat, including the base of the tongue and tonsils (oropharynx) in both women and men

HPV vaccine protects against the majority of these cancers caused by HPV infection. While most people with HPV never develop symptoms or health problems and the vast majority of HPV infections go away by themselves within two years, some HPV infections last longer and can cause certain cancers and other diseases. Getting your child vaccinated before they become sexually active can prevent over 90% of these cancers.

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 across the state, both large and small. With nearly 100 locations, FCS is the largest independent oncology/hematology group in the United States. That status puts the practice on the leading edge of clinical trial research and gives FCS physicians access to the newest, most innovative treatments.

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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THE Y-LIFT



The aging process is unique to every person. Some people age gracefully as the saying goes, and others simply age. Whichever way that may look for an individual, it is important to realize the many factors that contribute to the aging process. Usually the first signs of aging appear on our skin and face. This can be due to environmental factors such as excessive sunbathing or smoking. Medication usage or illness can also play a role in the aging process along with malnutrition, excessive weight loss or weight gain. So as all of these factors may take their toll on the body, aging usually appears in the face due to volume loss or loss of collagen under the skin. The overall face tends to look loose and saggy in appearance, with a much less defined jawline. Jowls may appear and cheeks can give the impression of being sunken in. All of a sudden, lines from the corner of the nose down to the mouth start to form and this is the beginning of the tell-tale signs of aging. So for most people, the fight against aging continues and thoughts of the inevitable facelift arise. However, many times invasive surgeries like a facelift can be postponed or even avoided using a new injection technique known as the Y-Lift.

used in this technique include Juvederm, Voluma, Vollure and Volbella. All of these fillers have specific indications of where they are best used in the face and can last up to 24 months. Due to the nature of the product, it promotes collagen production, thereby allowing the product to last even longer than indicated in some cases.

So if the Y-Lift uses products that have already been used, what makes it so different? It is different mainly because instead of using a needle, a cannula is used. By using a cannula, you have less entry points into the face and therefore less chance for bruising. The other key difference is that the product is being injected deep on top of the bone. This is important to know for a couple of reasons. First, when the product is injected into that area of the face, it is not being delivered through tissue and blood vessels, therefore minimizing discomfort. Second, when the product is injected under the muscle, you are not able to feel it from the outer surface of the skin, allowing for a more natural result and minimal chance of any lumps or bumps at all.



The Y-Lift is an incredible new way to inject hyaluronic acid filler that doctors have already been using to inject for years. Hyaluronic acid fillers are taking over the beauty industry for many important reasons. Hyaluronic acid is derived from a naturally occurring sugar molecule that is already in our bodies. Due to the substance already being present in our system, one is very unlikely to be allergic to it. Hyaluronic acid is also a water binding molecule so it adds moisture to the skin. As the most coveted filler type of all, it can easily be dissolved in the event of an unwanted outcome and in most cases results in little to no swelling and/or bruising. The Allergan Brand Collection of fillers that are most commonly



The Y-Lift delivers results in under an hour with no surgery and no downtime. It has been named "The 30-minute Miracle Facelift" by Dr. Oz and has been featured in journals across the globe such as Beauty World News, Forbes Magazine, Elle Magazine, Harper's Bazaar, Marie Claire and many more.

The best way to discover if you or someone you know is a candidate for the Y-Lift is to have a complimentary consultation with your trusted provider. Each face is unique and prices are determined based on the anatomy of each individual. To schedule your first consultation call **561-655-6325** or visit **www.mdbautylabs.com**.



Medical Director, Daniela Dadurian M.D.
* Board Certified Anti-Aging Medicine
* Board Certified Laser Surgery

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

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



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Macular Hole

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

Macular hole is when a tear or opening forms in your macula. As the hole forms, things in your central vision will look blurry, wavy or distorted. As the hole grows, a dark or blind spot appears in your central vision. A macular hole does not affect your peripheral (side) vision.



WHAT CAUSES A MACULAR HOLE?

Age is the most common cause of macular hole. As you get older, the vitreous begins to shrink and pull away from the retina. Usually the vitreous pulls away with no problems. But sometimes the vitreous can stick to the retina. This causes the macula to stretch and a hole to form.

Sometimes a macular hole can form when the macula swells from other eye disease. Or it can be caused by an eye injury.

MACULAR HOLE DIAGNOSIS

Your ophthalmologist will put drops in your eye to dilate (widen) your pupil. This allows him or her to look through a special lens at the inside of your eye. Then he or she will take pictures of your eye using optical coherence tomography (OCT). With OCT, a machine scans the back of your eye. This provides very detailed pictures of the retina and macula. Your ophthalmologist studies these pictures to check for problems.

MACULAR HOLE TREATMENT

Surgery called vitrectomy is the best way to treat a macular hole. Your ophthalmologist removes the vitreous that is pulling on your macula. Then he or she puts a gas bubble or Silicone Oil inside the eye. This bubble or oil helps flatten the macular hole and hold it in place while your eye heals. The gas bubble slowly goes away on its own but silicone oil requires a second surgery to be removed.

Things to know about

Vitrectomy surgery for macular hole:

- Your eye may hurt after surgery. Your surgeon will have you take medicine to help with pain.
- You will need to wear an eye patch for a short time. You also will need to put drops in your eye.
- You cannot fly in an airplane until the gas bubble is gone. This is because going up quickly in altitude can make eye pressure rise. That can cause

problems with the bubble. If you have the oil there are no restrictions.

- If you need to have any other type of surgery, be sure to tell your doctor before surgery that you have a gas bubble in your eye.
- Your vision will improve as the macular hole closes. It may take several months for the hole to finish healing. How much vision you get back depends on the size of your macular hole. It also depends on how long the hole was there before you had surgery.



The Retina Institute of Florida

Lauren R. Rosecan

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

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GAINSWave is a Revolutionary New Therapy

that Treats Erectile Dysfunction (ED)

WHAT CAUSES ED?

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

COMMON TREATMENT FOR ED:

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

Expensive oral medications such as Viagra and Cialis may cause unwanted side effects, such as nasal congestion, headaches, upset stomach, vision changes, facial flushing, and dizziness. They also have to be taken before intercourse limiting spontaneity. Finally, there are many men with cardiovascular disease who are not candidates for treatment with these medications.

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

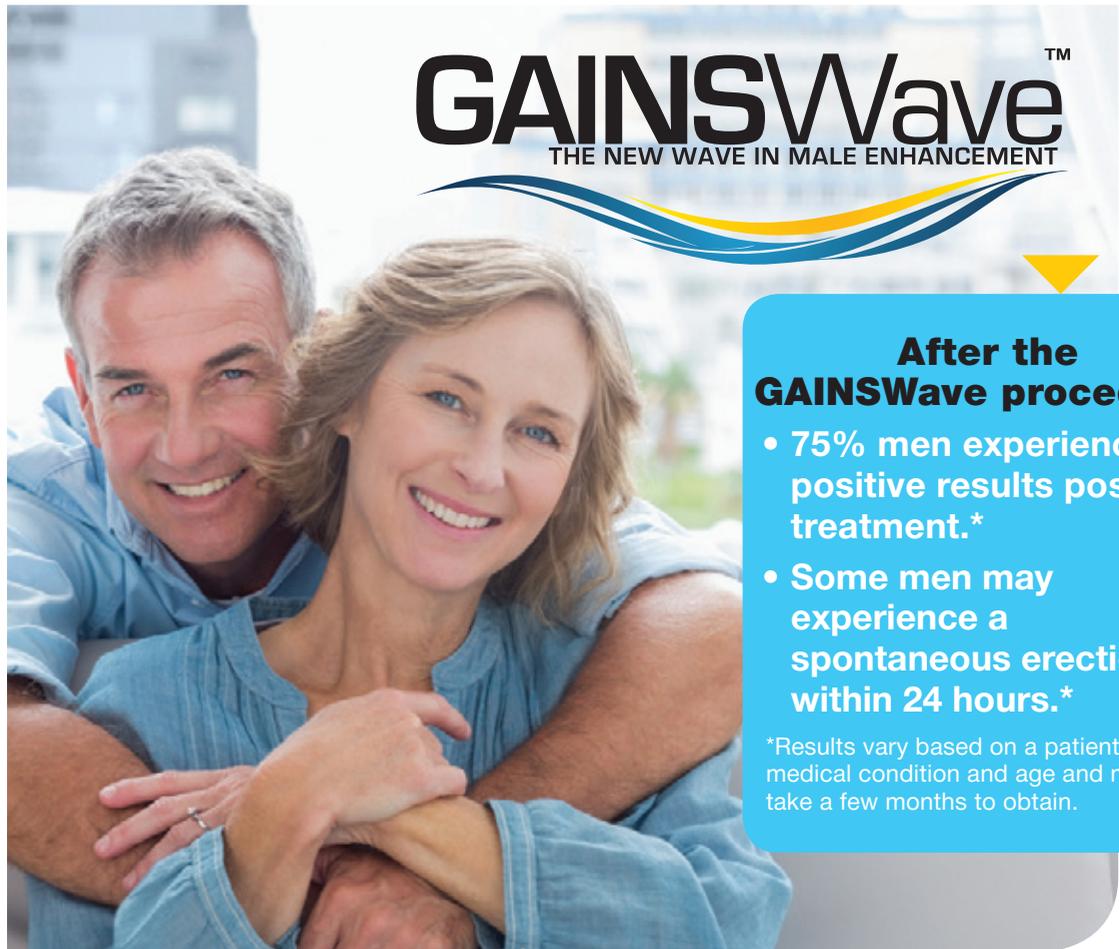
WHY MEDICATE WHEN YOU CAN CURE?

Introducing the only Erectile Dysfunction Treatment that treats the underlying cause of ED, GAINSWave is revolutionary, non-invasive and heals the underlying causes of ED. GAINSWave uses FDA-cleared, scientifically proven non-invasive technology that uses Acoustic Pressure Waves to stimulate cellular metabolism, enhance blood circulation and stimulate tissue regeneration creating new blood vessels in treated areas. GAINSWave is about regenerative medicine – helping men return to their younger, healthier selves, and enabling a spontaneous, active sex life.

SCIENTIFICALLY PROVEN RESULTS

There are over 40 clinical studies showing GAINSWave technology to be effective in treating ED. Patients are reporting great improvements to their sexual health, including:

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



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.

Am I Controlling the Way I Think or is it Controlling Me?



Psychological theorists such as Albert Ellis have taught us that how we think will directly affect how we feel which in turn affects how we behave. Yes, this is true, but what controls our thinking?

I've tried and tried but I feel as if there's a force that keeps me from fixing this thinking even though I know it needs to change.

Neuroscience research has discovered the phenomenon of “Neuroplasticity” which is simply defined as the brain’s ability to change throughout a person’s life. Researchers believe that our experiences and thoughts can change neuron firing patterns. It is also believed that injuries to either the structure of the brain (lesions, tumors) or to the soft tissue (closed head injury, brain bruise) can also change neuron firing patterns as well as psychological trauma, viruses, and chemicals either from medication, substance abuse, or the environment. And of course, there are many more of us that have inherited a disrupted brain pattern and have to sit back and watch history repeat itself through generations.

We are extremely vulnerable to changes in the neuron firing patterns in our brain. But does that mean that we’re all doomed? Not exactly. Because not all conditions cause disruption, we really have no way of knowing if a traumatic event, hereditary condition or external force will or will not impact our brain. So we’re left wondering, *is my brain pattern controlling me? Or am I controlling my brain pattern?*

First, what does a disrupted pattern look like? Here’s an example; when the neural pattern in the frontal lobe of the brain is disrupted, it is suffice to say that emotions will be impacted. Depending on the precise area as well as details of the disruption, we are able to predict possible executive functioning difficulties, depression, anxiety, negative thinking, word finding problems, OCD behaviors, anger control issues, impulsivity, trauma responses, and problems with social interactions, just to name a few. So as the neuron firing pattern is out of balance or not working properly, our thought patterns can also be out of balance and not working properly.

Have you ever wondered “what’s going on in her brain” about your 6 year old? Or “what in the world makes him act that way” about your husband? Or have you ever been around someone and struggled to figure out why they say the things that they say?



How do we know **what, where, when** and **how** neural patterns have been disrupted or are “off balance”? Performing a Quantitative EEG (QEEG or Brain Map) is one way Neuroscience practitioners can determine the precise location, “**where**”, as well as details, “**what**”, of the neuron firing disruption. Determining the “**when**” and “**how**” is trickier and requires special conditions in order to provide an accurate hypothesis.

What is a Quantitative EEG (QEEG or Brain Map)? The QEEG 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 an independent specialist to be read and analyzed. They are able to not only give us a summary of significant findings but the report also shows the results of analyzing the data several different ways. The brain activity is not only compared spot by spot over the entire head, but we can also look at connections, symmetry, how different parts of the brain are communicating and all of this data is compared to a database of peers (same sex, handedness and age). It can help us see what areas need to be addressed more efficiently than just training spot by spot.

So, what do I do with the information I get from a Brain Map? Here’s where we talk about the good news.

As the concept of Neuroplasticity describes how patterns can veer of course and wreak havoc in our brains and lives, the same concept can be

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

While the client sits comfortably watching a movie or pictures appear on the screen (a calm and focused state), the EEG equipment measures the frequency or speed at which electrical activity moves in the areas where electrodes have been placed. This information is sent to the therapist’s computer. The therapist



is then able to determine what frequencies are out of balance. For example, when the EEG shows that you are making too many “slow” or “sleepy” waves (delta/theta) or too many “fast” waves (high beta), the therapist adjusts a reward band to encourage more balanced activity. This encouragement or “reward” happens through visual recognition of the changes on the screen and the auditory reinforcement of “beeps”.

Now that we understand that neuron firing in the brain is affected by our thinking and that we can change our thinking by changing the neuron patterns in the brain through Neurofeedback, the next step is simple. 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 holds a BA degree from The University of Central Florida and a Master’s Degree in Psychology from Nova Southeastern University. She is a Licensed Mental Health Counselor and is the owner/operator of The Brain and Wellness Center, located in Boca Raton. At The Brain and Wellness Center, adults, teens, children and families enjoy a variety of services from multiple providers. Neurofeedback, Brain Mapping, Acupuncture, Nutritional Counseling, Learning Programs, and counseling are among a few of the services offered.



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Mismatched Sex Drive?



First, rule out medical issues that may be affecting your libido. Low testosterone, estrogen, progesterone, thyroid issues, diabetes and depression can affect desire and/or responsiveness. If you do have an issue, finding the right care and learning how to balance your hormones can make a big difference in your libido.

Next, communicate... not just when you want to have sex. Instead, take time to talk about sex, your desires and needs. We talk about the house, kids, work, sports, friends, but are hesitant to discuss our intimate concerns. It's a must to discuss sex to keep relationships running smooth. Explore issues surrounding sexual desire, frequency, and time of day. Are you ok with quickies, or are there times you just want to feel closeness, maybe, to just hold each other and have alone time? Explore both your and your partner's desires so you can both understand how to effectively compromise and have the most fun when you are together.

Try to spice it up! Sex can feel monotonous, especially in long-term relationships, so try something new. Have sex in a different part of the house, at a different time of the day, take a shower together – suds each other up, give one another a massage with no sexual expectations. Sometimes you need to enjoy the act of touch so the pressure of having sex is off the table and can gradually return on its own. Learn how to enjoy the journey, make it fun and take the pressure off sex just to reach orgasm. You may find out that sex is fun again.

Lastly, just GO FOR IT! Do you or your partner ever go home and get excited to do laundry, mow the lawn, pay bills or clean your home? Of course not, but you do it because it makes your home and relationship run smooth. Desire isn't always going to be there, especially when you have been in a long-term relationship. Sometimes you do things you may not be in the mood for because it makes your partner and your home life happy. Maybe he wants to go to a game or you want to see a movie and you decide to do what makes the other person happy even if you don't have the desire. Once you do, you wind up having fun and enjoying each other at the end. Same thing can happen with sex. You may not have the desire at first, but are usually satisfied by the time you have finished!

Remember, sex and intimacy make both you and your partner feel valued, desired and loved. Without it, you may feel resentment and a loss of connection. Use these tips to keep sex and intimacy alive in your relationship. We all need to feel loved and appreciated. If you feel that you are losing connection or are struggling with intimacy, please seek coaching to make the positive changes to your relationship before it may be too late. Please contact me at [www. DrStacy.org](http://www.DrStacy.org) and **561-899-7669** for a complimentary consult. *"My passion is to help you create yours!"* – Dr. Stacy



ROLLING WITH THE CHANGES

Rolling with the changes continues for Florida Medical Marijuana Health Centers as they plan to grow into America's first Marijuana based national chain. The owners of the centers, Jerry Lee and Rob Fronrath recently signed an agreement with Canovis Health Centers of America. A merger that parlays into a name change and a national company. In the weeks to come you will see sign changes and label differences, but still delivering clean medical grade CBD oils and HEMP products manufactured in America. The health center's staffs are well prepared for the switch. They've been professional, knowledgeable, and helpful through a simple process in receiving a medical marijuana card. They specialize in the recommendations in obtaining your Florida Medical Marijuana card. They have licensed doctors Dr. Nicola Masse M.D. and Dr. Bennet Lewis M.D. on staff who are certified in the medical marijuana field. Here's a quick bullet point informational on the whole procedure.

Schedule an appointment with our doctor

- 10-15-minute examination
- If you have a qualifying condition, you will be entered into the state system and given a patient number
- We will supply you with the state required forms and instruct you on the application process
- Once your application has been submitted to the state you will receive an email in about 3 to 4 weeks with your card number
- Once your card number has been received you are able to purchase, possess, and use the medical marijuana according to your prescription
- Your actual card will arrive in the mail shortly there after

The switch from Florida Medical Marijuana Health Center to Canovis Health Centers of America will happen smoothly since they've maintained the entire medical and professional staffs. That eases the pressures of moving forward in the industry and becoming the first medical marijuana national chain.



Rob and Jerry did not set out to be pioneers. They believe so much in the benefits from these oils they wanted to help make it available to everyone around. October 2017, they open the doors to the public.

Only 90 days into business they found themselves opening two more locations. Florida Medical Marijuana Health Centers now has 3 locations and 3 additional locations in conversations. It has been only six months since then and they just merged with Canovis Health Centers of America. And now their help concept will reach more people than they ever dreamed possible. Rolling with the changes is changing people's lives.



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."

"I have been with the Clinic since around September 2017 and I love these guys! They have helped me through the process to receive my MMJ card at an affordable price. I have even renewed there at my 6 months because the Medical Marijuana helps to relieve some of the pain I have due to a Tarlov Cyst 1.1cm on my S3. It helps with depression caused by the Cyst pain. The MMJ helps relieve some of the pain which allows me to be able to stand longer and walk better. I also suffer Wet AMD and take quarterly eye injections to prevent further blindness which is depressing too. I take it before receiving the shot which calms me. At night I use the Concentrate which improves my sleep. The clinic has an office lady named Stephanie that has helped me through issues when I was first certified. The owners have worked with changing their doctor that is much more understanding to patients needs. I will continue to use this place because I know I am taken care of!"

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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

RejuvaEnhancement®
Amniotic Stem Cells

- REPAIR
- REGENERATE
- RESTORE

RejuvaEnhancement®
 only available at
Simply Men's Health

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

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

NUTRITIOUS MEALS FOR BUSY SCHOOL NIGHTS

When school is back in session, the real test for parents is not in the classroom, but in the kitchen. Between breakfast, lunch and dinner – not to mention snacks – meal planning seems endless and daunting.

With convenient options like canned ingredients on-hand, parents can have the makings of a wholesome homemade meal right at their fingertips.

Canned foods not only help cut down on prep time in the kitchen, but also deliver nutritional benefits. In fact, kids and adults who use six or more canned foods per week are more likely to have diets higher in 17 essential nutrients, according to a study published in "Nutrients." Plus, cans provide year-round access to seasonal fruits and vegetables, and keep food fresh and flavorful without the need for preservatives and additives.

From on-the-go breakfasts like Vegetable Frittata Minis to hearty dinners like this Beef and Vegetable Soup and everything in-between, a well-stocked pantry – or your "cantry" – full of canned proteins, fruits, vegetables and soups can help busy parents get through the week with creative meals they can feel good about serving their families.

For more information about the nutritional benefits of cooking with canned foods and to find flavorful recipes for the back-to-school season, visit CansGetYouCooking.com.



Tuna Sliders with Green Chilies

Recipe courtesy of Cans Get You Cooking
Servings: 12

- 1 can (5-ounce) tuna, packed in water, drained and flaked
- 1 can (4.25-ounce) chopped green chilies
- 1/4 cup diced celery
- 1/4 cup diced red onion
- 1/4 cup reduced-fat mayonnaise
- 2 tablespoons chopped fresh cilantro or parsley
- 6 slider rolls, split lettuce leaves

In large bowl, combine tuna, green chilies, celery, red onion, mayonnaise and chopped cilantro; toss to mix well.

Top bottom half of each roll with lettuce leaves; top with some tuna mixture and top half of roll.



Beef and Vegetable Soup

Recipe courtesy of Cans Get You Cooking
Servings: 6

- 1 tablespoon vegetable oil
- 1 pound lean ground beef
- 1 medium onion, diced
- 2 garlic cloves, minced
- 1 can (14 1/2 ounces) low-sodium beef broth
- 1 can (14 1/2 ounces) sliced carrots, drained
- 1 can (14 1/2 ounces) cut green beans
- 1 can (14 1/2 ounces) stewed tomatoes
- 1 teaspoon dried basil
- 1 cup cooked egg noodles

In 4-quart saucepan over medium-high heat, in hot oil, cook ground beef until well browned on all sides, stirring frequently. With slotted spoon, remove beef to bowl.

In drippings remaining in saucepan over medium heat, cook onion and garlic until tender-crisp.

Add beef broth, carrots, green beans, stewed tomatoes, basil and ground beef; over high heat, heat to boiling. Reduce heat to low; cover and simmer 10-15 minutes to blend flavors, stirring occasionally. Stir in cooked egg noodles.



Vegetable Frittata Minis

Recipe courtesy of Cans Get You Cooking
Servings: 36

- Nonstick cooking spray
- 8 large eggs
- 1/2 cup milk
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon dried basil
- 1 can (8 ounces) mixed vegetables, drained
- 1/4 cup grated Parmesan cheese

Heat oven to 375 F. Spray mini muffin tins with nonstick cooking spray.

In large bowl, beat eggs, milk, salt, pepper and basil to blend well. Stir in mixed vegetables and Parmesan cheese.

Fill prepared pans with egg mixture. Bake until egg mixture puffs and is just set in center, about 8-10 minutes.

With rubber spatula, loosen frittatas from muffin cups and slide onto platter.



Gluten-Free Pumpkin and Chocolate Chip Bread

Recipe courtesy of Cans Get You Cooking
Servings: 20 (2 loaves)

- 4 cups oat flour
- 2 teaspoons baking soda
- 2 teaspoons ground cinnamon
- 1 teaspoon ground nutmeg
- pinch of salt
- 1 cup (2 sticks) butter, softened
- 2 cups granulated sugar
- 4 large eggs
- 2 teaspoons vanilla extract
- 1 can (15 ounces) pumpkin
- 2 cups chopped walnuts
- 1 cup bittersweet chocolate chips
- 1/2 cup confectioners' sugar
- 1 tablespoon milk

Heat oven to 350 F. Grease two 8-by-4-inch loaf pans. In large bowl, combine oat flour, baking soda, cinnamon, nutmeg and salt.

In large bowl using mixer, beat butter and sugar until light and fluffy. Beat in eggs one at a time. Add vanilla, oat flour mixture and pumpkin; beat until just blended. Stir in walnuts and chocolate chips. Spoon mixture into prepared pans.

Bake 50-55 minutes, or until toothpick inserted in center comes out clean. Cool 10 minutes. Remove from pan. Cool completely.

In small bowl, stir confectioners' sugar and milk until smooth. Drizzle mixture over pumpkin bread.

Source: Cans Get You Cooking

BRING A COMPANION TO YOUR HEARING EVALUATION

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



As an audiologist, it is my job not only to diagnose a hearing problem, but to figure out what are the biggest struggles each patient has in their everyday life. Hearing loss is often very gradual and hard for a patient to recognize when it starts. When it comes to a hearing loss, most of the time it is a spouse, friend, or loved one who notices the problems in the first place. During a consultation with a patient, I aim to discover what are their biggest communication requirements and who is the person they struggle to hear the most. Having that person with you during the consultation process is really important. We address not only the patient's hearing concerns, but the companions concern as well.

Most of the time we find that the hearing loss affects the patient's AND the companion's quality of life and I want to make sure to answer everyone's questions during the consultation appointment. I ask questions about the patient's listening lifestyles and main goals for improvements in their everyday situations. As an AudigyCertified Audiologist, I spend a lot of time making sure the patient and companion are heard and that all of the questions and concerns they are thinking about have been answered.

If treatment with hearing devices is recommended during the consultation, realistic expectations are discussed with both the patient and the companion. Often times, I find that patients or loved ones think the hearing devices will cure the hearing problem. In reality, hearing aids have specific limitations when it comes to hearing "normally" and there are specific distance limitations as well. I counsel both the patient and companion that hearing devices work their best when you are communicating face to face at a

3-6 foot distance and they do not pick up speech clearly through walls or from different rooms. I go over so much information during the consultation the companion also acts as a second set of ears to pick up what their loved one may have missed.

Once the patient has been fit with their hearing devices, I use a program called Live Speech Mapping to verify the devices are picking up their companion's speech at a soft and conversational level to ensure an optimal hearing experience. It takes a team to help you achieve better hearing, having a companion with you during the process is what will help get the best results. If you feel you or a loved one are experiencing hearing difficulty, schedule an appointment today and let us be 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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Missing Teeth Has Made Chewing More Difficult- What Can Be Done?

Frequently patients come into our office complaining of difficulty chewing. I am not referring to painful chewing, but difficulty due to missing teeth. Unfortunately, patients often look at their teeth in a very different fashion than the rest of their body. Many patients will have teeth removed without replacing them, with the thought that there are many more in the mouth that can be used to chew. These patients often will allow this to occur with multiple teeth which ultimately leads to problems with chewing or speech.

What Occurs:

As teeth are removed or lost, a number of issues can occur over time. Research has demonstrated that approximately 25% of the jaw bone in the area can be lost within the first year of tooth removal. This loss will likely continue at a slower rate indefinitely. This change in bone structure might impact the neighboring teeth on either side causing bone loss (and support loss) to these teeth as well.

Remaining teeth can shift over time due to the loss of teeth and supporting bone structure. This shifting can change the way you bite. In fact, if you remove a tooth but still have an opposing tooth (i.e.—remove an upper molar while still having the lower molar below), it is possible that this tooth will grow out of the bone (as if it were trying to reach to contact something).

Any of these issues can significantly alter the way we chew, speak or look.

What Can Be Done Right Away:

Addressing the loss of teeth can be done a number of ways. One of the most important things to consider immediately is having your surgeon place a bone graft (typically a powder) in the area the tooth or teeth are being removed at the time of the procedure. The placement of this graft can help slow or prevent bone loss in the area. In addition, it may help preserve the jaw bone for future tooth replacement options such as a dental implant. This grafting can often be performed at the same time tooth replacement procedures such as dental implants are being performed.

Options:

A variety of options exist when considering tooth replacement. Some patients opt for a removable denture. This device can fill in the spaces where a missing tooth or teeth are located. A removable denture typically is composed of acrylic (or another material) and may have clasps that attach it to remaining teeth. This appliance is taken in and out of the mouth. In some situations, the denture may move when speaking or chewing as it is not truly locked into place.



Crowns and bridges are another option to help replace missing teeth. In this case, the remaining teeth in the area can be prepared for a crown (AKA a “cap”). Often times, multiple teeth can be crowned and connected. A common example is a 3 Unit Bridge. Here the teeth on either side of the missing tooth space are prepared for a crown. When the laboratory creates the 3 crowns, they are all connected in a row. The middle tooth is actually a fake tooth that is supported on either side by the crowns resting on tooth roots. This treatment can be very successful, but does have some downsides. If the neighboring teeth are weak, already have restorations or are clean and healthy, then using them as support for a bridge may not be ideal.

Another common treatment option is dental implants. The implants (also known as root replacements) can be placed in the site where your original tooth root lived. The implants are left to heal for a number of months while the bone fuses to them. This fusion typically occurs with a 97% success rate. Once the implant has fused, your dentist can proceed to make a crown that will be seated on it. This is often the treatment that most closely resembles the function of your original tooth. Bone quality and quantity are critical to implant success. Research has shown implants may remain in place for the rest of your life. Although you cannot get a cavity on a dental implant (it is made of titanium), you can lose bone around the implant just like you can around a tooth root. A 3D CT scan can help determine if you are a good candidate for dental implant therapy.

Removing teeth without considering replacement may lead to significant problems and jaw bone loss. A number of options to replace teeth exist. Discussing your specific desires with your dentist and surgeon may help provide you with the most ideal long term plan.

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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Protect Against Germs, Get Better Sleep and Miss Less School and Work

As August is in full swing, our calendars are going to become even fuller. With the end of summer approaching, our kids are heading back to school, we will have more field trips to attend, events for work, or perhaps our kids will be participating in extracurricular activities like sports or clubs. To many of us, August is a time to begin again. But with all of these extra activities comes stress, less sleep, and the potential to pick up infections and germs. We don't have time to get sick!

WHAT CAN YOU DO?

Instead of taking a “wait and see” approach to whether or not sicknesses will strike, the better alternative is to take preventative measures against these infections and viruses. You've heard and tried the same old approach of eating right, get enough sleep, and so on. But there is an alternative method that countless individuals rely on to stay healthy; it's called—Salt Therapy.

Since the Ancient Greeks, Halotherapy, or Salt therapy has been recognized as a beneficial treatment option for many ailments, including respiratory conditions. Hippocrates studied its effects and used the treatment of his patients back in 460 B.C. Additionally, in 1843 a Polish physician, Felix Boczkowski noticed and documented that salt

miners didn't suffer from the same respiratory problems as the general population.

In modern day, salt therapy has grown in popularity to treat various types of respiratory and skin conditions, but it's also one of the most beneficial ways to stave off illnesses, and it's in high demand.

WHAT IS SALT THERAPY?

At the Salt Suite, they use finely milled salt (micronized particles) that are built into the walls of the room and dispersed throughout the room and in the air. Salt molecules are comprised of a positive sodium ion and a negative chloride ion. While you breathe in the salty air of the therapy room, salt molecules enter the moist airways of the sinuses and lungs and break down into tiny particles, which

release negative ions. The negative ions stimulate airway linings, improving mucus clearance and improving immune response to pathogens.

As you breathe in the dry microscopic particles, you are forming a protective layer inside your sinus and respiratory system to stave off illness and infection. When our bodies come into contact with germs, the protective layer of salt works to kill bacteria keeping that infection from growing worse. The Salt Suites clients say that coming to one salt session per week keeps them healthy and lessens their symptoms if they do get sick.

Salt therapy is 100% natural, safe and drug-free, providing long-term relief. Clinical studies show that it is an effective natural treatment for allergies, asthma, sinusitis and other respiratory condition.

THE SALT SESSION

In a relaxing dimly lit, spa-like atmosphere, you just listen to the brief introduction and then relaxing spa music or meditation. Most people either read, rest or meditate during a session.

SALT THERAPY BENEFITS

- Improves lung function
- Clears pollens, pollutants, toxins and viral causing agents from lungs and nasal tracts
- Provide relief from skin conditions such as dermatitis, acne, eczema, and psoriasis
- Reduce symptoms of allergies, asthma, and respiratory issues
- Cleans nasal cavities and sinuses
- Reduces bronchial inflammation
- Relieves stress and naturally calms you
- Decreases your likelihood of catching a cold, flu and other illness
- Enhance sports performance / improves physical endurance
- Reduces Snoring

To find out more about how Salt Therapy can benefit you and your family, or to schedule an appointment, please call the Salt Suite today.



Contact us **561.316.3105**

5510 PGA Blvd. Suite 105
Palm Beach Gardens, FL 33418

thesaltsuite.com

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.

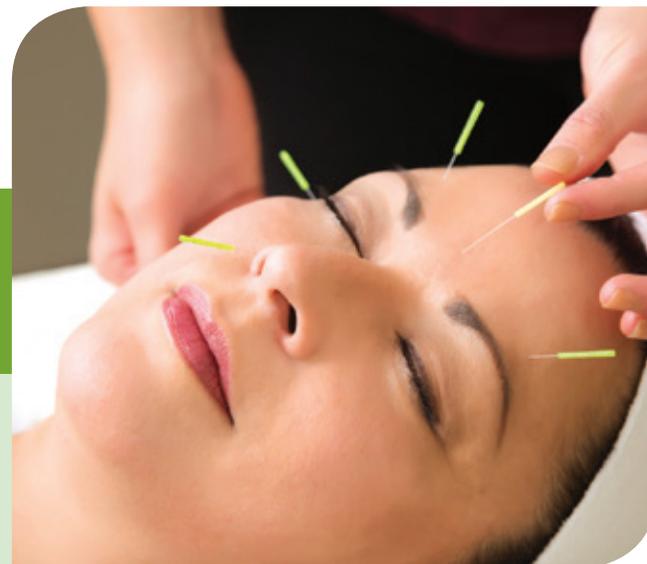
COSMETIC ACUPUNCTURE'S HISTORY OF RESULTS

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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SUPER FOODS FOR A NUTRITIOUS DIET

The health community has long praised the benefits of vitamins and nutrients derived from natural sources. For those looking to improve their health or take preventative measures, these 10 natural super foods can be incorporated into your daily diet to help support your health:

Green Tea – Armed with a special type of antioxidants called polyphenols, green tea can decrease plaque formed in the arteries and can fight prostate cancer.

Rosemary – Studies have shown this powerful spice can reduce the risk of stroke, as well as protect against Alzheimer’s disease.

Almonds – Full of plant sterols and amino acids, almonds can help lower high cholesterol and promote muscle growth. These handheld treats are also rich in vitamin E, which can protect skin from sun damage.

Fatty Fish – Rich in omega-3 fatty acids, fatty fish such as salmon, flounder and sardines can lower the risk of heart disease.

Bananas – This easy, portable snack is loaded with essential potassium, which regulates the nervous system. Bananas also offer loads of vitamin B-6, which aids immunity and metabolism.

Whole Grains – These powerful body defenders have been known to boost immunity, protect against various cancers and reduce cholesterol.

Eggs – These energy-packed breakfast favorites contain a special type of protein that helps build muscle strength more than other proteins. When compared to other breakfast foods, eggs can also keep you feeling fuller longer with fewer calories and fat.

Spinach – Chock-full of magnesium, potassium and various vitamins and nutrients, spinach can prevent clogged arteries and protect against prostate and colon cancers.

Soy – This protein-packed food contains isoflavones, which can aid in treatment and prevention of prostate cancer. Also, research from the Food and Drug Administration shows that 25 grams per day can help lessen the risk of heart disease.

Dark Chocolate – Satisfy your sweet tooth and improve blood flow to the brain at the same time. Dark chocolate can also lower blood pressure and increase skin’s resistance to UV rays.

Find more health-conscious tips at eLivingToday.com.

Source: eLivingToday.com



Protecting Your Eyes

By David A. Goldman MD

Protecting your eyes from injury is one of the most basic things you can do to keep your vision healthy throughout your life.

You may be somewhat aware of the possible risks of eye injuries, but are you taking the easiest step of all to prevent 90 percent of those injuries: wearing the proper protective eyewear?

If you are not taking this step, you are not alone. According to a national survey by the American Academy of Ophthalmology, only 35 percent of respondents said they always wear protective eyewear when performing home repairs or maintenance; even fewer do so while playing sports.

Eye Injury Facts and Myths

- Men are more likely to sustain an eye injury than women.
- Most people believe that eye injuries are most common on the job — especially in the course of work at factories and construction sites. But, in fact, nearly half (44.7 percent) of all eye injuries occurred in the home, as reported during the fifth-annual Eye Injury Snapshot (conducted by the American Academy of Ophthalmology and the American Society of Ocular Trauma).
- More than 40 percent of eye injuries reported in the Eye Injury Snapshot were caused by projects and activities such as home repairs, yard work, cleaning and cooking. More than a third (34.2 percent) of injuries in the home occurred in living areas such as the kitchen, bedroom, bathroom, living or family room.
- More than 40 percent of eye injuries every year are related to sports or recreational activities.
- Eyes can be damaged by sun exposure, not just chemicals, dust or objects.
- Among all eye injuries reported in the Eye Injury Snapshot, more than 78 percent of people were not wearing eyewear at the time of injury. Of those reported to be wearing eyewear of some sort at the time of injury (including glasses or contact lenses), only 5.3 percent were wearing safety or sports glasses.

If you have suffered an eye injury, review these care and treatment recommendations. But most importantly, have an ophthalmologist or other medical doctor examine the eye as soon as possible, even if the injury seems minor.

For all eye injuries:

- DO NOT touch, rub or apply pressure to the eye.
- DO NOT try to remove the object stuck in the eye.
- Do not apply ointment or medication to the eye.
- See a doctor as soon as possible, preferably an ophthalmologist.

If your eye has been cut or punctured:

- Gently place a shield over the eye. The bottom of a paper cup taped to the bones surrounding the eye can serve as a shield until you get medical attention.
- DO NOT rinse with water.
- DO NOT remove the object stuck in eye.
- DO NOT rub or apply pressure to eye.
- Avoid giving aspirin, ibuprofen or other non-steroidal, anti-inflammatory drugs. These drugs thin the blood and may increase bleeding.
- After you have finished protecting the eye, see a physician immediately.

If you get a particle or foreign material in your eye:

- DO NOT rub the eye.
- Lift the upper eyelid over the lashes of your lower lid.
- Blink several times and allow tears to flush out the particle.
- If the particle remains, keep your eye closed and seek medical attention.

In case of a chemical burn to the eye:

- Immediately flush the eye with plenty of clean water
- Seek emergency medical treatment right away.

To treat a blow to the eye:

- Gently apply a small cold compress to reduce pain and swelling.
- DO NOT apply any pressure.
- If a black eye, pain or visual disturbance occurs even after a light blow, immediately contact your Eye M.D. or emergency room.
- Remember that even a light blow can cause a significant eye injury.

To treat sand or small debris in the eye:

- Use eyewash to flush the eye out.
- DO NOT rub the eye.
- If the debris doesn't come out, lightly bandage the eye and see an Eye M.D. or visit the nearest emergency room.

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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Four years ago this very month I found myself in what was seemingly a perpetual series of events that turned our world upside down. It was one of the most difficult times of my life. In a very short span of a couple of weeks I found myself having been betrayed by people I love very much, criticized, and even cast out. My family experienced the loss of a loved one. And I was without a ministry home – in between jobs.

I needed a breakthrough. I needed the clouds to separate just for a moment so I could make it through the rainstorm of life. I was on the edge of chaos in my life and I needed to keep moving forward. I was faced with a choice: would I give up and stop pursuing God? Or would I press on? Truthfully... I wasn't so sure.

But I knew I had a choice.

Looking back I've learned that there are four things we can do when needing a breakthrough.

1. DON'T HAVE ALL THE ANSWERS.

It's OK to not know why... to not know how... to not know when... God desires for our hearts to be open and honest – to realize that we may never have all the answers. Jesus said, "blessed are the poor in spirit, for theirs is the kingdom of heaven." (Matthew 5:3) God can much better fill an empty vessel.

2. LISTEN. Once we get to a place where we admit we don't know it all, then we go looking and listening to the One Who does. "For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart." (Hebrews 4:12). The Bible is God's resource for daily living. It can cut through all the garbage and give us the direction we need.

3. WRITE IT DOWN. When we listen and take heed to what God is saying, I recommend writing it down because I can almost guarantee that at some point, you're going to question whether or not that really happened. Keep a journal of the times you choose to break through. If the Creator of the universe is willing to speak, I should be willing to take notes.

4. DO IT. Now the hard part: move on. Whatever you choose to break through, then now get to it. Sitting around waiting for circumstances to be perfect will result in never doing anything because they'll never be perfect. Get to it!

BREAKING THROUGH



These are the steps that worked for me to experience the breakthrough I longed for during that unbelievable tough time two years ago. I'm grateful today because I can now see the good and the "better" that God had for us on the other side of the tough times.

No matter what you're going through remember this: "And we know that for those who love God all things work together for good, for those who are called according to his purpose... For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord." (Romans 8:28, 38-39)

Brent Myers

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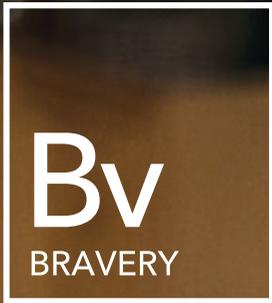
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