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September 2018

South Palm Beach Edition - Monthly

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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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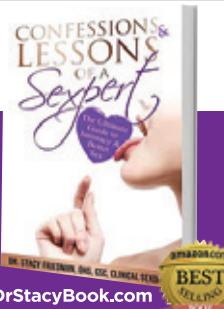
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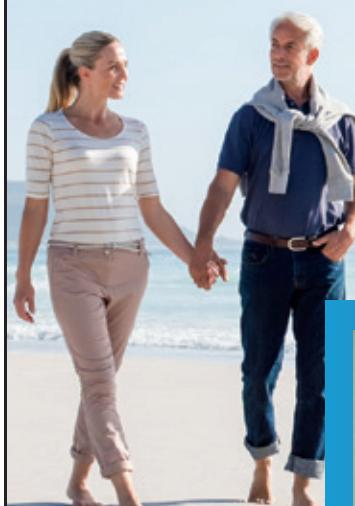
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By Dr. David Steinberg,
Pharmacist

Ensuring our Parents Health Through Medication Compliance

As the baby boomer generation ages and medications become more numerous, children and family members are charged with caring for the loved ones. This task comes not only with much stress but also with many questions. The questions often range from "Who will administer the medication when I'm not there?" "Is there a risk of my family member taking too many pills?" "How can I be sure that my family member is taking the same amount of medications he was taking at the long term care facility?" These are just a couple of questions that we get at the pharmacy when we consult with family members and patients.

As patients increase the number medications taken along with an increase to the number of physicians, the rise of medications errors is inevitable. Patients rely on family members or homecare givers to ensure compliance. We can do more. Every extra precaution or measure is well worth it when it comes to our family member. Our pharmacy has a unique system to mitigate medication errors such as over-medication and under-medication. We use, what is commonly called in the industry, a "bingo card." It is becoming the industry gold standard and not only ensures medication compliance but puts the family at ease. It is a unit dose system where the patient's medications are

divided into morning, afternoon, evening and bedtime. Each time slot has its own cell allowing the patient to know if the medicine was taken or not. It eliminates counting pills, filling pillboxes, and remembering doses. As a pharmacist, I hope to reduce common and preventable errors and help everyone live healthier lives. Please call TrustedMedRx with any questions at **561-613-6209** or **855-9EZ-MEDS**.



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- No more under or over medicating
- Safe guard your health



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EXECUTIVE HAIR RESTORATION EXPERIENCE: HAIR... LIKE A BOSS!

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

Thanks to new advanced surgical techniques and technology, a growing number of men and women are making the decision to undergo transformational hair restoration treatments.

But new treatment options aren't the only driving force behind these growing numbers.

A new concierge medical service, the Executive Hair Restoration Experience™, is quickly gaining popularity among CEOs and others looking to take advantage of this new technology while also enjoying some much-needed downtime.

With a 'hair restoration vacation,' you are not only giving yourself a boost by permanently restoring your own living and growing hair, but also treating yourself to a little pampering and relaxation. The idea might seem strange at first, but combining your hair transplant with a relaxing vacation may be just what the doctor ordered.

All-Inclusive Destination & Procedure

Due to a limited number of board-certified hair restoration physicians worldwide, patients often find themselves forced to travel to find a qualified surgeon who can give them the results they desire.

And what better place to relax post-surgery than beautiful South Florida, where patients can enjoy a plethora of world-renowned luxury accommodations and amenities. At Bauman Medical, your custom hair restoration experience is tailored to your individual needs and desires and includes air travel, luxury accommodations, private car service, fine dining, golf, tennis, relaxing spas, shopping and more.

Patients are not only able to obtain a customized treatment plan that utilizes the most innovative and effective hair restoration solutions available, but also get to take advantage of receiving their treatment in a relaxed, private and luxurious setting.

For the busy executive, this one-call-does-it-all service is a desirable feature, especially for those looking to boost their personal and professional confidence, so they can feel and perform at the top of their game.

Consultations and Preparations

The first step in the process is a preliminary evaluation of your hair status and a discussion about factors that are affecting your hair loss, which can be done easily in-person at our nearly 12,000 sqft facility, or through



a private "virtual" video-call consultation directly with Dr. Bauman. During the consultation, your goals and expectations regarding hair transplantation will be discussed and whether you are a candidate for a hair transplant procedure. Next, a personalized treatment plan is created that will give you the best chance at achieving optimal results.

For the convenience of out-of-town patients, there are a variety of travel and accommodation packages that can fit any style and time frame. Patients and their families are able to enjoy luxury accommodations and amenities while receiving and recuperating from state-of-the-art hair restoration procedures, and return home recovered and feeling refreshed.

"I decided to get a hair transplant to improve my appearance. As a CEO, when you do something to improve yourself, you feel like a better leader."

Mark Alfieri, CEO
o2 Media
o2mediainc.com



"If you want to have the hair you had when you were younger, you need to come to Bauman Medical"

Martino Cartier, CEO
Celebrity Stylist & Philanthropist
MartinoCartier.com

Before After

State-of-the-Art Results

The Executive Hair Restoration ExperienceSM offers patients the benefits of industry leading technology called FUE or Follicular Unit Extraction combined with Dr. Bauman's 20+yr experience and natural hair restoration artistry. This game-changing technology, along with Dr. Bauman's highly skilled and qualified transplant team, allows patients to achieve permanent, undetectable, 100-percent natural results.

This means no scalpels, sutures or staples for the patient in the Donor Area--leaving absolutely NO linear scar. SmartGraft has a sophisticated on-board pneumatic 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 system also features stereo-vision 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 FUE is still in use today to help surgeons extract grafts from the Donor Area without leaving behind a telltale linear scar.

Whether your decision is spurred by the desire to keep your transplant private, or you are simply looking to combine some rest and relaxation with your procedure, don't wait to book

your 'hair restoration vacation.' The sooner you treat your hair loss, the sooner you can enjoy the benefits of a fuller, thicker more healthy and youthful head of hair.

As we like to say, "Don't just accept your hair loss. Treat it... like a boss!"

To learn more about Hair Restoration Vacations, or to schedule your initial private consultation, visit HairLikeABoss.com or call 1-877-BAUMAN-9 or 561-394-0024.

"Thanks to Dr. Bauman, my hair from the 90s is BACK!"

Gary Roman, CEO
LivingFLA.com

Before After

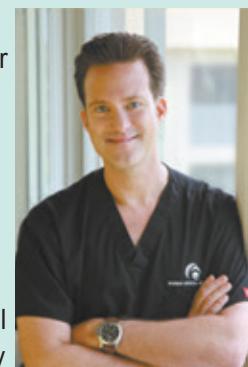
The most advanced techniques that are available at Bauman Medical for hair follicle harvesting and transplantation are:

- **SmartGraft FUE:** Often called the "iPhone of Hair Transplant Devices," 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 depleted areas.

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

Dr. Alan J. Bauman is the Founder and Medical Director of Bauman Medical Group in Boca Raton, Florida.

Since 1997, he has treated nearly 20,000 hair loss patients and performed nearly 7,000 hair transplant procedures. An international lecturer and frequent faculty member of major medical conferences, Dr. Bauman was recently named one of the Top 5 Transformative CEO's in Forbes. His work has been featured in prestigious media outlets such as The Doctors Show, CNN, NBC Today, ABC Good Morning America, CBS Early Show, Men's Health, The New York Times, Women's Health, The Wall Street Journal, Newsweek, Dateline NBC, FOX News, MSNBC, Vogue, Allure, Harpers Bazaar and more. A minimally-invasive hair transplant pioneer, in 2008 Dr. Bauman became the first ABHRS certified Hair Restoration Physician to routinely use NeoGraft FUE for hair transplant procedures.



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

Hair Loss Study Candidates Needed!

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

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PROSTATE CANCER UPDATE

Although some younger men do get prostate cancer, the risk increases with age. According to the National Cancer Institute, more than 70 percent of all prostate cancer patients are over the age of 65, and about 75 percent of all men over the age of 80 will have some form of prostate cancer. In addition to age, other risk factors include ethnicity, genetic factors and diet. African-American and Latino men have a greater risk of developing prostate cancer than Caucasian men; Asian and Native American men have the lowest risk. There is also evidence that diet plays a role in the development of prostate cancer. Studies have found a higher incidence of prostate cancer in men whose diets are high in fats (particularly animal fats) and low in vegetables. A family history of prostate cancer also increases the chances of developing the disease.

IMPROVEMENTS IN TREATING PROSTATE CANCER

As scientists continue to look for more genetic mutations that could be potential targets for new treatments of advanced prostate cancer, targeted therapies are also being developed for patients with non-metastatic prostate cancer. Many advances in the treatment of prostate cancer have occurred in the past decade including new surgical procedures and improvements in radiation therapy. Both of these have proven to be extremely effective and, in many instances, to have minimal side effects. Advances in both hormonal therapy and chemotherapy have made the disease much more manageable so that even if it can't be cured, a patient can still experience a good quality of life while living with prostate cancer.

There are five major treatment options for men diagnosed with prostate cancer:

- **Active surveillance** - During active surveillance, your doctor will carefully monitor your prostate cancer on a regular basis – usually every 3 to 6 months. Some prostate cancers grow so slowly that they will never lead to death or even cause any symptoms. Closely monitoring this type of prostate cancer is often the best treatment option.

- **Hormone therapy:** There are several types of hormone therapy, however, the overall goal of each type is the same: to either reduce the levels of male hormones (also known as androgens) or to prevent the hormones from reaching the prostate gland cells. Since androgens stimulate prostate cells to grow, reducing the overall level of androgens in the body can often shrink a tumor or make it grow at a slower pace.



About 1 in every 7 men in the U.S. will be diagnosed with prostate cancer during their lifetime. Other than skin cancer, prostate cancer is the most common form of cancer in American men.

- **Radiation:** Radiation treatment uses high-energy beams to destroy cancer cells. New and improved techniques such as conformal radiation therapy (CRT) and intensity modulated radiation therapy (IMRT) use computers to map out the prostate and deliver focused radiation to cancer cells while sparing healthy surrounding tissue.

- **Surgery:** Prostate cancer surgery is used to remove either the whole prostate or part of it. Surgery is most often recommended for men with early stage prostate cancer, however it can be used for later stages as well. If cancer has spread to the lymph nodes, the surgeon may not remove the prostate and suggest another type of treatment.

- **Chemotherapy:** Chemotherapy is the administration of anti-cancer drugs, either through IV injection or by mouth in pill form. Chemotherapy is not usually given unless the cancer has spread outside of the prostate gland. This also becomes an option when the cancer no longer responds to hormone therapy.

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Close to Home

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

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



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Ischemic Optic Neuropathy

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

ISCHEMIC OPTIC NEUROPATHY

(ION) is when blood does not flow properly to your eye's optic nerve, eventually causing lasting damage to this nerve. With ION, you suddenly lose your vision in one or both of your eyes.

The optic nerve carries signals from your eyes to the brain. Your brain then turns these signals into the images you see. When blood flow to the optic nerve is reduced or blocked, the nerve does not get enough oxygen or nutrition. The optic nerve stops working properly, and eventually dies.

ION can affect your central (detail) vision or side (peripheral) vision—or both. Because a damaged optic nerve cannot be fixed, any vision loss from ION is usually permanent. Usually, people with severe ION still have some peripheral vision.



WHAT ARE SYMPTOMS OF ION?

If blood flow to your optic nerve is reduced, your vision will darken for a few seconds or minutes then return to normal. This is called a transient ischemic attack (TIA). This kind of attack can happen before ION begins. If you have TIA symptoms, call your ophthalmologist or primary care doctor right away. Finding and treating the problem as soon as possible can help prevent further vision loss from ION.

WHO IS AT RISK FOR GETTING ION?

While anyone can get ION, you are more likely to develop it if you:

- are over 50 years old
- have high blood pressure
- have diabetes
- smoke cigarettes
- have clogged arteries
- have glaucoma
- have migraine headaches
- have swelling of arteries in the head (called temporal arteritis)



ISCHEMIC OPTIC NEUROPATHY (ION) DIAGNOSIS

Your ophthalmologist will do an eye exam to look for warning signs of ION. He or she will dilate (widen) your pupils with eye drops and then check for swelling of the optic nerve and blood vessels in the back of your eye.

Your ophthalmologist may also test your side (peripheral) vision and measure the fluid pressure within your eye.

ISCHEMIC OPTIC NEUROPATHY (ION) TREATMENT

If your ION is caused by swelling of arteries in your head (temporal arteritis), your ophthalmologist may have you take steroid (prednisone) pills. This medicine may prevent ION from developing in your other eye.

Your doctor may want to treat any other health problems you have that put you at risk for ION. He or she may prescribe medicine for high blood pressure, diabetes, clogged arteries, migraine headaches, or other health problems.

There is no treatment to improve vision loss from ION. However, your ophthalmologist may suggest useful materials and ways to help you see with low vision.



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Lauren R. Rosecan

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Therapy to enhance longevity, brain function and recovery from drug and alcohol dependence

Retaining brain health and function is a paramount concern for all of us, especially as we age. The function of the brain can decline rapidly and almost overnight. However, there's good news on the anti-aging front that can help improve not only our brain function, but other aspects of our health as well.

There is a coenzyme in all living cells called nicotinamide adenine dinucleotide (NAD+). It helps repair DNA, increase energy, improves healthy brain function and aids in neurological disorders such as Parkinson's and Alzheimer's disease.

Studies show that by age 50, people have only 50 percent of the NAD+ they had in youth. By age 80 NAD+ levels drop to only 1 to 10 percent. Deficiency of NAD+ may predispose us to accelerated aging and hence diseases associated with aging, such as neurodegenerative conditions, diabetes, cardiovascular disease and even cancer, among many others. NAD+ is essential to sustain life. It protects us against chemical stress and inflammation, as well as mitochondrial and DNA damage.

Restoration of NAD+ is now viewed as one of the most progressive tools in aiding longevity. It not only improves longevity, but it helps to improve certain mental health conditions, such as depression, anxiety and PTSD. Perhaps most impressively, it has been very successful for almost 20 years in drug and alcohol detoxification. Given the important role NAD+ plays in such a wide range of critical functions, it is exciting to think of the profound effect NAD+ IV therapy will have on anti-aging and the support of healthy brain function as well as recovery from drugs and alcohol.

This is how NAD+ plays a vital role in the recovery from drug and alcohol addiction: it repairs the

damage done to the brain resulting from drug and alcohol abuse. Studies presented at the Society of Neurosciences have shown that NAD+ IV Therapy is successful in minimizing withdrawal symptoms, reducing cravings, anxiety and depression, normalizing stress levels and restoring a sense of well-being and clarity of mind. It is one of the few substances that cross the blood-brain barrier to act on the midbrain to diminish cravings for drugs and alcohol.

NAD+ IV Therapy addresses the physical aspect first which prepare you to make the psychological and behavioral changes needed to complete recovery. There are now ways to make the recovery process more comfortable and discreet without 28 days in a facility or excruciating withdrawals. NAD+ can be administered in the privacy of your own home, giving you the comfort you need to heal. In my practice, I create a program based on your medical history and laboratory results. One of my highly trained nurses can come to your home to administer and monitor your IV protocol. The IV protocol is administered over 10 to 15 days in your home or hotel suite. Mary Ligon DCH, NLPT is a recovery coach in my practice provided as part of the recovery to guide you through the process of learning how to live a life free of addiction.

For more information on how NAD+ can work for your anti-aging or recovery needs visit www.mdbeautylabs.com or call 561-655-6325.


Medical Director, Daniela Dadurian M.D.

- * Board Certified Anti- Aging Medicine
- * Board Certified Laser Surgery

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

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


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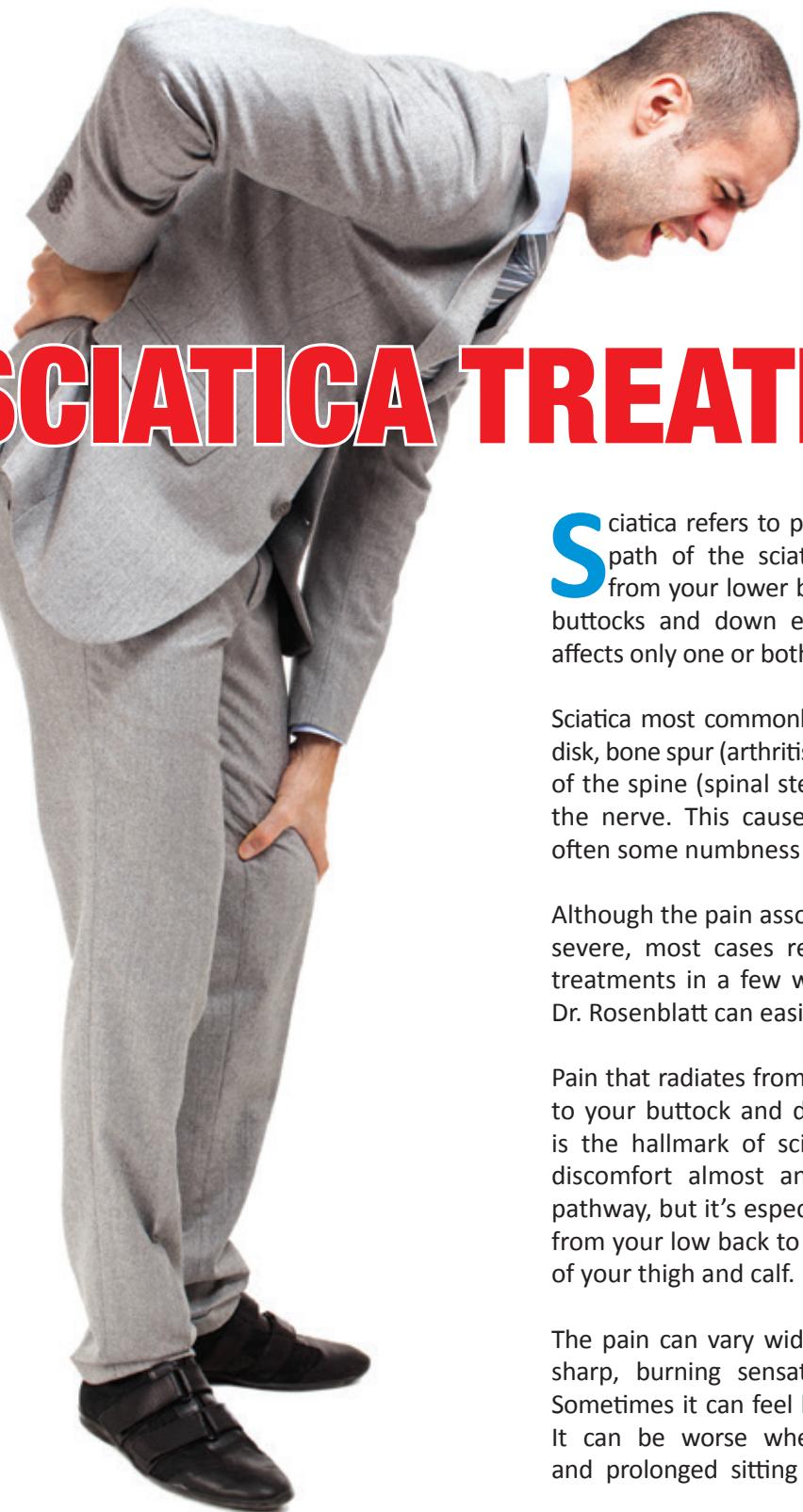
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Pain Management for Sciatica



SCIATICA TREATMENT

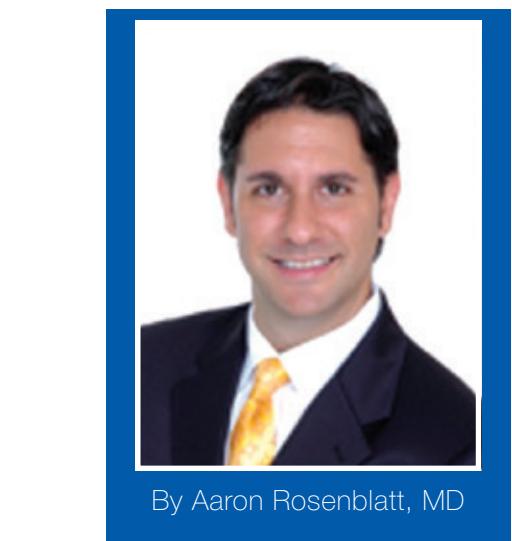
Scatica refers to pain that radiates along the path of the sciatic nerve, which branches from your lower back through your hips and buttocks and down each leg. Typically, sciatica affects only one or both sides of your body.

Sciatica most commonly occurs when a herniated disk, bone spur (arthritis) on the spine or narrowing of the spine (spinal stenosis) compresses part of the nerve. This causes inflammation, pain and often some numbness in the affected leg(s).

Although the pain associated with sciatica can be severe, most cases resolve with non-operative treatments in a few weeks with treatment that Dr. Rosenblatt can easily perform.

Pain that radiates from your lower (lumbar) spine to your buttock and down the back of your leg is the hallmark of sciatica. You might feel the discomfort almost anywhere along the nerve pathway, but it's especially likely to follow a path from your low back to your buttock and the back of your thigh and calf.

The pain can vary widely, from a mild ache to a sharp, burning sensation or excruciating pain. Sometimes it can feel like a jolt or electric shock. It can be worse when you cough or sneeze, and prolonged sitting or walking can aggravate



By Aaron Rosenblatt, MD

symptoms. Some people also have numbness, tingling or muscle weakness in the affected leg or foot. You might have pain in one part of your leg and numbness in another part. You do not have to have low back pain to have sciatic pain.

Please call Dr. Rosenblatt when self-care measures fail to ease your symptoms or if your pain lasts longer than a week, is severe or becomes progressively worse. **Get immediate medical care if:**

- You have sudden, severe pain in your low back or leg and numbness or muscle weakness in your leg
- The pain follows a violent injury, such as a traffic accident
- You have trouble controlling your bowels or bladder

Sciatica occurs when the sciatic nerve becomes pinched, usually by a herniated disk in your spine or by an overgrowth of bone (bone spur) on your vertebrae. More rarely, the nerve can be compressed other tissue or damaged by a disease such as diabetes. Shingles is another common cause that would require treatment.

During the physical exam, Dr. Rosenblatt will check your muscle strength and reflexes. For example, you may be asked to walk on your toes or heels, rise from a squatting position and, while lying on your back, lift your legs one at a time. Pain that results from sciatica will usually worsen during these activities.



Many people have herniated disks or bone spurs that will show up on X-rays and other imaging tests but have no symptoms. So doctors don't typically order these tests unless your pain is severe, or it doesn't improve within a few weeks.

- **X-RAY.** An X-ray of your spine may reveal an overgrowth of bone (bone spur) that may be pressing on a nerve.
- **MRI.** This procedure uses a powerful magnet and radio waves to produce cross-sectional images of your back. An MRI produces detailed images



of bone and soft tissues such as herniated disks. During the test, you lie on a table that moves into the MRI machine.

- **CT SCAN.** Can also be used for a faster imaging result or when an MRI is not allowed.

After evaluation, Dr. Rosenblatt might recommend injection of a medication into the area around the involved nerve root(s). This can help reduce and or eliminate pain by suppressing inflammation around the irritated nerve. This can greatly improve the pain and discomfort from the multiple causes of sciatica and help improve an individuals overall function. There are several different types of nerve root treatments to consider based on the location and severity of the impingement of the nerve. Usually treatment takes no longer than 5-6 minutes and can provide immediate relief!

Dr. Rosenblatt explains, "This procedure is simple and helps people of all ages to help feel less pain and function at a higher level. It is great for neck and lumbar spine pain. It will also help to avoid unnecessary spine surgery."

In Dr. Rosenblatt's beautiful freestanding interventional pain management building in Delray Beach, FL, thousands of individuals have been able to benefit from this technique. Dr. Rosenblatt has been performing this procedure for more than 17 years with great success. 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!

Early Pain Treatment CAN PREVENT Prolonged Suffering!

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Dr. Stacy Friedman

Painful Sex & Intimacy



It looks something like this...you go on a date night, have a great evening with dinner and maybe a couple of drinks, great conversation, laughs and you are feeling loving and affectionate with your partner. As the evening starts to wind down, on the way home, something changes. You start thinking about what's going to happen next. You start worrying, "it's going to hurt", "but I always say no", "I miss sex with my partner that doesn't hurt", the affections and desire you had earlier starts to wane, you feel guilty, you no longer are in the mood. You feel torn and sad. Sometimes you try to power through and be there for your partner, sometimes you say no, either way you are left feeling sad, lonely in your pain, and frustrated. Sound familiar??



Nearly 3 out of 4 women will have painful intercourse some time in their lives. Painful sex, also called dyspareunia, can wreck havoc in your sexual relationship as well as your emotional state of mind. Women often find reasons to avoid any kind of physical contact to decrease the likelihood of pressure to engage in sexual intercourse because it is so painful. This not only leads to hurt feelings but leaves a void of emotional and physical intimacy in the relationship. Women often feel guilty, angry & hopeless, men often feel rejected, confused & frustrated. Not only are you missing mutual sexual intimacy and enjoyment, but your relationship begins to distance. It's difficult to talk about, or you feel you have talked it to death. You have sought answers, but nothing has seemed to work. There are options for women who experience painful sex to rediscover an enjoyable sexual relationship. I should know, I experienced the same thing for 6 long years, I can certainly relate. Believe me, painful sex can be treated.

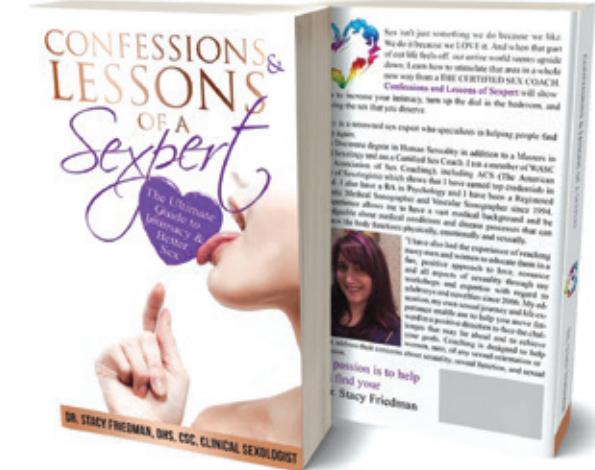
Because of my experiences, I have made it a priority to help other women, as I specialize in working with those who deal with painful sex and don't know where to turn.

Men and women can both have pain during sex, but the majority of the time it happens to women. Sometimes it is only temporary, but many times it can be a long-term problem. This is when the relationship can either strengthen or end tragically. You can take control of the future of your relationship and regain the intimacy you both so desperately desire.

So what actually causes painful sex? There can be many causes to painful sex including vaginal dryness, vaginismus, vulvodynia, infection, endometriosis, cysts on ovaries, being pregnant, or menopause. It is always recommended you speak with your gynecologists to rule out a medical issue. Often sex has been painful in the past at one point, and fear of repeated pain increases anxiety and decreases your sexual responsiveness during foreplay and intercourse. This leads to a cycle of increased anxiety, sexual avoidance, eventual sexual activity that ends painfully. The cycle repeats and eventually your sexual desire dramatically decreases, your responsiveness to foreplay decreases & you avoid sex or even touching your partner. The good news is there is help available to regain your sexual desire and pleasure.

The last thing you want to do is to force yourself to have sex through the pain. It is very important to keep communication open in your relationship. As we grow and change so do our bodies and how our bodies respond to sex and foreplay. Change is a natural part of life, but painful sex doesn't have to be. I am dedicated to helping couples rediscover fulfilling emotional and sexual intimacy through life's changes and relationship stages. You and your relationship are worth it! Reach out for coaching and guidance at www.DrStacy.org or **1-561-899-7669**. If you would like to read my book to get more ideas on intimacy and better sex, check out "Confessions & Lessons of a Sexpert" on Amazon. For a free e-copy download, go to www.DrStacyBook.com.

"My passion is helping you create yours!"
— Dr. Stacy



Dr. Stacy Friedman

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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.

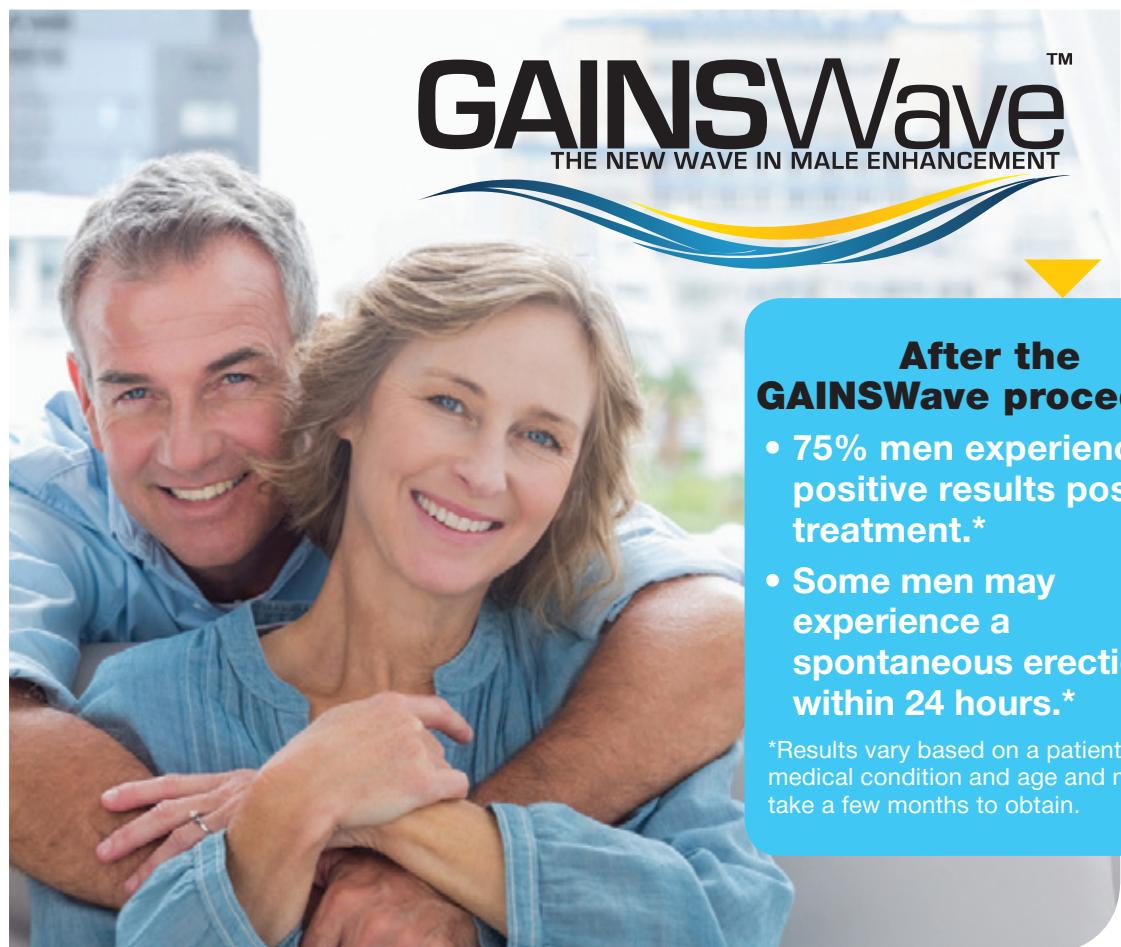
WHY MEDICATE WHEN YOU CAN CURE?

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



GAINSWave™
THE NEW WAVE IN MALE ENHANCEMENT

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, **561-808-7205**.

Tricounty Center for Integrative Medicine

4800 Linton Blvd D502A

Delray Beach, FL 33445

Phone: (561) 808-7205

EDfixMD.com

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

DOES EVERYONE NEED BRAIN TRAINING?



Is there such a thing as a perfect brain? Or does everyone have a “messed up” one? Isn’t it true that everyone needs Neurotherapy or brain training? The answer to each of these questions is “NO”. So, who needs brain training, what is it, and how can it help me?

To answer these questions, we need to know a little bit about what’s going on inside your head. Your brain is comprised of billions of neurons making trillions of neural connections that combine in patterns. These patterns shift and change throughout the day to respond to our functioning. When we are sleeping, we have the same amount of neurons firing as when we are awake, however, the pattern of these connections will shift to be slower to allow us to close our eyes and drift off into slumber. As we are awoken from sleep, the patterns will shift into a more awake and then fully alert pattern. This process of shifting, changing, and firing happens automatically and unbeknownst to us. It’s only when there is a disruption in this pattern, when the pattern is off balance or if the brain cannot shift appropriately, that we now have a problem.

WHAT DO THESE PROBLEMS LOOK LIKE? HERE ARE A FEW EXAMPLES...

- Trouble falling asleep, staying asleep, waking up.
- Anxiety, increased stress, panic attacks, worrying, fears
- Trouble with focus and concentration, daydreaming, hyperactive
- Inability to be organized, motivated, have good time management
- Headaches, migraines, chronic pain
- Fatigue or energy levels, over activated or busy brain
- Obsessive thinking, cognitive issues, memory issues
- Difficulty with social interactions, attachment, relationships
- Depression, low mood, irritability, anger
- Deficits from stroke, concussion, head injury, surgery, seizures
- Symptoms from Lyme, Candida, PANDAS, Autism Spectrum
- Learning problems, trouble with processing, sensory sensitivity
- Oppositional defiant, behavioral problems, mood swings and Bipolar.

When we look at the brain’s neural patterns through imaging such as a Quantitative EEG, we may see the imbalance of neuron firing patterns and possibly even a disruption in connections, however, these findings may not indicate a disruption in functioning. This means that not everyone needs or would notice a difference with brain training. During a consultation, intake or at the beginning of treatment, our experienced Neurofeedback therapists can help determine if you do, in fact, need brain training, and if you will notice results or positive changes in functioning. This is not a guarantee that your expectations are going to match the changes your brain decides to make. But it does mean that with proper assessment and treatment, you will notice changes in functioning.

What if I want to just be better at my job, school, sport, or in general? Would brain training help me with that? The answer is, of course yes, brain training or more appropriately described as brain strengthening, can be utilized by anyone or everyone. We call it Peak Performance Training and it's been used worldwide for many years. The Italian Soccer National Team used a "Mind Room" that combined biofeedback and Neurofeedback to optimize performance of players in preparation of the 2006 World Cup that they subsequently won.

WHAT IS BRAIN TRAINING OR NEUROFEEDBACK?

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

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

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

The QEEG is a quantitative EEG. It's also called a brain map and does just that...it gives us a map of what is going on with the entire brain at one time. We attach electrodes to the whole head, 19 spots, and then record the brain waves with eyes open for 5 minutes and with eyes closed for 10 minutes. This recording is then sent to an independent specialist be read and analyzed. They can not only give us a summary of significant findings, but the report also shows the results of analyzing the data several different ways. The brain activity is not only compared spot by spot over the entire head, but we can also look at



connections, symmetry, how different parts are communicating, and all this data is compared to a database of peers (same sex, handedness and age). It can help us see what areas need to be addressed more efficiently than just training spot by spot.

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

WILL BRAIN TRAINING WORK IF I AM TAKING MEDICATION?

Yes, we recommend that you continue the medication regimen that you and your physician have established. Your brain will learn new patterns even if medication is present. We are even able to help you and your physician determine the best course of medication based on Diagnostic findings and EEG brain patterns.

As your brain begins to work more efficiently, medications also work better. For those who cannot take or are only marginally responsive to medication, neurofeedback can offer an alternative or supportive role to drug therapy by stimulating or inhibiting brain activity at the same basic neurological level as medication. Eventually with training, many people find they are able to reduce the dosages or cease taking some prescription drugs, but only after careful consultation and planning with the prescribing physician. For this reason, neurofeedback practitioners advocate consistent communication between clients and their physicians during training and encourage discussion of their neurofeedback experience with therapists and doctors so accommodations can be made as training progresses.

WHAT'S THE PROCESS FOR GETTING STARTED?

As each one of us is a different and unique individual, we also have different and unique brains. Because of this, we tailor treatment to the individual. When you come into our office for a consultation or to begin treatment, we will assess: Is brain training appropriate for you and your goals? What is the best treatment plan for to achieve those goals? Are other modalities and/or diagnostics really necessary? And what is the best timing if they are needed? And we will also make a determination about how often you should have training. Once we begin treatment we may make adjustments to this treatment plan.

Getting started is easy, just give us a call. The Brain and Wellness Center staff will answer all your questions, and help you get scheduled. We can schedule you for an intake, a telephone consultation, or 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.



**7301 W. Palmetto Park Rd.,
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(561) 206-2706
www.BocaBrainCenter.com.**



ARE THERE CBD OIL PRODUCTS THAT ARE 100% THC FREE?

While all cannabidiol (CBD) hemp oil is non-psychoactive, some patients have special reasons for wanting to completely avoid the fractional 0.3% trace amounts of tetrahydrocannabinol (THC) that remains in broad spectrum hemp oils. As of recently, zero-THC (0.0%) hemp oil products have been made available.

Demands for CBD hemp oils are rapidly rising, as scientists discover that CBD can potentially reduce seizures, pain, anxiety, and inflammation, as well as provide antioxidant and neuroprotective effects that can be potentially beneficial for neurological disorders like Alzheimer's disease and some cancers. While the research finds on CBD have been promising, there are many patients who remain hesitant to incorporate CBD into their treatment because of the presence of THC. It's important to understand that CBD hemp oil is made from high-CBD hemp that contains no more than 0.3 percent THC, far less than the amount needed to experience a high. Instead, CBD dominates the makeup of the hemp plant. CBD itself is non-psychoactive, and studies show it even counteracts the psychoactive properties of THC.

Some scientists believe that hemp oil containing all the cannabinoids and other compounds extracted from the plant is more therapeutically beneficial than isolated cannabinoids. The "entourage effect," introduced in 1998 by renowned cannabinoid researchers Raphael Mechoulam and Shimon Ben-Shabat, maintains that isolated or synthetic cannabinoids aren't as effective for eliciting curative effects as when all the plant's natural constituents work together synergistically.

Still, there are many reasons why patients may prefer to avoid all THC. For example, THC-free products offer an option for active military that want to incorporate CBD for pain or post-traumatic stress disorder (PTSD) but are prohibited from consuming products containing THC. First responders – such as firefighters, police officers, and EMTs – can now benefit from the balancing properties of CBD without fear of violating their employers' restrictions. Competing athletes, many of who face restrictive testing policies from their sports' governing bodies, can incorporate CBD into their regimen without fear of negative consequences. Parents of children who rely on the balancing properties of CBD to reduce seizure activity or manage symptoms of autism often prefer

to avoid exposing their kids to even trace amounts of THC that exist in other hemp oil products.

As of just recently, at least one CBD hemp oil manufacturer has developed a hemp oil product that is 100 percent THC free. After the oil is extracted from the stalks and seed of hemp plants, producers isolate CBD compounds. This process eliminates the THC and all other plant constituents, leaving pure CBD. Some manufacturers blend isolated cannabinoids with wholesome liquid oils containing fatty acids for easy administration and to help improve absorption.

CBD hemp oil products, including those that are THC free, are legally available in most major markets.



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!"

LOCATIONS:



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



**6266 S Congress Ave.
Suite # L-8, Lantana FL, 33462
561-429-2105**



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



**Canovis Health Centers of America
7158 N. Nob Hill Rd, Tamarac, FL 33321**



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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

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

E.M.



**Call TODAY,
Get your life back
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HEARING CARE IS HEALTHCARE

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

When choosing a doctor for any healthcare needs, how do you find someone who will take care of that health issue? Doctors, friends and family members often have someone they know and trust who can help with your healthcare needs. When it comes to finding a Hearing Healthcare Provider, how do you decide who is right for you?

According to leading consumer research, 2 out of every 3 hearing aids are improperly fit.

Because hearing devices by themselves are not effective, they are not calibrated automatically. They cannot at this time be purchased over the counter and are not “one size fits all”. The ability to integrate your devices with your lifestyle is essential to achieving better hearing and a Doctor of Audiology is the most qualified, trained professional to do this. Investment in better hearing should be measured by the results you experience every day.

When it comes to purchasing hearing devices, most patients see it as a “retail purchase” where buying the hearing aid is all they think they need, and some think they can be bought off the shelf. But, a hearing aid does not work without a trained professional to set up that aid, teach you how to use it and manipulate it specifically for you and the listening environments

that are most important to you. Hearing loss is a health problem, requiring a health care professional to treat it.

At Audiology and Hearing Aids of the Palm Beaches, we take a concierge approach to hearing care. We work closely with you to make sure we meet all of your hearing healthcare needs. Included with the treatment plan are a 75-day trial and adjustment period, 3 years of office visits, 3-year manufacturer warranty including loss insurance, free batteries for the life of the devices and a home for your hearing healthcare.

I would like to share this true story from a current patient:

“I met with two Audiologists before contacting Dana Luzon. None of them remotely compare to her. First, her knowledge of what Hearing Aids are available greatly surpassed theirs.



Second, her Professional Ability to help me select which Manufacturer and Model was perfect for me was far above the other Audiologists I spoke with. The difference in them and her is like comparing a

Ferrari to a Ford. In addition, she makes time available for you when you need her. The other Specialists made me wait up to a week if I needed Service. I like the fact that she has only one Patient in the Office at a time, so that she can concentrate on them.

She is without question the Doctor of choice for Hearing in the Palm Beaches. I am writing this Testimonial as a Thank You to her for all she has done for me. In additional, it will mean a lot to me to help you receive the Hearing Aids that are best for you and save time, effort and unnecessary stress in doing so.” – Larry

Most of my patients find that having a home for their hearing healthcare, being seen on time for their appointment, having convenient appointment times in a friendly, quiet atmosphere is what suits their needs best. Quality patient care is important in helping you achieve better hearing. What is the VALUE of a professional hearing healthcare provider? There's price and then there's priceless. You have to decide what's best for you!

**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: audologic 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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Most individuals believe they know how healthy their hair is based on what they can see, but they aren't aware of their scalp status and how it can affect overall hair health. Think of the head like a garden. Just as the earth needs healthy soil that's nurtured through water and fertilization, the scalp should be free of product buildup and residue for healthy hair to grow. Traditional hair-care products like shampoo are designed to wash your hair, not your scalp. Here are four common scalp problems and how your hair may be affected by them.

WHY YOU SHOULD CARE ABOUT YOUR SCALP'S HEALTH



- Thinning Hair** – Having a strong foundation is necessary for thicker, healthier hair. A healthy, clean scalp provides good circulation and increased blood flow to hair follicles creating an ideal environment for proper hair growth.
- Balance** – Your scalp requires the right balance of oils in order to flourish. Too oily and you may experience thinning hair or dandruff, too dry and you may experience flakes or irritation. Eliminating toxins and moisturizing the scalp properly, ensures that long, healthy hair will grow.
- Sensitivity** – Using highly acidic products or products full of sulfates can dry out the scalp and cause skin irritation and itchiness. A calmed, nourished, and well-moisturized scalp will allow for a healthy hair growing environment.
- Product Buildup** – That greasy residue left behind when you don't rinse your hair well enough may be the cause of those little white flakes you find on your shoulder from time to time. Hair may look limp and dull when suffering from product buildup.

Seeing is believing and to understand the status of your scalp fully, and how it affects your hair, a thorough analysis should be conducted to determine the origin of your hair problems. A healthy scalp is essential to the lush appearance of your hair and the way it performs when styled. It's what you don't see in the mirror that matters. Knowing the condition of your scalp is crucial to determine the best hair care regimen for healthier hair.

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If It Doesn't Hurt, Do I Have To Treat It?

One of the most dangerous things about periodontal disease (the disease that causes gum and jaw bone loss) is that it typically is painless until it becomes severe. Periodontal disease has recently been found to occur in 1 of 2 adults over the age of 30. This incredible finding tells us that this disease occurs more often than diabetes. Unfortunately, a patient may not even know they have the problem since it usually does not hurt. Reviewing how the disease progresses will better help understand how it can be managed.

PERIODONTAL DISEASE: A BRIEF REVIEW

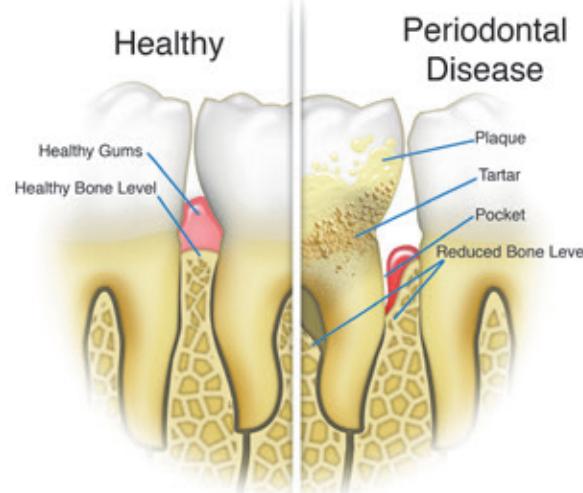
There are multiple forms of periodontal disease, but the most common types are gum inflammation, gum recession and jaw bone loss.

GUM AND BONE LOSS:

As plaque and bacteria accumulate around the gums, the body responds and sends extra blood to the area to help attack what it sees as an “infection”. You may notice that the gums become swollen and bleed easily when this occurs (Gingivitis). If left untreated, this gum problem can lead to the jaw bone around the teeth being lost (Periodontitis). This is also known as “deep pockets” in which a deep space develops below the gum line. To be clear, this space occurs as the bone under the gumline resorbs away. In most cases, the only symptom you may have is bleeding when you brush. It is important to realize that you can be losing the bone supporting your teeth and have absolutely no idea. **Very frequently, I see patients who learn they have the disease for the very first time when they are complaining that their teeth are loose.** At this point, the prognosis for saving the teeth are much less promising than if we had addressed the situation much sooner.

GUM RECESSION:

Another common form of the disease is gum loss (recession). Most times, this is mistakenly viewed as a cosmetic issue. THIS IS A BIG MISTAKE. Our teeth have two parts: a crown (the part you see when you smile) and the root (the part that is below the gum/bone which supports the tooth). As the gum is lost, the jaw bone beneath the gum line is exposed. The bone will not remain exposed and resorbs away leaving the root showing (this is why we see a longer looking tooth in the mirror). This process does not typically hurt. The only complaints patients often discuss is that their teeth look longer or they are more sensitive to hot and cold. Although these are problematic, they are minor compared to the fact that the supporting jaw bone is being lost. If the process is not stopped, ultimately the teeth will become loose and eventually be lost.



WHAT CAN BE DONE?

The first and most important step is to be sure you have a complete periodontal evaluation. Fortunately, this is a painless evaluation which involves a review of a current set of dental x-rays and a thorough review of your mouth. Measurements are taken to determine if gum or jaw bone is being lost. It may be shocking to find that you are part of the 50% of the population to have periodontal disease.

THE GOOD NEWS:

Believe it or not, there are advanced treatment options available to help address many forms of the disease that are relatively pain free. In the past, many of the treatments for moderate to advanced levels of periodontal disease involved traditional surgery. Today, we have incredible options for issues such as gum recession and jaw bone loss that no longer require a scalpel, stitches or graft material. Therapies such as LANAP (Laser Therapy) and Pinhole Gum Rejuvenation are two such options which have demonstrated amazing success with tremendous patient satisfaction and minimal to no pain.

It is important to remember that every patient and situation is different. A complete evaluation is required to determine if you in fact have the disease and if you are a candidate for one of these (or other) advanced treatment options.

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

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



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

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

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

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



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

LOOK YOUNGER NATURALLY with an Established Technique

By Dr. Meng, MD

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.

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Common Myths About Your Eyes

By David A. Goldman MD

Just because something is a common belief doesn't make it true. A lot of things you have probably heard about your vision turn out to be false. Here are five common myths that have no basis in science.

Sitting too close to the TV will ruin your eyes

Your mom may have warned you that you would ruin your eyes forever if you sat too close to the television or if you watched too much of it. Unfortunately for mom, that's not true. Watching televisions, including LCDs and flat screens, can't cause your eyes any physical harm. The same is true for using the computer too much or watching 3-D movies. Your eyes may feel more tired if you sit too close to the TV or spend a lot of time working at the computer or watching 3-D movies, but you can fix that by giving your eyes a rest.

Your vision will get worse if you read in the dark

Reading in dim light may be harder, but it doesn't damage your eyes. Remember that for centuries people read and worked by candlelight or gas lamps that offered far less light than electric lighting. Having good light will prevent eye fatigue and make reading easier, though.

Wearing glasses makes your eyes dependent on them

Eyeglasses correct blurry vision. You may want to wear your glasses more often so that you can see



clearly, but your glasses aren't changing your eyes so that they become dependent on your eyeglasses. You're just getting used to seeing things more clearly. Similarly, wearing glasses with the wrong prescription won't ruin your eyes. You just won't see as clearly as you would with the proper prescription.

Only boys are color blind

Color blindness, also known as color deficiency, occurs when you are unable to see colors in a certain way. Most commonly, color blindness happens when a person cannot distinguish between certain colors, usually between greens and reds, and occasionally blues. While males are much more likely to develop color blindness, females can also have the problem.

Eating carrots will make your eyesight sharper

Carrots are a good food for healthy eyesight because they contain vitamin A, a nutrient important to your

eyes. However, a balanced diet can contain lots of foods that offer similar benefits. In any case, eating a lot of carrots won't help you see better unless you suffer from vitamin A deficiency, which is rare in the U.S. Also, eating too many carrots can be its own problem, causing your skin to turn yellow.

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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.



Ot doesn't take much effort to hear of all the turmoil going on in our nation and around the world. It's quite frightening at times to think about where this all might end up. But if we're honest with one another, we really shouldn't be surprised. Conflict between people has existed since Cain and Abel – and it's not getting any better.

That is probably why God gave us so many instructions in how to get along with one another in the Bible.

Did you know that the phrase “one another” is used 100 times in the New Testament alone? Did you know that nearly half of those are given to those who call themselves Christ followers and over half are written by the apostle Paul? About one third of them deal with unity; another one third deal with love; and a good balance of the rest deal with humility.

So what are some of these great reminders of how to treat one another?

Love one another (John 13:34, others)
Accept one another (Romans 15:7)
Forgive one another (Colossians 3:13)
Don't complain against one another (James 4:11)
Be at peace with one another (Mark 9:50)
Serve one another (Galatians 5:13)
Regard one another as more important than yourself (Philippians 2:3)
Don't judge one another (Romans 14:13)
Encourage one another (1 Thessalonians 5:11)
Pray for one another (James 5:16)

Can you imagine – just for a moment – what the world would be like if we could just do these simple ten things... TEN... that's just ten percent of the total number of “one anothers” in the New Testament. If we just did ten percent of what we're asked... think about how different the world would be – think about how the headlines might read differently.

But words alone cannot change people; action is required. James, the half-brother of Jesus, says this: “*be doers of the word, and not hearers only, deceiving yourselves. For if anyone is a hearer of the word and not a doer, he is like a man who looks intently at his natural face in a mirror... and at once forgets what he was like. But the one who acts, he will be blessed in his doing.*” James 1:22-25, ESV

So if you want to change the world... if you want to see more good and less bad in the world... if you want to make a difference... then start with the person in the mirror and do the “one anothers”.

Brent Myers

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"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

-Dave Norris, Cancer Fighter

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