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December 2018

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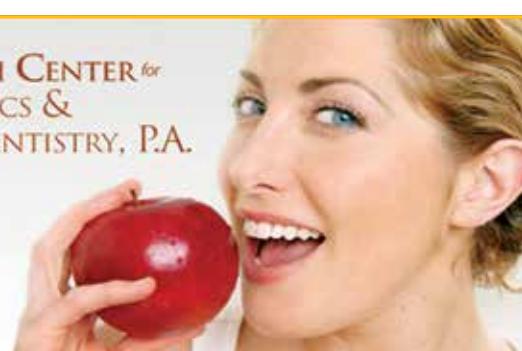


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Pain Relief Treatment From the Leaders in the Industry



Treating the underlying cause of acute pain and chronic discomfort is essential. Having a comprehensive evaluation to define your level of nerve damage, inflammation, and degenerative disease are critical steps to improving your outcome. An experienced physician will walk you through the best treatment options available depending on your specific circumstances after they determine and streamline your underlying diagnosis.

When pain persists from an illness or accident, it can disrupt the flow of your life. But the good news is there are more ways than ever to effectively deal with your pain: diagnose it, ease it, control it, or end it. This is what Resolute Pain Solutions does for countless patients. They specialize in advanced therapies, innovative modalities and multidisciplinary strategies to customize a

comprehensive care plan individually tailored just for you. They practice appropriate and responsible use of pain management medication for patients needing that type of therapy. And they do it all from a 360° holistic care perspective, addressing not only the physical manifestations of pain but also the emotional and psychological toll chronic pain often produces.

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What sets Resolute apart from other pain management providers? Many things do. Most notably, their depth of knowledge in the field of chronic pain and the professional collaboration that comes from being part of a larger family of pain mitigation experts: Resolute Anesthesia and Pain Solutions. The collective skill set they bring to your care, the proven experience behind it, the access to state-of-the-art tools, technologies and modern resources, their commitment to excellence, and their genuine culture of compassion — these all culminate in a level of pain care unprecedented in scope and leadership.

Resolute physicians are anesthesiologists and are field-proven and board-certified by the American Board of Pain Medicine, the American Academy of Pain Management, the American Board of Interventional Pain Physicians, and the American



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“
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HAIR RESTORATION TOOLS AND TREATMENTS TO CELEBRATE

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



From robots to lasers and stem cell therapy to advanced pharmaceuticals, hair loss sufferers have a lot to be thankful for.

Hair loss can be a painful process for both men and women. While it is commonly dismissed as merely a cosmetic problem, it often isn't the physical symptoms that are hardest for patients to overcome, but instead, the loss of confidence and self-esteem that follows that is especially damaging to those afflicted.

In addition to a bevy of new and enhanced medical treatments for hair loss, the medical community is also recognizing the deep-rooted effects of hair loss. The shame and stigma that has long been associated with hair loss is slowly waning, as more physicians and patients seek to better understand

and treat hair loss as a medical condition and not just a cosmetic issue.

This understanding, coupled with its arsenal of effective treatments, has led the hair restoration industry to see record growth in recent years. Hair restoration physicians and surgeons are not only able to revive and restore hair follicles, but in some cases, can prevent hair loss before it even starts. Today, hair loss is truly optional.

If you are one of the 80 million men and women in the U.S. suffering from hair loss, here is a look at some of the top tools and treatments available that will make your failing follicles celebrate.

Minimally Invasive Surgery: No-scalpel/no-stitch harvesting techniques like SmartGraft FUE, NeoGraft FUE and ARTAS robotic-assisted transplants can restore density in severely depleted areas of scalp without the risks of scarring, discomfort, downtime and unnaturalness of old-style procedures.

Platelet Rich Plasma Therapy, or PRP: Also called "Vampire PRP", this treatment uses your own blood, which is naturally enhanced to boost the number of platelets and key growth factors. It is then re-injected into the scalp, where it revives dying follicles.

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 offer a dramatic improvement over the OTC brands.

Low Level Laser Therapy: FDA cleared low-level lasers are a key weapon in the battle against thinning. These lasers are now available in laser-embedded ball caps which offer a discreet, hands-free, at-home treatment for follicle health and hair regrowth.

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.

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 can be an effective short- or long-term option.

Tracking Hair Loss and Recovery: An advanced hair loss measurement tool known as the HairCheck accurately determines the amount of growing hair in a given area on the scalp. This is an effective way to gauge the severity of the patient's hair loss early on, and how well they are responding to restorative treatments.



Before and after PRP



Before and After FUE surgery

Genetic Testing: Genetic tests like those provided by HairDX can accurately predict a patient's risk of hair loss later in life, as well as if they will benefit from alternative treatments like finasteride.

A healthy head of hair is possible – if you follow the right steps. From eating right, to finding the right styling regimen, or laser therapy treatments or advanced nutraceuticals, there are a lot of great things you can do to keep your hair strong and healthy. The first steps to fuller follicles is to assess the current state of your hair, identify any problems or risk factors, then create a plan of action that can help you get your hair back on track. For some, this is as simple

as a shampoo change or daily vitamin supplement, for others, a professional medical consultation from a hair loss specialist is needed to get to the root of the problem.

If you are experiencing hair loss or thinning, contact a hair restoration physician who can work with you to determine the most effective treatment regimen for your specific needs. Patients should look for doctor who is a full-time medical hair loss specialist who is certified by the American Board of Hair Restoration Surgery and recommended by the American Hair Loss Association. Only a qualified and experienced hair restoration physician can perform natural-looking hair transplants and prescribe the most effective multi-therapy treatment options, including the latest available products.

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.

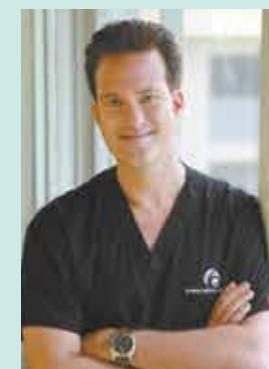
Tips on Finding a Hair Restoration Physician

- A Hair Restoration Physician is someone who specializes exclusively in the medical diagnosis, treatment and tracking of hair loss and its treatment.
- Look for full-time hair transplant surgeons who are board-certified in hair restoration by American Board of Hair Restoration Surgery, and recommended by the American Hair Loss Association.
- If you live in an area where there are no board-certified hair restoration physicians, don't let that be a barrier to treatment. Consider a virtual consultation via Skype or FaceTime.
- Before choosing your doctor for treatment obtain a consultation to get all your questions answered.
- Ask for a referral from your primary care doctor or dermatologist to a full-time Hair Restoration Physician who is fully equipped and trained to diagnose, treat and track your hair loss process and achieve your hair restoration goals.

Courtesy of Alan J. Bauman, M.D.

Courtesy of Alan J. Bauman, M.D.

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



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

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 Healthcare by Forbes.

His work has been featured in prestigious media outlets such as The Doctors Show, CNN, NBC Today, ABC Good Morning America, CBS Early Show, Men's Health, The New York Times, Women's Health, The Wall Street Journal, Newsweek, Dateline NBC, FOX News, MSNBC, Vogue, Allure, Harpers Bazaar and more.

A minimally-invasive hair transplant pioneer, in 2008 Dr. Bauman became the first ABHRS certified Hair Restoration Physician to routinely use NeoGraft FUE for hair transplant procedures.



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What is DIABETIC RETINOPATHY?

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

Diabetic retinopathy, the most common diabetic eye disease, occurs when blood vessels in the retina change. Sometimes these vessels swell and leak fluid or even close off completely. In other cases, abnormal new blood vessels grow on the surface of the retina.

The retina is a thin layer of light-sensitive tissue that lines the back of the eye. Light rays are focused onto the retina, where they are transmitted to the brain and interpreted as the images you see. The macula is a very small area at the center of the retina. It is the macula that is responsible for your pinpoint vision, allowing you to read, sew or recognize a face. The surrounding part of the retina, called the peripheral retina, is responsible for your side – or peripheral – vision.

Diabetic retinopathy usually affects both eyes. People who have diabetic retinopathy often don't notice changes in their vision in the disease's early stages. But as it progresses, diabetic retinopathy usually causes vision loss that in many cases cannot be reversed.

DIABETIC EYE PROBLEMS

There are two types of diabetic retinopathy:

Background or nonproliferative diabetic retinopathy (NPDR)

Nonproliferative diabetic retinopathy (NPDR) is the earliest stage of diabetic retinopathy. With this condition, damaged blood vessels in the retina begin to leak extra fluid and small amounts of blood into the eye. Sometimes, deposits of cholesterol or other fats from the blood may leak into the retina.

NPDR can cause changes in the eye, including:

- **Microaneurysms:** small bulges in blood vessels of the retina that often leak fluid.
- **Retinal hemorrhages:** tiny spots of blood that leak into the retina.
- **Hard exudates:** deposits of cholesterol or other fats from the blood that have leaked into the retina.
- **Macular edema:** swelling or thickening of the macula caused by fluid leaking from the retina's blood vessels. The macula doesn't function properly when it is swollen. Macular edema is the most common cause of vision loss in diabetes.
- **Macular ischemia:** small blood vessels (capillaries) close. Your vision blurs because the macula no longer receives enough blood to work properly.

Many people with diabetes have mild NPDR, which usually does not affect their vision. However, if their vision is affected, it is the result of macular edema and macular ischemia.

PROLIFERATIVE DIABETIC RETINOPATHY (PDR)

Proliferative diabetic retinopathy (PDR) mainly occurs when many of the blood vessels in the retina close, preventing enough blood flow. In an attempt to supply blood to the area where the original vessels closed, the retina responds by growing new blood vessels. This is called neovascularization. However, these new blood vessels are abnormal and do not supply the retina with proper blood flow. The new vessels are also often accompanied by scar tissue that may cause the retina to wrinkle or detach.

PDR may cause more severe vision loss than NPDR because it can affect both central and peripheral vision. *PDR affects vision in the following ways:*

Vitreous hemorrhage: delicate new blood vessels bleed into the vitreous – the gel in the center of the eye – preventing light rays from reaching the retina. If the vitreous hemorrhage is small, you may see a few new, dark floaters. A very large hemorrhage might block out all vision, allowing you to perceive only light and dark. Vitreous hemorrhage alone does not cause permanent vision loss. When the blood clears, your vision may return to its former level unless the macula has been damaged.

Traction retinal detachment: scar tissue from neovascularization shrinks, causing the retina to wrinkle and pull from its normal position. Macular wrinkling can distort your vision. More severe vision loss can occur if the macula or large areas of the retina are detached.

Neovascular glaucoma: if a number of retinal vessels are closed, neovascularization can occur in the iris (the colored part of the eye). In this condition, the new blood vessels may block the normal flow of fluid out of the eye. Pressure builds up in the eye, a particularly severe condition that causes damage to the optic nerve.



DIABETIC RETINOPATHY SYMPTOMS

You can have diabetic retinopathy and not be aware of it, since the early stages of diabetic retinopathy often don't have symptoms.

As the disease progresses, diabetic retinopathy symptoms may include:

- Spots, dots or cobweb-like dark strings floating in your vision (called floaters);
- Blurred vision;
- Vision that changes periodically from blurry to clear;
- Blank or dark areas in your field of vision;
- Poor night vision;
- Colors appear washed out or different;
- Vision loss.
- Diabetic retinopathy symptoms usually affect both eyes.

See a simulation of what vision with nonproliferative diabetic retinopathy and vision with proliferative diabetic retinopathy look like.

Careful management of your diabetes is the best way to prevent vision loss. If you have diabetes, see your eye doctor for a yearly diabetic retinopathy screening with a dilated eye exam – even if your vision seems fine – because it's important to detect diabetic retinopathy in the early stages. If you become pregnant, your eye doctor may recommend additional eye exams throughout your pregnancy, because pregnancy can sometimes worsen diabetic retinopathy.

Contact your Eye M.D. right away if you experience sudden vision changes or your vision becomes blurry, spotty or hazy.

DIABETIC RETINOPATHY DIAGNOSIS

The only way to detect diabetic retinopathy and to monitor its progression is through a comprehensive eye exam.

There are several parts to the exam:

Visual acuity test

This uses an eye chart to measure how well you can distinguish object details and shape at various distances. Perfect visual acuity is 20/20 or better. Legal blindness is defined as worse than or equal to 20/200 in both eyes.

Slit-lamp exam

A type of microscope is used to examine the front part of the eye, including the eyelids, conjunctiva, sclera, cornea, iris, anterior chamber, lens, and also parts of the retina and optic nerve.

Dilated exam

Drops are placed in your eyes to widen, or dilate, the pupil, enabling your Eye M.D. to examine more thoroughly the retina and optic nerve for signs of damage.

It is important that your blood sugar be consistently controlled for several days when you see your eye doctor for a routine exam. If your blood sugar is uneven, causing a change in your eye's focusing power, it will interfere with the measurements your doctor needs to make when prescribing new eyeglasses. Glasses that work well when your blood sugar is out of control will not work well when your blood sugar level is stable.

Your Eye M.D. may find the following additional tests useful to help determine why vision is blurred, whether laser treatment should be started, and, if so, where to apply laser treatment.

Fluorescein angiography

Your doctor may order fluorescein angiography to further evaluate your retina or to guide laser treatment if it is necessary. This is a diagnostic procedure that uses a special camera to take a series of photographs of the retina after a small amount of yellow dye (fluorescein) is injected into a vein in your arm. *The photographs of fluorescein dye traveling throughout the retinal vessels show:*

- Which blood vessels are leaking fluid;
- How much fluid is leaking;
- How many blood vessels are closed;
- Whether neovascularization is beginning.

Optical coherence tomography (OCT)

OCT is a non-invasive scanning laser that provides high-resolution images of the retina, helping your Eye M.D. evaluate its thickness. OCT can provide information about the presence and severity of macular edema (swelling).

Ultrasound

If your ophthalmologist cannot see the retina because of vitreous hemorrhage, an ultrasound test may be done in the office. The ultrasound can "see" through the blood to determine if your retina has detached. If there is detachment near the macula, this often calls for prompt surgery.

WHEN TO SCHEDULE

AN EYE EXAMINATION

Diabetic retinopathy usually takes years to develop, which is why it is important to have regular eye exams. Because people with Type 2 diabetes may have been living with the disease for some time before they are diagnosed, it is



important that they see an ophthalmologist (Eye M.D.) without delay.

The American Academy of Ophthalmology recommends the following diabetic eye screening schedule for people with diabetes:

Type 1 Diabetes: Within five years of being diagnosed and then yearly.

Type 2 Diabetes: At the time of diabetes diagnosis and then yearly.

During pregnancy: Pregnant women with diabetes should schedule an appointment with their ophthalmologist in the first trimester because retinopathy can progress quickly during pregnancy.

DIABETIC RETINOPATHY TREATMENT

The best treatment for diabetic retinopathy is to prevent it. Strict control of your blood sugar will significantly reduce the long-term risk of vision loss. Treatment usually won't cure diabetic retinopathy nor does it usually restore normal vision, but it may slow the progression of vision loss. Without treatment, diabetic retinopathy progresses steadily from minimal to severe stages.

Laser surgery

The laser is a very bright, finely focused light. It passes through the clear cornea, lens and vitreous without affecting them in any way. Laser surgery shrinks abnormal new vessels and reduces macular swelling. Treatment is often recommended for people with macular edema, proliferative diabetic retinopathy (PDR) and neovascular glaucoma.

Laser surgery is usually performed in an office setting. For comfort during the procedure, an anesthetic eyedrop is often all that is necessary, although an anesthetic injection is sometimes given next to the eye. The patient sits at an instrument called a slit-lamp microscope. A contact lens is temporarily placed on the eye in order to focus the laser light on the retina with pinpoint accuracy.

Vitrectomy surgery

Vitrectomy is a surgical procedure performed in a hospital or ambulatory surgery center operating room. It is often performed on an outpatient basis or with a short hospital stay. Either a local or general anesthetic may be used.

During vitrectomy surgery, an operating microscope and small surgical instruments are used to remove blood and scar tissue that accompany abnormal vessels in the eye. Removing the vitreous hemorrhage allows light rays to focus on the retina again.

Vitrectomy often prevents further vitreous hemorrhage by removing the abnormal vessels that caused the bleeding. Removal of the scar tissue helps the retina return to its normal location. Laser surgery may be performed during vitrectomy surgery.

Medication injections

In some cases, medication may be used to help treat diabetic retinopathy. Sometimes a steroid medication is used. In other cases, you may be given an anti-VEGF medication. This medication works by blocking a substance known as vascular endothelial growth factor, or VEGF. This substance contributes to abnormal blood vessel growth in the eye which can affect your vision. An anti-VEGF drug can help reduce the growth of these abnormal blood vessels.

After your pupil is dilated and your eye is numbed with anesthesia, the medication is injected into the vitreous, or jelly-like substance in the back chamber of the eye. The medication reduces the swelling, leakage, and growth of unwanted blood vessel growth in the retina, and may improve how well you see.

Medication treatments may be given once or as a series of injections at regular intervals, usually around every four to six weeks or as determined by your doctor.



The Retina Institute of Florida

Lauren R. Rosecan

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Bio-Electric DDS: A Total Health Balancer with Remarkable Results



Would you like to look better, feel younger, recover faster, alleviate chronic pain, have less fatigue, regulate your immune system, and increase your bodies Qi (energy flow)? There is a relatively new procedure that is a combination of pain relief, needle-free acupuncture, massage, lymphatic drainage, PH balance, and anti-aging benefits. This FDA approved Device was introduced in Southeast Asia but is now permitted in Europe and the United States for patient care.



This device, called Bio-Electric DDS, delivers precise doses of bio-electric current through electrodes that are placed on the skin in combination with herbal, organic serums to penetrate the skin muscles and organs.

BIO-ELECTRIC DDS' SCIENCE

Bio-Electric DDS (Digital Device System) is a perfect combination of Chinese Traditional Medical Theory and modern bio-electricity principles. The DDS machine is being used to implement traditional Chinese medicine and energize meridians within the body. Bio-Electric DDS is a drug-free therapy option for people in pain by prompting the body to produce endorphins to help relieve pain. It is a safe and reliable alternative for acupuncture, cupping therapy, therapeutic massage, etc. By applying a bio-electric field in conjunction with a specially formulated alkaline cream, the patients own body bio-electricity is enhanced. Bio-Electric DDS technology also aids in regulating the body's acid-base balance.

ONE DDS TREATMENT EQUALS:

- Same benefits of 10 whole body acupuncture treatments
- 45 lymph drainage treatments
- 6 hours of tuina body massage
- Running 3.7 miles and excess fat depletion
- 3x increase in your whole body fluid supply
- 3 hours of increased oxygen supply (ie oxygen bars)
- 50x oxygen opening the chest exercise (open the lungs, enhance breathing)
- 36,000 x enhanced movement of the cells
- Depletes 4.1 grams of internal toxins

BIO-ELECTRIC DDS THERAPY FEATURES:

- It is painless
- Provides the benefits of acupuncture (without the needles), body massage, scraping, and cupping
- Clears the blockage of meridians
- Helps relieve pain
- Helps promote wound healing
- Helps boost the immune system
- Helps with insomnia
- Helps anti-aging
- Helps to improve blood circulation
- Helps minimize fatigue
- Activates nerve and muscle tissue
- Regulates the digestive system
- Anti inflammatory effect

For over 20 years, Dr. Yanhong Meng has been practicing acupuncture and anitaging. 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 alleviate pain, look younger, and increase your energy and health, please call **Meng's Acupuncture Medical Center** today at **(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.

LOSE WEIGHT, REDUCE STRESS, ACHIEVE OPTIMUM HEALTH

Call Today for Details and Schedule Your **FREE
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MYTH BUSTING:

5 FACTS ABOUT YOUR HEARING HEALTH

Dana Luzon Coveney, Au.D, FAAA

S HEARING LOSS AN ISOLATED ISSUE THAT DOESN'T AFFECT MY OVERALL HEALTH? CAN A SIMPLE SOUND AMPLIFIER TAKE THE PLACE OF HEARING AIDS? IS THERE NOTHING I CAN DO ABOUT THAT RINGING IN MY EARS?

Nearly all hearing problems can be effectively managed, but misconceptions can get in the way of continuing the journey to better hearing health. We're busting five myths with facts to help you stay on track!

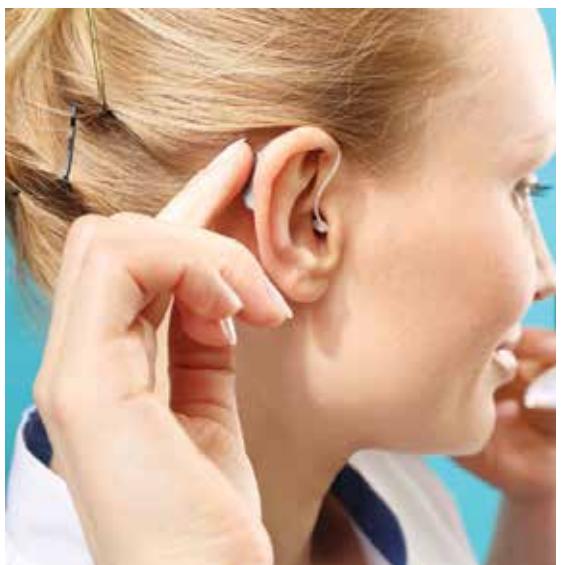
MYTH: Hearing impairment simply comes with aging.

FACT: "Age is the strongest predictor of hearing loss" for 20- to 69-year-olds, per the National Institute on Deafness and Other Communication Disorders, but did you know that about two to three of every 1,000 U.S. kids enter the world with a detectable impairment? In Canada, an estimated 4 out of 1,000 children are born with some form of hearing loss or will develop it early. Plus, noise-related hearing damage — a cumulative and preventable problem — widely affects adults and youth.



MYTH: Everyone will notice that I'm wearing hearing aids.

FACT: Hearing aids have evolved to become so much more sophisticated — and much smaller — than their yesteryear counterparts, with some models nestled invisibly in or behind the ear. You may be surprised to realize how many people are discreetly wearing hearing technology, which comes in many shapes, sizes, and styles to fit diverse listening and aesthetic needs.

**MYTH:** Hearing loss is an isolated issue that doesn't affect my overall health.

FACT: On the contrary, hearing loss is a chronic public-health challenge that, if left untreated, can have far-reaching consequences for physical, mental, social, and even financial wellness. For example, individuals with severe hearing loss are five times as likely to develop dementia, and untreated hearing loss can reduce household earnings by as much as \$30,000.

**MYTH:** A personal sound amplification product, or PSAP, will take care of my hearing loss.

FACT: Wearable electronic amplifiers, designed to hear environmental sounds for those who don't have hearing loss, only make a sound louder and are neither currently FDA-regulated nor recommended to treat actual hearing loss. Inappropriate use of PSAPs could even cause or aggravate hearing damage, so it's best to let your hearing care professional evaluate your hearing and help you determine the best solution for your unique listening needs.

**MYTH:** That ringing in my ears is all in my head, and nothing can be done about it.

FACT: If you perceive a ringing, buzzing, whistling, or humming in your ears that nobody else seems to hear, you may be among the 8 to 25 percent of adults worldwide with chronic tinnitus, a condition that can be managed. Tinnitus is commonly linked to health issues such as hearing loss. Treatments such as behavioral therapies and devices that may include hearing aids can make a difference in handling the problem.



**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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Audiology & Hearing Aids
of the Palm Beaches, Inc.
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Knowledge is power, so don't let myths and misconceptions keep you from making moves to hear your best. For additional information about hearing, tinnitus, hearing aids, and more, or to schedule a hearing test, give us a call. We're here to help!



HOW TO STAY AT A HEALTHY WEIGHT THROUGH THE HOLIDAY SEASON

**“Ideal Protein”
along with
your Holiday dinner
is your **answer**.**



The Ideal Protein Weight Loss Method is a medically designed, physician supervised protocol that we offer our patients here at MD Beauty Labs. What makes this diet different from other diets is that this protocol allows you to lose the weight without sparing muscle mass which is crucial because muscle is responsible for burning fat. The protocol was developed in France 23 years ago by Dr. Tran Tien Chanh and has been followed by hundreds of thousands of people over the years. As we know, every dieter has two goals and that is to lose weight and then maintain that weight loss. The Ideal Protein diet not only promotes fat loss while enhancing muscle tone, but also provides a straightforward and easy to follow diet plan to help dieters make the transition back into their daily lives after the weight has been lost. While some high-protein diets — often high in saturated fats — can tax the liver and the kidneys, the Ideal Protein Weight Loss Method provides just the right amount of the highest quality and absorbable protein needed to protect and improve muscle mass and vital organs. The Ideal Protein Weight Loss Method is a four-phase protocol which helps stabilize the pancreas and blood sugar levels while burning fat. There has been incredible research that shows patients not only benefit in the area of obesity but also with blood sugar issues like diabetes, cholesterol problems, and high blood pressure to name just a few. This protocol is an

excellent treatment for cellulite reduction and has been used in well over 1,000 medical spas and clinics in North America over the last nine years with great success.

Patients can expect to lose 6-8lbs their first week followed by 2-3 lbs/week thereafter. The FDA-approved labeled products are only available through physician offices. There is a wide array of food choices containing high biological protein. These delicious food items range from savory to sweet, warm to cold and even frozen.

Clients will use these products along with their own additions of acceptable vegetables and salads. You can eat two Ideal protein foods, and make your own dinner consisting of 8oz of protein, vegetables and or salad. This way you can stay fit and enjoy Holiday meals with friends and family. Patients receive an initial physical exam along with blood work and are medically supervised throughout the program until the desired weight loss is achieved. Based on over 20 years of assisting clients struggling to lose weight, Ideal protein is a wonderful option for those who are interested in losing that stubborn weight once and for all!

For more information, please contact me, Dr. Dadurian, at MD Beauty Labs at **(561) 655-6325** or visit us at www.mdbeautylabs.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 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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The patient and any other person responsible for payment has the right to refuse to pay, cancel payment, or be reimbursed for payment for any other service, examination or treatment that is performed as a result of and within 72 hours of responding to the advertisement for the free, discount fee, or reduced fee service, examination or treatment.

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Bleeding Gums: Is That Normal?

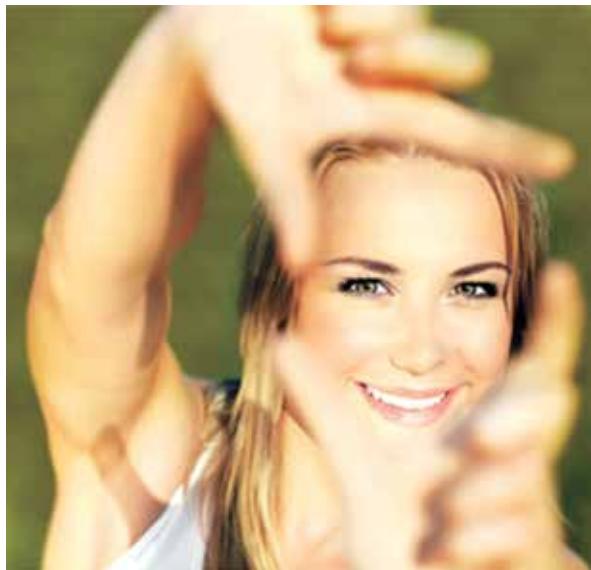
A common question we are asked is, "my gums are bleeding, is that normal?" The simplest answer is to consider if you saw any other part of your body bleeding, would you consider that normal. If one were to look down at their shirt in the middle of the day and see blood stains, would that be normal. Obviously from my comments you can tell that bleeding gums should not be considered normal, but it is a common occurrence.

Bleeding or swollen gums (Gingivitis) can be caused by a wide variety of factors, but are most often due to your body's reaction to plaque and tartar that has accumulated near the gum line. This plaque (which is composed of bacteria) is seen as an infection by the body. The body sends extra blood into the area to help rid itself of the infection. We see this as swollen gums that bleed very easily. This is similar to a cut on your hand that gets red and puffy, as the body tries to ward itself of infection and begin the healing process. A buildup of plaque can be caused by things such as poor brushing technique and infrequent professional hygiene appointments.

There are things that can make cleaning your teeth more challenging, such as having a significant amount of dental work in your mouth. More specifically, dental crowns and filling materials resting near the gums can act as ledges at a microscopic level which are places plaque and tartar can accumulate. If these areas are not cleaned properly, gum inflammation can occur fairly easily. Over time if left untreated, gum inflammation can lead to a more advanced problem called Periodontitis. At this point, bone loss begins to occur which can lead to tooth loss.

TREATMENT:

The term periodontal disease comprises both Gingivitis and Periodontitis. It is important to understand that Gingivitis is reversible. Bleeding and inflamed gums can be treated and in many circumstances



the inflammation and bleeding will resolve and the area return to normal. Once bone loss has begun (Periodontitis), the disease is no longer reversible and more advanced treatment may be needed.

Proper oral hygiene and regular periodontal maintenance ("cleaning") appointments can help keep periodontal disease at bay. Should Gingivitis begin to occur, the most common non-surgical therapy involves Root Planing and Scaling (often referred to by patients as a "deep cleaning"). This treatment involves anesthetizing the areas involved and a deeper removal of the plaque and tartar above and below the gum line. In some situations, antibiotics may be prescribed orally or placed in certain areas under the gum itself.

As the disease progresses and periodontitis has begun, more advanced therapy is typically required. Traditionally, periodontal surgery has been used to help slow the disease progression. A newer technique called LANAP (Laser Assisted New Attachment Procedure) is available which utilizes a laser to treat the disease. In this procedure, there is no use of a scalpel or sutures, so minimal to no post-treatment discomfort occurs. The goal of both of these therapies is to help slow bone loss and keep your teeth longer.

It is important to realize that in many cases, this disease is painless and patients are often unaware of what is occurring. It is equally important to realize that more than half of our population has some form of periodontal disease and that treatment can be very successful if it is properly diagnosed. The only true way to identify the presence of periodontal disease is a periodontal evaluation which includes a complete gum evaluation (gum pocket measurements) along with an evaluation of a recent, complete set of dental x-rays.



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 Green 2 CT imaging which offers **Hi Resolution 5 Second Low Dose Scans** 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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LIFESTYLE CHOICES HELP PREVENT CANCER

Diet, exercise and getting recommended screenings are some of the ways to lessen your risk of getting cancer.

According to the National Institutes of Health, certain lifestyle choices can lessen the chances an individual has of developing cancer. However, even though most Americans know that choices such as quitting smoking, protecting skin from sun damage, eating a healthy diet, exercising more and getting the recommended screenings reduce the risk of cancer, following these recommendations can often be difficult.

REDUCE YOUR CANCER RISK WITH HEALTHY LIFESTYLE CHOICES

Each year, over half a million Americans die of cancer; the startling news is that about one-third to one-half of these deaths are linked to lifestyle choices and could have potentially been prevented. Start reducing your risk of cancer by making these choices in your life:

- Get to, and stay at, a healthy weight throughout your life.
- Be physically active on a regular basis.
- Make healthy food choices with a focus on plant-based foods.
- Stop smoking – or better yet, never start.
- Wear sunscreen with an SPF of at least 30.
- Get recommended screenings such as colonoscopies, PAP smears and mammograms.
- Let your doctor know if you have a family history of cancer.

SKIN CANCER AFFECTS 1 IN 5 AMERICANS

Skin cancer is the most common form of cancer in the United States. The two most common types of skin cancer, called basal cell and squamous cell carcinomas, are highly curable. Melanoma, the third most common skin cancer, is much more dangerous.

By now, most people know that a sunscreen should be used when they are going to be outdoors, even for a short period of time. However, not all sunscreens are created equally. For maximum protection, oncologists recommend a sun protection factor (SPF) of 30 or greater, regardless of skin color or ethnicity. Other recommendations include avoiding tanning beds or sunlamps, and examining your skin — head to toe — every month for any changes. You should also have a doctor examine your skin annually.



SMOKING AND CANCER

According to the Centers for Disease Control (CDC), cigarette smoking is the number one risk factor for lung cancer. It's estimated that in the United States, smoking causes about 90 percent of lung cancers; smokers are 15-20 percent more likely to get lung cancer than non-smokers. Tobacco products such as cigars or pipes also increase the risk for lung cancer, as well as throat and mouth cancers. Even smokeless tobacco has been proven to increase the risk of oral cancer, throat cancer, stomach cancer and pancreatic cancer.

ANOTHER REASON TO STOP SMOKING – BLADDER CANCER

Bladder cancer is the fifth most commonly diagnosed cancer in the U.S. This year, it is estimated that nearly 15,000 people will die from the disease. But here's the real shocker—people who smoke are four times as prone to the malignancy as nonsmokers—especially women. About half of all bladder cancer cases in women age 50 and older are now traceable to smoking. In addition, current smokers are four times as likely to develop bladder cancer than people who have never smoked.

THE ROLE OF DIET IN PREVENTING CANCER

Although no particular food or diet product can prevent cancer, there is growing evidence that diet can play a significant role in some types of cancer. For example, studies have found a higher incidence of prostate cancer in men whose diets are high in fats (particularly animal fats) and low in vegetables. Likewise, 30-40 percent of certain types of breast cancer have been linked to what we eat, especially if our diet is a contributing factor to obesity. A diet that is high in fruits, vegetables, legumes and whole grains, and low in animal fats, processed foods and sugar, are generally considered healthier and can boost your immune system to help fight diseases such as cancer.

World-Class Cancer Treatment

Close to Home

Florida Cancer Specialists & Research Institute (FCS) has put together a network of expert, board-certified physicians who bring world-class cancer treatments to local communities, both large and small, across the state. With nearly 100 locations, FCS is the largest independent oncology/hematology group in the United States. That status puts 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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Wellington, FL 33414-6140

West Palm Beach
1309 North Flagler Drive
West Palm Beach, FL 33401

For more information, visit FLCancer.com

Fundamentally new way to Beat Anxiety and Panic Attacks

By Michael Cohen, Director and Chief of Neurotechnology
Center for Brain Training



Take a moment to answer these questions:

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

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

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

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

Why can't I talk myself out of my anxiety?

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

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

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

What is neurofeedback?

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

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

Do I have to do neurofeedback indefinitely?

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

Does neurofeedback do the same thing that medication does?

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

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

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

CLIENT SUCCESS STORIES

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

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

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

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

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

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

Have you been seriously considering getting help for your anxiety?

Don’t suffer one more day!

Call now for your free consultation.

561-744-7616



About Center for Brain

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



Michael Cohen
Director and
Chief of Neurotechnology

Mike is one of the leading experts in brain biofeedback. For more than 20 years he has helped children and adults feel better who suffer with a wide range of problems including ADHD, anxiety, insomnia, and learning and processing issues. He has taught neurofeedback to over 2,500 healthcare professionals, including medical doctors, all over the U.S. and the world.

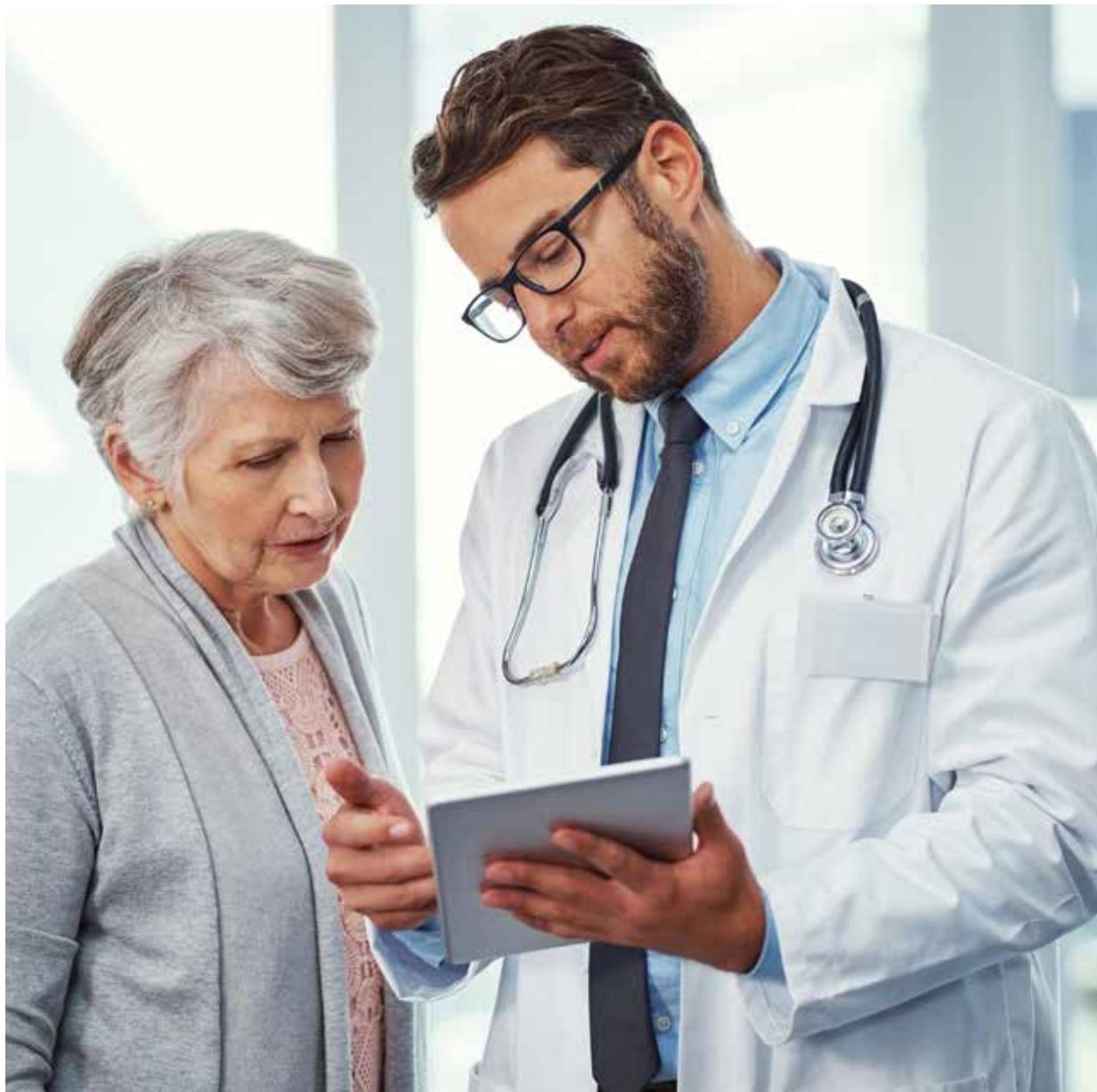


Center for Brain Training is located at:

550 Heritage Drive, Suite 140
Jupiter, FL 33458

561.744.7616
www.CenterforBrain.com

MEDICARE ENROLLMENT, What You Need To Know



For most people, turning 65 means you're eligible for Original Medicare, Part A and Part B. This federal program provides hospital insurance and some medical insurance to older Americans and those under 65 with certain disabilities.

At this time, you may also choose to enroll in Medicare Part C, also called Medicare Advantage. These plans are available from private insurance companies and must offer the same benefits as Part A and Part B, but may add more coverage such as vision, dental, or prescription drug benefits. Or you could add a stand-alone Medicare prescription drug plan to your Original Medicare to receive prescription medication coverage. Medicare Supplement insurance (called Medigap) is also available to add to your Medicare coverage and help cover the “gaps” in Original Medicare.

AUTOMATICALLY ENROLLING IN ORIGINAL MEDICARE

You may automatically get Medicare Part A and Part B benefits if you're turning 65 and you are already getting retirement benefits from the Social Security Administration or the Railroad Retirement Board. If you're under 65, you can apply for Medicare Part A and Part B through Social Security or the Railroad Retirement Board at the same time that you apply for retirement benefits.

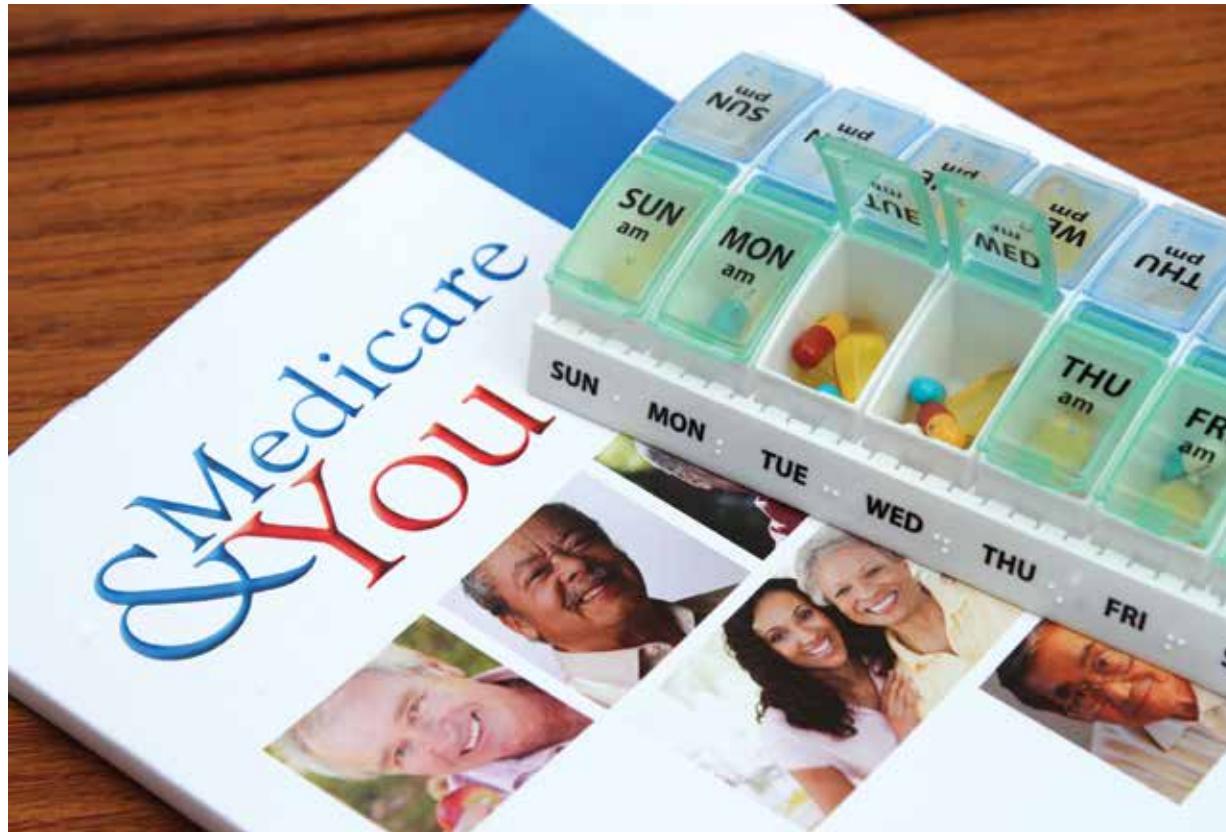
If this is the case, you'll be automatically enrolled in Medicare when you turn 65, and you don't need to submit another application. Your red, white, and blue Medicare card will be mailed to you three months before your 65th birthday, and your benefits will start on the first day of the month you turn 65. If your birthday is on the first of the month, then your benefits start on the first day of the previous month.

MANUALLY ENROLLING IN ORIGINAL MEDICARE

If you aren't getting retirement benefits yet, you will need to sign up manually for Medicare Part A and/or Part B through Social Security or the Railroad Retirement Board:

- Visit the Social Security website. You can apply for Medicare only if you're not yet ready to receive retirement benefits.
- Call Social Security at 1-800-772-1213, Monday through Friday, from 7AM to 7PM. TTY users can call 1-800-325-0778.
- Apply in person at your local Social Security office.
- If you worked for a railroad, you can apply for Medicare through the Railroad Retirement Board at 1-877-772-5772, Monday through Friday, from 9AM to 3:30PM. TTY users can dial 1-312-751-4701.

First-time Medicare beneficiaries have what is called an Initial Enrollment Period. This period starts three months prior to your 65th birthday, includes your birth month, and extends three months after your birth month. ***It's important to enroll during this time.*** If you do not enroll during the Initial Enrollment Period, you may incur late



fees or have to wait until the General Enrollment Period between January 1 to March 31 of the following year.

If you or your spouse are still working when you turn 65 and you have health insurance through this employer, you might consider delaying enrollment in Part B. You may not wish to pay the Part B premium if you don't need the coverage.. Contact your current employer's benefits department to see if that coverage is sufficient and find out how it might work with Medicare Part B before making a decision.

When your employer coverage ends, you will be provided with a Special Enrollment Period that lasts eight months to sign up for Medicare Part B without incurring a penalty.

ENROLLING IN ADDITIONAL MEDICARE COVERAGE

After you've enrolled in Medicare Part A and Part B, you can enhance this coverage with a Medigap plan and prescription drug coverage through a Medicare Part D prescription drug plan. Or you could choose to get your all your coverage in the form of a Medicare Advantage plan, with or without prescription drug benefits.

Need help sorting through the options, now that you're turning 65? That's what I'm here for. To learn more about my background as a

licensed insurance agent and why I enjoy helping people get answers, please call me or email me! I want to be your trusted Medicare advisor.

Joanne Foley insurance is dedicated to assisting the senior population with their insurance needs. With Joanne's experience, seniors rely on her guidance to find the most comprehensive, suitable yet affordable coverage for their specific needs.

To find out more, please call Joanne Foley Insurance to arrange a no obligation explanation of these Medicare choices. They represent a carefully selected group of financially sound and reputable insurance companies to offer you the best service possible and most comprehensive coverage at competitive prices. They do more than sell insurance; Joanne Foley Insurance provides peace of mind.

For more information on Joanne Foley Insurance and how they can partner with you to get you on the right track, please call 561-316-0120, or visit their website at JoanneFoleyInsurance.com.

OFFICE LOCATION

Oceanside Professional Center
1080 E. Indiantown Rd., Suite 106B
Jupiter, FL 33477
561-316-0120
JoanneFoleyinsurance@gmail.com

Medicare Education Seminar Schedule

Medicare & You

**Join us on the following dates
for a no cost
Medicare Education Seminar**

TURNING 65

Oceanside Professional Center

1080 E. Indiantown Rd.
Suite 106B
Jupiter FL 33477

Wednesday, December 5th

12:00 pm

Wednesday, December 12th

12:00 pm



Joanne Foley Insurance

561-316-0120

JoanneFoleyInsurance.com

JoanneFoleyinsurance@gmail.com



MEDICAL MARIJUANA GOES MAINSTREAM

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

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

Florida Medical Marijuana Health Center makes the process as easy as possible. The highly experienced staff will guide and direct you through the protocols to make sure you are receiving the best possible care and attention that you deserve. A typical patient process / evaluation consists of:

- 10-15-minute examination by the doctor
- If you have a qualifying condition you will be entered into the state system and given a patient number.
- They will supply you with all state required forms and instruct you on the application process
- Once the application is submitted to the state you will receive an email in about 30 days with your card number

- Once you obtain the card NUMBER you may purchase, possess, and use the medical marijuana according to your prescription

Your actual card will typically arrive in 7 to 14 days. (Patient cases vary so a few may take longer)

TREATMENT

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

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

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



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

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

TESTIMONIALS:

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

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

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

“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**



**804 U.S. 1, West Palm Beach, FL 33403
561-328-8384**



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REJUVAnation™ –

Amniotic and Umbilical Cord STEM CELL therapy

CURE Erectile Dysfunction and Peyronie's Disease

STOP the Pain – Don't Operate REGENERATE

Get Your Life Back with Stem Cell Therapy

REJUVAnation Medical Center is a leader and pioneer in the field of regenerative medicine and a R3 Stem cell clinic, a national leader in stem cell therapy. Amniotic and Umbilical Cord Stem Cell therapy has been used hundreds of thousands of times worldwide for regeneration and repair of body tissue. Stem cell therapy, from FDA regulated and approved biological labs, takes advantage of your own body's ability to repair itself naturally.



REJUVANATION MEDICAL CENTER REGENERATIVE THERAPY IS SO EXCEPTIONAL BECAUSE:

- Combines Amniotic and Umbilical Cord Stem Cells, PRP Platelet Rich Plasma and RejuvaWAVE®
- Has live stem cells from FDA regulated labs for safety which is our utmost priority
- No need to harvest anything from patients
- No rejection issues and no ethical concerns
- Very safe and studies show excellent outcomes

**SAFE
CLINICALLY EFFECTIVE
NO REJECTION
NO SURGERY**

WHAT IS A STEM CELL?

Stem Cells are undifferentiated biological cell types obtained from the amniotic fluid and amniotic membranes or from the umbilical cord that can differentiate into various cell types that can help your body repair, regenerate and restore your health and vitality.

Potential Benefits of REJUVAnation Stem Cell Procedures?

- CURE Erectile Dysfunction and Peyronie's disease. No Pills, No Needles, No surgery. Enjoy a spontaneous sex life again.

- Walk, run, golf and swim again PAIN FREE. Stop the pain, don't operate.
- Avoid knee replacement surgery.
- Alleviate the pain and inflammation of degenerative arthritis.
- Stop the progression of neuropathy and future damage.
- Sports injuries, tendonitis – optimize and speed up healing.
- COPD
- Kidney Failure
- Chronic conditions and autoimmune diseases
- Help heal chronic skin conditions and wound healing.
- Regrow your OWN hair without surgery
- Anti-aging: look and feel younger and reduce wrinkles. "Stem cell facelift"

CURE ED AND PEYRONIE'S:

Instead of medicating CURE with RejuvaWAVE® Simply Men's Health at REJUVAnation Medical Center revolutionized the field of men's sexual health by introducing and developing the ground breaking RejuvaWAVE® and RejuvaEnhancement™ Procedure to help reverse the inevitable aging process and treat ED and Peyronie's disease.

It's natural for men to experience a decline in sexual performance as they age. Almost everyone by the age of 50 to 60 will experience some decline in sexual performance. But with the advent of RejuvaWAVE® and Regenerative Stem Cell therapy, Erectile Dysfunction is no longer an inevitable part of aging. Kiss Viagra, the pills and needles goodbye. Simply Men's Health REJUVAnation Medical Center has revolutionized the standard of care by introducing the only ED treatment that CURES erectile dysfunction. RejuvaWAVE® is revolutionary, non-invasive, and HEALS the underlying cause of ED. RejuvaWAVE® uses FDA-cleared, scientifically proven technology of Acoustic Pressure Waves to stimulate cellular metabolism, enhance blood circulation and to stimulate tissue regeneration, which creates new blood vessels in treated areas. Traditional ED treatments such as pills or injections, loose effectiveness over time and have



RejuvaWAVE® only available at Simply Men's Health

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

to be used every time a man wants to perform. Simply Men's Health RejuvaWAVE® treatment is about regenerative medicine and treating and curing the underlying cause of ED with regenerative medicine. Regenerative medicine shifts the body into a healing and restoration state and helps men return to their younger healthier selves and to enjoy a Spontaneous and Active sex life again!

IS RejuvaWAVE® SAFE?

Yes. RejuvaWAVE® is an FDA cleared technology, originally developed in Europe and used world-wide. RejuvaWAVE® uses state-of-the-art technology that has extensive applications including orthopedic medicine, urology and anti-aging. RejuvaWAVE® has virtually no risk and no side effects. Although acoustic pressure wave technology has been used for over 15 years to treat ED in Europe, it is relatively new to the United States for Erectile Dysfunction. As the leader in men's sexual health, Simply Men's Health introduced this technology in the spring of 2015, and the results have been nothing short of amazing.

STEM CELLS for ED and Peyronie's: RejuvaEnhancement™ Procedure?

RejuvaWAVE® stimulates your body's own healing response and creates new blood vessels and regenerates tissue in the area treated. The RejuvaEnhancement™ Procedure combines the growth factors and stem cells from your own body with live, cryogenically-preserved multipotent stem cells and hundreds of growth factors and cytokines derived from human placenta, amniotic and umbilical cord tissues which activate your own body's stem cells. In addition, LIVE multipotent stem cells and fibroblasts in this allograft promote cell repair and tissue regeneration working synergistically with and magnifying the effects of RejuvaWAVE® to restore patients to their younger healthier selves. Rather than relying on oral medications or injections as a temporary fix before each sexual activity, patients enjoy can enjoy a spontaneous and active sex life again. Also , this procedure can increase both the length and girth of the penis by up to one inch.

THE POWER OF STEM CELLS?

Stem cells have the potential to differentiate into many different types of cells and can serve as an

internal repair system, which can replace damaged or worn out tissue. Multipotent stem cells, derived from amniotic-placental tissue and umbilical cord have virtually unlimited potential to become any type of cell in the body. Adult stem cells derived from either bone marrow or fat cells are limited to the type of cells they can develop into. In addition, as one ages the quantity and the quality of stem cells obtained from bone marrow and fat drops exponentially and 80% of the stem cells derived from fat die within two days.

ARE THE REJUVANATION AMNIOTIC AND UMBILICAL CORD STEM CELL PROCEDURES SAFE?

Yes. The cryogenically preserved amniotic and umbilical tissue has a many year history with no reported recipient rejections since these tissues are immune-privileged and do not express HLA type antibodies.

The tissues are obtained only form live, healthy births. NO EMBRYONIC TISSUES OR NO TISSUE FROM ABORTED FETUSES ARE EVER USED. The amniotic

and umbilical cord 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?

REJUVANATION Medical Center and Simply Men's Health are dedicated to providing cutting-edge, minimally invasive methods to STOP and reverse the effects of the aging process and help your body to repair, regenerate, restore and heal itself. We see incredible results and can help you regain your vitality.



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

FREE SEMINAR

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Learn how Neurofeedback Can Help
Date: Wed., November 14* Time: 6-7:15 p.m.
Where: Center for Brain
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To register call 561-744-7616
or go to www.CenterForBrain.com

*If you are unable to make this seminar, contact us and we'll be happy to notify you of the next one.

Read more about neurofeedback on Pages 26-27

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(Cannabinoids)



PROVEN BENEFITS

- Relieves Pain and Inflammation
- Reduces Anxiety
- Helps to Fight Cancer
- Promotes Cardiovascular Health
- Relieves Nausea
- Helps Treat Seizures
- Helps To Relieve Neurological Disorders

TOPICAL CBD Will help:

- Rashes
- Burns
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- Eczema
- Psoriasis
- Skin Cancer

WORKS GREAT ON:

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- Arthritis • Headaches • Pets too

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KNEE PAIN

Doesn't Mean You Need Surgery— Alternative Therapy Approved by the FDA for Knee Arthritis Relief

DO YOU HAVE KNEE PAIN? Does it keep you from certain activities? Do you take medication for knee pain? Do you have knee pain after exercise? Do you have difficulty going up and downstairs? Are you considering knee replacement surgery? Have you tried everything to get rid of knee pain without success? If you have answered yes to any of these questions you need to know your options.

Currently, an estimated 27 million people suffer from knee osteoarthritis, making it one of the most common causes of disability in the U.S. It is estimated by the year 2030, 72 million Americans will be at high risk for osteoarthritis. Patients with chronic joint pain often think their only option is surgery. Knee replacement surgery is indeed necessary for some people; however, there is a less invasive approach to relieving knee pain and potentially avoiding surgery.

Causes of knee osteoarthritis

- Joint misalignment
- Postural imbalance
- Trauma
- Repetitive strain or overuse
- Abnormal gait pattern
- Age
- Previous knee injury
- Overweight
- Improper joint alignment

If you've been suffering from constant or intermittent knee pain that just won't go away no matter how much ibuprofen you take—there is another option. With knee arthritis, the cartilage breaks down and wears away leaving the bones to rub together causing pain, swelling, and stiffness, and limited range of motion in affected joints.

The American Academy of Rheumatology recommends the use of Supartz for one potential treatment option for osteoarthritis of the knee. Supartz has been shown to be effective for thousands of individuals relieving their knee pain without surgery.

At the Advanced Spine & Joint Institute, their goal is to give you the best chance of preventing knee replacement surgery, which is what arthritis frequently involves if left unprotected or untreated.

With knee replacement surgery, once done, there is no turning back to a more conservative approach. A total knee replacement is a very extreme measure to take without considering all of your options for a condition as common as knee arthritis.

Supartz is a gel like substance similar to the synovial fluid in your knees, which reduces inflammation and increases cushioning and lubrication of your knees immediately. Supartz is a purified compound, which is found naturally. This treatment protocol is used to treat the symptoms associated with arthritis.

Countless numbers of patients have experienced successful results with the Supartz treatment and are now experiencing life once again without knee pain.

"I was told I was bone on bone and needed replacement surgery. Knees are very important to me, as I am a dancer. I decided to address the problems and began injections. What a difference this is made in my life. Words cannot express how grateful I am for all that has been given back to me. Icing on the cake is I'm getting triple twirls (I'm 82 years young), which I have not done in years I highly recommend this treatment." – Patricia M.

Why do knee injections often fail? What makes The Advanced Spine & Joint Institute different?

- We never perform blind injections without image guidance
- Video fluoroscopy is used on all of our injections for pinpoint placement
- We rarely use Cortisone, which can have severe side effects

Most blind injections result in needle misplacement. With this much inaccuracy, it's no wonder most people never find relief. When properly injected into the



knees, Supartz helps to cushion and lubricate the knee joint, nurturing the cartilage for natural pain management. This solution helps to restore normal function to the knee, including its natural lubrication. Patients experience less pain and are able to enjoy a more active lifestyle.

The Advanced Spine & Joint Institute offers the latest therapies and technology to relieve joint pain more effectively without drugs or painful surgery. Their protocol system offers many people a safe and straightforward technique to relieve chronic joint pain. They offer a **no-cost cost, no-obligation consultation** where you can get all of your questions answered in a warm and friendly environment. Once complete, you will know exactly what your treatment options will be for your specific knee pain issues.

Benefits

- No surgery
- Little to no recovery time
- Immediate reduction in pain
- Return to normal activities shortly after treatment
- Accepted by most major insurances and Medicare

With so many people suffering from knee arthritis, the demand for this procedure has been overwhelming. Therefore, the Advanced Spine & Joint Institute had to limit the number of no-cost, no-obligation consultations. Please call **(561) 721-0492** now to confirm your appointment. To learn more, please visit their website at www.advancedspineandjoint.com.

**ADVANCED SPINE
&
JOINT INSTITUTE**

10233 Okeechobee Blvd, Suite B-6
West Palm Beach, FL 33411
561-721-0492
advancedspineandjoint.com

GET AN IMMUNE BOOST WITH SALT THERAPY

Did you know that the average elementary student has 8 to 12 colds a year? Getting sick is no fun, and it can greatly affect school or work when you have to miss multiple days to recover. To help prevent illness, it's important to maintain a healthy immune system. One great way to give your body the boost it needs is Salt Therapy.



SALT THERAPY can help to clear up your respiratory track and expel any unwanted bacteria. The micro particles of dry salt in the air can act as a sponge and attack foreign substances. This keeps these bad particles out of your body and helps to clear up your lungs.

By cleansing and detoxifying your lungs, halotherapy enables your respiratory system to work more efficiently. This results in higher oxygen intake and more energy. As a result, your overall health will improve. Consistent sessions will help to maintain this boosted state and prevent illness.

Seasonal strands of the flu can persist year round, but the virus is most common between December and February.

As this peak of flu season rapidly approaches, it is extremely important to keep your immune system at its highest level of functioning to avoid getting sick.

In addition to clearing your respiratory system, salt therapy can also help lower your stress levels. Chronic stress can wear you down and weaken your immune system, so managing your stress is key to staying healthy.

In addition, it is also important to get adequate sleep, maintain a healthy diet, exercise regularly, and wash your hands frequently to avoid infections.

If you do come down with a cold or flu, Salt Therapy can help lessen the duration of your illness and decrease the potency of your symptoms.

Give the Gift of Salt therapy

this holiday to someone you love

\$100 gift certificates for \$75!

TREATMENT

- Asthma • Bronchiectasis
- Hay Fever & Allergies
- COPD Bronchitis & Emphysema
- Sinusitis • Cystic Fibrosis
- Cough • Eczema and Psoriasis
- Stress & Relaxation • Ear Infections
- Cold and Flu Prevention • Endurance

To learn more about the benefits of Salt Therapy, give us a call today! If you're coming in for your first session, you can receive a special 50% discount. Also, follow us on Facebook, Instagram, and Twitter to learn more about our special deals every month!



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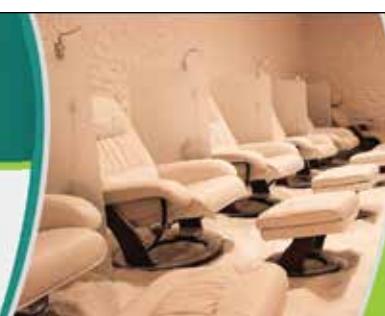
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- COPD
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THE CORNEA

By David A. Goldman MD



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

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

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

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

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

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.



DAVID A. GOLDMAN

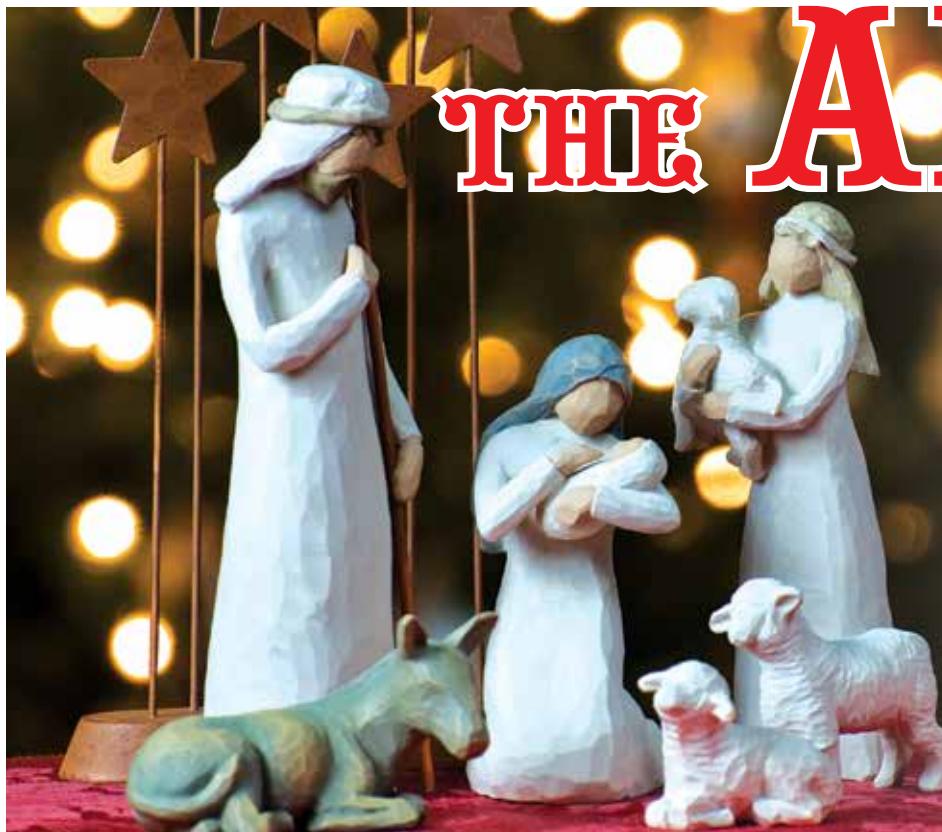
Prior to founding his own private practice, Dr. David A. Goldman served as Assistant Professor of Clinical Ophthalmology at the Bascom Palmer Eye Institute in Palm Beach Gardens. Within the first of his five years of employment there, Dr. Goldman quickly became the highest volume surgeon. He has been 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

561-630-7120 | www.goldmaneye.com



THE ARRIVAL



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

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

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

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

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

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

Matthew 1:21

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

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

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

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

Brent Myers



hello@cftoday.org
gochristfellowship.com
561-799-7600

PALM BEACH GARDENS:

5343 Northlake Blvd. Palm Beach Gardens, FL 33418

JUPITER: 500 Military Trail, Jupiter, FL 33458

CITYPLACE:

600 S. Rosemary Ave. West Palm Beach, FL 33401

ROYAL PALM:

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801 N Congress Ave. Boynton Beach, FL 33426



Bv
BRAVERY

Bravery. A powerful element in fighting cancer.

When Pamela Klein discovered she had a rare form of lung cancer, being around for her family was all that mattered. After learning the survival rates for her specific cancer, she knew more had to be done. Pamela's doctor referred her to Florida Cancer Specialists where she was put on a targeted therapy trial. In the past 3 years, the majority of new cancer drugs approved for use in the U.S. were studied in clinical trials with Florida Cancer Specialists participation. Within months of her treatment, Pamela's health dramatically improved, proving that when hope and science join forces, great outcomes can happen.

"My doctors at Florida Cancer Specialists and the clinical trials they offer are the reason I'm here today."



-Pamela Klein, Patient & Lung Cancer Survivor

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