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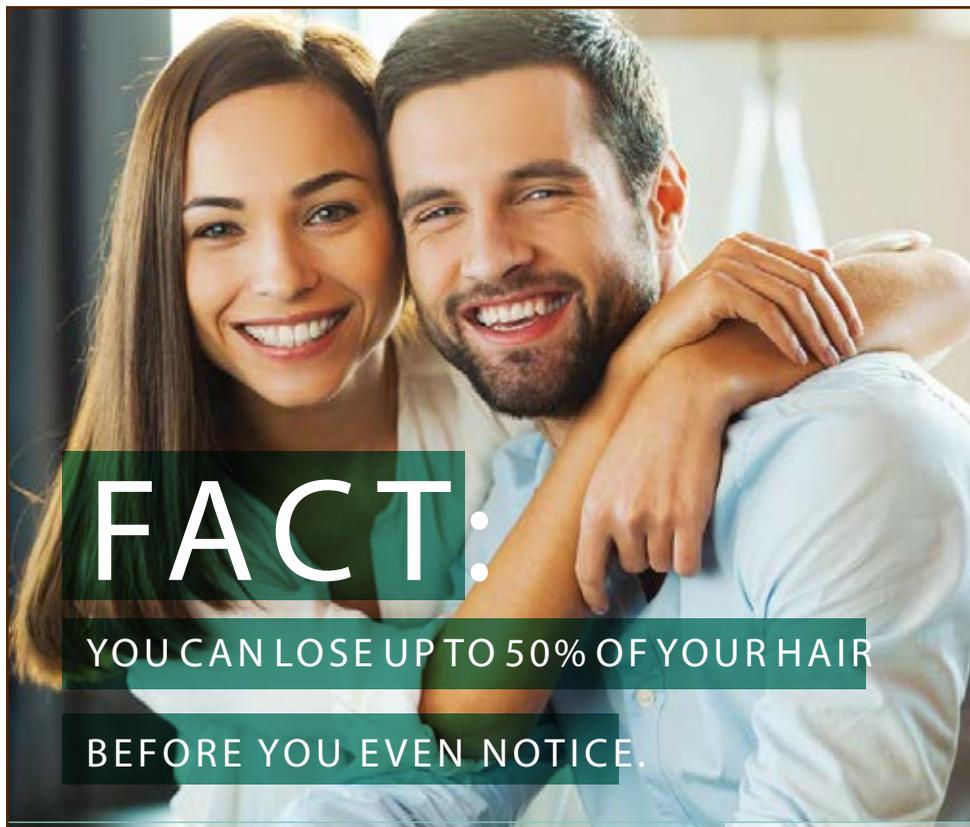
**FAILING FOLLICLES?
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A LITTLE TLC**

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- 6** Pain Relief Treatment
From the Leaders in the Industry
- 8** Failing Follicles? 6 Ways to
Show Your Hair a Little TLC
- 10** The Y-Lift
- 12** What Is Macular Pucker?
- 13** Vibroacoustic Therapy
Is the Most Comforting, Effective
and Effortless Way to Reduce
Stress, Daily
- 14** Don't Fill Your Face
with Synthetics. Look Younger
Naturally with a Proven Technique
- 16** EMSCULPT:
Novel Technology for the New Year!
(to Help Reshape a New You!)
- 18** Alone It's Just a Hearing Aid
- 19** How Advanced Technology
May Reduce Pain & Fear
in the Dental Office
- 21** More People
Living with Cancer
- 22** It's Time to Take Another Look
at Spinal Decompression
- 23** Knee Pain
Doesn't Mean You Need Surgery –
Alternative Therapy Approved by
the FDA for Knee Arthritis Relief
- 24** New Mapping Technology
Pinpoints Brain Deficits
Identifies Where the Brain Isn't
Functioning Well
- 26** CBD In 2019:
New Studies, New Products,
& A New Farm Bill
- 28** 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
- 30** A New Cataract Surgery for
Those With Macular Degeneration
- 31** Spiritual Wellness:
All You Need Is Love

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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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- Spinal Cord Stimulator
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- Thoracic Epidural Nerve Blocks
- Transforaminal Epidural Injection
- Trigger Point Injections

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



Board of Anesthesiology. Possessing decades of hands-on practice experience across an extensive range of pathologies and modalities, their pain care physicians are supported each day by a highly skilled ancillary clinical team. Together, creating the pain care solution you need is their number one priority.

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Failing Follicles?

6 WAYS TO SHOW YOUR HAIR A LITTLE TLC

By Alan J. Bauman, MD, ABHRS



Genetics play a key role in many hair loss cases, but it's important to realize there may be other contributing factors as well. In fact, there are a host of other issues that can be contributing to your hair loss, such as illness, medications, stress, styling regimens and other habits which can all accelerate hair loss. Hair follicles, just like other parts of the body, such as the skin, bones, teeth, etc., require proper care, nutrition, and treatments in order to keep hair youthfully thick and resilient. While the hair strand itself isn't alive, the underlying hair follicles are, and they need to be kept healthy or else you will soon find your hair becoming weak, brittle, dull, thin or even falling out.

If you are concerned about the health of your hair, here are six ways to show your falling follicles a little extra love – 'tis the season after all!

Assess Your Risk – One of the scariest aspects of hair loss is that the process is often well underway before you can see it in the mirror. “Invisible baldness” is essentially the initial stage of a chronic hair loss condition such as androgenetic alopecia that is especially difficult to spot with the naked eye. Science shows that you can lose up to 50% of your hair before it appears thin. Because of this, it's important for both men and women to be proactive about evaluations and treatment. Anyone who cares about their hair's longevity should undergo a simple HairCheck™ measurement to compare how much hair they have in at-risk areas vs. more permanent areas of the scalp.

Give Your Hair a Nutritional Boost – Hair follicles are amongst the most metabolically active populations of cells in your body. If you are looking to give your hair a boost, a nutritional supplement like professional-grade “SuperBiotin,” Viviscal Professional – made from marine protein, or perhaps Nutrafol – a multi-nutraceutical, are good places to start. Nutrafol Male and Nutrafol Female are exciting nutraceutical products because it targets several possible triggers for hair loss and hair thinning, including inflammation, the effects of cortisol (stress hormones), free radical damage and others.



Before and 12 months After treatment with Formula 82M and Low Level Laser Therapy by Dr. Alan Bauman.

Choose the Right Products – When choosing grooming products, look for products that contain caffeine, saw palmetto (*Serenoa Repens*), and green tea extracts (ECGC), as these can help strengthen the follicles and help prevent shedding. Minoxidil is the FDA-approved hair growth ingredient in Rogaine and many other generic over-the-counter products, but these oily/greasy minoxidil mixtures can still cause major irritation in the scalp unless you seek out an alternative powerful compounded prescription version like quick-dry, non-greasy Compounded Formula 82M Minoxidil.

Scalp Treatments – Whether your problem is an itchy scalp or thinning hair, a little scalp pampering may be just what the doctor ordered. New “Scalp Makeovers” are available to treat various hair and scalp problems, including thinning – it's sort of like a high-tech facial for the scalp. Evaluations start with a detailed scientific “Trico-Test” and treatments range from sebum-regulating topical serums to scalp steaming and massage, exfoliation treatments, moisturizing lotions, and hair-boosting dermal patches.

Ask for Help – Whether it was suggested by your spouse, friend, barber, stylist, physician, or something you noticed after looking at a few old pictures of yourself, once it has been determined that the hair loss process has started, your next phone call or email needs to be to an experienced full-time Hair Restoration Physician – a doctor who specializes exclusively in the medical diagnosis, treatment and tracking of hair loss. These specialty physicians have had extensive training and are certified by the American Board of Hair Restoration Surgery, and



Before and 12 months After treatment with Low Level Laser Therapy by Dr. Alan Bauman



Before and 12 months After PRP+ECM Platelet Rich Plasma with Extracellular Matrix by Dr. Alan Bauman

have up-to-date knowledge of the newest treatment options. Before choosing your doctor, it is important to know their qualifications, visit the clinic, read reviews, ask for before-and-after pictures and most importantly, ask questions.

Be Proactive with Treatment – After you’ve consulted with a qualified hair restoration specialist, they will likely recommend a combination of medical treatments and lifestyle changes to help stop the progression of hair loss and jumpstart hair regrowth. Medical treatments that will help mitigate hair loss include a specially compounded prescription minoxidil solution, platelet-rich plasma injections with ECM or Extracellular Matrix (also called the “vampire hair growth treatment”), prostaglandin analogs, low-level laser therapy, FinPlus compounded finasteride, and nutraceuticals. In advanced cases,

hair transplantation may be the patient’s best strategy for treating hair loss. New microsurgical “no-scalpel/no-stitch” harvesting techniques like SmartGraft FUE or ARTAS Robotic System allow for a minimally invasive “follicle-by-follicle” approach, which eliminates the risk of a linear scar. The best strategy is to use a multi-therapy approach and undergo regular check-ups with your doctor, who can properly evaluate the efficacy of your treatment.

It’s important for everyone to remember to show their follicles a little TLC if you want to have full, healthy hair for the foreseeable future.

For more information on falling follicles or how you can boost the health of your hair, please visit www.baumanmedical.com or call **844-GET-HAIR** or **561-394-0024**.

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.

Hair Loss Signs & Symptoms

- Excessive Shedding
- Thinner, Weaker Hair
- Smaller Ponytail Thickness
- Loss of Hair Volume
- Difficulty Styling or Creative Styling Needed
- Seeing More Scalp or Widening Part-Line
- Using Cosmetic Camouflage Powder
- Receding Hairline and/or Temples
- Sunburned Scalp

Hair Restoration Physician Credentials & Associations

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YLIFT

THE Y-LIFT

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



The Y-Lift is an incredible new way to inject hyaluronic acid filler that doctors have already been using to inject for years. Hyaluronic acid fillers are taking over the beauty industry for many important reasons. Hyaluronic acid is derived from a naturally occurring sugar molecule that is already in our bodies. Due to the substance already being present in our system, one is very unlikely to be allergic to it. Hyaluronic acid is also a water binding molecule so it adds moisture to the skin. As the most coveted filler type of all, it can easily be dissolved in the event of an unwanted outcome and in most cases results in little to no swelling and/or bruising. The Allergan Brand Collection of fillers that are most commonly used in this technique include Juvederm, Voluma, Vollure and Volbella. All of these fillers have specific indications of where they are best used in the face and can last up to 24 months. Due to the nature of the product, it promotes collagen production, thereby allowing the product to last even longer than indicated in some cases.

So if the Y-Lift uses products that have already been used, what makes it so different? It is different mainly because instead of using a needle, a cannula is used. By using a cannula, you have

less entry points into the face and therefore less chance for bruising. The other key difference is that the product is being injected deep on top of the bone. This is important to know for a couple of reasons. First, when the product is injected into that area of the face, it is not being delivered through tissue and blood vessels, therefore minimizing discomfort. Second, when the product is injected under the muscle, you are not able to feel it from the outer surface of the skin, allowing for a more natural result and minimal chance of any lumps or bumps at all.

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

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



Medical Director, Daniela Dadurian M.D.

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

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What is MACULAR PUCKER?

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

A macular pucker (also called an epiretinal membrane) is a layer of scar tissue that grows on the surface of the retina, particularly the macula, which is the part of your eye responsible for detailed, central vision.

The macula is the small area at the center of the eye's retina that allows you to see fine details clearly. The retina is a layer of light-sensing cells lining the back of your eye. As light rays enter your eye, the retina converts the rays into signals, which are sent through the optic nerve to your brain where they are recognized as images. Damage to your macula causes blurred central vision, making it difficult to perform tasks such as reading small print or threading a needle.

As we grow older, the thick vitreous gel in the middle of our eyes begins to shrink and pull away from the macula. As the vitreous pulls away, scar tissue may develop on the macula. Sometimes the scar tissue can warp and contract, causing the retina to wrinkle or become swollen or distorted.

MACULAR PUCKER CAUSES

As you age, the vitreous — the clear, gel-like substance that fills the middle of your eye — begins to shrink and pull away from the retina. As the vitreous pulls away, scar tissue may develop on the macula. Sometimes the scar tissue can warp and contract, causing the retina to wrinkle or bulge.

Other eye conditions associated with macular pucker include:

- Vitreous detachment;
- Torn or detached retina;
- Inflammation (swelling) inside the eye;
- Severe trauma to the eye (from surgery or injury); and
- Disorders of the blood vessels in the retina, such as diabetic retinopathy.

MACULAR PUCKER SYMPTOMS

With a macular pucker, you may notice that your central vision is blurry or mildly distorted, and straight lines can appear wavy. You may have difficulty seeing fine detail and reading small print. There may be a gray or cloudy area in the center of your vision, or perhaps even a blind spot.

Symptoms of macular pucker range from mild to severe. Usually macular pucker affects one eye, although it may affect the other eye later. Vision loss can vary from

none to severe vision loss, although severe vision loss is uncommon. A macular pucker does not affect your side (peripheral) vision.

For most people with macular pucker, their vision remains stable and does not worsen over time.

MACULAR PUCKER DIAGNOSIS

During an eye exam, your ophthalmologist will dilate your pupils and examine your retina. You may have a test called fluorescein angiography that uses dye to illuminate areas of the retina.

Another test called optical coherence tomography (OCT) is helpful in making an accurate macular pucker diagnosis. With OCT, a special camera is used to scan your retina. It measures the thickness of the retina and is also very sensitive at detecting swelling and fluid.

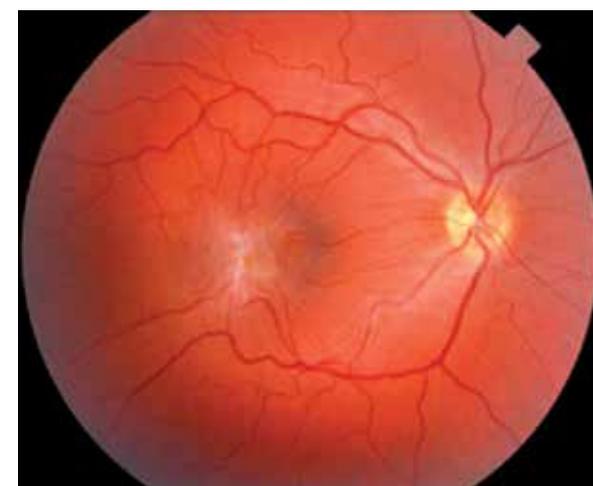
OCT can also diagnose macular abnormalities that are too small to be seen in an examination or with angiography.

MACULAR PUCKER TREATMENT

For more severe symptoms, a surgery called vitrectomy is recommended. The surgery is usually performed as an outpatient procedure in an operating room. During surgery, your ophthalmologist uses microsurgery instruments to remove the wrinkled tissue on your macula and to remove the vitreous gel that may be pulling on the macula. Sometimes an air or gas bubble is placed in the eye to help the retina heal or to seal any tears or holes.

After the tissue is gone, the macula flattens and vision slowly improves, though it usually does not return all the way to normal. After the operation, you will need to wear an eye patch for a few days or weeks to protect the eye, and you may need to do some particular head positioning if an air or gas bubble was placed in your eye during surgery. You will also need to use medicated eye drops to help the eye heal.

In most cases, while vision improves after macular pucker surgery, it generally does not return to



normal. It can take up to three months for vision to fully recover. On average, about half of the vision lost from a macular pucker is restored; some people have significantly more vision restored, some less. In most cases, the visual distortion of macular pucker is significantly reduced.



The Retina Institute of Florida

Lauren R. Rosecan

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

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VIBROACOUSTIC THERAPY

IS THE MOST COMFORTING, EFFECTIVE AND EFFORTLESS WAY TO REDUCE STRESS, DAILY

We all accumulate mental, emotional and physical stress daily. That is why we need to reduce it daily. Otherwise it becomes chronic stress and elevates other chronic conditions such as chronic insomnia, chronic pain, chronic anxiety, chronic fatigue and more.

In general, there are four types of people with regards to stress:

1. Those that are not aware that they are stressed and therefore do nothing about it.
2. Those that are aware but take it as the inevitable normal life and do nothing about it.
3. Those that are aware and don't know how to cope with conflicts and stress so they use alcohol, drugs, prescription and OTC as their way to escape and "solve" their problems.
4. Those that are aware and explore and implement various ways such as meditation, acupuncture, massage and yoga.

Group 4 is growing and many workplaces, schools, and individuals, add yoga and meditations as part of wellness programs and preventive life style.

Yet still, to many people, stress is the elephant in the room. It exists and never goes away no matter what they do. Many people in group 4 try several ways to reduce stress and are frustrated because the tools they have tried didn't work for them.

The reason – we live in an era of overwhelming triggers from the external world and as results of interpretation of reality we analyze in our heads. We want to do too many things at the same time, we have huge demands at work and in our family environment.

THERE ARE MANY TOOLS TO REDUCE STRESS, YET THEY DEMAND EFFORTS, FOCUS AND CONSISTENCY. THE PROBLEM IS THAT WHEN WE ARE STRESSED WE DON'T HAVE INNER RESOURCES AND VITALITY.

Meditation is a great tool yet you are required to get into attentiveness mode and pass the first gate of silence in order to sink into serenity so that it will positively impact and reduce mental, emotional, and physical stress simultaneously. Yoga is wonderful, yet it demands physical and mental commitment. Acupuncture and massage are very effective, yet, can you allow yourself to go to a therapist daily?

WHAT IS VIBROACOUSTIC THERAPY:

Olav Skille – the inventor of Vibroacoustic Therapy (Norway/Finland) was a principal in a disabled children's school. As he was playing his bass, he noticed that the closer he got to the children, the less stressed they were and their body movement grew. He was fascinated by the idea that it was the harmonic low sound frequencies of the bass that had a mental and emotional impact of reduction of stress.

As a music teacher with rare knowledge of Pythagoras' harmony of music, he created various harmonic low sound frequencies in the range between 30hz-120hz. He found the correlation between specific frequencies and reduction of pain and stress in different parts of the body. In addition, other frequencies help reduce insomnia and anxiety. He created special mats and pillows with speakers built in. That is Vibroacoustic Therapy.

TheSoundWell represents Olav Skille's original vibroacoustic therapy and use his original frequencies in their mats, pillows and teddy bears. www.vibro-therapy.com/shop

HOW DO YOU FEEL IN A VIBROACOUSTIC THERAPY SESSION

You lie on a mat, select a single frequency and.. let go... After a few moments, you feel gentle waves hugging you from within. After a few more minutes, you sink into deep peace of BodyMind. You may fall asleep or get into self- hypnosis mode. This is literally meditation to the cell with no efforts.

After 23 minutes you feel recharged with vitality, less stressed. Your body is calm, your mind is clear. You reset and reboot your mental and emotional systems. You feel much better and can restart your daily activities with fresh new energies.

VIBROACOUSTIC THERAPY IS A WELLNESS GENERIC, HOLISTIC AND INTEGRATIVE BALANCING SELF HELP TOOL AND THERAPEUTIC MODALITY.

Generic – basic and not conditioned to any culture, religion, philosophy or psychological branch.

Holistic – impacts interactions between mental, emotional & physical systems

Integrative – can be used as a stand alone therapeutic modality and self help tool or as part of any physical or psychotherapy multidisciplinary protocols.

VIBROACOUSTIC THERAPY IS THE MOST COMFORTING, EFFECTIVE AND EFFORTLESS WAY TO REDUCE STRESS, DAILY.

Who Is Vibroacoustic Therapy for – you – all of you: children, teens, adults and elderly. Families whose some of their members have chronic diseases and disabilities, may find vibroacoustic therapy very comforting.



Hello I'm Avigail Berg-Panitz – the owner of TheSoundwell vibro-therapy.

I was fortunate to be mentored personally by Olav Skille – the inventor of the original Vibroacoustic therapy (Norway/Finland). We use his original harmonic frequencies compositions in our products – (vibroacoustic therapy mats, pillows and teddy bears), to facilitate inner body massage to organs, tissues and cells.

I'M AN ENERGY HEALER, MEDITATION FACILITATOR, VIBROACOUSTIC THERAPIST AND WELLNESS-WELLBEING LIFE COACH. I HAVE MA IN HOLISTIC HEALTH FROM LESLEY UNIVERSITY.

I'M AN ENERGY HEALER, MEDITATION FACILITATOR, VIBROACOUSTIC THERAPIST AND WELLNESS-WELLBEING LIFE COACH. I HAVE MA IN HOLISTIC HEALTH FROM LESLEY UNIVERSITY.

My perception is based on providing tools for bodymind balance so that you can drive life and enjoy your life journey – your way.

You are welcome to set an appointment with me to map your challenges and together create a plan to clear your mind from clouds of thoughts, emotions, sensations, memories, imagination and belief system that limit your advancement and drain your vitality.

The tools we will be using to dynamically balance mental and emotional systems:

Energy healing, Vibroacoustic therapy, meditation, wellness-wellbeing coaching and expressive-creative writing.

I advise therapists, physicians, chiropractors and individuals of how to dynamically balance bodymind and integrative vibroacoustic therapy to increase life quality and recharge vitality.

Contact me today to set an appointment
www.vibro-therapy.com
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Vibroacoustic therapy is a wellness balancing platform and does not replace medical diagnosis and treatment.



DON'T FILL YOUR FACE WITH SYNTHETICS

Look Younger Naturally with a Proven Technique

Plastic surgery and injectables like Botox or fillers are not the only answer; there are natural alternatives. And the best part is, the answer to aging beautifully isn't costly like cosmetic procedures. For countless individuals, **cosmetic acupuncture** is the solution.

HOW ACUPUNCTURE WORKS TO REJUVENATE SKIN

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 is an effective, safe, non-surgical treatment to reduce the signs of aging. Celebrities and the elite have been getting acupuncture facials for the past 20 plus years now, but even more notable is that the treatment has been growing in popularity by the general population that realizes the toxic-free effectiveness of the method. That is why cosmetic acupuncture is on the rise.

As more and more people are living longer, the quest for beautiful, healthy skin is a standard part of wellness and looking your best throughout the aging process. Moisturizers and serums will plump the superficial component of the skin, but when you desire real change in your tone, muscle support, and fine lines, potions will never be able to improve your facial contour.



BENEFITS OF COSMETIC ACUPUNCTURE

- **Cost effective**
- **No Harsh toxins**
- **Takes 5 to 10 years off of your appearance**
- **Eliminate fine lines**
- **Deep lines appear softer**
- **Firms and tones skin**
- **Reduces sagging jaw line**
- **Reduces hooded eyelids**
- **Decreases rosacea**
- **Improves muscle tone**
- **Increases circulation and oxygenation of the skin**
- **Tightens the pores**
- **Helps to reduce acne**
- **Nourishes the skin for a healthy natural more radiant glow**
- **Brightens the skin to reduce dull complexions**
- **Minimizes fine lines**
- **Increases collagen and elastin production**
- **Evens facial color and tone**
- **Increases lymph circulation**
- **Leaves skin refreshed and rejuvenated**

COSMETIC ACUPUNCTURE'S HISTORY OF RESULTS

In 6000 BC, acupuncture originated in China. Instead of needles, at that time they utilized tiny hair-thin bones. Cosmetic Acupuncture for skin rejuvenating purposes has been the treatment of choice for thousands of years in China.

As early as the Sung Dynasty (960 AD – 1270 AD), acupuncture was performed on the Empress and Emperor's concubines. For centuries, the Chinese have known that beauty radiates from the inside out. If the internal body is nourished and the energy and blood are flowing smoothly, the external body will reveal this radiance.

Several years ago, a study was conducted in the International Journal of Clinical Acupuncture, which reported that among 300 cases treated with Skin Rejuvenating Acupuncture, 90% reported marked effects with one course of treatment. The results included: the skin becoming more delicate and fair, improvement of the elasticity of facial muscles and leveling of wrinkles, a bright complexion, and overall rejuvenation.

Trusting your delicate face in the hands of a practitioner can be intimidating, that's why when you chose to have cosmetic acupuncture, it's imperative to see an experienced licensed Acupuncture Physician and Doctor of Oriental Medicine.

For over 20 years, Dr. Yanhong Meng has been practicing acupuncture. She is a licensed Acupuncture Physician and Doctor of Oriental Medicine. Dr. Meng graduated from Shan Dong Traditional Chinese Medicine University in 1996. In 1996, Dr. Meng began practicing at the Shan Dong Lai Wu Traditional Chinese Medicine Hospital, and for three years worked under the direct guidance of Dr. Gu Dao Xia, the inventor of Acupuncture Point Nutritional Injection Therapy.

Dr. Meng attended Shen Yang Western University from 1999-2001, where she deepened her knowledge of Traditional Chinese Medicine (TCM) Theory and Practical application in

conjunction with Western Medicine. In 2002, Dr. Meng completed a rigorous clinical rotation at the Beijing Traditional Chinese Medicine University.

Also, from 2002-2004, Dr. Meng operated a TCM Clinic in Dublin, Ireland. After moving to the United States, Dr. Meng graduated with honors from The Atlantic Institute of Oriental Medicine in 2007, where she received her Masters in Oriental Medicine. Since 2007 she has owned and operated Meng's Acupuncture Medical Center in Palm Beach Gardens, Florida.

If you want to look younger, please call Meng's Acupuncture Medical Center today at (561) 656-0717.

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Toll-Free: (877)307-0005



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

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At the Jupiter Plastic Surgery Center, we are constantly reviewing new and emerging technology, so that we can bring the best to our patients.

Many people would prefer nonsurgical options, and we have always kept this in mind. Dr. Sykes feels that, because she is a plastic surgeon, she can often offer her patients advice and a whole range of solutions to solve their aesthetic problems. She can also help steer patients through the often confusing information stream that comes in from everywhere, which may or may not be appropriate for them.

The latest device in the arena of body sculpting is a totally new concept, because in addition to helping the patient lose body fat, it also tightens and builds the underlying abdominal muscles. AND, without the pain of 20,000 abdominal crunches! (In fact, there is no pain at all!!)

The EMSculpt procedure is the world's only procedure that simultaneously addresses both muscle and fat. It can be used on the abdomen and/or the buttocks, for a nonsurgical buttock lift. The procedure is backed by 9 independent multi-centered studies from across the United States. These studies show an average of 16% increase in muscle mass and an average fat reduction of

19% in the abdominal treatment area (and a 1" to 3" reduction in circumference). The EMSculpt uses High-Intensity Focused Electro-Magnetic technology, causing "supramaximal" contractions of the muscles, which causes the muscle fibers to multiply and grow, and the surrounding fat to be disrupted and to die off.

Our staff so far has shown a 1-2" reduction in waist size, only 1 month after the four sessions ended, and an impressive toning of the silhouette.

Call if you would like more information about the amazing EMSculpt, or to schedule an appointment.



Robin A. Sykes, MD is a Board-Certified Plastic Surgeon. She has a BA in Biology from Wells College, an MD from the Johns Hopkins University School of Medicine, General Surgery training at the University of Miami, and Plastic Surgery training at the University of Kansas. She is a National Merit Scholar and Phi Beta Kappa. In addition, she has many years of art training, and brings this to her work in aesthetic plastic surgery. Many new technologies as well as new aesthetic devices and products are available in her practice, so that she can offer a variety of surgical and nonsurgical treatments for your unique aesthetic needs and desires.



See our seminar schedule listed in the ad on page 4.



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ALONE IT'S JUST A HEARING AID



By: Dana Luzon Coveney, Au.D.
Board Certified Doctor of Audiology
Contributions by: Linda Logan, M.A.

LSM is an exciting breakthrough in hearing aid fitting technology. Using LSM truly separates the practices that are committed to total patient satisfaction from all the rest. Be aware, not all clinics use LSM. In most cases, the manufacturer's "best fit" is a far cry from the most accurate fit. The only way to know for sure what a patient is hearing is to measure. If you are experiencing difficulties with your current devices or have never had a hearing test before, call Audiology & Hearing Aids of the Palm Beaches today to experience better hearing firsthand!

As an audiologist, I see many patients who have been to other clinics in the area and their hearing aids are not fitting properly or are not adjusted correctly to meet their listening needs. When it comes to hearing aids, it's not about the actual device; it's about the care you receive from a trained professional who can match that device to your everyday needs. **According to leading consumer research, two-thirds of hearing aids are improperly fit.** Why? Because hearing devices by themselves are not a solution. The ability and expertise of your doctor to integrate your devices into your lifestyle is essential to achieving better hearing.

As an Audigy Certified professional, I believe in training programs to keep up to date with the latest in technology, and have the expertise to help the technology meet your individual listening lifestyle. Through exclusive Diagnostic and Fitting tools like e-Patient and the AGX fitting system, we provide you with a level of care no one else can match.

Bringing a companion to your consultation and fitting appointments allows the family member

to be involved in the process, and allows your audiologist to hear their concerns for your hearing care. During these appointments, a lot of information is given, and it helps to have a second set of ears listening in to absorb it. We also can show your loved one through a hearing loss simulator, what a person with your specific hearing loss experiences on a daily basis. During the new hearing aid fitting appointment, we can use the companion's voice, mapped out on the computer, to make sure your prescription is able to hear and understand them specifically using a program called **Live Speech Mapping (LSM)**.

Live Speech Mapping allows for a very accurate fit, based on the patient's ear canal characteristics as well as their hearing loss. The process of LSM is simple and painless for the patient. Use of LSM also allows the patient and their loved one to see each pitch as the hearing aid is adjusted. It also helps the Audiologist explain and demonstrate how each adjustment can enhance or detract from the patient's ability to hear speech. This can be done with recorded speech signals or even the voice of the loved one!

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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HOW ADVANCED TECHNOLOGY MAY REDUCE PAIN & FEAR IN THE DENTAL OFFICE

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



Many of today's advances can help make dental surgical procedures more conservative, less invasive and often times less painful. Fear tends to be the main reason patients delay or never seek recommended treatment. Unfortunately, issues with the teeth, gums and jaw bone do not repair themselves. When left untreated, these problems typically lead to more significant problems including tooth loss and pain. More invasive procedures may be required to address a situation that might have been able to be addressed in a less costly and less involved manner.

Anxiety / Fear:

Managing a patient's anxiety or fear typically begins during the consultation appointment. Building trust with your doctor can go a long way in helping relax your fears about the unknown. Asking questions and receiving full explanations regarding your options can also help in reducing anxiety. Sedation is a tool we use to relax patients before, during and after a procedure. Our patients typically utilize either oral sedation (medications like valium) prior to their procedure or choose IV Sedation (also known as "twilight sleep"). In addition, the fear of "Novocaine" can be reduced through new delivery techniques that change the way the anesthetic can be given. Using sedation and newer anesthetic procedures can truly make even the most nervous patient relax and have a pleasant experience.

Decreasing Pain:

Once the anesthetic has taken effect, no pain should be felt during the surgical procedure. This can be verified with you before the procedure starts. Much of the discomfort that patients experience is after the treatment is completed and during the early healing period. Most of this discomfort is caused by swelling. Typically, but not always, the more invasive the procedure, the more post-operative discomfort. Our goal is to keep the surgery as conservative, safe and non-invasive as possible. The use of the latest technology helps to achieve these goals.

A good example of state-of-the-art technology is the use of an in-office CT machine. Using this type of 3 dimensional x-ray to help plan procedures such as dental implants offers the surgeon the ability to see "inside the jaw bone". Treatment can then be planned in the most ideal locations, allowing visibility of important structures such as nerves and sinus cavities. This technology can also be used to help perform "teeth in the same day" procedures. The benefit is that in some cases no incisions are needed to perform the surgery. In addition, treatment times may be shorter.

Another example of the use of advanced technology is the treatment of bone loss around the teeth (also referred to as periodontal disease or deep pockets). Traditional surgery typically requires an opening of the area and sutures. The use of laser technology (similar to what is done with eye procedures) allows treatment of this life-long disease with no pain, no scalpel and no sutures. In fact, no pain medication is even provided for this procedure.

Many new options are available to patients that allow treatment of dental issues with both the reduction of fear and decreased swelling, pain and post-operative discomfort. Treating early today can prevent more expensive and invasive treatment tomorrow.

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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MORE PEOPLE LIVING WITH CANCER

The evolution of cancer treatment over the last 40 years has resulted in better outcomes for patients; today more people are living with cancer than ever before.

Cancer is an illness unlike any other. Many people mistakenly believe that cancer refers to one disease that occurs in many different parts of the body, but in reality, cancer is not just one disease. The term “cancer” is the general name for a group of over 100 diseases in which abnormal cells begin to grow uncontrollably. No matter what type it is, cancer is the result of a malfunction in the genetic mechanisms that control and regulate cell growth. Cancer can affect blood, bones, and over 60 different organs of the human body.

Through research, we have learned that each person’s cancer is a unique disease because every tumor or malignancy has its own distinctive DNA. This discovery has resulted in many new and highly-effective targeted treatments and immunotherapies that are based on a patient’s unique genetic profile. Genetic sequencing of a patient’s tumor can help identify which drugs or treatments will be most effective for that individual.

DAMAGE TO DNA CAN RESULT IN CANCER

DNA is the genetic material that makes up every cell. When DNA becomes damaged or changed, it produces mutations in genes that affect normal cell growth and division. Gene mutations can be inherited from a parent, or, more commonly, are acquired during a person’s lifetime due to environmental factors such as ultraviolet radiation from the sun or cigarette smoking. Other mutations occur for still unknown reasons, resulting in various types of cancer.

In addition to unregulated cell growth, when a cancer occurs it means there is also a failure in the immune system’s ability to recognize these abnormal cells and destroy them. When normal cells become old or damaged, they die and are replaced with new cells. However, the growth of cancer cells is different from normal cell growth. Instead of dying, cancer cells continue to grow and form more abnormal cells. Cancer cells can also invade other tissues, something that normal cells cannot do.

HOW EFFECTIVE IS CANCER TREATMENT TODAY?

There have been remarkable advances in the treatment of cancer, especially over the past two decades. Today,



millions of people are surviving cancer and most oncologists feel that cancer is becoming more like a chronic disease, such as diabetes or hypertension. In other words, even though no cure has been found yet, the disease is something that can be managed, and people can live with cancer for many years.

Early detection and diagnosis, as well as advances such as immunotherapy and targeted treatments—most of which are available in pill form—are making it possible to live with cancer and continue to have a good quality of life; some of these newer treatments have actually produced virtual cures for many types of 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.

CLINICAL TRIALS LEAD TO TOMORROW’S TREATMENTS AND CURES

Through a strategic partnership with Sarah Cannon Research Institute, one of the world’s leading clinical trial organizations, FCS offers more access to national clinical trials than any other oncology practice in Florida. In the last three years, the majority of new cancer drugs approved for use in the United States were studied in clinical trials with FCS participation, prior to approval.

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



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It's Time to Take Another Look at SPINAL DECOMPRESSION



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is spinal
decompression.

When buying a car, you look for features such as comfort and looks. When buying a computer, you look for memory and speed. With decompression, you should do similar research to find machines that offer superior results, like The DRX9000.

Surprisingly, chiropractors did not invent decompression. It was developed by Allan Dyer, MD, a former Minister of Health from Ontario, Canada, who was already recognized as a pioneer in the development of the external cardiac defibrillator. He invented a treatment table for low-back disc problems that proved to be a revolutionary improvement in the treatment of low-back pain.

This new table was not available in the U.S. until the mid-1990s, when it gained FDA clearance. Dyer's work and research were later updated by Harvard professor and neurosurgeon C. Norman Shealy, MD, the father of the TENS unit.

DEMONSTRATED EFFICACY

Decompression works, yet many insurance companies still will not reimburse because they deem decompression to be an investigational therapy, which it is not.

Dennis McClure, MD, a neurosurgeon who conducted a study that tested over 500 surgical candidates, found spinal decompression had a success rate between 86 and 92 percent a year post-treatment.

There have been numerous other studies done on spinal decompression. One of the first and largest was based on the data compiled by Gose,

Naguszewski, and Naguszewski, and published in 1998 in *Neurological Research*. In this study, data was collected from 22 medical centers on patients who received vertebral decompression therapy for low-back pain, and examined a total of 778 cases.

Decompression was successful in 71 percent of the 778 cases, "when success was defined as a reduction in pain to 0 or 1, on a 0 to 5 scale."

Shealy reported the following in the *American Journal of Pain Management* in April 1997, following a study comparing 14 patients who underwent traditional mechanical traction with 25 patients given spinal decompression: "The decompression system gave 'good' to 'excellent' relief in 86 percent of patients with ruptured intervertebral discs and 75 percent of those with facet arthroses." Furthermore, the researchers found that the computerized decompression table produced "consistent, reproducible, and measurable non-surgical decompression, demonstrated by radiology."

AVOIDING SURGERY

"Having an operation to fix a back problem is costly both financially and in recovery time. But the jury is still out as to whether some of these procedures are worth it."

Michael Haak, MD, a spine specialist and orthopedic surgeon at Northwestern University's Feinberg School of Medicine, says, "You need to encourage [doctors and patients] to be aware of all the alternatives."

Do your homework on spinal decompression, and then make an educated decision.

WHAT OUR PATIENTS HAVE TO SAY ABOUT DRX TREATMENTS

"Five years ago, I lifted a 40 lb. box. It was then that I felt a sharp pain in the lumbar area. Since then I've lived with constant low back pain. An MRI showed a ruptured lumbar disc. The only thing that helped was an epidural block, actually a series of three. The relief was short lived, about 2-3 weeks. When I saw a special on T.V. about the DRX 9000 machine and how the decompression therapy works, I requested more information to be mailed to me. All the information made sense. I will admit I was somewhat apprehensive and thought, is this too good to be true? The fact of the matter is that I'm totally pain free for about 3 weeks! This is a tremendous relief. I am so grateful for this noninvasive therapy and particularly my treating doctors. Their expertise was a large factor in how well I responded to this remarkable break through for patients with back pain." -B. Carol T.

"When I was walked into American Med-Care Center I had low back pain. I went to many doctors in the past and none of them helped. I went to pain clinics and it helped some. I had some numbness in my legs and feet. I had stiffness and some arthritis setting into my low back area. I saw the DRX 9000 on T.V. and decided to try it. The American Med-Care staff helped me every step of the way. Now I can bend and I can run like never before. The treatment helped me so I wouldn't be in pain anymore. I would recommend the DRX9000 to anyone that wants to try it out. I would like to thank the staff and Dr. Brian Reimer at American Med-Care Center for giving me my health back." -Karen B.

"After the treatments on the DRX9000 my back does feel stronger and more flexible. During the treatment the pain traveled away from my lower back. I want to thank the staff at American Med-Care Center for the patience, care, and kindness during the procedure." -Tuulikki H.

"Thank you to Dr. Reimer and his excellent staff! I have been a sufferer of lower back pain for approximately 12 years. I have tried physical therapy, acupuncture, epidural and nerve blocks. For the first time since my treatment with the DRX9000, I am pain and medication free. The entire staff, from the reception area to the doctors under Dr. Reimer, has been courteous, helpful and professional. Thank you for everything you achieved for me." -Steve S.

"I have had pain in my lower back for many years with little relief from cortisone and epidurals. However, the relief I have gotten from the DRX9000 has been outstanding! I have been able to work on my feet with hardly any problem at all. I have been able to walk with a little zip in my step. I'm very happy I took the time to try the DRX9000. Also, the care I have been given by the staff here at American Med-Care has been outstanding and I could not of asked for anything better." - Andrew M.



American Med Care
Center

561-967-6655

3200 Forest Hill BLVD

West Palm Beach, FL 33406

treatingyourbackpain.com

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.

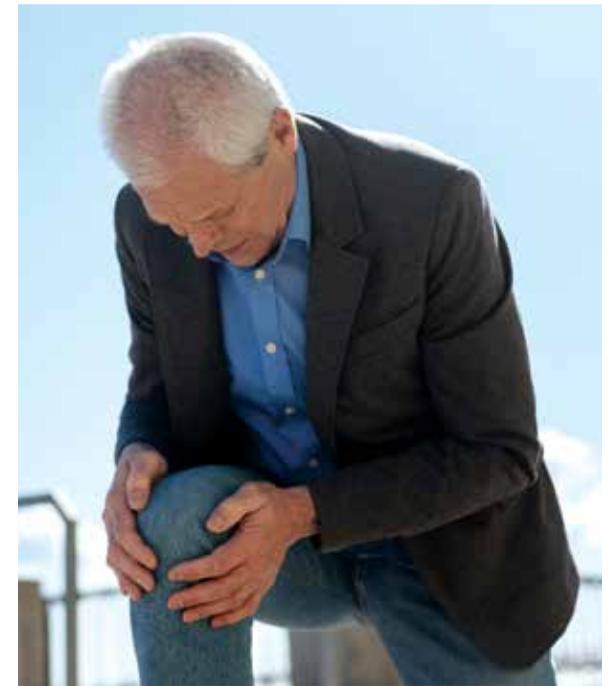
Countless numbers of patients have experienced successful results with the Supartz treatment and are now experiencing life once again without knee pain.

"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**.

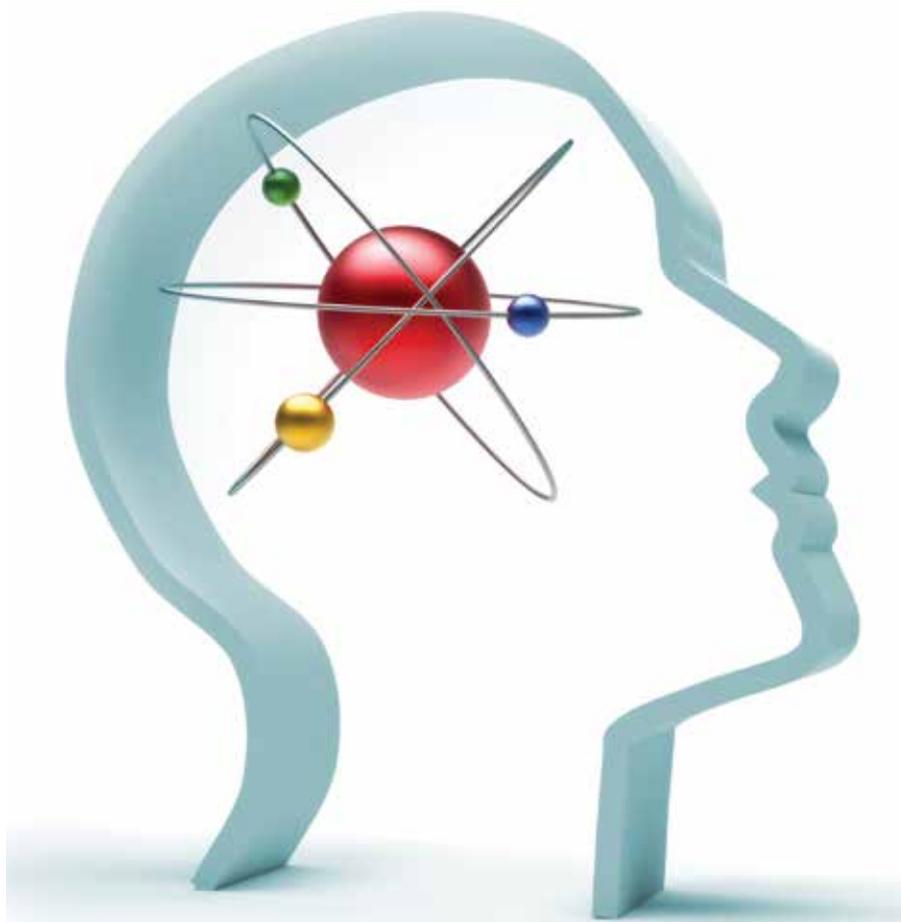
**ADVANCED SPINE
&
JOINT INSTITUTE**

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

New Mapping Technology Pinpoints Brain Deficits

Identifies where the brain isn't functioning well

by Michael Cohen, Director and Chief of Neurotechnology



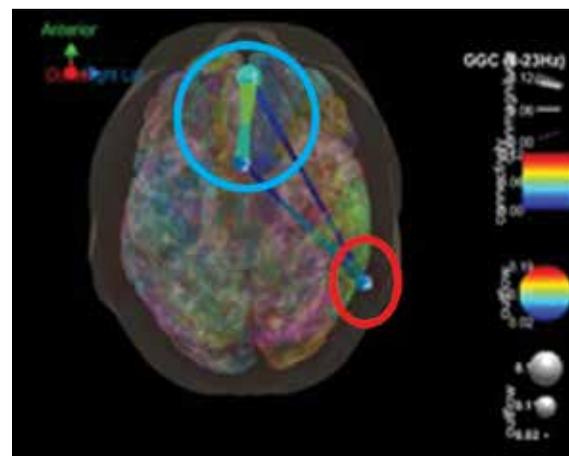
Fifty years ago with neurofeedback in its infancy, brain mapping didn't exist. Practitioners got pretty good at identifying which areas played a role in conditions such as ADHD, sleep, anxiety and learning challenges. However, when EEG brain mapping (known as the qEEG) came along, it became possible to more precisely administer neurofeedback training.

I've used brain mapping technology to create *targeted brain training protocols* since 2001. Over the years our center's technology has evolved, along with the science.

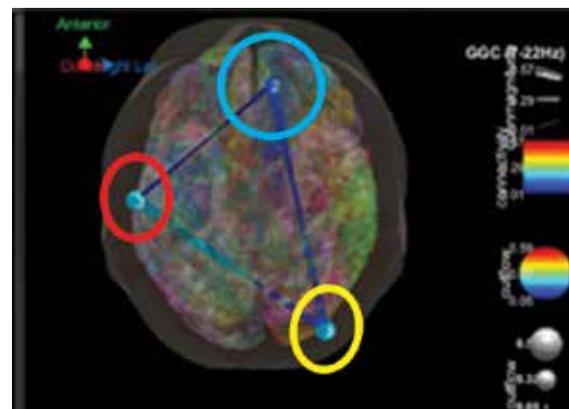
Recently we began offering the "functional connectivity map." This advanced mapping technology enables me to produce the most consistent clinical improvements in clients that I've ever seen by identifying brain networks, or pathways, that aren't communicating with each other effectively. It's like employing a traffic helicopter to get a bird's eye view of which roads are jammed.

Below are functional connectivity maps of two brains.

The first is the brain of a 14-year-old boy struggling with motivation and follow-through. The two points in the top of the head (blue circle) indicate where disruption was occurring, causing difficulty in sustaining and shifting attention and impacting his mood. The third point on the side (in red) shows a disruption affecting both attention and ability to stay calm. This information explained why completing multi-step tasks were a major challenge for him. A personalized protocol helped get this network "back online," resulting in greater mental flexibility and follow-through.



This map is of a 59-year-old woman's brain with long-term depression. The three points indicate poor communication in the network related to mood regulation. The area circled in red relates to anger, irritation or depression. It also plays a role in word finding. The top point (blue circle) helps control emotions, the ability not to get mentally "stuck" and to quiet thoughts. The back right circle (yellow) is a common problem area in people who get easily overwhelmed.



These examples make it easy to see how this type of very specific information can be a powerful tool for designing pinpoint-accurate neurofeedback training protocols.

Personal stories

Here are two stories of clients of ours which illustrate the value of a brain map:

The boy who didn't have ADD after all

The parents of an 11-year-old client of ours spent five years trying to find out what was wrong with their son. He experienced both academic and social problems. He was tested three times over the years by multiple specialists and M.D.'s., resulting in uncertain diagnoses and only one treatment option: stimulant medication.

Once we conducted a brain map and added the results to other testing data, the diagnosis of Asperger's syndrome became clear. His map also indicated that stimulant medication should not be used, despite what the doctors had all prescribed for him.

The bottom line: Once we knew what the problem was, we were able to target it appropriately, and he began doing much better academically and socially.

The anxious man who didn't have an anxiety disorder

A man we treated was plagued with anxiety for most of his life. Anti-anxiety medications did not help, and his quality of life suffered greatly.

A brain map revealed that his brain had sensory integration problems. These caused him to become overwhelmed by things in his environment (appearing as anxiety) like normal social settings – something that wouldn't cause undue distress in most people. He also became anxious and overloaded if he had too many things to deal with at one time.

Targeted neurofeedback helped improve the sensory integration function in his brain, and his anxiety subsided. He reported feeling far less anxiety than he had in years, relief he had never experienced with medications.

Wrong treatments

Both people in the these cases were treated for something they didn't have and given medications they probably didn't need. No one investigated their brain function for the cause of their symptoms.

“The brain has an enormous capacity to repair itself. We can help that happen. Brain mapping is a key tool.” – Mike Cohen

Why go to the Center for Brain Training for a brain map?

Experience and knowledge

Brain mapping is a specialty service at The Center for Brain Training. **We've been doing brain maps for almost 20 years.**

Why is specialization important? It's not enough to have just any map done. It must be the **right type of map for you.** Most importantly, *the results need to be expertly interpreted and applied.*

It takes a *great deal of experience* to interpret the findings and to custom-design protocols using those findings.

Not all brain maps are alike

The Center for Brain Training offers several types of brain maps, but this new functional mapping technology offers the most impressive results. It gives our clients more information to help target their issues with neurofeedback based on cutting edge science. We have a large experience base with this technology and provide consulting to other clinicians around the country who are learning it.

Our goal is to provide the most useful brain maps available, combined with the experience needed to interpret and implement the findings.

Do we recommend a brain map for everyone?

No. Maps can cost between \$495 (for a basic map) and \$695 (for the functional map), a cost not always warranted. Certain common issues such as insomnia may respond so quickly to neurofeedback without hyper-targeted protocols that doing a map doesn't make sense.

However, we conduct maps on about 80% of our clients because the information gained can greatly enhance the speed and effectiveness of their training.

Note: We never require anyone to have a map in order to receive our services.

What is neurofeedback?

Neurofeedback is biofeedback for the brain. It uses modern computer technology to regulate and stabilize the brain to improve cognitive function, attention, mood, anxiety, sleep, and behavior. This is accomplished without medication.

Free consultation

To find out if a brain map is right for you, contact our office for a free consultation with me.

Learn more about how neurofeedback helps anxiety, panic attacks, sleep, ADHD and other conditions without medications at our free seminar:

Wednesday February 13 6-7:15 p.m.

Call our office or visit our website for details.

If you're suffering from chronic anxiety or panic attacks, there's something new that can change how you feel. Give us a call today to learn more.

About Center for Brain Training

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.



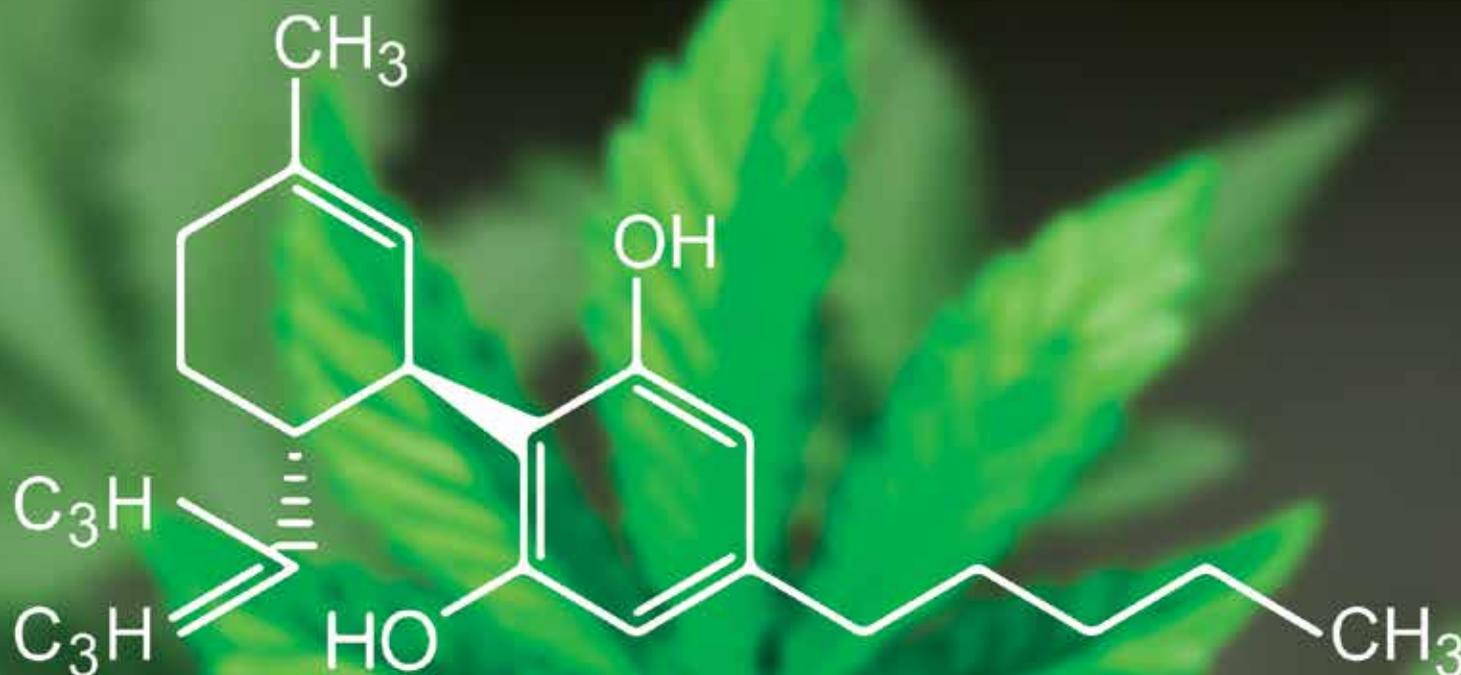
Michael Cohen
Director and
Chief of Neurotechnology

Michael Cohen is one of the leading experts in brain bio-feedback. 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.



Welltower Center
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Jupiter, FL 33458

561.744.7616
www.CenterforBrain.com



CBD IN 2019:

NEW STUDIES, NEW PRODUCTS, & A NEW FARM BILL

A new bill allowing a larger array of products to be created with infused CBD that will take the industry into the mainstream in a large way. This will make it a regularly studied ingredient to be better understood and propel CBD into more effective uses.



An \$867 billion farm bill that is expected to pass in Congress this week will fund food stamps, crop subsidies and – to the glee of many stock promoters – legalize industrial hemp, a source of the popular ingredient cannabidiol, or CBD. Brace yourself for CBD-infused drinks, foods, cosmetics and stocks.

The most significant impact of the farm bill will be its funding of 10 more years of food stamps and farm subsidies. But hitching a ride on the farm bill wagon are provisions that decriminalize hemp. Technically speaking, hemp has been a controlled substance under federal law and could only be grown with a license under certain state research programs. The new farm bill will allow hemp cultivation without a license in every state. As a chemical, CBD is considered “non-psychoactive,” but it has soothing properties that led the U.S. Food & Drug Administration in June to approve a CBD-containing prescription drug from GW Pharmaceuticals (GWPH) for treating two rare seizure disorders that can be life-threatening in infants.

Fans of CBD have also touted the stuff as a panacea for anxiety, pain, inflammation, and even cancer. Another benefit of the farm bill’s passage should be an increase in the scientific testing of cures claimed for CBD and the hundred-odd other cannabinoids in hemp and cannabis.

With less legislation stifling the advancement of CBD, 2019 will surely be a huge year of innovation.

VISIT ONE OF THESE LOCATIONS FOR YOUR CBD PRODUCTS



**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**



**Florida Medical Marijuana Health Centers
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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, regenerative 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.



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

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, lose effectiveness over time and have 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 REJUVAAnation 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 from 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?

REJUVAAnation 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.

WHAT OUR PATIENTS ARE SAYING:

Testimonial: "I am celebrating my second anniversary since being treated at Simply Men's Health and I am maintaining the high level of performance I achieved with RejuvaWAVE® treatment. My spontaneity and stamina is back and my frustration and performance anxiety that goes along with it is gone. I am performing like I did decades ago. It's like magic! There are a lot of copycats out there, but Simply Men's Health was the first to provide this treatment and they are the best!" – Steve, Wellington

Testimonial: "I'm a 70 year old widow and have had ED for over twenty years. Unexpectedly, I met a wonderful lady and when we wanted to take our relationship to the next level, I couldn't perform. I came to Simply Men's Health and after several months I started to notice improvements... and after about six months ED is no longer a problem. I have sex regularly without any pills or needles." – Joseph, M

Testimonial: "I am in my 70's and have diabetes, high cholesterol, and had prostate removed for cancer several years ago. I had tried everything, and thought my sex life was over. I have been coming to Simply Men's Health for about six months, and the results have been amazing. They have restored my ability to enjoy a spontaneous sex life again. The RejuvaWAVE® and RejuvaEnhancement™ Stem cell procedures are remarkable. I feel like Superman." – E.M.

Testimonial: "I have chronic renal failure and diabetes and am on dialysis and suffer from chronic symptoms and knee pains. I had IV stem cells treatment and I noticed a difference right away in my wound healing and my knee pain was gone." – Joshua

Testimonial: "I have been suffering from degenerative arthritis and was getting steroid injections for knee pain which didn't help much or for long. Several months ago, I had stem cell injections for my knees. The procedure was quite painless and after a month or so I notice remarkable improvements. I can walk pain free." – John M.



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

A NEW CATARACT SURGERY FOR THOSE WITH MACULAR DEGENERATION



“CentraSight is the first treatment program to use a tiny telescope that is implanted inside the eye ... Smaller than a pea, the telescope implant uses micro-optical technology to magnify objects that would normally be seen in one’s ‘straight ahead’ vision.”

By David A. Goldman, M.D.

Imagine the heartbreak for someone who gradually loses the ability to see her grandchildren, husband and the people who mean the most to her. Now imagine her joy when she can see them again. Thanks to a groundbreaking new treatment program called CentraSight®, this dream can now be a reality for patients around the country with End-Stage age related macular degeneration (AMD), the leading cause of blindness in older Americans.

More than 15 million Americans are affected by some form of macular degeneration, a progressive disease that can lead to severe vision loss in its most advanced form, End-Stage AMD. The number is expected to double with the rapid aging of the U.S. population. Approximately 2 million Americans have advanced forms of AMD with associated vision loss.

Macular degeneration attacks the macula of the eye, where one’s sharpest central vision occurs. Although it does not cause complete blindness, patients with End-Stage AMD have a central blind spot, or missing area, in their vision. This vision loss makes it difficult or impossible to see faces, read, and perform everyday activities such as watching TV, preparing meals, and self-care.

For many people, the first sign of AMD is something they notice themselves. Straight lines like doorways or telephone wires may appear wavy or disconnected. When they look at someone, their face may be blurred while the rest is in focus. Lines of print may be blurred in the center or the lines may be crooked.

CentraSight is the first treatment program to use a tiny telescope that is implanted inside the eye to treat End-Stage AMD. Smaller than a pea, the telescope implant uses micro-optical technology to magnify objects that would normally be seen in one’s ‘straight ahead’ vision. This image is projected onto the healthy retina in the back of the eye not affected by the disease.

The telescope implant improves patients’ vision so they can see the things that are important to them, increase their independence, and manage everyday activities again. They can feel more confident in social settings because they can recognize faces and see the facial expressions of family and friends.

The CentraSight treatment program focuses on comprehensive patient care, requiring potential patients to undergo medical and vision evaluation to determine whether they

may be a good candidate. A unique aspect of the evaluation is the ability to simulate, prior to surgery, what a person may expect to see once the telescope is implanted to determine if the improvement possible will meet the patient’s expectations. After an eye surgeon implants the telescope in an outpatient procedure, the patient then works with vision specialists to learn how to use their new vision in their everyday activities.

The telescope implant is not a cure. Patients must meet age and cornea health requirements to be considered a good candidate. Possible side effects include decreased vision or vision impairing corneal swelling.

The CentraSight treatment program is now available at Goldman Eye. For more information on the telescope implant and who qualifies for the treatment, visit www.goldmaneye.com or call Dr. Goldman’s office at (561) 630-7120.





In 1967 the Beatles released a song titled “All We Need Is Love” which sat atop Billboard's charts for eleven consecutive weeks. Their manager at the time stated, “... they really wanted to give the world a message... it is a clear message saying that love is everything.” In fact, the simple chorus repeats the words: “all you need is love...”

What a message for the world to hear!

During the month of February, many of us focus on the idea of love (thanks to Valentine's Day), but really the message of love is timeless and not bound by a simple holiday.

And to be totally truthful, The Beatles did not invent the idea that “all we need is love.” That was a message taught and written long before they made it popular... about 2,000 years earlier by Jesus.

Jesus often found Himself in a tight spot as He had a tendency to upset what traditional religion had established in His lifetime. Jesus often spoke against the religious leaders of His day and offered a better way – a way founded in grace (not rules) and love (not guilt).

In fact, there was one exchange recorded in the New Testament where a lawyer came to ask Jesus a question with the hopes of trapping Him with His words. Here is that exchange as recorded in the Gospel according to Matthew:

"Teacher, which is the most important commandment in the law of Moses?" Jesus replied, "'You must love the LORD your God with all your heart, all your soul, and all your mind.' This is the first and greatest commandment. A second is equally important: 'Love your neighbor as yourself.' The entire law and all the demands of the prophets are based on these two commandments." - Matthew 22:36-40 NLT

Do you see that? What does Jesus say is the most important thing? Love. We are supposed to learn to love God with all that we are – our minds, our hearts, our bodies. And then we are supposed to love others. But then He goes on to say this: everything else hangs in the balance of these two things.

So, what does that mean for you and me? It's simple – not easy – but simple. If we learn to love God and love others, then everything else will take care of itself.

Think about it – if I learned to love everyone (not just the people I like), how differently would my relationships look? If I learned to love God, how differently would my priorities look? If I could learn to love, then everything else falls in place.

The apostle Paul describes the kind of love we should have: “Love is patient and kind. Love is not jealous or boastful or proud or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. It does not rejoice about injustice but rejoices whenever the truth wins out. Love never gives up, never loses faith, is always hopeful, and endures through every circumstance”. - 1 Corinthians 13:4-7 NLT

Here is an exercise for us to see how we are doing. Go back and read the quote above, but this time, every time to get to the word “love” or “it” put your own name in its place. Then ask yourself: how am I doing? (It's a simple formula – not an easy one.)

So in this month where we set aside a day of love, let's make it a lifestyle not just a holiday Because remember, The Beatles were right (just not the first) to say: “All You Need Is Love.”

Brent Myers

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