

SOUTH FLORIDA'S

# Health & Wellness<sup>®</sup> MAGAZINE

April 2020

South Palm Beach Edition - Monthly

[www.sflhealthandwellness.com](http://www.sflhealthandwellness.com)



**FREE**

## **SPECIAL EDITION ON COVID-19**

**HELPING YOU NAVIGATE  
TROUGH THE CORONAVIRUS  
PANDEMIC WITH RESOURCES,  
GUIDES, AND TIPS FOR YOU  
AND YOUR LOVED ONES**



# Our Trusted Companies



## TRUSTED HOMECARE SERVICES

Our mission is to assess the needs of each client to help them maintain their independence while living in their own homes and communities.



### Services



- Healthcare Staffing Services
- End of Life/Hospice Care
- Licensed RNs and LPNs
- Chronic Illness/Disability Care
- Companion/Homemaker
- Meal Preparation
- Assisted Living
- Housekeeping
- Respite Care
- Shopping & Errands
- Live-in Care
- Transportation to Doctor Visits
- Personal Care

TRUSTED HOMECARE SERVICES

CALL US TO RECEIVE  
1 DAY OF NURSING CARE  
**FREE**, RESTRICTIONS APPLY

**561.314.3976**  
[WWW.TRUSTEDHCS.COM](http://WWW.TRUSTEDHCS.COM)

**WE WILL BEAT ANY PHARMACY PRICE!**

**ARE YOUR LOVED ONES TAKING THEIR MEDICATIONS CORRECTLY?**

“About half of the people who use prescription drugs are not taking them correctly”

— Homecare Oct. 2013



**We deliver the medication to you**

“Take the complication out of medication”  
YOU DESERVE PEACE OF MIND



[www.trustedmedrx.com](http://www.trustedmedrx.com) | [Rph@trustedmedrx.com](mailto:Rph@trustedmedrx.com) | 1.855.9EZ.MEDS | 1.855.939.6337 | Fax: 561.206.6688



**LAW OFFICE OF ANDREW CURTIS, ESQ**

- LLM in Taxation New York University Law School 1986
- JD Georgetown University Law School 1983
- MBA University of Michigan 1978
- BS Cornell University 1977

Andrew Curtis is an attorney whose practice concentrates in the areas of trusts, estates, and elder law. He is a graduate of some of the top universities in the country. He devotes his time to estate planning for the middle class, charging moderate fees, and then getting referrals from happy clients.

## Revocable Living Trust

### ATTENTION SENIORS:

- Why Forbes Magazine says that the middle class may need living trusts
- Why a will may not avoid probate
- How a living trust may avoid probate
- Why you may have probate in more than one state if you own out-of-state real property
- How a trust may protect your child's inheritance from divorce
- How a trust may protect your child's inheritance from sons-in-law and daughters-in-law

**The Cost of a Revocable Living Trust**

**Single Person**  
**\$399<sup>00</sup>**

**Married Couple**  
**\$499<sup>00</sup>**

(plus incidental costs)

**VA/MEDICAID BENEFITS YOU MAY QUALIFY**

Regardless of your assets

Serving Florida seniors throughout the state since 1989  
Offices located in Boca Raton and Fruitland Park, The Villages

**Call Today! 1.800.731.8784** [www.elderplanner.com](http://www.elderplanner.com)

# BREAKTHROUGH HAIR GROWTH SOLUTION

## BENEFITS BUSY EXECUTIVES

Non-invasive. No blood sample. No downtime. No recovery.

Your lunch-hour hair growth solution is our breakthrough **PDOgro™** procedure.

Pioneered by Alan J. Bauman, MD, **PDOgro™** is just one of many advanced hair restoration options for men and women that can work for you.



Forbes



CNN



WSJ



Men'sHealth



ADVANCED TREATMENTS. EXCEPTIONAL RESULTS.  
THE ULTIMATE HAIR RESTORATION EXPERIENCE.

Alan J Bauman, MD, ABHRS, IAHRS



#1 Top  
Hair Restoration  
Surgeon

Call **561-220-3480** to schedule your in-office or virtual consultation with a **nationally recognized hair loss expert.**

1450 S. Dixie Hwy, Boca Raton, FL 33432 | **CALL 561-220-3480** | **BAUMANMEDICAL.COM**  
See before & after images at **BAUMANMEDICAL.COM**

# MD

BEAUTY LABS  
SPA AND WELLNESS CENTER

Daniela Dadurian, M.D.  
Medical Director

Board Certified Anti-Aging  
and Regenerative Medicine  
Board certified Laser Surgery

## A LUXURY MEDSPA FEATURING THE LATEST IN LASER TECHNOLOGIES

- Botox / Juvederm
- Skin Tightening
- Medical Facials
- Smart Lipo
- Tattoo Removal
- Cellulite Reduction
- Weight Loss
- Toe Fungus Removal
- Skin Resurfacing
- Laser Hair Removal
- VI Peel
- Ulthera- Skin Tightening
- Pellet Hormone Therapy
- IV Vitamin Therapy
- SculpSure - Fat Melting
- Endymed
- YLift Non-surgical Facelift
- Vaginal Rejuvenation

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

320 S. Quadrille Blvd.  
West Palm Beach, FL 33401

340 Royal Poinciana Way  
Suite 325D, Palm Beach, FL

1000 N. Olive Avenue  
West Palm Beach, FL

**561-655-6325**

**www.mdbeautylabs.com**



Bring in this ad to receive **\$100 off\***  
your first medical service.

\* Valid on purchases of \$300 or more

**INTERVENTIONAL PAIN MANAGEMENT  
PHYSICAL MEDICINE & REHABILITATION**



- **Compassionate Care**
- **Prompt Appointments**
- **State-Of-The-Art Technology**
- **Sedation Available Upon Request**
- **Platelet Rich Plasma Therapy**

- Back/Neck Pain
- Facet Joint Pain
- Hip, Knee And Shoulder Joint Pain
- Joint Osteoarthritis
- Failed Spine Surgery
- Sacroiliitis
- Spinal Stenosis And Sciatica
- Rib Pain/Fractures & More...



**Aaron Rosenblatt, MD**  
Board Certified

**Early Pain Treatment  
CAN PREVENT  
Prolonged Suffering!**

**american PAIN CARE specialists**  
*back to work, play & life*

13722 S. Jog Road, Suite A,  
Delray Beach, FL 33446  
Web: [www.improvepain.com](http://www.improvepain.com)  
Book An Appointment With Us Today!  
**561-819-6050**



# The Retina Institute of Florida

*Providing expert specialized care for over 25 years*

- Commitment to Treatment and Diagnosis of Retina, Macula and Vitreous
- Personalized Patient Care
- Several Locations for Patient Convenience
- Advanced Treatment for Macular Disorders
- Advanced Surgical Techniques
- Affiliation with "State-of-the-Art Surgical Center"



**Lauren R. Rosecan,**

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

Diplomate American Board of Ophthalmology

*"A center of excellence for the diagnosis and treatment of retinal, macula and vitreous diseases and disorders."*

**We Have Emergency Care!**

**(800) 445-8898**

[www.theretinainstituteofflorida.com](http://www.theretinainstituteofflorida.com)

## LOCATIONS

### WEST PALM BEACH

901 North Flagler Drive, 33401  
**(561) 832-4411 Office**  
(561) 832-1591 Fax

### PALM BEACH GARDENS

11382 Prosperity Farms Rd., #128, 33410  
**(561) 627-7311 Office**  
(561) 627-6791 Fax

### STUART

618 East Ocean Blvd., #3, 34994  
**(772) 287-7026 Office**  
(772) 220-4186 Fax

### BOCA RATON

1050 NW 15th Street, #114, 33486  
**(561) 368-7723 Office**  
(561) 368-0093 Fax

# contents

April 2020

- 6 Palm Beach County Resource Guide
- 8 Little-Known VA Pension Can Be a Life-Saver
- 10 Don't Be Fooled! Learn The Bald Truth About Hair Loss
- 12 Facet Joint Injections for Back Pain
- 14 Preventing Head, Neck and Oral Cancers
- 15 Retinal Tear and Retinal Detachment
- 16 Is NAD+ Slowing Down the Aging Process?

- 18 There is a Better Way to Reduce Joint Pain & Regenerate Your Body
- 20 "Cut" Hour Tub? Why this Easy, Inexpensive Project Can Add Serious Home Safety
- 22 Anyone Can Suffer from Anxiety Neurofeedback Can Help
- 24 COVID-19: How Traditional Chinese Medicine Can Boost Immune Function
- 26 Seeking a Second Opinion About Your Eye Care
- 27 Spiritual Wellness: I Have a Waiting Problem

## CONTACT US

OWNER / ACCOUNT EXECUTIVE  
**Sybil C. Berryman**  
sybil@sflhealthandwellness.com

OWNER / ACCOUNT EXECUTIVE  
**Bryan Berryman**  
bryan@sflhealthandwellness.com

  
**BERRYMAN**  
Marketing Group LLC

GRAPHIC DESIGNER  
**Sonny Gensing**  
sonny@gwhizmarketing.com

*South Florida's Health & Wellness Magazine* can be found in over 1,800 South Florida medical facilities including, hospitals', doctors', chiropractors' and dentist offices and more. Find a copy of your FREE South Florida's Health & Wellness Magazine in most grocery and convenient stores as well.

To get your article published and for ad rates, call 239.250.4104  
sybil@sflhealthandwellness.com

©Copyright SOUTH FLORIDA'S HEALTH & WELLNESS Magazine 2020. All rights reserved. Any reproduction of the material in this magazine in whole or in part without written prior consent is prohibited. Articles and other material in this Magazine are not necessarily the views of SOUTH FLORIDA'S HEALTH & WELLNESS Magazine. SOUTH FLORIDA'S HEALTH & WELLNESS Magazine reserves the right to publish and edit, or not publish any material that is sent. SOUTH FLORIDA'S HEALTH & WELLNESS Magazine will not knowingly publish any advertisement which is illegal or misleading to its readers. The information in SOUTH FLORIDA'S HEALTH & WELLNESS Magazine should not be construed as a substitute for medical examination, diagnosis, or treatment.

## Natural Cartilage Regeneration / Connective Tissue Repair / Wrinkle Reduction



Call Us  
(561) 350-0096

Visit Us At:

BeWellFeelGreat.com



2015 NutraIngredients Award Winner  
Readers Choice

Best Bone & Joint Health Ingredient  
Frost & Sullivan Award Winner

Most Innovative Dietary Ingredient  
NutraCeutical Business and Technology Award Finalist

Personal Care New Product Innovation  
Frost & Sullivan Award Winner

Exemplary US Brand  
Beauty From Within Conference

2015 Anti-Aging Award Winner  
TasteForLife Supplement Essentials

2015 Editor's Pick  
Remedies Magazine

7 US and International Patents

"The most remarkable nutraceutical to have ever been introduced for joints, skin, and the aging process."  
Louis P. Brady, M.D., Orthopedic Surgeon

Dr. Grazyna Pajunen



- Lifetime Warranty
- Factory Trained Installers
- Watertight Construction
- Custom Solutions

## THE TUBCUT®

- Improve Accessibility
- Complete in One Day
- Reversability Available
- Satisfaction Guarantee

### Save 90% on Replacement Cost!

We convert your tub to a walk in shower in just one day. No plumbing or demolition. Little to no disruption. A simple shower curtain, the same used on a shower stall, stops any water concerns. Shower doors optional.

### It's Like Having A Walk In Shower Without The Cost!

We create the opening that fits your needs. Unlike a cap system, The TubcuT® adapts to you. With our exclusive process, you dictate where we create the opening, how wide and how low, typically just 4" off the floor.

### The TubcuT® System is 100% REVERSIBLE

If you sell your home we can reverse The TubcuT® back to a regular tub again, just like brand new! The removed section of the tub can be replaced restoring it to original condition. Save thousands on resale!



*"You won't have anymore trouble getting in and out of the bathtub with TubcuT®"*

The Tub Cut Company • [www.southfloridatubcut.com](http://www.southfloridatubcut.com)  
877-TUB-CUTS • 866-927-8247 • Showroom: 3991 SW 12th CT Ft Lauderdale FL  
Hours: Monday - Friday 9am - 5pm Saturday By appointment - Sunday Closed

# RESOURCE GUIDE

## COVID-19 CORONAVIRUS

**F**lorida Department of Health has opened a 24-hour COVID-19 call center to answer questions you may have. Call **866-779-6121** or email **covid-19@flhealth.gov**. For more information on COVID-19, please visit The Florida Department of Health Website at **www.floridahealth.gov**

## COVID-19 TESTING IN PALM BEACH COUNTY

### **Palm Beach County Testing Line: (561) 642-1000**

- Telephone registration and appointment scheduling for COVID-19 testing will begin on Monday, March 30th from 8:00 am to 5:00 pm.
- Individuals requesting testing must be approved and scheduled through telephone screening by the testing line.

On-site testing (swab sample collection) will begin on Tuesday, March 31st at the FITTEAM Ballpark of the Palm Beaches (5444 Haverhill Rd).

### **211 Palm Beach**

The caring staff will listen to each individual's situation to provide information on available social services, community services and resources that include food assistance, medical clinics, foreclosure prevention, parenting info & special needs, senior services that include free "Sunshine" daily calls, services for teens and more. You can contact them **www.211palmbeach.org** or dial **211**.

### **Palm Beach County Schools**

The School District of Palm Beach County continues its commitment to feeding students while schools are closed. Starting March 30, 35 sites across Palm Beach County will be distributing 'Grab and Go' bags filled with breakfast, lunch, supper, and a snack. Boxes of food from Feeding South Florida will also be available on specific dates per location. Meals are FREE to anyone under 18 years of age (under 22 for ESE students), regardless of financial need. For more information about site locations, go to: **https://summerbreakspot.freshfromflorida.com/**. Or call Palm Beach County Schools hotline at: **561-969-5840**.

## AVAILABLE LOANS FOR SMALL BUSINESSES:

**Two public-funded small business disaster loans are currently available to local businesses impacted by the coronavirus.**

### **1. FEDERAL – SBA Economic Injury Business Disaster Loan**

a long-term loan (up to \$2 million and terms up to 30 years)

*Deadline is May 8, 2020*

<https://floridadisasterloan.org/>

### **2. STATE – Florida Small Business Emergency Bridge Loan**

a short term loan (up to \$100K for one year)

*Deadline is Dec. 18, 2020*

<https://www.sba.gov/>

## AVAILABLE GRANT FOR NON-PROFITS:

### **Community Foundation – COVID-19 Relief & Recovery Grant**

Open to nonprofits that provide services to Palm Beach County

<https://www.bdb.org/news/2020/03/25/economic-development-news/relief-and-recovery-funding-for-non-profits-grant-opportunities/>

### **Specific to Palm Beach County COVID-19 Relief and Recovery Grant**

United Way and many other funders in Palm Beach County have joined together to establish a coordinated Coronavirus (COVID-19) Relief and Recovery application process. This funding process will provide assistance to nonprofit organizations in Palm Beach County and Martin County whose staff, services and clients have been impacted by this disaster. Funding priorities include emergency food, shelter, access to healthcare and other basic needs.

Visit <https://unitedwaypbcc.org/coronavirus/> for more information



# FITNESS FROM HOME:

## UNEMPLOYMENT ASSISTANCE

Florida's Department of Economic Opportunity is home to the Reemployment Assistance Service Center. It is here that people can apply for benefits. The service is set up to provide "temporary wage replacement" to those who meet the eligibility requirements, according to its website. Here is who is eligible to receive state assistance:

1. Those who are quarantined by a medical professional or government agency.
2. Those who are laid off or sent home without pay for an extended period by their employer due to COVID-19 concerns.
3. Those who are caring for an immediate family member who is diagnosed with COVID-19.

To find out if you're eligible, visit the Florida Jobs website: <http://www.floridajobs.org/Reemployment-Assistance-Service-Center/reemployment-assistance/claimants/apply-for-benefits>.

All seniors can access Meals on Wheels by calling the elderly helpline at **866.684.5885**.

### HELPLINES:

- Palm Beach County**  
 Helpline..... **561-712-6400**  
**Town of Palm Beach**..... **561-227-7070**  
**Wellington: Village Hall**. **561-791-4000**  
**Senior Assistance**..... **561-791-4796**  
**Boca Raton**..... **561-243-7777**  
**Delray**..... **561-982-4900**

### Blink Fitness

Blink Fitness is hosting Facebook Live sessions weekdays at 8 a.m. ET. The fitness chain will host virtual workouts, give tips to stay motivated and answer fitness questions from the comments.

### Orangetheory

Orangetheory is sharing a new 30-minute workout video each day, featuring some of its most popular coaches from around the world. According to the fitness center, the workouts don't require any special equipment, but may feature everyday household items.

### Peloton

For the next 90 days, Peloton is offering its app to new users for free. Even if you don't have the bike, the app has yoga, meditation, strength, stretching, bodyweight cardio and strength training exercises. According to the company, all you need is a mat to get started.

### 305 Fitness

305 Fitness is offering cardio dance live streams twice a day on YouTube. The sessions are held at 12 p.m. and 6 p.m. ET, and are hosted by the founder of the studio, Sadie Kurzban.

### Gold's Gym

Gold's Gym is offering a variety of digital workouts for free through the end of May. Its app offers over 600 audio and video workouts.

### Planet Fitness

Planet Fitness is live streaming "Work-Ins" at 7 p.m. ET every day on Facebook. The company said its trainers, and occasionally surprise celebrity guests, will lead the 20-minute workouts, which are free for everyone.

### Crunch Fitness

Crunch Fitness' online workout class portal, Crunch Live, is now free for 45 days, even for non-members. The app has over 100 workouts, including dance, yoga, pilates, barre, kickboxing and more.

### Retro Fitness

Retro Fitness announced Friday that it is now offering free daily live stream classes on its Facebook page that are available weekdays at 6 p.m. ET and taught by the company's expert trainers. The theme of the first workout was "Body Blast."

### Life Time

Life Time announced Thursday "Classes on Demand," a way for members and non-members across the country to stream cardio, strength and yoga classes for free. New classes are added every day and include kickboxing, barre, guided meditations and more.

### YMCA

On Thursday, the YMCA launched on-demand exercise and youth programs called YMCA 360, including barre, boot camp, yoga and more "to support the health and well-being of everyone staying home." All of the exercise courses are free for a limited time, regardless of Y membership.

### Barry's Bootcamp

Barry's Bootcamp is hosting 20-minute bodyweight workouts live on Instagram for free. On Tuesday, its 9 a.m. PDT workout was hosted by CEO Joey Gonzalez, and the 12 p.m. PDT workout was led by VP of Curriculum Chris Hudson.

### CorePower Yoga

CorePower Yoga is offering free access to a limited collection of online yoga and meditation classes while studios are closed. "What's important to remember right now is that our yoga practice is always there for us – wherever we are," the company said.

# Little-Known VA PENSION Can Be a LIFE-SAVER

Written By Thomas Gregory – U.S. Navy Veteran



---

Established in 1952 under Title 38 of the United States Code, Congress created two types of benefits for war Veterans and their survivors within the Department of Veteran Affairs. The first is “compensation for service-related disability or death” and second, “a pension for non-service connected disability or death”. A little-known VA pension, which falls under the non-service connected section of Title 38, is called **Aid & Attendance**. The **Aid & Attendance** Pension pays for a caregiver to assist with activities of daily living such as meal preparation, bathing, dressing/undressing, transportation, light-house keeping, laundry and various others.

---



**I**f you are a war veteran or surviving spouse of a war veteran 65 years of age or older, who served 90 days or more on active duty, with one of those days occurring during a declared period of war, you may qualify for Aid & Attendance. In addition to the war service requirements, to qualify, you must have the medical need (i.e. assist with activities of daily living) and meet certain financial requirements. In general, Aid & Attendance is intended to pay for homecare or assisted living care and in some rare cases, independent living facilities. This significant monthly benefit can pay as much as \$25,000 per year toward your care. Very few war veterans know about this benefit and even fewer surviving spouses are aware of this help available from the VA.

There are approximately 600,000 war veterans currently living in Florida that are 65 years of age or older. If we include surviving spouses of war veterans, the number is easily in excess of one million. Conservative estimates indicate that at least 25% of these veterans and spouses would qualify for Aid & Attendance Pension, if they only knew it existed. Maybe that's you.

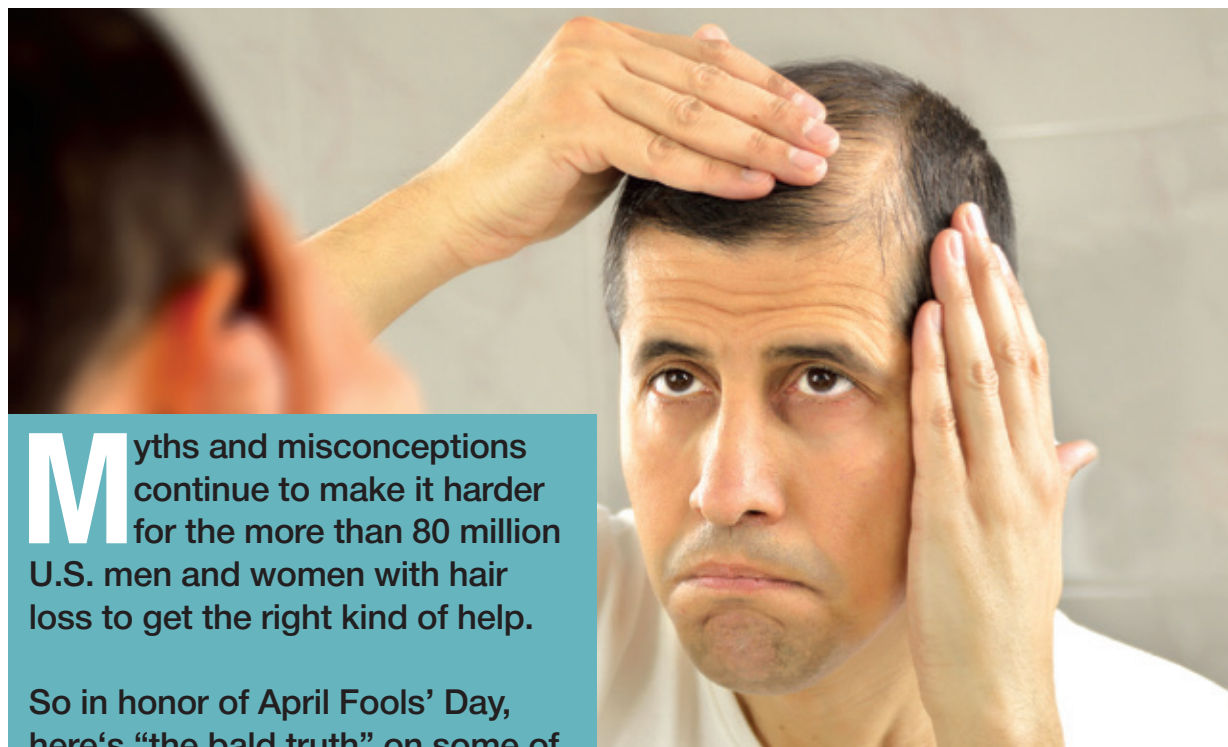


If you are veteran of foreign war or the surviving spouse of a war veteran, and you feel you may qualify, please **call Attorney Andrew Curtis at 561-998-6039** and his staff will review your situation with you and determine if you qualify.

# DON'T BE FOOLED!

## LEARN THE BALD TRUTH ABOUT HAIR LOSS

By Alan J. Bauman, MD, ABHRS



**M**yth and misconceptions continue to make it harder for the more than 80 million U.S. men and women with hair loss to get the right kind of help.

So in honor of April Fools' Day, here's "the bald truth" on some of the most persistent myths about hair loss and hair loss treatments.

### **True or False? Baldness is passed down from your mother's side.**

This is a particularly persistent myth. While it is true that genetics is the main cause of hair loss in men and women; today we know that there are approximately 200 genetic markers that regulate hair and hair growth and that these "genes" can be inherited from either your mother and father's side, or a combination of the two. Additionally, we are always discovering an increasing number of epigenetic or non-genetic factors that can accelerate hair loss and hair thinning. If you are worried your genetics may be putting you at risk, testing is available that can determine an individual's risk of losing their hair so they can begin preventative treatments early – at a time when they can be most effective.

### **True or False? Hair loss is a man's problem.**

Unfortunately for women, this is also false. The truth is, more than half of all women over

40 experience some type of hair loss and women can inherit a 'hair loss gene' just like men. The only difference is that a woman's hair loss symptoms are different and often more subtle than men's. Female hair loss typically occurs more diffusely over the affected areas of the scalp, leaving some follicles unscathed while severely miniaturizing others. Hormonal changes, due to menopause and pregnancy along with age, medications, poor nutrition, illness, stress, etc., also impact hair loss in women – causing widening part lines, decreased coverage, decreased ponytail volume, and even sometimes hairline recession.

### **True or False? Hair loss must become visible in order to start treatment.**

This is truly antiquated thinking! How early you address your thinning hair determines how much hair you save. If you wait until the hair loss is visible to the naked eye, you're a little late—science has proven that 50 percent may be already gone. The best tool for fighting hair loss is early detection, making it essential for patients to seek the advice of a certified hair restoration physician as soon as risks are identified and early signs or symptoms appear.

### **True or False? You can grow back dead follicles.**

Don't be fooled by magic potions and miracle cures. The truth is, while there are effective treatments available, like compounded medications, laser therapy, PRP platelet-rich plasma, nutritional supplements, etc. that can help protect follicle function and make hair follicles produce longer, thicker and healthier hair, once hair density is severely depleted, the only option for regrowth in that area is a hair transplant. Is your hair beyond repair? You'll need a microscopic evaluation to tell if follicles can be rejuvenated, or if are they "dead and gone."

And speaking of hair transplants...

### **True or False? All hair transplants are pluggy and painful.**

While this may have been true decades ago, today, major advances in microsurgery, anesthetic techniques, and careful attention to patient comfort now allow skilled surgeons to comfortably restore permanent living and growing hair artistically, with 100% natural results. New, minimally invasive hair transplant procedures using an FUE or Follicular Unit Extraction approach enables skilled surgical teams to meticulously relocate as little as one hair follicle at a time so there are no "plugs," no rows, and absolutely no linear scars left behind, which is typical of outdated "strip-harvest" procedures.

What's more, new instruments and techniques developed within the past year or so allow for some procedures to be performed without any trimming of hair. The discreet No-Shave Long-Hair VIP|FUE™ process offers patients all the advantages of traditional minimally-invasive FUE – including no staples, no stitches, no-linear-scar, and a more comfortable and less restricted downtime when compared to outdated invasive linear or "strip" harvesting – but without having to undergo a drastic hairstyle change.

The bottom line is, regardless of how the hair follicles are harvested, the critical step for naturalness is the artistry of the surgeon involved – so choose wisely. Patients, therefore, should not choose their surgeon based on the tool they use, but more so on their experience and artistic ability.



*Bauman Medical uses advanced online video conferencing technology for virtual consultations so patients can privately discuss their hair loss concerns from the convenience of their home.*

Do your research, ask questions, look at before-and-after pictures, and don't be afraid to ask to speak to previous patients.

**True or False? Any dermatologist can treat hair loss.**

Of course, for skin cancer, acne, psoriasis, and many other skin conditions, your dermatologist should be your primary resource. Today, however, because the diagnosis, measurement, treatment, and tracking of hair follicle function has become so specialized, your local derm may not necessarily be your best resource for hair thinning or scalp health issues. If you do visit your derm regarding a hair loss concern, hopefully, they will quickly refer you to an experienced, credentialed and qualified physician who specializes exclusively in hair restoration.

As with other medical subspecialties, hair restoration has its own certifying board, the American Board of Hair Restoration Surgery. In order to achieve optimal results, it is important to consult with an experienced Hair Restoration Physician – a doctor whose practice is exclusively dedicated to the medical diagnosis, treatment,

and tracking of hair loss and regrowth. To find a qualified hair restoration specialist, start by visiting the American Board of Hair Restoration Surgery (ABHRS), International Alliance of Hair Restoration Surgeons (IAHRS), and seek out someone who has achieved Fellow status within the International Society of Hair Restoration Surgery (FISHRS).

**True or False? Hair loss is a treatable condition.**

Thankfully for hair loss sufferers, this one is TRUE! In the past, there were no effective treatments in sight for hair loss and hair thinning patients; the only solution was to cover up hair loss with hats and artificial hairpieces. Fortunately, thanks to years of advanced research and new cutting-edge technology while there's no "miracle cure," today, there are many effective hair loss medications, treatments, and procedures that have made hair loss a treatable condition.

To learn more about the latest advancements in hair restoration, or to schedule an in-person or virtual appointment with Dr. Bauman, please visit [www.baumanmedical.com](http://www.baumanmedical.com) or call 561-220-3480.

**TRUE OR FALSE? I NEED TO VISIT BAUMAN MEDICAL IN-PERSON TO GET STARTED WITH MEDICAL TREATMENTS FOR HAIR LOSS.**

It may sound too good to be true, but this one is false. Telemedicine, in one form or another, has been a routine part of Bauman Medical for over two decades. Today, Bauman Medical uses advanced online video conferencing technology for virtual consultations and follow-ups. From the convenience of your home, you can connect with the Bauman Medical team from your smartphone, tablet or computer to privately discuss your hair loss questions or concerns, hair restoration treatments, initiate or refill prescriptions, answer procedure questions, as well as execute procedure or follow-up appointment scheduling.

Whether you are across the globe or just across town, private one-on-one virtual or in-person appointments with board-certified Hair Restoration Physician, Dr. Alan J Bauman, Trina Arce, our Nurse Practitioner, Kim Jenkins, our in-house Trichologist, and our entire Patient Services team, are available based on your needs.

**About Dr. Alan J. Bauman**



**Alan J. Bauman, MD, ABHRS, IAHRS**  
**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 over 20,000 hair loss patients and performed over 9000 hair transplant procedures. An international lecturer and frequent faculty member of major medical conferences, Dr. Bauman was recently named one of "10 CEOs Transforming Healthcare in America" in Forbes.

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

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



ADVANCED TREATMENTS. EXCEPTIONAL RESULTS.  
THE ULTIMATE HAIR RESTORATION EXPERIENCE.

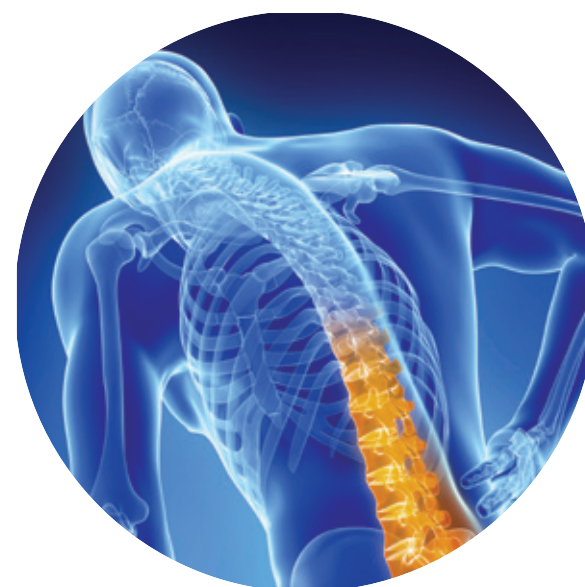
**Hair Restoration**  
**for Men and Women**  
[www.BaumanMedical.com](http://www.BaumanMedical.com)  
561-220-3480

# FACET JOINT INJECTIONS FOR BACK PAIN



By Aaron Rosenblatt, MD

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



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

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

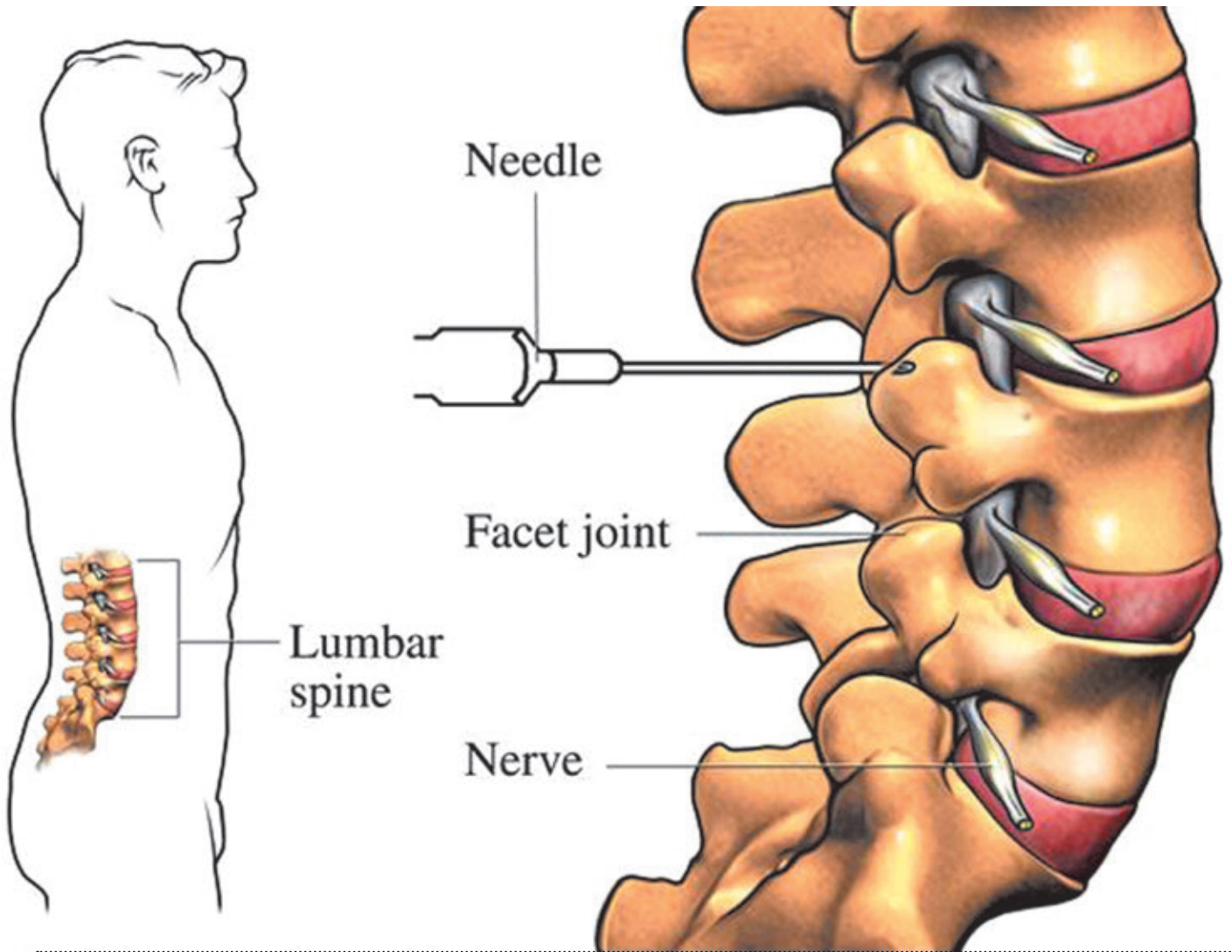
For patients with facet joint pain from the lower back, complaints usually consist of pain or tenderness in the lower back slightly over to one or both sides, pain with lower back extension, pain with twisting, and radiation of pain to the buttocks or back or front of the thighs. Similar symptoms can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

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

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

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

agement clinic in Delray Beach, FL, thousands of individuals have been able to benefit from this technique. Please look forward to more articles about Dr. Aaron Rosenblatt and the vast number of procedures he performs to help people with all types of pain. His main focus is to help individuals avoid surgery, eliminate pain medications and to ultimately feel much better on a daily basis and enjoy life!



## Early Pain Treatment CAN PREVENT Prolonged Suffering!

**american PAIN**   
**CARE specialists**  
*back to work, play & life*

13722 S. Jog Road, Suite A,  
 Delray Beach, FL 33446

Web: [www.improvepain.com](http://www.improvepain.com)

Book An Appointment With Us Today!  
**561-819-6050**

# PREVENTING HEAD, NECK AND ORAL CANCERS

Oral, head, neck and throat cancers account for about 4% of cancers in the U.S. According to the National Cancer Institute, these cancers occur more than twice as often among men than women. While not as common as some other types of malignancies, oral cavity and oropharyngeal (head and neck) cancers can often be discovered during routine screening exams by a dentist, medical doctor, dental hygienist, or even by self-exam. Early diagnosis means that these cancers are more treatable.

Most head and neck cancers begin in squamous cells, which are cells that line moist surfaces, such as those inside the mouth, nose, sinuses and throat. Salivary gland cancer, another category of head and neck cancer, has many different forms because these glands are made up of many different types of cells that can become malignant. As you might suspect, tobacco use, heavy alcohol use, and infection with human papillomavirus (HPV) increase the risk of many types of head and neck cancer.

One of the factors that can increase your risk of oral cancer is tobacco usage of any kind; this includes cigarettes, cigars, pipes, chewing tobacco and snuff, among others. Heavy alcohol use and excessive sun exposure to your lips can also increase your risk. In recent years, there has also been a rise in cases of oropharyngeal cancer linked to infection with human papilloma virus (HPV) in Caucasian men and women.

**According to the American Cancer Society, some of the early warning signs and symptoms can include:**

- A sore in the mouth that does not heal (most common symptom)
- Pain in the mouth that doesn't go away (also very common)
- A lump or thickening in the cheek
- A white or red patch on the gums, tongue, tonsil, or lining of the mouth
- A sore throat or a feeling that something is caught in the throat that doesn't go away



- Trouble chewing or swallowing
- Trouble moving the jaw or tongue
- Numbness of the tongue or other area of the mouth
- Swelling of the jaw that causes dentures to fit poorly or become uncomfortable
- Loosening of the teeth or pain around the teeth or jaw
- Voice changes
- A lump or mass in the neck
- Weight loss
- Constant bad breath

Of course, many of these symptoms can also indicate conditions other than cancer; that is why it is so important to get regular dental and physical checkups. See your dentist or medical doctor right away if any of these symptoms lasts for more than two weeks.

## 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, 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 past three years, the majority of all new cancer drugs were studied in clinical trials with FCS participation, prior to approval.

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.



*World-Class Medicine. Hometown Care.*

**Atlantis/JFK**  
5507 South Congress Ave  
Suite 130  
Atlantis, FL 33462

**Palm Beach Gardens**  
3401 PGA Blvd  
Suite 200  
Palm Beach Gardens, FL 33410

**Wellington North**  
1037 S State Road 7  
Suite 303  
Wellington, FL 33414-6140

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

For more information, visit [FLCancer.com](http://FLCancer.com)

# RETINAL TEAR AND RETINAL DETACHMENT



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

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

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

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

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

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

## TORN OR DETACHED RETINA SYMPTOMS

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

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

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

## WHO IS AT RISK FOR A TORN OR DETACHED RETINA?

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

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

## TORN OR DETACHED RETINA DIAGNOSIS

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

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

## TORN OR DETACHED RETINA TREATMENT

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

### TORN RETINA SURGERY

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

### LASER SURGERY (PHOTOCOAGULATION)

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

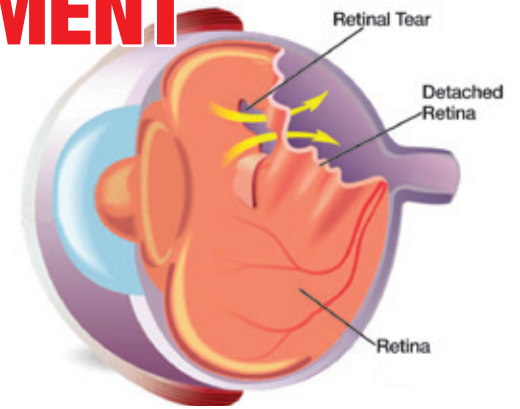
### DETACHED RETINA SURGERY

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

### VITRECTOMY

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

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



If a gas bubble was placed in your eye, your ophthalmologist may recommend that you keep your head in special positions for a time. Do not fly in an airplane or travel at high altitudes until you are told the gas bubble is gone. A rapid increase in altitude can cause a dangerous rise in eye pressure. With an oil bubble, it is safe to fly on an airplane. Most retinal detachment surgeries (80 to 90 percent) are successful, although a second operation is sometimes needed.

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

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



**The Retina Institute of Florida**

**Lauren R. Rosecan**

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

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

**Toll Free Phone Number:**

**1-800-445-8898 561-832-4411**

### West Palm Beach

901 North Flagler Drive, 33401.

**(561) 832-4411 Office. (561) 832-1591 Fax**

### Palm Beach Gardens

11382 Prosperity Farms Rd., #128, 33410.

**(561) 627-7311 Office. (561) 627-6791 Fax**

### Stuart

618 East Ocean Blvd., #3, 34994.

**(772) 287-7026 Office. (772) 220-4186 Fax**

### Boca Raton

1050 NW 15th Street, #114, 33486.

**(561) 368-7723 Office. (561) 368-0093 Fax**



# IS NAD+ SLOWING DOWN THE AGING PROCESS?

**A**s we age we thrive to maintain a healthy lifestyle and improve our quality of life. “Healthy aging” is a very accurate term for what we are aiming for.

So how can we achieve “healthy longevity”?

It is exciting to report that now there actually is a cutting-edge treatment that has become a very promising tool in our fight against many age related health problems.

**This treatment is called NAD+ IV therapy.**

What is NAD+? NAD+ is the coenzyme of Niacin, or also called Vitamin B3. NAD+ levels decline significantly with age, this deficit decreases the body’s ability to retain its youthful, healthy function. It has been shown that by age 50 people

have only 50% of the NAD they had in youth. By age 80 NAD+ levels drop to only 1% -10 %. Deficiency of NAD+ may predispose us to accelerated aging and hence diseases associated with aging such as neurodegenerative diseases, diabetes, cardiovascular disease and even cancer, among many others. NAD+ stands for nicotinamide adenine dinucleotide, and is found in all living cells. It is essential to sustaining life. It protects us against factors such as chemical stress, inflammation, as well as mitochondrial and DNA damage. This is why restoring NAD+ is being viewed as a progressive tool to aid longevity, but also to improve certain conditions such as depression, anxiety, PTSD, etc. It has been very successfully used for almost 20 years for drug and alcohol detoxification. NAD+ in supplemental form is very unstable and cannot be absorbed by the body, however intravenous administration has yielded very

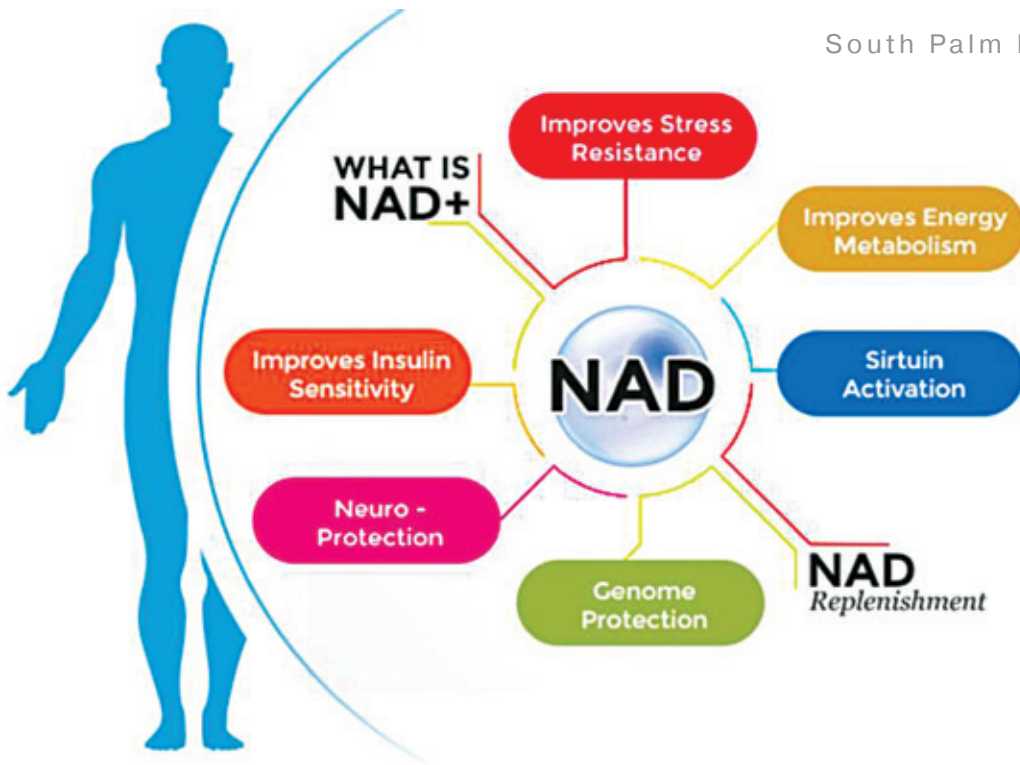
promising results. Researchers have been studying NAD+ since the early 1950’s.

More recently, in 2013, David Sinclair PhD., professor of genetics at Harvard Medical School, headed a revolutionary research in the area of NAD+, when he took a group of mice and restored the mitochondria in their muscles to a youthful and healthier state, by injecting the subjects with a molecule which boosted levels of NAD.

## HOW DOES NAD+ AID IN ANTI-AGING?

First, NAD+ may lengthen telomeres, the repetitive sequence of DNA Strands that cap the ends of chromosomes. The longer the telomeres, the younger the physiological age of the individual and the less likely to develop age related diseases. Second, NAD+ promotes DNA repair. Third, NAD+ modulates immune-cell signaling. This is a





critical factor in maintaining defenses against infections and autoimmune diseases. Fourth, NAD+ is a neurotransmitter. Neurotransmitters are chemicals that send signals between nerve cells. As such, NAD+ appears essential for maintaining brain health, and may have promising results in neurological disorders such as Parkinson’s and Alzheimer’s disease.

Given the role NAD+ plays in such a wide range of critical functions, it is easy to understand why it might have a profound effect on anti-aging health and brain function. In South Florida, only a handful of physicians are trained in NAD+ IV Therapy Treatment. Daniela Dadurian, M.D. is one of the first physicians in the West Palm Beach area to offer this therapy. Dr. Dadurian is the founder

of the medical practices, MD Beauty Labs Medical Spa & Wellness Center in West Palm Beach and Bioage MD Anti Aging & Wellness Center on Palm Beach Island.

Dr. Dadurian is proud to bring NAD+ IV Therapy Treatment to her practice. Dr. Dadurian has developed her own NAD+ protocol, depending on the condition being treated, with a combination of IV Infusions, appropriate supplements, and other modalities. Patients who are interested in this procedure, will receive a free consultation. Upon this consult patients will obtain an individualized treatment plan according to their goals and needs. To schedule a consultation with Dr. Dadurian, please call **561-513-5817** or email her at **md@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 an array of anti-aging, functional medicine, cosmetic and laser therapies.

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



**Complimentary Consultation / Gift Cards  
 Financing Available**

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.

320 S. Quadrille Blvd., WPB  
 West Palm Beach, FI  
**561-655-6325**

340 Royal Poinciana Way, Suite 325D  
 Palm Beach, FI  
**561-797-9090**  
**mdbeautylabs.com**

# There is a Better Way to REDUCE JOINT PAIN & REGENERATE YOUR BODY

**Y**ou've got aches and pains, swollen joints, impingements, and limited range of motion. What will a surgeon tell you? Surgeons will say that you need surgery, you need a joint replacement, bunion surgery, back surgery, and list goes on and on. The problem is that many times, these surgeries are completely unnecessary, and they often fail to work. There is a better way that's completely non-invasive, drug free, cost effective, and has helped numerous individuals just like you!



Research shows that diet and the right supplements have a profound effect on our joints, skin, connective tissue, and health in general. One national study reported that about one-third of adults and an increasing number of young people have a problem with one or more joints. Knee pain was the most common complaint, followed by shoulder and hip pain, but joint pain can affect any part of our body, from our ankles and feet to shoulders and hands.

The problem is, traditional medications, steroid injections or surgical procedures DO NOT treat or address the fundamental cause of joint problems, which is a **lack of nutrients, which causes the body to become unable to regenerate and heal itself.**

It's time to correct the issue instead of just trying to mask the symptoms.

### **What is the root cause of why our joints start to degenerate?**

The simple fact is that with age and overuse, our joints **lose their lubrication and buffering mechanisms.** We're losing collagen and hyaluronic acid in our body about 10-15% a year, so we are simply drying out and breaking down. As we lose hyaluronic acid, we lose the ability to hydrate our bodies properly, no matter how much water we drink. This is why we need to replace these crucial elements that our bodies are made of, primarily collagen, hyaluronic acid, and chondroitin sulfate.

### **The problem is, we can't replace these elements through simply eating healthy food:**

1. The body requires the correct ratio of Collagen Type 2, Hyaluronic Acid (HA), Chondroitin Sulfate, and other Glycosaminoglycans in order for them to be recognized by the body, absorbed, and integrated into the body's chemical functioning. If the body does not absorb and integrate a supplement, it simply passes through the digestive system and is eliminated.
2. Absorption is the key factor. Naturally occurring molecules of collagen and HA are 100 times too big and heavy for the body to absorb. They simply are eliminated in the digestive process.

Remember: it's not what we take, but what our body can absorb that counts.

3. Collagen and HA as they exist in food get destroyed by stomach acids and therefore become unusable by our body. They must be made into a form that starts to get directly absorbed underneath our tongue and goes directly into our bloodstream, bypassing this destructive digestive process.

**There are many collagen supplements on the market from different sources, but they're not all effective:**

4. One type of collagen is called undenatured or unhydrolyzed collagen. This type is totally useless because its molecules are too large for our body to absorb. It simply passes through the system without much effect. It's like trying to pass a basketball through a fishing net: the basketball won't get through due to its large size in relation to the fishing net's small openings.
5. The other type of collagen is hydrolyzed collagen. It most often comes from a cow or a pig source. Its molecules are still a little too large optimal absorption. The biggest problem, however, is that this source has collagen type 1 and not collagen type 2, which is what is needed to rebuild our joints. Also, there is no hyaluronic acid or chondroitin sulfate in this source, which are needed for the body to be able to recognize it and synthesize it. Because of these deficiencies, this source is not effective in rebuilding our joints or our connective tissue.



6. One other type of the collagen is derived from eggshells and fish. Again, this contains collagen type 1 not the necessary type 2. This form does contain trace amount of hyaluronic acid and chondroitin sulfate, but they are in very low concentration and therefore not in the correct ratio for effective absorption.

It also **disables hyaluronidase**, a harmful enzyme that destroys hyaluronic acid in your body.

It will help all your joints and connective tissues, including your eyes, gums, skin, nails, and hair.

To view the clinical studies and reviews and to learn how you can rebuild your joints naturally and how to look and feel 10 years younger, just visit our website at [EffectiveCollagen.com](http://EffectiveCollagen.com)

**An innovative, clinically tested solution for joint health**

Recently a new collagen source for rebuilding joints, bones, skin and connective tissue has been discovered. Its efficiency has been proven in randomized, double-blind placebo-controlled clinical studies. The results from these studies have been so extraordinary that this new source of collagen has been awarded 7 US and International patents and multiple industry awards.

There are no other products, even pharmaceutical ones, that can show similar results. This patented new collagen is manufactured in the USA in an NSF, NSF-Sport, CLP/GMP and OTP certified facility.

**No surgery, drugs or invasive procedures:**

It is clinically proven to improve joint mobility, reduce discomfort, promote healthy cartilage and connective tissue, and as a side effect it even hydrates and repairs your skin and reduces wrinkles and deep lines from the inside-out... all without injections, surgery, or creams.

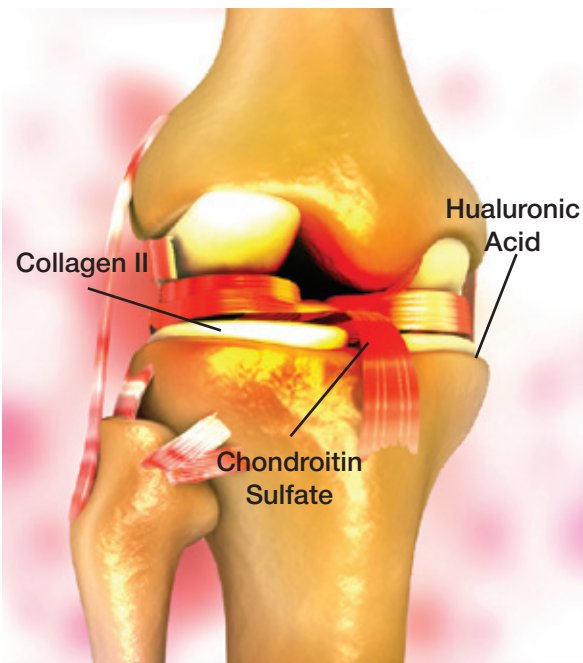


For a free health coaching assessment and recommendations on what would work best for your unique body type, please contact **Dr. Grazyna Pajunen or Tony Pajunen at**

**561-350-0096**

**BEAUTY AND HEALTH FROM WITHIN, LLC**

<http://EffectiveCollagen.com/discomfort>



# “CUT” YOUR TUB?

## WHY THIS EASY, INEXPENSIVE PROJECT CAN ADD SERIOUS HOME SAFETY

ONE DAY BATH’S TUBCUT® ADDS CONVENIENCE AND PROTECTION FOR ALL AGES



**W**hen was the last time you faced the need for a home project that you knew would absolutely solve your problem and also go easy on your wallet?

For most homeowners, there’s usually an endless list of modifications and renovations that we need to make as both we and our homes age. And if you’re like most people, you put off projects that have more to do with your own safety or comfort.

But chances are, you or someone you know has had to deal with everyday aches and pains, arthritis, bad knees, foot or ankle problems, a handicap or overall mobility problems, aging in place, acting as a caregiver, or general worries about slip and falls in the bathtub.

You’ve probably already heard that there are ways to make your bathtub more accessible, but pushed the thought to the back of your mind because you’re worried about how long your bathroom is going to be out of commission, the cost of the project, and even if having your bathtub modified is actually going to serve its intended purpose.



**WELCOME TO THE NOVEL IDEA OF THE TUBCUT®.**

If a person has difficulty lifting his or her legs over a traditional tub wall, then a portion of that tub wall can actually be cut and removed, then refinished. The cutout reduces the lift required to step or swing one’s legs into the tub, and instead turns it into a walk-in shower. The modification can be done in less than one day. Even better? The cut portion of the tub can be saved, and the project can be reversed if you want to sell your home and not lose value.

“We can do this without disturbing the plumbing or making a big deal of construction. We’re in and out of there in half a day, and then the customer is using their shower and their bathroom again by the next morning,” says Paul Echavarria, owner of One Day Bath for the past two decades. “We also have no problem with doing a complete reversal for this project, and once that’s complete, you would never know what that tub looked like before. It’s seamless and waterproof. The whole entire tub gets resurfaced so that when we’re done, the tub looks brand new again.”

Since the original TubcuT® was first offered on the market, there have been a number of national companies offering what looks like an identical product and service. One Day Bath, however, points out that with TubcuT®, the user chooses how wide the opening is and where it starts and ends. This allows the panels to structurally become part of the tub through a strong bonding process. The panels are also made of a durable material that is easy to clean, and your tub’s color can be matched perfectly to the panel’s edge for a seamless look and watertight construction. Competitors use plastic caps or one-piece inserts, and their products are typically attached to the tub with caulk only and don’t have any of the versatility of the TubcuT®.

**“YOU WON’T HAVE ANYMORE TROUBLE GETTING IN AND OUT OF THE BATHTUB WITH TUBCUT®”**



**The Tub Cut Company**  
**877-882-2887**  
**www.TUBCUT.COM**

**VA APPROVED**

# ANYONE CAN SUFFER FROM ANXIETY

## NEUROFEEDBACK CAN HELP

By Renee Chillcott, LMHC

It's human nature to seek out the reasons why we feel anxious. Very often we look at external factors for the root cause; being unhappy in a job, living situation, with family or significant others tend to be our "go to". We may also look at our past experiences, upbringing, past trauma, to explain this unrelenting uneasy feeling we have inside.

The truth is that anxiety is a pattern of neuron firing in the brain that can be present from birth. Brain neural patterns don't necessarily dictate how we will behave, however, trying to change the environment or behavior won't alter the patterns. Therefore, you can't talk someone out of anxiety. Anxiety is also not reserved for adulthood, it can cause dysfunction and issues in life regardless of age. Adults are unable to "change" their way out of anxiety and for children and young adults, you can't change their routines or discipline them from feeling anxious.

### In babies and infants, anxiety neural patterns in the brain may present as:

- Colic
- Tantrums
- Fussiness
- Sensitive
- Not a good sleeper

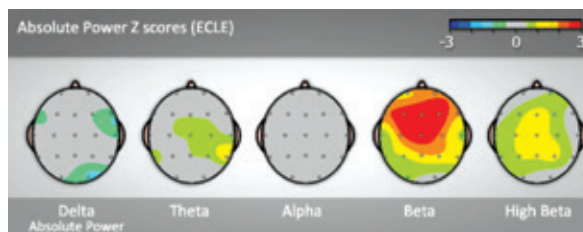
### As a child gets older into the toddler years it may present as:

- Terrible two's, three's, and four's
- A spirited child
- Cranky, fussy, and not a good sleeper or napper
- Tantrums
- Picky or sensitive
- Difficulty with separation

I know what you are thinking. These symptoms are normal for children this age. And you are correct; they are perfectly normal, developmental behaviors for infants and toddlers. This is why diagnosing anxiety in young children is very difficult and not usually done unless symptoms are severe. In most cases, anxiety manifests at an older age when the symptoms are abnormal for the age or stage of development. And even then, parents tend to want to attribute what they observe to behavioral, personality or social causes.

**"She didn't study for her test and that is why she's refusing to go to school today". "He's unmotivated to do anything except play video games and that is why his stomach hurts all of the time and he sleeps all day". "She just has too many activities scheduled and that's why she's overwhelmed". "He has too much homework and is up all night studying which explains why he doesn't sleep well".**

The reality of the situation is that neither your child's personality nor their hectic schedule is the culprit. It's their brain, or rather, the neural patterns in their brain, that is not allowing them to handle the workload at school, pressure with friends, feeling good, making good food choices, having a normal sleep schedule, and so on. And to make it even harder to diagnose or differentiate, anxiety patterns can look different but produce the same results.



Here is an example of one type of anxiety pattern. Increased BETA and High BETA is located in the central and frontal lobes. This could cause anxiety symptoms that range from OCD, anger control issues, irritability and impulsivity, poor judgement, excessive worrying, feelings of being overwhelmed and depressed, among others. Very often, we contribute anxiety to traumatic events. As in the case of PTSD (Post-Traumatic Stress Disorder). Therefore, it becomes difficult to recognize the early

symptoms of anxiety in children who haven't experienced a traumatic event. However, as mentioned previously, these neuron firing patterns can be present from birth and may not have a root or cause in emotional or physical trauma. It's a pattern in the brain that they are born with.

### As a child reaches school age, anxiety may look like:

- Worrying about performance, grades
- Worrying about parents or loved ones dying
- More separation anxiety
- Fear of getting sick (vomiting is most popular)
- Fear of getting sick at school
- Social anxiety, difficulty with friends
- Feeling overwhelmed
- Nightmares or unable to sleep/fall asleep alone
- Sleep walking, talking or restless sleep
- Fatigue
- Refusal to go to school or meltdowns when going to school
- Frequent trips to the clinic
- Vocal or motor tics
- Loss of appetite or poor diet
- Somatic symptoms such as stomachaches, headaches, diarrhea, or digestive problems
- Poor grades usually due to missing school or falling behind

### As they reach the teenage and adult years, the problem can become more apparent and more severe:

- Continued worry and difficulty handling traumatic events
- Dropping out of extra-curricular activities
- More social interaction difficulties or isolation
- Depression, suicidal or homicidal ideations
- Poor choices when confronted with life decisions (drugs, alcohol, sex)

- Beginning to develop dysfunctional coping skills or self-medicating
- Poor school performance/ failing classes, suspensions or expulsions
- Poor conduct: lying, stealing, violence
- Onset of panic attacks
- Continued somatic symptoms and fluctuation in weight (gain/loss)
- Manifestation into other anxiety disorders such as: Obsessive-compulsive Disorder, Eating Disorders, Trichotillomania, PICA, Body Dysmorphic Disorders, Phobias, Panic Disorders, Addiction, Social Anxiety, Performance Anxiety, etc.

According to *The Anxiety and Depression Association of America*, "Anxiety and depression are treatable, but 80 percent of kids with a diagnosable anxiety disorder and 60 percent of kids with diagnosable depression are not getting treatment, according to the 2015 Child Mind Institute Children's Mental Health Report."

Many health professionals believe that anxiety is a normal part of childhood and symptoms are not cause for alarm. Others believe that parenting and discipline need to be improved or implemented to treat the symptoms. In severe cases, medication is introduced as a treatment, but unfortunately, many children who suffer with symptoms, are medication resistant or not severe enough to medicate.

Adults can experience similar frustration when treating anxiety with medication. The diagnosis is a broad one and there may be very different neuron patterns causing the anxious feelings. This can cause treatment to be somewhat of a guessing game. Others struggle with side effects and dependency.

**Neurofeedback can help.** Neurofeedback can not only help reduce the anxiety symptoms specific to you, but it can "retrain" the neural patterns in the brain so that anxiety is better managed or controlled throughout your life. Through Neuroplasticity, Neurofeedback becomes a permanent correction of the anxiety patterns in the brain.

### WHAT IS NEUROFEEDBACK?

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

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

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

### WHAT TYPES OF CONDITIONS DOES NEUROFEEDBACK HELP?

**Symptoms of these conditions, among others, can improve through neurofeedback training:**

- Anxiety • Sleep disorders • Depression • ADD/ADHD
- Sensory processing disorder • Bipolar disorder
- Seizure disorders • Auditory/visual processing
- Chronic pain/Fibromyalgia • Migraines/headaches
- Traumatic brain injuries • Stroke • Cognitive decline
- Peak performance • Oppositional defiant disorder
- Rages/mood swings • Attention/focus/concentration
- Reactive attachment disorder • Autism/Asperger's
- Learning disabilities • Obsessive compulsive disorder

### WHAT IS AN EXAMPLE OF IMPROVEMENTS I MAY SEE?

At our center, our goal is to teach you how to tune into your own functioning. With children, we also teach the parents how to look at overall functioning rather than piecing together events or moments. We help you open your mind to possibilities with Neurofeedback rather than give too many examples that confuse the process or feel like a placebo. Changes you may experience or observe after a session are indicative of a learning process that will lead to improved functioning. **Examples of those positive changes may be:**

- Sleep patterns/quality of sleep
- Energy levels, calmer or more activated
- Ability to focus or concentrate
- Physical symptoms such as pain, headaches, migraines, tics, balance issues
- Mood or emotions • Motivation and organization
- Feelings of Well Being • Obsessive behaviors or thoughts
- Memory/cognitions • Anxiety patterns or trauma patterns
- Coping • Regulation
- Learning, communicating, and/or performance

### WHAT IS QEEG (QUANTITATIVE EEG) OR BRAIN MAP?

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

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

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

### IS THERE ENOUGH RESEARCH?

Neurofeedback has been researched since the 60's. Here are some resources for research. We have several journal articles, studies and books in our office for you to enjoy, however because of the amount of information out there, we cannot possibly have everything. Here are a few resources.

**Look up the work of:**

*Dr. Joe Kamiya and Dr. Barry Sterman* (Credited for earliest development of Neurofeedback).

**Look for specific researched conditions:**

<https://www.eeginfo.com>

<https://www.isnr.org>

<http://www.eegspectrum.com>

**Print Resources:**

*Journal of Neurotherapy*

*Neuroregulation*

*Applied Psychophysiology and Biofeedback*

*A Symphony in the Brain: The Evolution of the New Brain Wave Biofeedback* (Curtain Up) Paperback – 31 May 2001 by Jim Robbins.

*Healing Young Brains: The Neurofeedback Solution* Paperback – 15 May 2009 by Robert W. Hill, Eduardo Castro.

### HOW DO I GET STARTED?

Getting started is easy, just give us a call. The Brain and Wellness Center staff will answer all of your questions, and help you get scheduled. If you are wondering what services are best for you? We can help determine that at the time of the intake, in a telephone consultation, or you can schedule a face to face consultation and see our facility. Call, email or message us today! Brain and Wellness Center, 7301 W. Palmetto Park Rd., Suite 102A, Boca Raton, FL 33433. **(561) 206-2706**, e-mail us at [info@bocabraincenter.com](mailto:info@bocabraincenter.com), or text us at **(561) 206-2706** or visit our website at [www.BocaBrainCenter.com](http://www.BocaBrainCenter.com).



#### Renee Chillcott, LMHC

Renee Chillcott is a Licensed Mental Health Counselor that has been practicing Neurofeedback training since 2005. Renee holds a BA degree from The University of Central Florida and a Master's Degree in Psychology from Nova Southeastern University. She is a Licensed Mental Health Counselor and is the owner/operator of The Brain and Wellness Center, located in Boca Raton. At The Brain and Wellness Center, adults, teens, children and families enjoy a variety of services from multiple providers. Neurofeedback, Brain Mapping, Acupuncture, Nutritional Counseling, Learning Programs, and counseling are among a few of the services offered.



**7301 W. Palmetto Park Rd.  
Suite 102A, Boca Raton  
FL 33433.  
(561) 206-2706  
[www.BocaBrainCenter.com](http://www.BocaBrainCenter.com)**



# COVID-19: HOW TRADITIONAL CHINESE MEDICINE CAN BOOST IMMUNE FUNCTION

**A**long with the seasonal flu, this year, we are also all concerned with the newest Coronavirus, COVID-19. Taking precautions is essential. Young children, individuals with weakened immune systems, and adults 65 and over are more susceptible to the dangers of the flu and COVID-19, as their symptoms can quickly exacerbate into pneumonia or other disease states due to the intense lung infections that have been reported by those with the virus. As the immune system becomes weaker, the ability to fight off viruses and bacteria becomes more difficult and problematic. It's critical to stay healthy and boost the immune system; that's why along with good hygiene, so many people are also looking into preventative treatment methods.

Each day, we learn new facts, figures, and protocols concerning COVID-19. Recently, we were informed by the FDA that they are investigating specific drugs and running expedited trials to see if they are effective at killing the virus. They are also running plasma testing from the blood of those that have recovered from COVID-19. At this point, we also know that the vaccine will take

approximately 12 months to become available. As we navigate through the coronavirus pandemic over the next few months, disinfection and social distancing is the recommended preventative advice, and boosting the immune system is the best line of defense! Healthier individuals are better able to fight the infection and make full recoveries.

Viruses need a host to proliferate and mutate. Once they invade the body, they need the body to continue to live or the virus dies if it does not move into another host. One way that we as hosts to viruses can either ward it off, or fight it aggressively is through a bolstered immune system. COVID-19 is an RNA virus, which is not DNA, but rather encoded RNA. DNA viruses have limited mutation capabilities, while RNA is an unstable molecule that can replicate and mutate quickly depending on their need to survive, and they spread hastily as well. Eastern herbal medications impede these actions in RNA viruses and creates a biological environment that inhibits the replication of the virus. Holistic and eastern medicinal interventions focus on building the body's immune response and natural bodily actions in fighting disease and infection.

Eastern medicine can decrease the intensity of the Covid-19 as well as other viruses and flu symptoms, and can significantly reduce the intensity, duration and length of the symptoms. The best defense is a strong offense in strengthening the immune system and how Eastern medical practices are experts in this area of boosting the immune system and fighting viral infections.





Dr. Meng's genius in eastern medicine and her proprietary blend of herbal medicines will strengthen the immune system, support healthy lung function and will inhibit the virus from replicating in the person – It's called Imune Plus+. If you take it regularly, the result, you rarely get sick, and if you do, you don't get symptoms beyond that of the common cold.

**TRADITIONAL CHINESE MEDICINE**

In Traditional Chinese Medicine different pathways and Qi are tapped into via specific herbs, remedies and treatments. This is the key to maintaining and increasing one's immune system. A large part of the immune system is encompassed in the Wei Qi. It creates a protective barrier for our bodies. Ying Qi is controlled by the food and nutrients we feed our bodies; this also plays a large role in immune function, and Yuan Qi is energy developed from the kidneys that activates circulation and nutrient-dense, oxygenated blood flow. These three areas of Qi are critical to helping individuals fight viral and bacterial infections.



**IMMUNE SYSTEM SUPPORT FORMULATED TO HELP CLEAR LUNGS, ELIMINATE PHEGM, AND INCREASE ENERGY.**

Meng's Acupuntre center & 180 natural herbs Inc  
 CoronaVirus (Provided only for reference, not to be regarded as medical advice)

**THE 8 FOR STIMULATING IMMUNITY STRENGTH**

- 1 Get ample sleep
- 2 Be sure have yogurt and fruit for breakfast
- 3 Eat onions and garlic often
- 4 Drink honey water, salt water, hot tea, lemon water, or vinegar water often (slowly drink)
- 5 Get plenty of vitamin C and take herbs for immunity. Strengthen the lungs, eliminate phlegm, and increase energy
- 6 Get regular exercise at home
- 7 Get plenty of sunlight
- 8 Keep smiling and stay optimistic and cheerful

**7 THINGS THAT THREATEN CORONAVIRUS**

- 1 Ultraviolet light
- 2 Temperatures above 133°F
- 3 Air flow
- 4 Disinfectants that contain chlorine
- 5 75% alcohol
- 6 Conscientious washing of hands
- 7 A strong immune system



For over 20 years, **Dr. Yanhong Meng** has been practicing acupuncture and antiaging. 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.

**TO LEARN MORE ABOUT THE BLEND AND IMUNE PLUS OR TO FURTHER DISCUSS YOUR PERSONAL MEDICAL CONDITION AND ANY PREEXISTING CONDITIONS, CONTACT DR. MENG TODAY AT (561) 656-0717**

Gardens Cosmetic Surgery Center Bldg.  
 4060 PGA Boulevard, Suite 202  
 Palm Beach Gardens, Florida 33410  
 Phone: (561)656-0717

**MOST INSURANCES ACCEPTED**





**Brain & Wellness Center**


All Ages Welcome  
 Brain Biofeedback is a Non-Medication Approach


**(561) 206-2706**

**WWW.BOCABRAINCENTER.COM**

**ARE YOU ADHD?**

Can't Concentrate? Can't Focus? Can't Remember? Too Tired or Too Hyper? Interferes with School, Work, Sleep, Relationships? Affects Grades or Work Performance?






**CALL OR VISIT OUR WEBSITE TODAY!**  
 STOP living with these symptoms and teach your brain how to get in SYNC!


**7301 W. PALMETTO PK. RD., STE. 102A, BOCA RATON**

**(561) 206-2706, LIC. MH7899**




**GOLDMAN EYE**

DAVID A. GOLDMAN, M.D.



**561-630-7120**  
 www.goldmaneye.com



- CATARACT SURGERY
- FULL EYE EXAMINATIONS
- CORNEAL TRANSPLANTATION
- DRY EYE MANAGEMENT
- LASER VISION CORRECTION
- REPAIR OF CATARACT SURGERY COMPLICATIONS

3502 Kyoto Gardens Dr. Suite B, Palm Beach Gardens, FL 33410



# SEEKING A SECOND OPINION ABOUT YOUR EYE CARE

By David A. Goldman MD

**T**hroughout my career I have seen patients come to me for second opinions, and I have also had patients ask me if I would ‘mind’ if they saw another specialist for a second opinion.

For the patient, seeking a second opinion is a difficult thing to do. To begin, he or she may not know who is a reputable person to seek for second opinion. Furthermore, they may have a good relationship with their ophthalmologist and may feel they are betraying their doctor’s confidence by seeking another MD. Finally, they may be concerned whether their insurance will cover a visit for second opinion.

For the doctor, discovering a patient has seen another physician may make them feel that they are not trusted or even felt to be incompetent. In some cases, when a patient seeks second opinion it may completely end their care with the first physician.

It has always been my belief that second opinions are an excellent idea. If the care rendered to date is appropriate, the second physician can confirm that and set the patient’s mind at ease. In some cases, the physician may actually find something that the first doctor missed, and in these cases both the physician and patient still benefit. This is because at the end of the day, doctors want their patients to do well. If I am unable to treat a patient completely, I am thankful that another doctor could. On the other side, I am happy to help out my colleagues when they have gotten stuck, or just to tell their patients that everything is going well. Medicine is not performed in a vortex - referrals to subspecialists are very common place. While intra-subspecialty referrals are less common, I am always comfortable recommending the patient seek second opinion if they have any questions or concerns. In this way, doctor-patient relationships are strengthened rather than weakened and care can be given the best way possible.



DAVID A. GOLDMAN

Prior to founding his own private practice, Dr. David A. Goldman served as Assistant Professor of Clinical Ophthalmology at the Bascom Palmer Eye Institute in Palm Beach Gardens. Within the first of his five years of employment there, Dr. Goldman quickly became the highest volume surgeon. He has been recognized as one of the top 250 US surgeons by Premier Surgeon, as well as being awarded a Best Doctor and Top Ophthalmologist.

Dr. Goldman received his Bachelor of Arts cum laude and with distinction in all subjects from Cornell University and Doctor of Medicine with distinction in research from the Tufts School of Medicine. This was followed by a medical internship at Mt. Sinai – Cabrini Medical Center in New York City. He then completed his residency and cornea fellowship at the Bascom Palmer Eye Institute in Miami, Florida. Throughout his training, he received multiple awards including 2nd place in the American College of Eye Surgeons Bloomberg memorial national cataract competition, nomination for the Ophthalmology Times writer’s award program, 2006 Paul Kayser International Scholar, and the American Society of Cataract and Refractive Surgery (ASCRS) research award in 2005, 2006, and 2007. Dr. Goldman currently serves as councilor from ASCRS to the American Academy of Ophthalmology. In addition to serving as an examiner for board certification, Dr. Goldman also serves on committees to revise maintenance of certification exams for current ophthalmologists.

Dr. Goldman’s clinical practice encompasses medical, refractive, and non-refractive surgical diseases of the cornea, anterior segment, and lens. This includes, but is not limited to, corneal transplantation, micro-incisional 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.

561-630-7120 | [www.goldmaneye.com](http://www.goldmaneye.com)

# *I Have* A Wait Problem

Brent Myers

**Y**ou're reading a health and wellness magazine and you're thinking: that guy can't spell. But the truth is that you read it correctly: I have a wait problem: I don't like to wait. But who does?

Think about it... do you like to wait? Do you love sitting in the waiting room at the doctor's office? Do you look for the longest line at the grocery store so you can spend more time waiting? When the light turns green, does it make you happy when the car in front of you just sits there? Do you keep your fingers crossed that wait times are an hour at the amusement park? If you answered "no" to the questions above, then you have a wait problem too.

It's been estimated that we spend ten percent of our lives waiting. That comes out to be over two hours of everyday. I have a wait problem: I'm not very good at it. But I don't have a choice. Waiting is a part of our lives.

And waiting isn't just a part of everyday menial tasks, but big things in life too. Things like waiting for Mr. Right or Miss Perfect; waiting for your first grandchild; waiting for retirement; waiting on test results; waiting to hear back about the interview; waiting...

From a spiritual perspective, waiting is very important. So important, in fact, that God talks about it including these words: *"Even youths shall faint and be weary, and young men shall fall exhausted; but they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint."* (Isaiah 40:30-31, ESV)

## **Waiting is expected by God.**

Notice what he says... "...they who wait for the LORD..." Isaiah doesn't single out an individual

or use the word "if". God – the creator and controller of time and all circumstances – knows we will have seasons of waiting. And He expects us to wait on Him.

## **God uses waiting to build our character.**

Look at the different stages of development: flying high (wings), running, and walking. Waiting gets us to a place where we learn to take in the highest highs, but at the same time realize that slow and steady gets us where we need to go. Waiting helps us grow into constant and consistent forward movement in our lives... even when we are waiting.

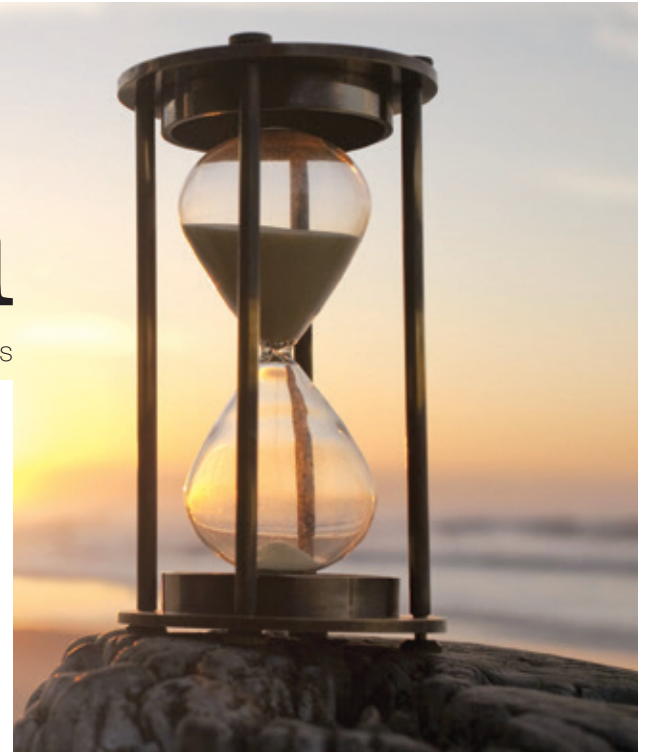
## **Waiting is rewarded by God.**

Isaiah shows us that waiting has its rewards. Tired of being tired? Close to giving up? Don't want to wait anymore? Read the passage again: "...and not be weary..." "...and not faint..." God honors us when we wait. God rewards our faithfulness in the midst of our waiting.

## **Waiting is the fruit of our faith.**

Finally look at this: "...but they who wait for the LORD..." When we learn to trust our circumstances to God, we show that we really believe that He is in control. We demonstrate that we actually believe that He knows best and that He works all things together for good. When we wait on the LORD, we show the depth of our faith. So... how do I get better at waiting? The ability to wait on the Lord stems from being confident and focused on who God is and in what God is doing. It sounds simple – and it is – but simple is not the same as easy (because it's not).

But look at it like this... I heard the other day, "there are no problems, only opportunities". So at least now I know I don't have a wait problem after all – just a wait opportunity (and lots of them)!



**CHRIST**   
FELLOWSHIP

[hello@christfellowship.church](mailto:hello@christfellowship.church)  
[ChristFellowship.Church](http://ChristFellowship.Church)  
**561-799-7600**

## **FIND A LOCATION NEAR YOU**

**Palm Beach Gardens**

**Port St. Lucie**

**Royal Palm Beach**

**Boynton Beach**

**West Palm Beach**

**Jupiter**

**Stuart**

**Okeechobee**

**Belle Glade**

**Boca Raton**

**Vero Beach**

**Westlake**



## Strength. A powerful element in fighting breast cancer.

When champion kart racer, Neil Breitenbach, felt a sharp pain in his chest, he never expected to be diagnosed with stage 3 breast cancer. From his very first consultation with Florida Cancer Specialists, Neil knew he was in the best place he could be because of FCS' ongoing advances in breast cancer research. His care team put him at ease — listening to every question and laying out a personalized treatment plan — and they've been fighting together ever since.

In Neil's mind, racing and fighting cancer have a lot in common. Both can be very hard. Both require dedication and the willingness to push yourself to your limits. But with the right team of oncologists with over 35 years of experience, targeted treatments and clinical expertise, great outcomes can happen.

*"My team at Florida Cancer Specialists is confident and caring. They always make me feel like everything is going to be okay."*

-Neil Breitenbach, Patient & Cancer Fighter

Where hope is powered by science.™

FindHopeHere.com



*World-Class Medicine. Hometown Care.*

### Proud to serve patients at our four Palm Beach County locations.

Barry S. Berman, MD, MS

Elizabeth A. Byron, MD

Todd A. Gersten, MD

Howard M. Goodman, MD

Robert J. Green, MD

Antonella Leary, MD

Elisabeth A. McKeen, MD, FACP

Rina Patel, MD

Carisa Pearce, MD

Shachar Peles, MD

Marilyn M. Raymond, MD

Neal E. Rothschild, MD

Napoleon Santos, DO

Avram J. Smukler, MD

Daniel L. Spitz, MD, FACP

Sumithra Vattigunta-Gopal, MD, FACP

Gerald Zemel, MD