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January 2014

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Cold Laser Therapy

A Revolutionary Treatment for Pain Conditions

By Dr. James McErlain, D.C.



What is Cold Laser Therapy?

Cold laser therapy, otherwise known as low level laser therapy or low light laser therapy (LLLT), has been scientifically proven to increase healing in a targeted area by over 400%. LLLT (Low Level Laser therapy) is a painless, sterile, non-invasive, drug-free treatment used to heal a variety of pain syndromes, injuries, wounds, fractures, and neurological conditions. Laser therapy can be used on virtually all areas of the body (excluding eyes), at any age.

Around the world laser therapy is rapidly becoming a medical therapy that can heal wounds and fractures up to 60% faster and also reduce the cost of treatment for many conditions. In the U.K. LLLT has become the treatment of choice for soft tissue “whiplash” injuries and for the treatment of painful shingles.

According to published medical reports, many acute and chronic conditions may be improved or eliminated with laser use including:

The Cold Laser, or Low Level Laser Therapy, can be used for:

- Inflammatory conditions- Carpal Tunnel Syndrome, Epicondylitis, Plantar Fasciitis, Bursitis, Arthritis
- Pain management for Fibric Myalgia Myofscial pain, cervical neck, thoracic and low back pain.
- Connective tissue disorders such as sprains, strains, tendonitis, and tendon ruptures.
- Joint injuries, disorders such as TMJ disorders, osteoarthritis, dislocations, and ligament injuries.
- Muscle injury or disorders such as muscle bruises, contusions, muscle ruptures, and muscle shortening contractures like frozen shoulders.
- Neurological injury or disorders such as prolapsed disc, ruptured or herniated discs, crush injuries, neuritis, and headaches.

How Does Laser Light Heal?

Healing with the use of light is not new. Light therapy was reported to be effective for many conditions by Hippocrates. With the development of the laser and its special properties, using light as a treatment has gained momentum due to the successful outcomes.

Cold laser therapy (also called Low Level Laser Therapy or LLLT) involves the use of light (a specific wavelength and frequency of coherent light, generated from a low-wattage therapeutic laser) to stimulate the body’s cells and cause them to accelerate the healing process. The therapeutic use of lasers (LASER is an acronym for Light Amplification by Stimulated Emission of Radiation) is not a new idea; they have been used to stimulate healing since 1967. The term “cold laser” refers to the specific wavelength of light used, which is usually in the 630 nm to 980 nm ranges of the electromagnetic spectrum.

This wavelength allows for the least energy to be absorbed by surface tissue (meaning that the patient does not experience any sensation of heat or warming), while allowing the healing properties of the light to facilitate wound and tissue healing. Low-level laser therapy has been shown to reduce inflammation and accelerate the body's own healing mechanisms. When cells are exposed to laser light, cell functions are stimulated, improving immune system function, increasing collagen synthesis and enhancing tissue regeneration.

What can you expect during a Laser Treatment Session?

Most people find the therapy quite passive. There are no pulsating shocks, or heat. The most noticeable sensation is the laser head itself touching the skin. Some patients (3%-5%) have reported a slight tingling sensation, but have not found this painful. For the most part the treatment, which can last from 2-20 minutes, is not noticed at all.

Following and even during the session 75-80% of patients noticed an immediate improvement in their symptoms and condition. This will primarily depend on the type of condition treated and the length of time the ailment has been present.

Testimonials:

"After one treatment with the laser, my ankle pain was gone from a chronic water skiing accident."
 Steve R. – Severe Ankle Sprain

"I tell people to please don't do the surgery until you try this laser."
 Gregory B – Carpal Tunnel

I had tried traditional PT modalities but was unsuccessful. 3 laser sessions and the pain was gone."
 Anne K, PT – Piriformis Syndrome



Benefits of Cold Laser Therapy (LLLT)

Obvious benefits of cold laser therapy over drugs or surgery are that it is safe, pain- and drug-free, non-invasive, and has no known side effects. The results are quickly perceived by patients, and laser therapy can be used immediately after an injury. Cold laser therapy has also been studied in over 3000 clinical trials, with proven clinical results. If you are interested in finding out if Cold Laser Therapy will benefit your condition, contact Dr. McErlain at (561) 741-7575 for a consultation.



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Hair Loss Treatments to Avoid in the New Year

By Alan J. Bauman, M.D.



New Year's is a time when many of us focus on self-improvement. We resolve to lose weight, drink less, quit smoking, find a better way to manage our stress, etc. But for some, the quest for self-improvement may also be the result of seeing more hair in our brush, looking into the mirror to see a more receded hairline, or simply seeing more scalp shining through our once 'crowning glory.'

While hair loss is often falsely thought of as merely a cosmetic problem, studies have proven that hair loss can have wide-ranging psychological effects on men and women, including loss of confidence and self-esteem, and in some cases, depression, anxiety, social withdrawal and more. Which means treating your hair loss can help you restore a feeling of vitality, youth and confidence – and shouldn't that be what New Year's resolutions are all about?

But unfortunately, as the demand for hair loss treatments continues to grow, some companies are promising more than they can deliver! Here are five hair loss treatments/trends to avoid.

1 Hair Loss Brushes - One persistent hair loss myth is that stimulating the scalp with magnets, brushes and massagers can improve blood circulation to the hair follicles and therefore reduce hair loss and improve new hair growth. There is no reliable medical evidence to support this claim. While there are real medical treatments to stimulate hair follicles and help improve blood circulation - like minoxidil, low level laser therapy and platelet-rich plasma - this can't effectively be done via a special hair brush or scalp massager. Don't get fooled!

2 Herbal Supplements - Good nutrition and certain supplements like biotin and marine-derived proteins and polysaccharides can help support hair quality. However, it's important to keep expectations realistic. A vitamin isn't going to stop hereditary hair loss or regrow hair from scalp where follicles are already dead and gone. Only FDA-approved medical treatments like minoxidil and finasteride have been extensively proven to slow, stop and reverse hereditary hair loss. And only surgical hair transplantation can regrow hair where severe depletion of hair follicles has occurred.

3 Minoxidil - Speaking of minoxidil, this treatment also requires a disclaimer. Although it is FDA-approved and has proven science behind it, the catch is that minoxidil doesn't work for everyone. In fact, over-the-counter minoxidil like Rogaine and similar generic products may only work well in about 38.3 percent of patients, according to some medical studies. Studies suggest that a patient has to have an active enzyme called "sulfotransferase" in order for their hair follicles to respond to minoxidil treatments. It is this enzyme that converts topically applied minoxidil into the active chemical (called minoxidil sulfate) that stimulates the follicles. Not everyone has enough sulfotransferase to "activate" minoxidil. There may be other biological roadblocks too -- like inflammation at or around hair follicles in the scalp and other factors, which can also affect minoxidil's action. The bottom line for patients is that there's a huge chance that standard, over-the-counter minoxidil won't help you or simply be too messy or irritating to use. Instead, you may require a prescription for a specially formulated, compounded minoxidil solution like Formula 82M for optimal results. A new "minoxidil sensitivity" test will be available soon in the US, which can pre-determine if a patient is likely to respond to minoxidil before they start the treatment.

4 Hair Transplants - Thankfully, "hair plugs" are a thing of the past, but it's important for patients to realize that today's hair transplants still don't always turn out the way they should. The biggest challenge is that an increasing number of underqualified and/or "part-time" hair doctors (many of which are not certified by the American Board of Hair Restoration Surgery) are offering this procedure. The risks for hair transplant patients include surgical complications, infections, scarring, poor density and unnatural looking results. Another concern is that many doctors and large national clinics

still mostly perform the traditional type of transplant called the "strip" or "linear" harvest technique instead of the less invasive "follicular-unit extraction," also called NeoGraft FUE. With a strip-harvest procedure, a long linear strip of the scalp is removed ("harvested") from the back of the head in order to supply the permanent follicles for redistribution. Patients are left with a permanent linear scar to hide. This procedure can be painful and requires considerable downtime and activity restrictions during healing. Performed without stitches or staples, NeoGraft FUE procedures heal more quickly and comfortably with less activity restrictions—and, best of all, leave absolutely no linear scar.

5 Discount Treatments – Groupon and other discount sites are great for some things, but not when it comes to our health! The next few months you'll see an increase in ads for personal services, cosmetic procedures, and even hair transplants, as these practices try to cash in on those looking to better themselves this year by offering deep discounts or free consultations. In medicine, like electronics and many other things in life, you get what you pay for so, "Buyer Beware!" It is important to do your research when searching for a potential hair restoration surgeon. Surgical artistry, precision and experience are all required to create a permanent result that looks natural and not artificial – so make sure to ask for references, before-and-after-photos, etc. Do your due diligence and be prepared to travel if necessary. First and foremost, make sure the doctor you choose is board-certified in hair restoration and recommended by the American Hair Loss Association.

Remember, there are a number of medical conditions and other factors that can affect hair loss, so it's important to determine all of your risk factors to be sure you are receiving proper treatment and ruling out more sinister problems. If you're worried about hair loss, it is important to consult not only your primary doctor but also an experienced hair restoration physician—someone who specializes exclusively in the medical diagnosis, treatment and tracking of hair loss as well as its prevention and treatment. Only a qualified and experienced hair restoration physician can prescribe the most effective multi-therapy treatment options, including the latest available products. The good news is that there has never been a better time in history for effective hair loss treatments and procedures. If you've resolved to have a better head of hair in 2014, "Hair's to You!"

Alan J. Bauman, M.D.

Hair Restoration Physician Dr. Alan J. Bauman is Founder and Medical Director of Bauman Medical Group in Boca Raton, Florida, an international practice specializing exclusively in the treatment or hair loss since

1997. Dr. Bauman is one of a handful of surgeons worldwide who is a Diplomate of the American and International Board of Hair Restoration Surgery and also recommended by the American Hair Loss Association. A frequent lecturer and faculty member at major international medical conferences, his advanced hair restoration techniques and procedures have been featured on CNN, Dateline NBC, ABC's Good Morning America, CBS Early Show, EXTRA, Access Hollywood, as well as in Men's Health Magazine, Allure, Redbook, Cosmo, Women's Health, Vogue, W Magazine, USA Today, The New York Times and more. For more information on protecting, enhancing and restoring your own living and growing hair, call toll-free at 877-BAUMAN-9, or learn more online at www.baumanmedical.com



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

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What Is Cellulitis?

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

Cellulitis is a bacterial infection of tissue that can affect both the eyes and skin. Cellulitis affecting the eyes occurs in two forms: orbital and pre-septum.

Orbital cellulitis affects the structures within the space containing the eyeball and can affect eye movement (due to swelling of the lids or eye). This form is more serious and usually calls for more aggressive treatment.

Pre-septum cellulitis is restricted to eyelid tissue and is generally less serious. The vast majority of pre-septal cellulitis cases occur in children, especially young children.

Cellulitis is frequently caused by a staph or strep infection. It is not unusual for the infection to start in the sinuses and then spread to the orbit or eyelid. Skin wounds or recent surgery (including dental surgery) can also lead to infection. It is important to clean any wounds carefully and follow any instructions your doctor or dentist may have given you for postoperative care.

One of the characteristics of cellulitis is that it spreads rapidly, which makes it a very serious infection requiring immediate medical care. Prior to the use of antibiotics to treat cellulitis, both blindness and death were common among people who contracted the infection.

If you think you or your child have cellulitis, don't delay in seeing your doctor. Left untreated, cellulitis can permanently reduce your vision or spread into the body's lymph system and cause more serious harm.

Cellulitis Symptoms

Cellulitis symptoms may include:

- Bulging eye
- Swelling of the eyelid or tissues around the eye
- Red eyelids
- Reduced eye movement
- Blurred vision
- Fever
- Low energy
- Decreased vision

People with cellulitis may have recently had sinusitis or an upper respiratory infection.

What Causes Cellulitis?

The structure of the orbit makes that region particularly susceptible to nearby infections, particularly infections that are inclined to spread quickly. Cellulitis is most commonly caused by streptococci or staphylococci, but can also be caused by fungal infections.

Indirect causes of cellulitis (which make the eye vulnerable to a strep or staph infection) include recent surgery, bug bites, a skin wound (especially on the face) and sinusitis. Because sinusitis is more common in cold weather, cellulitis tends to occur more frequently in winter.

Cellulitis can also accompany asthma, smallpox and other systemic diseases.

For reasons that are not entirely clear, it appears that increased use of the flu vaccine has reduced the frequency of cellulitis, particularly pre-septal cellulitis.



Cellulitis Diagnosis

Your doctor will gather several types of information to reach a diagnosis. Some of this will be a simple history of any recent surgery or dental work, facial or skin wounds, and respiratory or sinus infections. Your doctor will also do a basic eye examination.

In addition, determining the type of infection will most likely require some sort of lab work. If your doctor suspects pre-suptal cellulitis, he or she may wish to test samples from the nose or even the eye itself. However, if orbital cellulitis is suspected, a blood test is likely.

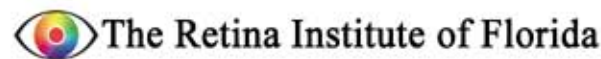
In some cases, your doctor may also wish to obtain a CT or other scan of the area. These images will help your doctor determine the extent of any infection in the orbit.

Cellulitis Treatment

Pre-septal cellulitis is usually less serious than orbital cellulitis. In most cases, your doctor will prescribe an antibiotic for cellulitis. You should start to see improvement within a day or two. In fact, your doctor will probably ask for a report after two to three days, to make sure the infection is waning.

If you have a serious cellulitis infection and/or have not responded to antibiotics after a few days, you may need to be hospitalized and receive intravenous antibiotics.

Under some circumstances, your doctor may need to drain fluid. Sometimes this can be performed in your doctor's office, but in other cases it may require surgery in a hospital or clinic setting.



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

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What Does “Permanent” Hearing Loss Mean?

By Dana Luzon, Au.D., CCC-A, FAAA

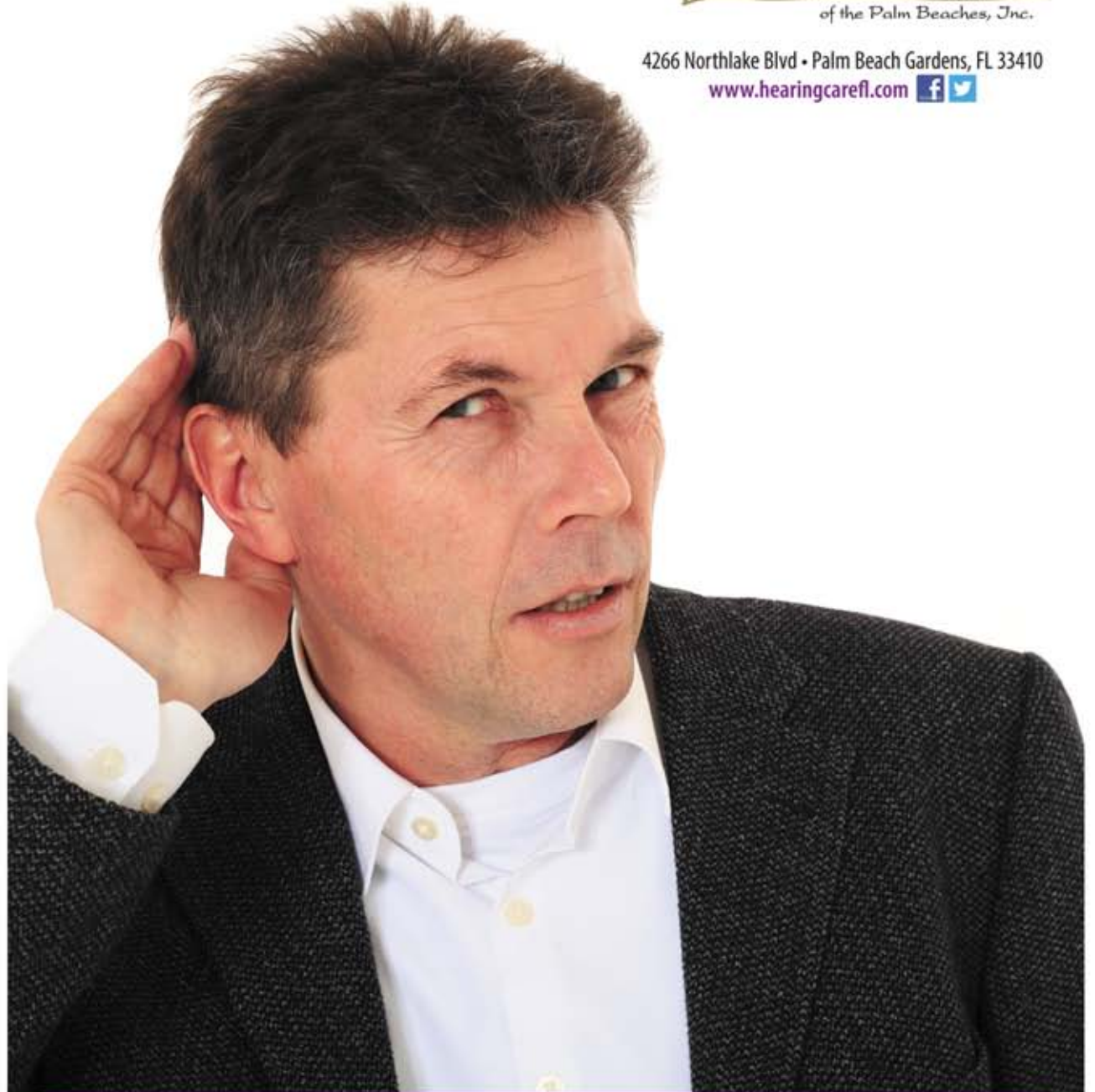
Permanent hearing loss is also known as Sensorineural hearing loss and it occurs in 90% of patients who are diagnosed with hearing loss. Meaning it cannot be surgically or medically corrected. It is the most common type of hearing loss found today. Sensorineural hearing loss occurs when the hair cells in the inner ear and or hearing nerve have become damaged and do not transmit signals to the brain.

While the causes of hearing loss can vary, they include aging, genetic predisposition, noise exposure, medications, trauma or sudden loss can be due to a virus or infection. New studies have revealed links to hearing loss related to smoking and obesity.

Symptoms of sensorineural hearing loss can include:

- Having difficulty understanding speech in degraded acoustic environments, such as in a restaurant or party environment.
- Lacking clarity or understanding of sentences.
- Asking people to repeat themselves.
- Feeling like other people are mumbling.
- Difficulty with female voices.
- Turning up the TV volume but still not understanding the speech clearly.

It is important to understand your specific hearing loss. Sometimes it takes several discussions with your audiologist and with your family for things to “click.” By better understanding your hearing loss, you will gain new insights into why you think people are mumbling, why you “hear” but cannot “understand,” why you have difficulty with female voices, and the other questions you have been asking yourself for so long. Sensorineural hearing loss can be treated by the use of prescribed digital hearing aids to hear what you’ve been missing.



**Dana Luzon, Au.D., CCC-A,
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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Chronic Anxiety? You can change that.

A powerful, drug-free method and technology can help - often dramatically.

By Tina Landeen, LCSW and Michael Cohen, Founder, CBT



Do you or someone you know experience chronic anxiety? Are you excessively nervous or fearful? Do you have panic attacks? If so, you've probably already tried or considered medications. Unfortunately, medications don't always eliminate all the symptoms, and they can have concerning side effects.

Medications also don't teach your brain to be healthier. You don't learn to quiet your mind or how to be calm. And unfortunately, many doctors are not yet familiar with treatments other than medication.

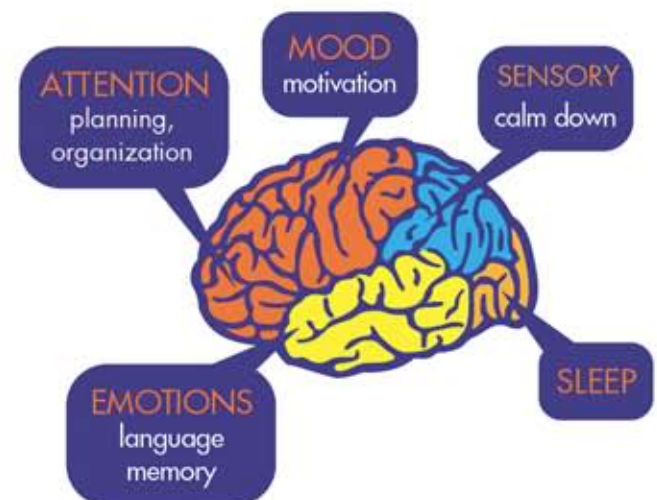
Are There Alternatives to Medications?

Yes. One alternative is neurofeedback. It's been proven to greatly reduce or even eliminate anxiety symptoms. For people currently taking medication, using neurofeedback can help lessen a reliance on meds, and some people are able to stop taking anxiety medication entirely.

Neurofeedback helps train the part of your brain that **CONTROLS** stress more than merely helping you manage it. When you struggle with anxiety, part of your brain is simply not able to keep you calm. Neurofeedback trains that part of the brain to function better and maintain healthier patterns.

Why Can't You Simply Talk Yourself Out of Anxiety?

People who don't understand anxiety may tell you to calm down and not let things bother you. If it were that easy, you'd already do it. When you have anxiety, the parts of your brain that are supposed to keep you calm aren't working very well. As a result, anxiety sufferers are often overwhelmed, exhausted, and feel the people around them don't understand. You can't talk yourself out of an entrenched brain pattern.



Can You Learn to be Calmer?

Neurofeedback is one of the most powerful technologies for reducing anxiety and panic attacks by helping the brain eradicate the stuck patterns that cause the anxiety. While everyone experiences anxious moments, with chronic anxiety, your brain gets stuck in that state, and it's difficult to change it.

Elizabeth is just one client whose life benefited from neurofeedback. Elizabeth, age 35, experienced severe anxiety and had up to 5 panic attacks a day. She said they were "taking over my life." She had been having problems with anxiety and panic attacks since age 17. After 10 neurofeedback training sessions, she had no panic attacks for almost 6 months. Training her brain helped her change the unhealthy pattern.

Another client (a licensed therapist himself) is a very wound-up man. He's hyper and anxious most of the time, though you'd not know by looking at him. After one 30-minute neurofeedback session, he said "I haven't felt this calm in my whole life." That doesn't mean one session solves the problem – his brain didn't know how to be calm. He was able to rapidly learn, but it takes more time to become a new habit. He had tried therapy and medications for years. Only when he learned to calm his brain did it calm his mind. Neurofeedback helped him learn to change is chronic pattern – in his case, quite rapidly.

Our clients have often tried everything — from medication to meditation, from yoga to diet and exercise, from alcohol to stress-reduction techniques.



Many clients who have used neurofeedback say things bother them less, their minds are quieter, and they recover from stressful events more quickly. Research repeatedly shows biofeedback and neurofeedback are very helpful for any type of anxiety, even PTSD.

How Does Neurofeedback Work?

Neurofeedback training helps change brain patterns. It measures your brain's rhythms and rewards you when you make healthy patterns. For instance, with anxiety, certain patterns in the brain are often moving too fast. Neurofeedback helps your brain learn how to slow down the overactive areas by giving your brain a reward when it slows down.

With repeated training, the brain learns to maintain those healthier patterns. Correcting anxiety with neurofeedback just takes practice and reinforcement. The more your brain learns how to be calm through neurofeedback, the more it becomes a normal state in everyday life.

If you're on medication, it can often be reduced or even eliminated as the brain learns to remain in the calmer state.

With brain training, you learn to moderate your response to stress so anxiety occurs less frequently and is less intense and debilitating if it does happen. Neurofeedback helps you calm the over-reactive patterns that make life more difficult and allows you to take charge of your life again.

We also offer other biofeedback tools that can be helpful with anxiety, and we encourage our clients to try different methods to see which work best. Some of these tools, such as heart rate variability training, can even be used at home.

If you are interested in additional information about how neurofeedback can help reduce your anxiety, call our office at 561-744-7616.

About Center for Brain Training

Center for Brain Training is 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.

Michael Cohen, President and Director of Training, is one of the leading experts in the field of EEG Neurofeedback. In addition to helping clients through neurofeedback training, he also trains health care professionals on



how to use neurofeedback in their practices. He is a frequent consultant for mental health practitioners and addiction treatment centers.



Tina Landeen is a Licensed Social Worker who is focused on helping clients make desired improvements in their lives through neurofeedback and other forms of neurotherapy. She's worked for years

with children, adolescents and adults with anxiety, depression, and ADHD and behavioral problems. Since working with neurofeedback the last several years, Tina has seen clients capacity to change – including developing new habits and managing their behaviors and mood far more than without the assistance of neurofeedback.



CHANGE YOUR BRAIN. CHANGE YOUR LIFE.

Jupiter Office Boca Raton Office
561.744.7616 561.206.2706

www.CenterforBrain.com

NEW TECHNOLOGY HELPS REJUVENATE AGING BONES & MUSCLES

By Bruce R. Dooley, M.D.

Dr. Bruce here and if you're like us, you don't view aging as something to be dreaded, but rather as an opportunity to enjoy life while making use of all that hard-won wisdom. My personal hero was fitness, exercise and nutritional expert Jack Lalanne, whose daily workouts kept him strong, healthy and robust into his late 90s. Most folks today have neither the time nor ambition to follow his lead.

But just imagine if there was a safe, simple, 100% effortless way to help turn back the clock on your body's muscles and bones. To undo the physical damage and deterioration the years have taken on your skeletal system. To actually feel younger, stronger and rejuvenated in ways you never thought possible. And all while doing nothing more strenuous than simply standing in place.

The future of preventive, non-invasive medicine

Admittedly, it sounds too good to be true. But trust me, it's for real. I want to introduce you to a device that is on its way to transforming the health and well-being of countless people all over the world. It is called the JUVENT 1000 and it looks like this.

Yes, I agree, it looks like an oversized digital bathroom scale – but it's so much more. And here's the amazing thing: If you've got the ability to simply stand upright for 10 to 20 minutes or so daily, then the JUVENT 1000 can do as much – or even more – for you as it's done for others just like you.

How the JUVENT 1000 works

I found the explanation to be incredibly simple: When you stand on the JUVENT 1000, it delivers a biomechanical stimulation called Dynamic Motion Therapy (DMT). It is Russian technology, which interested me for two reasons: (1) The Russians have always been into alternative therapies, and (2) My wife is a Russian, so I better like it!

In the past decade, the efficacy and health benefits of DMT have been proven -- and repeatedly replicated -- in research studies and clinical trials all over the world.

In simple terms, this means that through gentle, micro-impacts delivered up from your feet and throughout your entire body, DMT promotes healthful blood and lymphatic circulation to your bones and muscles. The great thing about this for you, the user, is that you barely feel the stimulation as your body responds. Even so, the health benefits are nothing short of vital.

Why the JUVENT 1000 is so important

What the body tends to lose naturally through the aging process – bone density and muscle mass – the JUVENT 1000 helps restore. Why is bone density and muscle mass so important to us, especially as we age? Because those are two of the most important components of your body's ability to remain mobile and independent. If you follow trends in the health and fitness worlds as I do, then you may have heard the term “functional strength.” What functional strength means, especially as we get older, is the ability to continue performing life's everyday tasks – getting in and out of a chair or car; carrying groceries; cleaning the house and doing laundry; safely stepping onto and off of a curb; negotiating stairways, etc.



Researchers in physiology and gerontology have proven that, if we don't force our bodies to perform weight-bearing, impact activities regularly, then we lose significant amounts of bone density, muscle mass and balance with every passing decade of adulthood. By the time we reach our 60s, 70s and 80s, bone density and muscle mass -- if not maintained -- can be reduced some 80 to 90 percent below optimum levels.

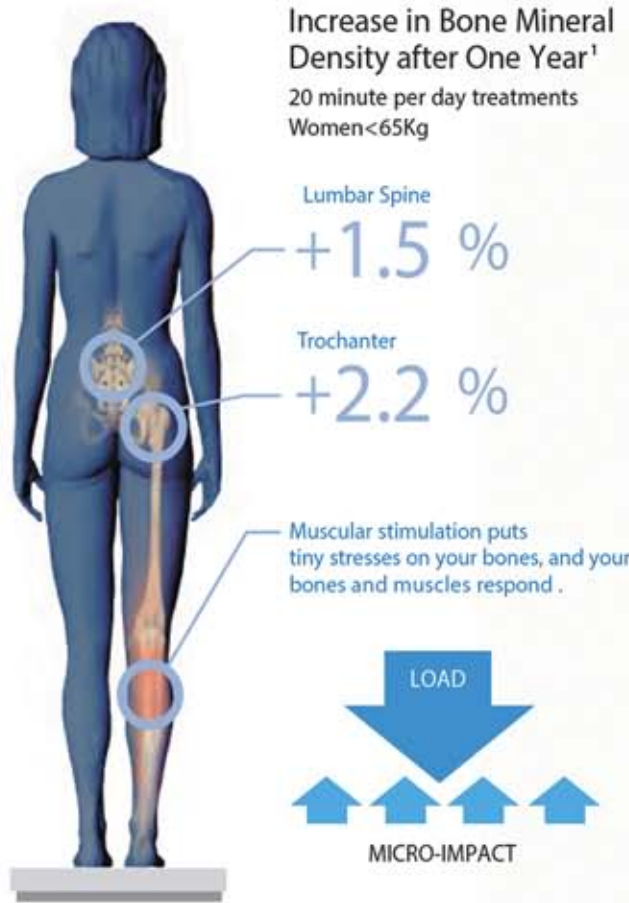
When we let this happen -- and it is avoidable -- we begin to lose our independence. We become more home-bound and dependent on others. We're also at greater risk for serious -- and, again, avoidable! -- injury. Most orthopedic rehab specialists will cite loss of balance, bone density and muscle mass as the culprits in most slip-and-fall accidents of seniors and the elderly.

Regularly using the JUVENT 1000 and this DMT system's technology appears to significantly and safely help to alleviate those concerns.

Great for athletes too!

If you're already a fit, active person -- maybe you golf or play tennis regularly, cycle with a group, bowl a few times a week in a league, or perhaps you just keep busy with your kids and grandkids -- can you benefit from this technology? Absolutely.

You'll remember how I explained DMT promotes better blood flow throughout the muscular and skeletal system? Well, the same way that increased blood flow helps stave off loss of bone density and muscle mass, it also helps the body heal and recover more quickly after exertion. Also, it helps lessen the pain associated with past athletic injuries, and mitigates the effects of arthritis and other degenerative joint conditions.



¹Prevention of Post-Menopausal Bone Loss by a Low-magnitude, High-frequency Mechanical Stimuli: A Clinical Trial Assessing Compliance, Efficacy, and Safety. *J Bone Miner Res.* 2004; 2:343-351.

In other words, there's no one who can't benefit from JUVENT's micro-impact!

From professional athletes (including the current football starting center Eric Wood and former PGA touring pro David Leadbetter) to weekend warriors to sedentary retirees, the JUVENT 1000 transformed how they feel, how they perform and how they live. I want you to get into this group! I am so fortunate to have a JUVENT 1000 machine at my functional medical center in Jupiter and am offering FREE trials throughout January and February so you can experience it. Please call Advanced Natural Medicine at 561-744-2724 and we'll fit you right in!

How the JUVENT 1000's Dynamic Motion Therapy (DMT) benefits your health:

- Better balance & stability
- Less joint pain
- Better bone health
- Customized delivery system (you get just the amount of DMT you need)
- Improved cellular health
- Degenerative disease prevention
- Convenient & portable
- Easy to use (just minutes a day!) and totally painless

TESTIMONIALS:

"Two years after a pelvic fracture, my pain resurfaced and was turning me into a bedridden person, only capable of walking a few hours a day with a cane. The pain was unbearable. Medication didn't help either. Then I tried the JUVENT 1000 and in just weeks I was able to walk pain-free. Thank you JUVENT! You are a friend for life!"
– Earla S., Tequesta

"JUVENT has given me the fountain of youth for life. It has truly worked miracles for me. My balance is better, and my formerly chronic, excruciating arthritis has been reduced to mild, infrequent flare-ups. At 67, I feel better now than I did in my 40s. Thank you, JUVENT."
– Arlene McKittrick, top female amateur golfer

"JUVENT has eliminated my knee pain, and is a great addition to any golfer's routine."
– David Leadbetter, one of the world's top professional golf instructors

EXPERIENCE JUVENT FREE!

Bruce R. Dooley, M.D., an integrative health specialist for more than a quarter-century, is offering free 20-minute sessions on the Juvent 1000 so you can test the effects of its patented Dynamic Motion Therapy (DMT). For more information, call Advanced Natural Medicine at (561)-744-2724 or log onto www.DrDooley.com.

Bruce R. Dooley, M.D.

For 20 years, Bruce Dooley, M.D. has helped people with chronic health problems using the latest advances in Complementary and Integrative Medicine, which emphasizes science-based natural therapies in place of surgery and prescription medications. He brings these effective therapies -- as well as breast thermography -- to the Palm Beach and Jupiter area at the Advanced Natural Medicine center (561-744-2724). Please see their ad and special offer in this magazine for more details.



Dr. Dooley's

Advanced Natural Medicine
longer lives living better

(561) 744-2724

www.DrDooley.com

Make 2014 The Year You Achieve Your Weight Loss Goals:

If you are like millions of Americans, you will set a New Year's Resolution to lose weight. It is the number one reported resolution for 2013. And for good reason, we Americans are growing in width not height. Obesity has been deemed an epidemic in our country and its related ailments are decreasing quality of life and bringing forth a multitude of life-altering health issues including diabetes, heart disease, orthopedic injury, hypertension, and stroke risk.

Unfortunately, 55% of New Year's resolvers have let go of their goals by June. Most of those with weight loss goals find the feat very difficult to maintain and the choices of weight loss programs overwhelming. To ensure your success make sure you are using the right formula to achieve your results. While exercise is integral for long term weight management and health, it accounts for only 10% of weight lost. Weight loss is 90% diet and 10% exercise. Choosing the right weight loss program entails knowing the way to effectively lose fat, retain integral muscle and organ tissues.

Many people looking to lose weight get fit and maintain lean body mass turn to the Ideal Protein Diet. By following a high-protein, calorie and carbohydrate-restricted diet, this is an attainable goal. Is the Ideal Protein Diet your key to reach Your New Year's Resolution?



561-203-7945

www.jupiter.elevationhealth.com

What Is the Ideal Protein Diet Method?

The Ideal Protein Diet was developed by medical doctor, Tran Tien Chanh, MD, PhD. It was designed 25 years ago as a means of preserving lean body mass, including muscles, bones and other tissues, while losing fat. The diet's designer spent his career specializing in the treatment of obesity and obesity-related disease.

The Theory behind the Ideal Protein Diet

During his years of treating obesity, Dr. Chanh found the biggest source of weight problems were rooted in the body's dysfunctional use of insulin. Insulin dysfunction starts in human beings by excessive intake of simple carbohydrates, processed foods, sugar and saturated fat.

According to Dr. Tran Tien, this type of diet leads to an ever-increasing cycle of increased sugar and fat cravings, which lead to weight gain, which leads to poor insulin function. All of this then circles back on itself in a worsening spiral of weight gain and poor health.

Ideal Protein is designed to break this cycle by limiting carbohydrate and sugar intake, supplementing with important electrolytes and vitamins and teaching the body to live off its stored fat. To accomplish this, Dr. Tran Tien developed a line of adequate protein, low-fat, low-carbohydrate products that people eat along with healthy food options like leafy green vegetables and lean protein.

What to Expect

You can lose on average 2 up to 3 pounds per week and on 4 up to 5 pounds for men. These results are measurable, predictable and repeatable. Those on the diet confirm that, provided you follow the diet exactly, this is a realistic goal, and increased energy is a bonus. The diet even provides advice for how to handle the slip-ups that naturally occur as a part of the weight loss and maintenance process. You will also learn how to eat once your weight loss goals are achieved.



Ideal Protein Approach:

- It has been an effective weight loss solution for 2 to 5 years
- Ideal Protein helps lose body weight quickly
- The program is administered under the supervision of health professionals
- Weight loss is targeted towards fat rather than muscles
- Eliminates sugar from the body which is a proven technique to lose weight
- Ideal protein recipes offer you different types of meals to choose from

To learn more about the Ideal Protein plan and achieve your New Year's resolution contact Elevation Health at 561-203-7945.

Ideal Protein Provides Dieters with Continuing Education as well as Private and Public Lectures on Weight Loss & Nutrition. Contact us today 561-203-7945

Most dieters know weight loss is possible given adequate motivation and circumstances. However, according to the National Institutes of Health, there is a strong tendency to regain weight after dieting. This is why Ideal Protein is a *comprehensive* weight loss method – not just a simple product! Maintaining a stable weight after dieting often requires changes to your lifestyle habits. This is why Ideal Protein strongly emphasizes education and understanding. You must learn to eat “smarter” or risk regaining your lost weight. Therefore, when you begin our program you will be assigned a personal weight loss coach. Your coach will assist you through each of the 4 phases of the Ideal Protein method.

Dr. Sandy McLean
Weight Loss Coach, Motivation and Natural Health Speaker and Chiropractor

New Year's Resolution to get Fit, Lose Weight? Let us help.

You needed neither that second serving nor the extra round of drinks. Yet you indulged. Aren't the holidays about good times with loved ones, great food, and merrymaking? Anyway, beginning Jan. 1, you will eat healthier and work out. Starting then, you will get fit. This will be your New Year's resolution. Life will be better after December.

Sound familiar? It should if you're one of the millions of people who find themselves unsatisfied with their excess body weight or sluggish physical condition at the turn of the calendar.

In fact, about a third of New Year's resolvers make weight loss their primary goal, and about 15% aim to begin an exercise program, suggests a small study John C. Norcross, PhD, professor of psychology at the University of Scranton, Pa.

If you're nodding your head and thinking, "Yup, I'm one of those people," take heart. Your objective is a noble one, and, if accomplished, will surely do wonders for your health.

Take note, however, that your dream of a leaner, fitter body may be best served through an individualized program, especially if you've stuffed yourself one too many times or if you haven't been physically active in a while.

Exercise does not have to be an all-consuming and excruciating endeavor. The most common mistake people make in beginning a fitness program is unrealistic expectations of themselves and the outcome of a generalized program. Stepping into a group fitness class with others at multiple fitness levels is likely to leave you disheartened, overwhelmed and sore. Pushing yourself day after day and week after week to keep up only increased the probability of injury, use of poor form, and ultimate abandonment of your fitness and weight loss goals. Nearly 25% of New Year's resolutions are abandoned the 1st week in January and only 45% of individuals are keeping resolutions after 6 months. Don't let this year be another where your New Year's Resolutions are never realized. At FitBella we can help you reach these goals and lead a healthier leaner life.

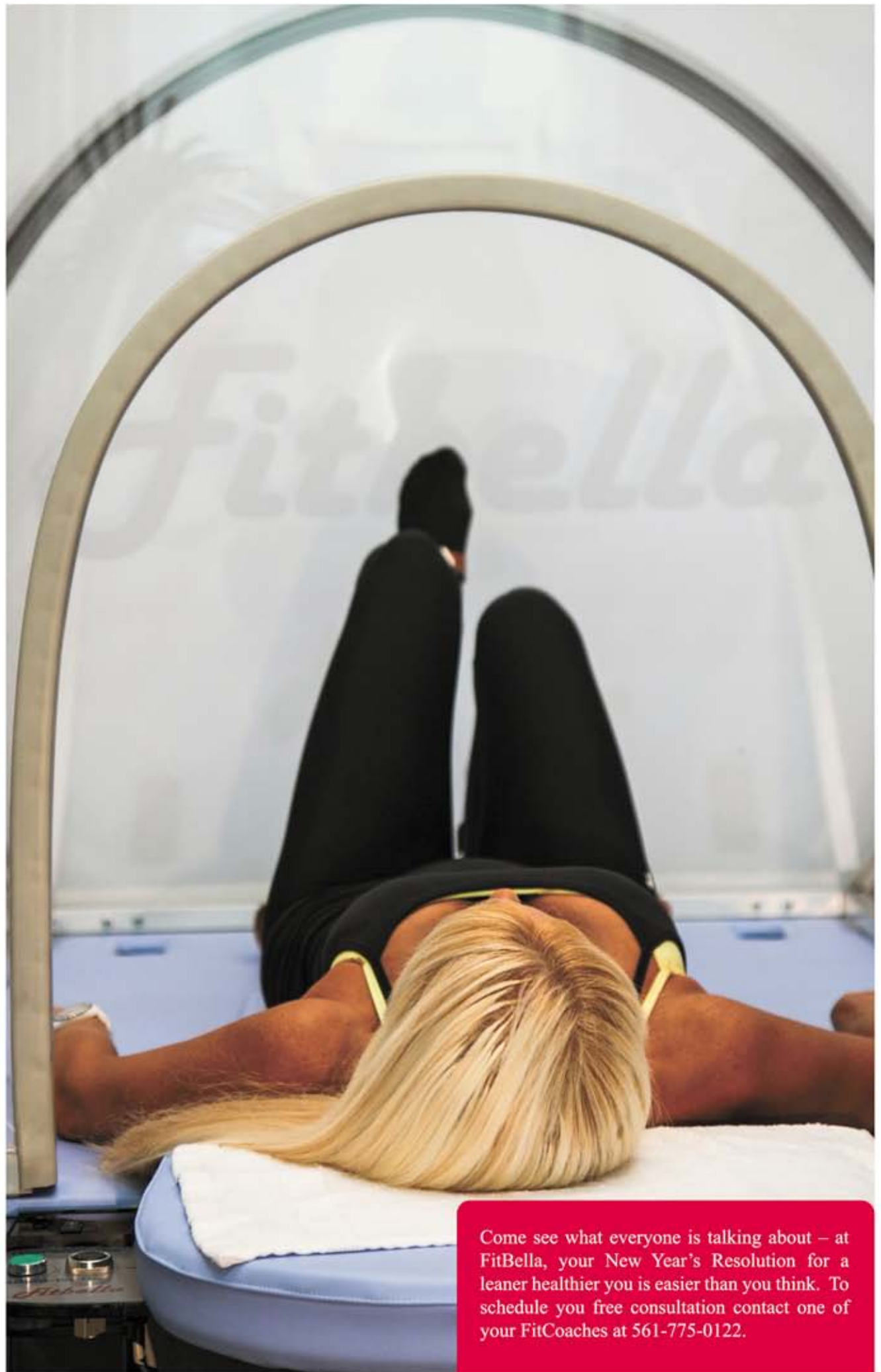
For the average person, a good fitness program consists of exercises that work out the whole body. A cardio workout improves the function and health of the heart, lungs, and blood vessels. Resistance training enhances the function and health of the bones, muscles, joints, and connective tissues. To attain fitness and weight loss goals both resistance training and cardio workouts are recommended. At FitBella every workout includes both forms of exercise.

At Fitbella, there is no one program fits all approach. We design each program to fit your unique goals and fitness levels. Through our personalized approach to fitness and nutrition you are able to reach your goals in record time. Our program reshapes, reduces body fat, tightens and strengthens your body. Fitbella incorporates targeted exercises inside the FitCapsule which is heated to body temperature to super charge your metabolism and work at a cellular level. Each 20-30 minute workout in the FitCapsule is equivalent to 1-1/2 hours at a regular gym. Your FitCoach is with you every step of the way, ensuring your form is activating intended muscle groups; your heart rate is in its targeted zone, and to guide your progression through your individualized FitPlan. Movements are low impact, highly targeted, and individualized for your fitness level. Each session is wrapped up with a spa indulgence in the FitBath which detoxs the body, smoothes and hydrates the skin.

Fitbella  

561-775-0122

2401 PGA Blvd., Suite 128
Palm Beach Gardens Fl, 33410
Harbour Financial Center (Carmine's Plaza)



Come see what everyone is talking about – at FitBella, your New Year's Resolution for a leaner healthier you is easier than you think. To schedule your free consultation contact one of your FitCoaches at 561-775-0122.



Dr. Brian Wagstaff
"Physician of the year"
Southeast Division
Life Care Centers of America

THE DOCTOR IS IN

ON-SITE PHYSICIAN SERVICES AIMED TO IMPROVE PATIENT OUTCOMES

Life Care Physician Services, LLC, a subsidiary of Life Care Centers of America, recently placed Brian Wagstaff, M.D., as a full-time, on-site physician at Darcy Hall of Life Care in West Palm Beach.

In this position, Wagstaff is providing patient assessment, diagnosis and treatment. He works with the Darcy Hall of Life Care team of nurses, dietitians, therapists and caretakers on behalf of each of his patients. His presence in the nursing home enhances external physician accessibility to patients and families. He aids in hospital transitions and pharmacy communications, and being on-site allows him to personally respond to medical changes or emergencies in a timely manner.

"One of the frequent issues I hear from my patients and their families regarding rehabilitation centers is that they would like to have more immediate and direct access to their doctor and more ongoing communication about the patient's progress," said Wagstaff. "Working at Darcy Hall full-time enables me to provide this kind of service to my patients and be a resource to the community of local physicians."

Before entering this new role, Wagstaff was a staff physician with Alliance Care Physician Housecalls in Fort Lauderdale, Fla., for more than five years. He also worked for US Healthworks in Boca Raton, Fla., for two years.

In Cleveland, Ohio, Wagstaff spent seven years as an assistant professor on the clinical faculty at Case Western Reserve University Department of Family Medicine. In that capacity, he won the Distinguished Teacher Award in 2004.

Wagstaff earned his doctor of medicine degree from Columbia University College of Physicians and Surgeons in New York City. He is a diplomate of the American Board of Family Medicine and is registered in the Federal Drug Enforcement Administration. He is also a member of the American Academy of Family Physicians and the Florida Academy of Family Physicians.

Following the Trend in Improved Patient Outcomes

Darcy Hall of Life Care, located at 2170 Palm Beach Lakes Blvd., is one of 21 skilled nursing and rehabilitation facilities in Florida operated or managed by Life Care Centers of America. With the recent placement of Wagstaff as the facility's on-site physician, the facility follows suit in a recent trend of on-site physician staff set by other Life Care facilities in Florida which report significantly reduced hospital readmissions within a year of establishing the in-house physician program.





In-house physician programs have been endorsed by many skilled nursing care specialists across the nation: "The most important factor for high-quality, cost-effective care is dedicated on-site physicians," notes Marcia Naveh, M.D., F.A.C.P., in a 2006 article in For The Record magazine. She goes on to write, "The traditional nursing home model, which allows for weekly or monthly doctor visits is no longer adequate for patients whose condition may change daily." This is especially true of individuals recovering from complex procedures including joint replacements, stroke or heart surgery.

David Smith, D.O., an in-house physician with Life Care Physician Services at the Melbourne, Florida site, expounds on the importance of timely patient care delivered by on-site doctors. "I have been more involved in the transition of care from the hospital to our facility," says Dr. Smith. "I can see patients as soon as they arrive and immediately address any transition issues."

Aside from the benefit of simply having a physician in the facility more frequently, the increased personal involvement of these full-time physicians also improves the doctor's ability to meet with patients' families and the entire care team when making decisions. Dr. Smith says he feels his patients benefit especially from his ability to "meet with family members and talk through expectations and health issues."

Founded in 1976, Life Care is a nationwide health care company. With head-quarters in Cleveland, Tenn., Life Care operates or manages more than 220 nursing, post-acute and Alzheimer's centers in 28 states.

For more information about Life Care, visit LCCA.COM.

561.683.3333 | LCCA.COM
 2170 Palm Beach Lakes Blvd.
 West Palm Beach, FL 33409

With Prior Authorization, Darcy Hall of Life Care can now Accept the following Insurances!!!

- Aetna
- Cigna
- Beech street
- CHCS
- Multi-plan/PHCS
- Wellcare
- Medicare and Medicaid

Services:

Darcy Hall of Life Care offers a number of services for the comfort and convenience of our patients and residents. These services include:

- Skilled Nursing Care
- Rehabilitation Services (Physical, Occupational and speech therapy)
- On-site Physician
- Inpatient and Outpatient rehabilitation
- Stroke Rehabilitation Program
- Biodex Balance System
- Biodex Unweighing system
- Lee Silverman Voice Treatment for Parkinson's disease
- Lymphedema Therapy
- Wound Care with Closed pulse Irrigation
- Suction Therapy
- IV Therapy
- Respite Services
- Hospice
- Alzheimer's Secured Unit

Amenities Include:

- Private room with flat-screen television's
- Complimentary Wi-Fi throughout the facility
- Library
- Facility Bus Transportation
- Courtyards
- Cable Television
- Beauty/Barber Salon
- Restaurant-style dining
- Facility Laundry service
- Ready Set... GO!!
 Rehab apartment





10 Great Tips for Keeping Your New Year's Resolutions

The start of a New Year is the perfect time to turn a new page, which is probably why so many people create New Year's Resolutions. A new year often feels like a fresh start, a great opportunity to eliminate bad habits and establish new routines that will help you grow psychologically, emotionally, socially, physically or intellectually. Of course, resolutions are much easier to make than to keep and, by the end of January, many of us have abandoned our resolve and settled back into our old patterns. Following are 10 Great Tips for Keeping Your New Year's Resolutions:

1. Choose a Specific, Realistic Goal

Every year, millions of adults resolve to "lose weight" or "get in shape" during the next year. Instead of selecting such an ambiguous goal, focus on something more concrete that you can realistically set your sights on. For example, you might commit to losing 10 pounds or running a mini-marathon. Choosing a concrete, achievable goal also gives you the opportunity to plan exactly how you are going to accomplish your goal over the course of the year.

2. Pick Just One Resolution

While you might have a long list of potential resolutions, Richard Wiseman, a professor of psychology at Hertfordshire University, suggests that you should pick just one and focus your energies on it rather than spreading yourself too thin among a number of different objectives.

3. Don't Wait Until New Year's Eve

Planning is an essential part of achieving any goal. Experts suggest that you should spend some time planning out how you will tackle a major behavior change. You can start by writing down your goal, making a list of things you might do to achieve that goal, and noting any obstacles that might stand in your way.

4. Start With Small Steps

Taking on too much is a common reason why so many New Year's Resolutions fail. Dramatically slashing calories, over-doing it at the gym, or radically altering your normal behavior are sure-fire ways to derail your plans. Instead, focus on taking tiny steps that will ultimately help you reach your larger goal. If you've resolved to run a marathon, start out by going for a jog two or three times a week. If you are trying to eat healthier, start by replacing some of your favorite junk foods with more nutritious foods. While it may seem like a slow start, these small changes make it easier to stick to your new habits and increase the likelihood of long-term success.

5. Avoid Repeating Past Failures

Another strategy for keeping your New Year's Resolution is to not make the exact same resolution year after year. "If people think they can do it they probably can, but if they've already tried and failed, their self-belief will be low," explained Wiseman in a 2006 interview with The Guardian.



If you do choose to reach for the same goals you've tried for in the past, spend some time evaluating your previous results. Which strategies were the most effective? Which were the least effective? What has prevented you from keeping your resolution in past years? By changing your approach, you will be more likely to see real results this year.

6. Remember That Change Is a Process

Those unhealthy habits that you are trying to change probably took years to develop, so how can you expect to change them in just a matter of days, weeks, or months? It may take longer than you would like to achieve your goals, but remember that this is not a race to the finish. Once you have made the commitment to changing a behavior, it is something that you will continue to work on for the rest of your life.

7. Don't Let Small Stumbles Bring You Down

Encountering a setback is one of the most common reasons why people give up on their New Year's Resolution. If you suddenly relapse into a bad habit, don't view it as a failure. The path toward your goal is not a straight one and there are always going to be challenges. Instead, view relapses as learning opportunities. If you are keeping a resolution journal, write down important information about when the relapse occurred and what might have triggered it. By understanding the challenges you face, you will be better prepared to deal with them in the future.

8. Get Support from Your Friends and Family

Yes, you've probably heard this advice a million times, but that is because the buddy system actually works. Having a solid support system can help you stay motivated. Explain what your goals are to your close friends or family and ask them to help you achieve your objectives. Better yet, enlist the help of others by joining a group that shares your goal.

9. Renew Your Motivation

During the first days of a New Year's Resolution, you will probably feel confident and highly motivated to reach your goal. Because you haven't really faced any discomfort or temptation associated with changing your behavior, making this change might seem all too easy. After dealing with the reality of dragging yourself to the gym at 6 A.M. or gritting your teeth through headaches brought on by nicotine withdrawal, your motivation to keep your New Year's Resolution will probably start to dwindle. When you face such moments, remind yourself of exactly why you are doing this. What do you have to gain by achieving your goal? Find sources of information that will keep you going when times get tough.

10. Keep Working on Your Goals

By February, many people have lost that initial spark of motivation that they felt immediately after making their New Year's Resolution. Keep that inspiration alive by continuing to work on your goals, even after facing setbacks. If your current approach is not working, reevaluate your strategies and develop a new plan. Consider keeping a resolution journal, where you can write about your successes and struggles. Write down the reasons why you are working toward your goal so that you can refer to them during times when you feel uninspired and unmotivated. By sticking with it and working on your goal all year long, you can be one of the few able to say that you really did keep your New Year's Resolution.

About the Author: Kendra Cherry is a writer and educator for Psychology.About.com. She is the author of the Everything Psychology Book (2nd Edition) and she has written about diverse topics in psychology, including personality, social behavior, child therapy, research methods and much more.

New Year, New You

Whether you want to lose weight or simply work on improving your strength and balance, there is a class for everyone at Ultima Downtown. Ultima's group fitness program is headed by Group Fitness Director, Patti Wilmoth. Having worked at the Clematis and Dixie landmark for over 18 years, Patti is a true Ultima veteran.

Ultima Downtown strives to offer their members only the best in group fitness. In December 2013, the fitness trend 'Barre Physique' was added to the broad schedule, accompanying classes such as Zumba, HIIT Fusion, Step, Body Cycle, Yoga and more. Barre Physique is a ballet barre class that incorporates elements of dance, yoga and Pilates in a cardio strength format leaving you feel strong, centered and balanced.

"What separates us from other fitness facilities in the area is that we offer three different group fitness schedules holding classes in four different studios," says Wilmoth. Classes scheduled on the Group Fitness Schedule are held in the Group Fitness Studio in addition to the Spin Studio. Camp Ultima, Ultima's newest concept membership, allows you to reap the benefits of a personal trainer in a group setting – all in Camp Ultima's very own private facility and Ultima's Fight Club.

In November 2013, Ultima unveiled their third and newest fitness schedule: Fitness on Request. "Fitness on Request is a virtual program that allows us to schedule classes in addition to our live instructor-led classes," says Owner, Michael Platt. "We want to accommodate all of our members; this program gives us the ability to have group fitness classes scheduled almost every hour of the day."

Additionally, Ultima recently opened their doors to Silver Sneakers members. Silver Sneakers is a fitness program many health plans offer to people eligible for Medicare. The customized Silver Sneakers classes are designed exclusively for older adults who want to improve their strength, flexibility, balance and endurance. "Becoming a host of the Silver Sneakers program was just another opportunity for Ultima to help the West Palm Beach community at large," says Business and Marketing Director, Kelly Colbath. "We want to spread the message that at Ultima we welcome everyone regardless of age or ability."

Interested in seeing what Ultima is all about? See page 7 for a seven day pass!

561-659-1724 | www.ULTIMADOWNTOWN.com

400 Clematis Street | West Palm Beach, Florida 33401



Not every person was born to perform in a large group setting in front of a live instructor. Fitness on Request creates a unique opportunity for Ultima to leverage down time and non-peak hours in the Group Exercise Studio to accommodate members who would prefer to workout in a less intimidating setting.

With a wide variety of classes scheduled, Fitness on Request is sure to offer a class that works on your schedule, at your fitness level, and in your comfort zone. Each class will automatically start at the designated time. The motorized screen will lower and the on-screen instructor starts the class. When the class is finished, the system automatically powers down—it's so simple!

"We are the only club in South Florida to have this kind of technology," says Business and Marketing Director, Kelly Colbath.

The Fitness on Request program is open for all members and guests, even Ultima's basic membership holders.

"We truly believe our members and guests deserve the best; the classes in this program are led by the nation's top fitness professionals... our management team has done a fantastic job putting together a great schedule with a wide variety of class types, lengths and levels." Colbath continued.

The adoption of the Fitness on Request program shows Ultima's continued commitment to provide the best in health and fitness.



WRAP UP THE 2013 TAX YEAR IN A GOOD STANDING

By Caroline Harless and Donna Holm, CPA, MST

During the frenzied holiday season, it can be challenging to turn your thoughts to your tax situation, but December is the time to take care of any last-minute financial matters. If what you need are more end-of-year deductions, there are multiple options that will allow you to save when you file for 2013. Even better, opting for tax-friendly charitable contributions will get you in the holiday spirit too!

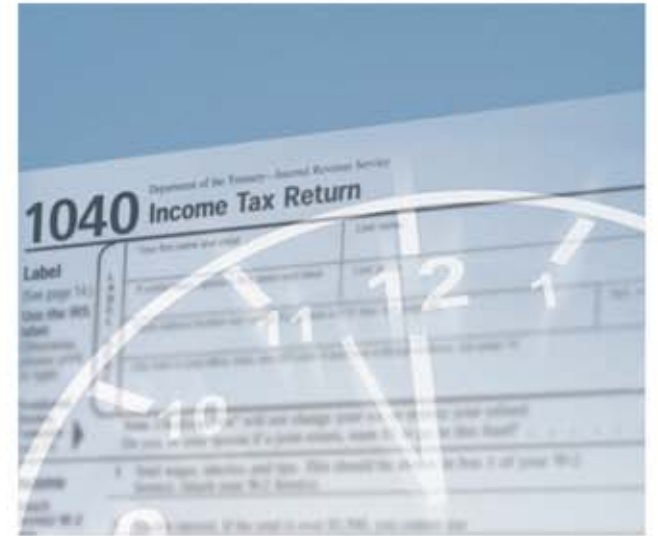
Each year, the first item on your end-of-year tax list should be to make sure you have maxed out your 401(k). The allowable contribution amount changes year to year, so be certain that you know what the current limit is. For 2013, the contribution limit is \$17,500 or \$23,000 for taxpayers age 50 and older.

Next, you might consider putting money into a 529 Plan (Qualified tuition program), which is an education savings plan with tax incentives. For the most part, funds can later be used for state or private colleges. Neither the location of the investor nor the investment matter when selecting an institution, however, a designated beneficiary must be chosen. A 529 Plan offers an excellent way to provide for your child or grandchild's future education. Contributions cannot exceed the amount needed for education expenses for the beneficiary, and if you exceed \$13,000 per beneficiary in a year, there might be gift tax consequences. However, there is no limit to the number of plans you can set up, so go ahead and get one started for each of the grandkids.

You've probably already received plenty of donation requests for end-of-year giving from charities you have supported in the past. Contributing to an organization you support is a benevolent way to lower your tax liability. In 2013, the IRS allows you to contribute and deduct up to \$100,000, which can replace required minimum distributions for those over the age of 70½. This law is set to expire at the end of this year. Although it could renew in 2014, it's not a guarantee, so the time to support your favorite cause is now.

Charitable donations can be used to benefit any registered 501(c) nonprofit organization from medical research to arts programming to religious and educational foundations. This means, you can give money to your child's school, even if it's a public institution, to an organization supporting cancer research, the symphony, a teacher's retirement fund or even your chamber of commerce.

Before making a donation, you can verify a nonprofit organization on a site like charitynavigator.org. As natural disasters and other world events take place each year, both reputable and questionable organizations are formed. You want to know that wherever you send your money, it's going to be used in the way you want it to be and that the IRS will recognize the organization at tax time.



In addition to cash donations, end-of-year in-kind donations can also provide allowable deductions. Popular large items include old cars and boats, although smaller goods like furniture, clothing and toys fit the bill here too. Keep in mind that any in-kind donation valued at \$5,000 or more requires an appraisal in order to be used as a tax deduction.

While you are wrapping up your holiday giving, take some time to give to your future, your family's education and your favorite nonprofits, and you'll get back a lot of benefits when you file your 2013 taxes. Discuss these and other options with your tax accountant to start the New Year in the best possible tax situation.



Caroline Harless
General Partner
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Common Myths About Your Eyes

By David A. Goldman MD

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

Sitting too close to the TV will ruin your eyes

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

DAVID A. GOLDMAN



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

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

Dr. Goldman's clinical practice encompasses medical, refractive, and non-refractive surgical diseases of the cornea, anterior segment, and lens. This includes, but is not limited to, corneal transplantation, microincisional cataract surgery, and LASIK. His research interests include advances in cataract and refractive technology, dry eye management, and internet applications of ophthalmology.

Dr. Goldman speaks English and Spanish.

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Your vision will get worse if you read in the dark

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

Wearing glasses makes your eyes dependent on them



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

Only boys are color blind

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

Eating carrots will make your eyesight sharper


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

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Acupuncture as Weight-Loss

This year, we decided to highlight Dr. Meng's Weight Loss Program at Meng's Acupuncture Medical Center as another way to demonstrate how acupuncture can be a method to wellness. Would weight loss *cure* an illness? Not completely, no, but with the relieved pressure the body experiences that comes with the reduction of the amount of weight it's supporting, many symptoms can be alleviated or even eliminated. Joint pain, for example. The extra weight puts a lot of pressure on the knees, which in turn causes pain and may even lead to surgery. Less weight means less strain on the knees, and in turn, less pain. Here is the testimony of a long-term patient, Marie Clark.

Clark, age 71, who lost 63 pounds in eight months, says that she never thought she'd like [acupuncture] as much as she does. Clark comes in three to four times a week because a car accident that left her with "severe pain" in her right shoulder. When suggested to see Dr. Meng, "the first thing I thought was I know I'm not gonna like it." Besides the pain, Clark was here to lose weight and water-retention. With the combination of Dr. Meng's diet, acupuncture, knowledge, and herbs, "I have drastically decreased my water-retention. I used to have bulges on my thighs due to water-retention, but I don't have them anymore!" In the first month of treatment, "I lost 15 pounds. I am really *really* impressed."



Smiling, Clark informs Dr. Meng, who in turn informs our staff, that her family and friends take notice, and compliment her of her changing exterior. Dr. Meng's method is to treat and balance the body as a whole, and as such, Clark reports that she has regained her energy, has consistently shed the pounds, and more importantly, kept them off. Clark has also regained her ability to sleep.

"After one month with Dr. Meng, I no longer take any sleeping pills. And after four months with Meng's acupuncture, my doctors suggested I go off my blood pressure medication because they said I didn't need it anymore!" With her body in a more stable balance, we the staff of Meng's Acupuncture Medical Center see that Clark's skin has also evened out, wrinkles smoothing out over time. Along with her digestive system, Clark also reports that her hormones are much more cooperative – now that the Meng's 180 Natural Herbs are a part of her life.

"The way I feel now is like night and day, and I plan to come back forever."

**Lost
73 lbs**



Acupuncture as pain-relief

Besides weight-loss, acupuncture can be used to treat virtually any health condition, but by far the most commonly thought-of medical issue for acupuncture is pain. And with good reason: acupuncture is safe, natural, and has virtually no side effects. Numerous scientific studies have demonstrated acupuncture to provide effective and lasting pain relief for lower back pain, knee pain, acute sprains, herniated disks, and even nerve damage. Acupuncture has also been shown to moderate fibromyalgia symptoms in many patients. The World Health Organization officially recognizes acupuncture as an effective medical modality for the treatment of acute and chronic pain. And many insurance companies will now cover acupuncture when used to treat pain conditions.



There is a major difference between the methodology of pain relief of Western medicine and Traditional Chinese Medicine (TCM). Most Western pain management is about masking or hiding the pain, and very little is done to actually treat the cause of the pain. This is especially true in chronic pain conditions. A combination of steroid shots and painkillers is often the prescription for many patients with chronic pain. Steroid shots can lead to unwanted weight gain and often become ineffective after several administrations. Pain pills can damage the internal organs, can lead to addiction, and do absolutely nothing to address the root of the pain in the first place. In our view, using painkillers to treat chronic pain is like treating a broken water pipe by putting a bucket under it to collect the water, rather than fixing the actual leak itself.

TCM is different because we not only address the pain itself but we seek to heal the root cause of the pain. The goal for most types of chronic pain is not pain management but pain relief. That is to say we are looking to heal the body so the pain is gone and there is no residual need for pain management.

Unfortunately there are certain conditions where acupuncture cannot entirely get rid of the pain. However even in those cases acupuncture can help to reduce the intensity and frequency of the pain and is a safe and natural alternative to drug therapy.

Dr. Meng's weight loss program has helped many patients who have found weight reduction nearly impossible. Her program, called "18 Days to Success", utilizes acupuncture, herbs, and food therapy for a total weight loss of eight to 15 pounds in 18 days. She is conveniently located on 4060 PGA Boulevard, Suite 202 Palm Beach Gardens. Please call her office (561) 656-0717 to schedule a consultation. Most major insurance accepted.



Yanhong Meng, AP, DOM

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 15 years of experience as a doctor of oriental medicine. She has owned and operated Meng's Acupuncture Medical Center since 2007.



Stephen Sedita, AP, spent 5 years as a research scientist working towards a Ph.D. in Complex Systems and Brain Sciences at FAU before leaving to pursue his passion of Chinese medicine.

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Teeth the Same Day: Yes This Treatment is a Possibility

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

One of the most amazing possibilities dentistry can offer is providing a patient new teeth the same day. Magical transformations can help replace a single missing front tooth or whole mouth of teeth. These therapies are well researched and have a great deal of success in certain circumstances.

How Does It Work:

Teeth the same day is a general description for placing one or more implants in the mouth and locking crowns on them right away. This bypasses the traditional waiting period and allows teeth to be inserted right away. The procedure can provide a wide range of treatment options for many patients who need to replace failing or missing teeth.

A number of techniques can be used to help a patient get new teeth the same day. The options for treatment may vary as no patient typically has the exact same needs. For example, a person who has all of their teeth but has an accident which knocks out a single front tooth, is different than someone who is wearing a full denture and has no teeth.

In either case, a dental implant or implants can be placed in the mouth to act as a support beam for crowns. Remember, a tooth has 2 parts, the crown you see when you smile and the root which anchors it in the bone. When a whole tooth is extracted, an empty socket remains in the bone. A dental implant is simply a root replacement. This new "root" can often be placed in the empty socket and over time becomes glued to the bone. Traditionally, once an implant is inserted, we wait a number of months (can range from a few to 6 or more) for this gluing to occur.

An important aspect for receiving teeth the same day is the determination of how "snug" the implant fits in the bone or socket at the time of the procedure. We know that ultimately the implant will likely glue to the bone, but determining the initial stability helps decide if we can place a crown on the implant right away. If the implant is not sufficiently "snug", attaching a crown to it immediately might cause the implant to loosen and fail. This is similar to putting a pole in wet cement and then moving the pole around. In this case, the pole will likely come out. The key to success of using implants for immediate support of teeth is the bone quantity and quality present in the area being considered for treatment.

Am I a Candidate:

Teeth the same day is a very successful approach, but it is not applicable in all cases. A patient with vast infection in the bone is very different than a patient with excellent bone that fell and broke a tooth. In addition, an individual's overall health history and medications may greatly impact success. An in-depth evaluation and a 3D CT scan are very important in determining the bone present in the treatment areas. This evaluation will help see if sufficient bone remains for treatment planning this type of procedure.

Teeth the same day can offer many patients a fantastic way to rebuild their smile and chewing ability with little downtime. The procedure is not for everyone and for every case. A great deal of skill and careful evaluation is needed to successfully plan and execute this advanced procedure.



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

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



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

The focus of his interests are conservative approaches to treating gum, bone and tooth loss. He utilizes advanced techniques including the use of the Periolas Dental Laser (LANAP procedure) to help save teeth and treat periodontal disease without the use of traditional surgical procedures. Additionally, he uses in-office, state of the art 3D CT imaging to develop the least invasive dental implant and bone regeneration treatment options. Dr. Cohen and his facility are state certified to perform both IV and Oral Sedation procedures.

Dr. Cohen currently serves 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. In addition, Dr. Cohen has been awarded Fellowship in the American College of Dentists, International College of Dentists and the Pierre Fauchard Academy.



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#selfie

By Brent Myers, Pastor of Community Life

Every year, Oxford Dictionaries announces a "Word of the Year". This is a word or expression that has attracted a great deal of interest throughout that year. This year's word is: Selfie.

A selfie is a photograph of yourself taken with a mobile phone or other handheld device, and uploaded to social media – Facebook, Instagram, Twitter, etc.

Personally, I am fascinated with the whole selfie concept. I wonder: do people think so much of themselves that they want others to look at them? Or do they think so little of themselves that they portray an unrealistic image through photos? Or maybe they just do it for fun? Who knows? But what I do know is that the selfie tells others a lot about ourselves.

And probably more than you even realize.

I read this the other day: "We (people) are God's selfie." When I first read it, I thought to myself: what a disappointment. But then as I spent more time letting the statement soak in, I began to understand the truth behind it – and the impact it could have on our lives if we began to embrace the whole idea.

We are God's selfie.

In the Bible we see in Genesis chapter one that God created the heavens and the earth. He created the seas, the animals, and all that we see everyday. "Then God said, "Let us make human beings *in our image, to be like us... So God created human beings in his own image.* In the image of God he created them; male and female he created them." (Genesis 1:26-27)

That passage also tells us what God thinks of "His selfie". When God created all of the other things, at the end of the day He said it was 'good'. When God created humans in His image, He said it was *very good*.

So here's the deal: we are God's selfie.

But what does that mean for us? It means that when you look in the mirror at yourself you should see something different. When you think that you don't have value as a person you should think again. Because God sees great value in you.

The Apostle Paul write this: "...we are God's *masterpiece...*" (Ephesians 2:10) King David wrote a song in which he wrote these words: "For you formed my inward parts; you knitted me together in my mother's womb. I praise you, for *I am fearfully and wonderfully made.*" (Psalm 139:13-14)



No matter how breath taking the sunset may be. No matter how majestic the scenery may look. No matter how beautiful the painting appears or how wonderful the symphony sounds. None of it compares to you. Because you are God's masterpiece.

You are God's selfie.

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