

SOUTH FLORIDA'S

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

February 2014

WPB/PBG/Jupiter Edition - Monthly

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# THE IMPACT OF SLEEP ON OVERALL HEALTH

By Barry N. Chase, DDS, PC, D. ABDSM, D. ACSDD

**M**any people “normalize” their poor sleeping quality. Good sleep is important for a healthy body and well-being.

An estimated 30% - 50% of people snore. Contrary to popular belief, snoring is NOT normal. When we are at rest, we are usually laying down. Gravity places force on the tissues of our bodies, causing our tonsils and tongue to shift backwards. This can make the airway narrow and result in the turbulence of airflow as it forcefully tries to push through. The force of air through the blockage is the unattractive sound that we all know as snoring. Snoring is not only a serious medical condition for the individual, but it can be an extreme disruption for a bed partner.

Medical researchers are continuously studying the effects of sleep apnea and snoring. There have been proven links to diabetes, early on-set of Alzheimer's, lowered metabolism and testosterone, daytime fatigue and drowsiness, sudden cardiac death and even cancer. If left untreated, sleep apnea can have irreversible or even deadly results.



**Gary M.** came into the office wearing a Yankees tee shirt and a Mets hat (I root for whose winning). Gary is 55 years old, average height and weight, active, married with children, and suffering from Sleep Apnea. “What’s your main concern about your sleeping?” I asked. “Snoring. Big time snoring. It’s so bad, my wife makes me sleep in the guest room. But in a way it’s OK. Lately, I’m not as interested in sex. Not sure why. Just

getting older, I guess. Besides, even if my wife was interested in sex, I don’t think I could do much. Seems I got ED [erectile dysfunction] too”, replied Gary.

Gary is typical of many men seeking treatment for Sleep Apnea. As you just read, Gary really has not connected his sleep apnea with his sexual dysfunction, loss of sex drive and erectile dysfunction.



**Ronald T.** is a 37 years old elementary school principal. He was somewhat overweight, constantly tired (even though he slept 8-10 hours each night), irritable and unable to get up in the morning to go to work. Not good for an elementary school principal to be tired, irritable and late for work. Ronald tried the C-PAP therapy and was unable to get used to it. He said it made him feel extremely claustrophobic, and although he tried smaller masks and nasal pillows, felt that the C-PAP was not working for him. He came to our office and received an Oral Appliance for his moderate case of sleep apnea. Ronald immediately got the deep and REM (rapid eye movement) sleep he needed. As a result he began to sleep only 7 hours waking refreshed and energetic at 5am. What was he to do for 2 hours before school started? The only place he thought of that would be open at that hour of the morning was an exercise gym. He joined. Within 4 weeks he lost weight, bought a new wardrobe, and got a "cool" haircut. He came back to the office for a follow-up visit, and we barely recognized him. It has been over a year since Ronald has been wearing his oral appliance and is still thin, energetic and "cool".

**John B.** was a 78 year old man with a history of cardiovascular disease, having had arterial by-pass surgery. He suffered from high blood pressure and high cholesterol. He was diagnosed for obstructive sleep apnea, was C-PAP intolerant and had impressions for an oral appliance taken. The day of his appointment to have his appliance inserted his wife called to say the John would not be keeping his appointment. She said he had difficulty breathing during the night, stopped breathing several times due to his sleep apnea and was snoring loudly. At 4:00 in the morning, John died of a heart attack.



### Treating OSA with Oral Appliances

**WARNING:** Find a dentist trained in Oral Appliance Therapy (OAT) for sleep breathing disorders and Temporal Mandibular Joint Dysfunction (TMJ) and familiar with the protocols and guidelines recommended by the Academy of Dental Sleep Medicine (AADSM).

Sleep apnea is a condition that can lead to other serious medical maladies, or can even be fatal. Make sure you are putting your health, and life, in the hands of a qualified dentist.

### Ask the dentist:

- Are you trained in OAT for snoring and sleep apnea?
- Do you use only FDA approved appliances?
- Are the appliances you make custom made, utilizing custom impressions?
- Are the appliances adjustable (titratable)?
- Do you work with physician's who diagnose sleep apnea?
- Do you recommend a sleep study after the OAT to monitor medical data for improvement?
- If I have TMJ symptoms from the OAT, how is that managed?
- Do you participate with medical insurance and file my insurance claim for me?
- Are you a Medicare provider for OAT?
- Does your treatment include follow-up adjustment appointments after the appliance is inserted?
- Does the appliance come with a warranty if it should break or need repair?
- Do you follow the protocols outlined by the AADSM?

There are many oral appliances to choose from. Make sure the one you get is FDA approved. The appliance selected should be based on the severity of your sleep apnea, your dental and cranio-facial (skull) anatomy, condition of your teeth, pre-existing TMJ dysfunction, and certain parameters of the sleep study.

### Medical Expectations for the Oral Appliance

Many patients ask, "Why did my physician have me try C-PAP before the Oral Appliance?" The answer is that the C-PAP can reduce your sleep apnea to less than AHI of 5 or even to 0 (when the patient has a comfortable mask, the machine is set at the right pressure, and it can be used all night). The oral appliance will not reduce the AHI to the lowest numbers as often as the C-PAP. The oral appliance has the limitations of the patient's anatomy. It will, however, accomplish the expected results. That is, it can reduce the sleep apnea to a level that will not threaten the patient's life, and reduce the symptoms of daytime sleepiness, morning headaches, snoring, etc.

**There is hope!** That is the message of the oral appliance. If you cannot wear C-PAP, you do not have to feel that sleep apnea will ruin and endanger your life. We tell patients the oral appliance can save your life, save your marriage (by eliminating snoring) and someone else pays for it (medical insurance).

The oral appliance is successful because patients wear it all night. They put it in when they go to bed and wear it until they awaken. During the hours we sleep,

we go through sleep stages. Most of the deep sleep is in the first half of the sleep hours, and REM sleep is mostly in the second half of our sleep. Many patients take the C-PAP off when they wake to use the bathroom, then return to bed and are too tired to replace the C-PAP. Wearing the Oral Appliance all night assures the patient they will get the maximum benefit of therapy and achieve the medical and symptomatic results they are after.

A properly constructed oral appliance is comfortable, kind to the TMJ, easy to wear all night, and very effective and should be covered by medical insurance.

If you have sleep apnea, or excessive snoring, or if you are undiagnosed and have excessive daytime sleepiness and other symptoms of sleep apnea, consult your physician or dentist and ask if an oral appliance is right for you.

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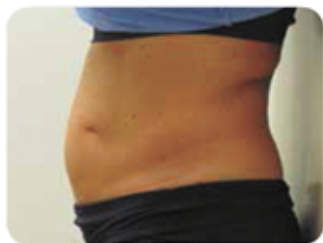
# LaserLipo

By Dr. Tred Rissacher

**A**ccording to European studies, laser treatments really do stimulate weight loss. While laser weight loss has been used throughout Europe for decades, it's fairly new to the United States. But now, many doctors and other qualified medical professionals, who have dropped weight themselves, are believers in the benefits of laser therapy for weight loss. Dr Tred Rissacher is one of those healthcare professionals. "When it comes to magical aesthetic or medical devices I am the biggest skeptic, I have been in practice for 25 years and seen many hoaxes come and go. I rely on research and proven results." Dr. Rissacher explains he could no longer discount this technology as he followed the research studies from Europe and explored the science behind the LipoLaser technology. "I rely heavily on clinical studies over a broad spectrum of patients to determine effectiveness, but nothing was more powerful than seeing it with my own eyes on my own body. I lost 10-12 inches of stubborn fat around my belly in only 12 sessions in 4 weeks. Today I am wearing a size 36 pants from a huge 42. I am also 40 pounds lighter from a whopping 265lbs to a lean and trim 225lbs thanks to my 'Ultimate Laser Assisted Weight Loss System.' I had to bring this technology to my clients in South Florida."

## The Science behind LaserLipo

Rather than a painful incision, the Lapex 2000 LipoLaser uses laser energy to safely (and painlessly) penetrate the skin and target specific adipose (or fat) cells. It is through this targeted process that the Lapex 2000 LipoLaser is able to in fact stimulate the cell itself into releasing water, free fatty acids, and glycerol. Having released these three compounds, water, free fatty acids, and glycerol (often referred to as Triglycerides), the fat cells "shrink" significantly, resulting in inch loss for patients!



## How does the Lapex 2000 LipoLaser Compare to Natural Weight Loss?

The genius behind the Lapex 2000 LipoLaser is in its ability to stimulate the release of triglycerides from the targeted fat cells. This process (release of water, free fatty acids, and glycerol from the adipose walls) is not only natural, it is essential for the human body to function.



9 Treatments/3 weeks time

The human body is an energy machine; it intakes fuel (caloric intake), it converts the fuel into an energy source and stores it (as triglycerides in fat cells), and then releases it when the need arises (fat cells release stored triglycerides). The challenge in this fantastic process is that sometimes the body stores more energy than it needs in its fat cells, resulting in an increase in an individual's physical size. It's by targeting this excess energy storage, and by further stimulating the body to undergo its natural process of releasing it, the the Lapex 2000 LipoLaser achieves its impressive results.

## The Procedure:

The client chooses an area to target such as the inner thighs or abdomen. Four to eight medium sized rectangle paddles are strapped to that area, each with four holes where the laser light comes out of. Two smaller paddles are placed on areas that can stimulate your lymphatic system, often just below your underarms. The two larger paddles are moved every 10 minutes to cover the entire area you want treated. Most sessions are 40 minutes in length.

Most patients will incorporate the use of a Vibration Platform for 10-20 minutes after treatment and/or a 20-30 min light physical activity, a brisk walk or bike ride. This stimulates all cells in the body to function at a higher rate, which in turn increases the metabolism causing more fuel to burn which helps to accelerate weight loss. This also causes increased local circulation to targeted areas, giving the visible cellulite area a "smoother" look. Waste products are expelled at a cellular, lymphatic and excretion level. This also stimulates all cells in the body, increases blood flow, oxygen intake and stimulates metabolism to help flush out toxins. Laser Lipo is shown to release 40 to 60 grams of fat during a typical 30-40 minute treatment. This represents 400-600 calories of sheer fat loss.



9 Treatments/3 weeks time

Total Inch Loss = 10 1/2"

## Is LaserLipo safe?

LaserLipo is completely safe; it engages the body's natural process of burning fat and eliminating excess toxins. The only side effect is smiles.

Call today for your Free, no obligation consultation with Dr. Rissacher and find out if LaserLipo is right for you. 561-962-2253 or 772-223-2253.

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# What Is a Subconjunctival Hemorrhage?

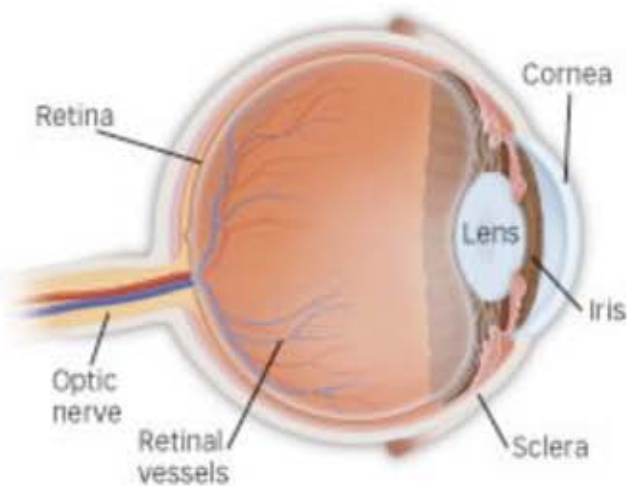
By Lauren R. Rosecan, M.D., Ph.D., F.A.C.S.

**A** subconjunctival hemorrhage is similar to an ordinary bruise on the skin — it's like a bruise of the eye. It usually appears as a single concentrated spot of red, or many scattered red splotches, on the white of the eye. The redness is blood under the conjunctiva, a clear membrane that covers the white of the eye (called the sclera) and the inner eyelids.

Seeing a subconjunctival hemorrhage on your eye can be alarming. Yet it is actually a common minor occurrence. It is almost always harmless and will heal on its own. It does not affect vision and generally does not cause pain. There are usually no sensations or symptoms, other than the appearance of the red spot. In fact, you may not even be aware that you have a subconjunctival hemorrhage until someone points it out or you look in the mirror.

## Subconjunctival Hemorrhage Causes

The conjunctiva contains many blood vessels and capillaries, the tiniest blood vessels in the body. These vessels can break, causing blood to leak between the conjunctiva and the sclera. This minor bleeding under the eye's outer membrane is what causes the bright red spot to appear on the white of the eye.



The most common causes are coughing, sneezing, straining, or any similar action that temporarily raises blood pressure in the veins, leading to a small rupture in a blood vessel or capillary. Subconjunctival hemorrhage can also occur because of trauma to the eye — even minor trauma such as rubbing the eye vigorously.



Other common but less frequent causes of subconjunctival hemorrhage include diabetes mellitus, high blood pressure, and excessive amounts of certain medications such as aspirin or blood thinners like warfarin (Coumadin®), which affect the body's bleeding mechanisms.

Much less frequent to rare causes may include blood clotting disorders or other systemic blood disorders.

If you have recurrent or excessive subconjunctival hemorrhages, your ophthalmologist (Eye M.D.) will examine your eyes, assess your risk factors and order appropriate laboratory studies, if needed, sometimes in collaboration with your primary care physician.

## Subconjunctival Hemorrhage Treatment

Treatment of a subconjunctival hemorrhage is generally not necessary. Over time, the blood spot will slowly disappear, clearing up on its own. This may take days or weeks, depending on the size of the blood spot. If your eye is irritated, your ophthalmologist may recommend that you use over-the-counter artificial tears.

In general, if you have a subconjunctival hemorrhage, you can expect your ophthalmologist to reassure you that the blood spot will go away. Although subconjunctival hemorrhage can seem alarming, it is usually a temporary, harmless condition that your Eye M.D. can assess appropriately for you.

## The Retina Institute of Florida

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# Love is in the h**AIR!**

By Alan J. Bauman, M.D.

**When is the last time you showed your hair some love?**

**W**hether you are fighting dry hair during the winter months, or frizz during the summer, it is always good to reevaluate your beauty regimen to make sure you are giving your hair everything it needs to be thick, healthy and beautiful all year 'round.

Since love is in the air this month, here are four easy ways to show your hair a little extra TLC.

**Feed Your Hungry Hair** – It may seem unrelated, but what you eat, or don't eat, has a huge impact on the health of our hair. A diet rich in whole foods, especially protein, is essential to achieving and maintaining healthy hair, while on the flipside, caloric, iron and protein deficiencies are among the most common nutritional triggers for unhealthy hair and hair loss. Eating a healthy, well balanced,

protein-containing diet is important for maintaining healthy hair growth. In addition to protein, there are other "hair healthy foods" for those looking to increase their hair's length, shine or thickness. Vitamins, especially of the vitamin B family and biotin (B7, aka Vitamin H), are important to the overall health of your hair and preventing hair loss and thinning from breakage due to overstyling. So if you want to show your hair you care, put down the box of chocolates and replace it with one of the many, healthy hair foods, like salmon, which is loaded with omega-3 fatty acid, dark green vegetables for vitamins A and C, and nuts, which are a terrific source of zinc, which can prevent hair shedding. Nutritional supplements like the marine-derived protein based Viviscal Professional and doctor-designed Hair Vitamin Complex can all boost the vitality of your hair.



**Avoid Over-Styling** – Salon perms, Brazilian blowouts, frequent color treatments and even that super hot blow dryer or that flat iron used over and over again at home can degrade the proteins that make up your hair and its protective cuticle. Once the protective cuticle is damaged, moisture balance is disrupted and the hair is more prone to breakage. Heat degrades the proteins that make up the structure of your hair and because hair does not self-repair, once the damage is done... it's done. Turn down the heat or say 'no' to the compulsive flat ironing in order to protect your hair from thermal damage. Products like Pantene Thermal Protection and Shine Spray can be helpful in decreasing friction and improving shine. Harsh chemicals are another risk to your hair. Many consumers don't realize that chemicals like bleaches and dyes fundamentally change the structure of your hair, making it weaker and more susceptible to breakage and damage. Overusing these treatments can lead to severe breakage, hair fall, loss of density, volume and shine.

**Treat Your Scalp** – Healthy hair starts with a healthy scalp! But unfortunately, too many women forget to give their scalp the attention it needs. Daily shampooing and conditioning may help keep your hair healthy, but sometimes the scalp needs a little specialized attention. Whether your scalp is dry, itchy, flaky, or oily, it is easier than you may think to get a beautiful healthy scalp. Love your scalp like you love the skin of your face, and take care of it the same way. We exfoliate our faces to remove dry skin; the same practice can be used on your scalp to remove any dry and dead skin cells. After you've removed any dead skin from the scalp, you may want



to continue the pampering with a moisturizing treatment to help add back some protective hydration. Itchy, flaky or irritated scalp can be a sign of a *Malassezia* fungal overgrowth on the scalp and is easily treated with the *zinc pyrithione* found in the newly improved gentle Head & Shoulders shampoo.

**Give Your Hair a Boost** – In addition to poor diet and over-styling, there are many lifestyle factors that can impact the health of your hair. Sleep habits, smoking, and alcohol consumption can all affect the hair fiber production. Medications, like antihypertensives, hormones (from thyroid treatment to birth control and hormone replacement), statin drugs, mood modulators (antidepressants/anti-anxiety agents, etc.) all may impact hair growth and hair quality. Chat with your doctor before reducing or stopping any prescribed medication, of course! With so many factors at play with the health of our hair, including our genetic risks and inherited hair qualities, it is good to remember to give your hair a little extra TLC from time to time. For many looking to give their at-risk hair a little boost, "LOVE" is spelled "L-A-S-E-R." Originally getting the nod from the FDA as a side effect-free way to treat hair loss, low level laser "brushes," "hoods" and "caps" are now being used by more women to simply improve hair quality by helping hair follicles create thicker, fuller, shinier and healthier hair. Stick with doctor-prescribed and doctor-tracked laser treatments to get the biggest benefit from laser therapy.

No one likes having a bad hair day, but if you find the right hair care regimen and follow it regularly you will find they will be fewer and farther between. Luscious locks are easy – if you follow the right steps! From eating right, to a weekly scalp massage or laser therapy treatments, there are a lot of great things you can do for your hair. The first steps to healthier hair is to assess the current state of your hair, identify any problems, and create a plan of action to get your hair back on track. For some, this is as simple as a shampoo change or daily vitamin supplement, for others, a professional medical consultation from a specialist is needed to get to the root of the problem.

Just remember, your hair can be your crowning glory, or an endless nightmare—it is up to you! Isn't it time you showed your hair some *love*?

## 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 of 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](http://www.baumanmedical.com)



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

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# Fitness Made Easy at Fitbella

**A**ntoinette Montgomery, a married mother, and 62 years young shares her journey to fitness through Fitbella's unique approach.

Antoinette first took notice of Fitbella's unique approach though an article in the Health & Wellness Magazine, and saw them again on TV. "It seemed an intriguing approach to physical fitness and I just had to check it out." Antoinette is an avid fitness connoisseur, she's done it all from power walking to boot camp classes but never come across a program as customized and individualized as Fitbella.

Antoinette wanted to lose a few pounds, reduce the appearance of cellulite on her thigh area while trimming a few inches from her thighs and upper arms. She decided to give Fitbella a try and booked a session. "When I came in for my complementary session, I noticed that with just the first session it truly did make a difference in how my clothes fit. Also, I happen to be one of those middle-aged women who end up having those deep, vertical lines on the décolleté area of our chest—amazingly, since starting the Fitbella program, they dramatically reduced, I'd say, about 95%—so I will give the FitBath credit for that!" explains Antoinette.

Antoinette can't say enough good things about the FitCoaches, "Tina, Robyn, Linda, and Melissa are so pleasant, always a smile to greet you. They are excellent at developing an exercise program for your body that targets specific problem areas...they are the best." When asked what advice she would give women thinking about starting a fitness program Antoinette responds, "Just make it happen! The sooner you begin, the sooner you will see results! If your brain is thinking that you should be making positive changes, your body wants that too!!! FitBella is a great choice, especially if you don't like working out, the exercise portion of Fitbella is only 20-30 min, and the rest is breeze! Make Fitbella your New Year's resolution!!!!"

PS: My husband really loves the results!!!

Contact Fitbella today to schedule your complimentary session 561-775-0122.



Come see what everyone is talking about - at Fitbella

**Open House**  
February 1st  
1p-3p



# New Technology in the battle against Osteoporosis

You may already be aware of how vibration training can help drop a dress size, but did you also know that it could help fight the onset and progression of osteoporosis?



elevation  
HEALTH

**O**steoporosis is a silent malady, a fragile bone condition that affects 44 million Americans causing more than 1.5 million fractures each year in the U.S. at a cost of \$17 billion.

Although both genders are affected, later age women are particularly susceptible. Osteoporosis afflicts an estimated 1/3 of women aged 60 to 70 years of age, and an extraordinary 2/3's of women aged 80 or older -- approximately 200 million women worldwide suffer from osteoporosis.

To date, the medical community has prescribed largely calcium supplements, vitamin D, resistance training, and controversial prescription drugs such as Fosamax to prevent and treat the malady, however, there is a revolutionary new technique to preventing and treating osteoporosis that is really 'shaking things up'. It's called "vibration training", or "whole body vibration".

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## Power Plate

Published research and a host of anecdotal, first-hand experiences by doctors, therapists and Osteoporosis patients are supporting the use of The Power Plate, an advanced whole body vibration system.

**561-203-7945**

[www.jupiter.elevationhealth.com](http://www.jupiter.elevationhealth.com)



**The Power Plate** initiates the body's innate reflexive response by slightly disrupting stability in order to stimulate a wide array of benefits including; but not limited to, increases in muscle strength, flexibility, hormonal release, lymphatic drainage, bone density and metabolic rates. Just as the leg kicks forward involuntarily when the doctor strikes the lower knee to test reflexes, the body's muscles engage in an involuntary reflexive muscle contraction in response to the vibration from the Power Plate system.

## A New Holistic Approach to Osteoporosis

Vibration treatment is not only effective and painless in preventing and treating osteoporosis, but it's also very time efficient.

According to Scott Hopson of Power Plate North, "Conventional resistance training methods can create challenges for a wide range of the population either reluctant to, or unable to, engage in the time consuming and high stress obstacles associated with them. The Power Plate provides an exciting and holistic alternative, using the natural forces of gravity, in a significantly less stressful and time consuming environment - as little as 10-20 minutes 3 times per week."

In 2004, the American Journal of Bone Mineral Research published the results of a six-month study conducted with 70 post-menopausal woman, comparing bone scan results of those utilizing Power Plate over a 24-week period with those utilizing conventional resistance training over the same period.

Bone scan results for the Power Plate group revealed a 1.5% bone mineral increase at the hip, while the resistance training group revealed no significant increase.

As a bonus, the Power Plate group revealed significant improvements in postural control and balance, critical components to reducing falls which commonly result in fractures and significant injuries among those living with Osteoporosis.

What is equally critical to note is that the Power Plate group achieved its results in half the time and with significantly less effort as those that utilized conventional resistance training - three 30-minute sessions per week for the Power Plate exercise group compared to three 60-minute sessions per week for the resistance training group.

The Institute of Musculoskeletal Research and Clinical Implementation found that whole body vibration workouts, like that used through the Power Plate, improved the Bone-mineral density of participants by 4.3% after 8 months and improved balance by 29%.

In addition to published research, a host of medical and therapy professionals including doctors, physical therapists, wellness & longevity therapists and chiropractors are reporting positive and compelling stories of success with their own patients. In a time of medication recalls, it's good to know there is a safe and effective alternative. Vibration therapy using Power Plate technology for the prevention and treatment of osteoporosis is that safe and effective alternative.

To learn more about The Power Plate and determine if this treatment is right for you contact the doctors John & Sandy McLean, DC at Elevation Health 561-203-7945.



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- The #1 health complaint is **NO ENERGY?**
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- Energy drinks only give your body a temporary energy jolt, but eventually burn out organs like your thyroid, adrenals and the heart.
  - Many "energy drinks" have been linked to stroke, heart attack and even death!

Would you like to:

- Increase your energy by 300%?
- Create HIGH amounts of energy all day long, without the aid of artificial poisons?

At this workshop we'll share the top energy producing strategies which are simple, yet powerful. People with energy can be more, do more and have a more fulfilling and exciting life!

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[www.Jupiter.elevationhealth.com](http://www.Jupiter.elevationhealth.com)

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**Dr. Sandra McLean, DC | Dr. John McLean, DC  
Josephine Bunn, Certified IP Coach**



# A Family Tradition

Family is at the core of the medical practice of Drs. Robert C. Greer IV and Robert C. Greer V.

**T**he father and son duo specialize in family medicine at their offices in Lake Park, where they are continuing a tradition begun in the late 1950s by Dr. Robert C. Greer III. They're joined by Kelli Greer, R.N., B.S., Practice Manager, the wife of Robert IV and the mother of Robert V.

Dr. Greer IV says it was virtually a foregone conclusion that he would follow in his father's footsteps after completing his training in Orlando in 1978.

"After more than 20 years of solo practice – and this was in the days of house calls – he was getting a bit tired," recalls Dr. Greer IV. "I am glad I did join him as he died at 61 of pancreatic cancer after I had practiced with him for about 10 years."

A love for working with his hands and faced-paced environment initially led to Dr. Greer V to consider an emergency room physician. But that ambition faded away as his medical training progressed.

"Growing up I was privileged to witness what true primary care should be," explains Dr. Greer V. "My father loves what he does and works hard to convey that. I trained in New York City, Texas, Oregon, inner city Los Angeles, Atlanta, rural Georgia and even internationally. I feel as though I got to see the discrepancy in modern American healthcare, up close, and what the true issues were. During my intern year I got to work in a hospital where I saw medicine get a 1000% markup and administrators dictate care in place of the patient's or the doctor's orders. There were many instances where I felt the patient's best interests were not at heart and I longed for the ideal circumstance my father had."

He joined forces with his father about one year ago when Dr. Greer IV invited him to form a partnership. "It feels great to carry on the tradition and the patients respond to that level of dedication," says Dr. Greer V. "Most of my friends whose parents are doctors encourage them to pursue other fields due to pay cuts and red tape. My dad has always said it is the most noble of professions and I can't disagree."



The Drs. Greer practice Osteopathic medicine – a healthcare system rooted in not just treating specific symptoms, but in preventing disease by factoring in how the body's systems are interconnected and affect each other.

"The Osteopathic concept is the body is a self-healing organism and disease signifies an alteration in the homeostasis or balance in that organism," explains Dr. Greer IV. "I suggest we are a body, mind and spirit and if one of this trio is not right, the whole is at risk for "dis-ease" or a state of illness. This leads to a D.O. (doctor of Osteopathy) concept of the role of the musculo-skeletal system as a critical part of the "body" equation. All the body's nerves exit the skull and spine and all the blood vessels are controlled by these nerves. If the skeletal system is not right this may well impact the whole body in multiple ways."

Both men specialize in family care for all ages and Dr. Greer IV also specializes in Aviation Medicine. The office also provides all types of immunizations, including those required for overseas travel, as well as EKGs and immigration, school, DOT, CDL, and U.S. Coast Guard physicals. Additionally, the office is an MRO NIDA certified drug collection site and provides all types of drug testing.



Dr. Greer V points to several factors as having helped make the practice a success over the years.

"Patients know we're here for the long haul," he says. "We're not a gigantic corporation or a hospital owned entity. We know patients on a first-name basis and we see families. We also forward the office phone to our cell phones after hours, so we are always in touch. You just don't get that care anywhere else and that's appealing to a lot of patients."

For more information or to schedule an appointment, please call (561) 844-2464 or visit our website at [www.greerdr.com](http://www.greerdr.com).



# TREAT YOUR PAIN LIKE A PROFESSIONAL...

## Integrative Medicine Meets Neuroscience to Manage Chronic Pain

By Kathy A. Steffens, Creative Development & Resource Coordinator

**“Chronic pain alone affects approximately 100 million U.S. adults. Pain reduces quality of life, affects specific population groups disparately, costs society at least \$560 – 635 billion annually...”**

*- Institute of Medicine, “Relieving Pain in America: A Blueprint for Transforming Prevention, Care, Education, and Research” (Washington, DC: National Academy of Sciences, 2011) p. 5.*

More and more people around the country suffer from chronic pain. Generally considered to be pain that lasts longer than three to six months, Merriam-Webster gives this definition of chronic: “marked by long duration or frequent recurrence.”

You may be experiencing severe or excruciating pain, which often results in an inability to work or enjoy activities with your family – or you may be suffering indirectly with a family member who is continually in pain. The consequences of non-cancer-related chronic pain can frequently involve depression, anxiety, addiction to pain medications, personality changes, memory loss, and conflict in relationships. Dealing with these issues long-term can bring intense emotional distress and feelings of hopelessness to the entire family. Though there may seem to be no way out, there is a way to unlock the cycle. An evidence-based integrative mind-body approach to treatment can bring healing and a renewed sense of well-being for most people who suffer from non-cancer-related chronic pain.

Chronic pain is complex and caused by many perpetuating parts that are intricately combined. Referred to as “Complicated Pain” by Jerry Lerner, M.D., Medical Director and Chief of Pain Medicine at Sierra Tucson, pain is difficult to analyze, understand, or explain due to the interplay of biological and psychological factors. “Although chronic pain is resistant to proven treatment approaches and frequently does not resolve or improve within expected time frames, it IS potentially responsive to an integrative treatment approach that is directed to ALL perpetuating factors and their interplay,” says Dr. Lerner.

Dr. Lerner teaches that there are four major causative and perpetuating factors in chronic pain:

- Bio-mechanical stressors
- Hyper-sensitization
- Inflammation
- Inertial forces

Each of these factors involve in-depth components, requiring a wide range of interventions. By understanding and treating all of these different factors at the same time with medical, psychological, and wellness/integrative strategies and techniques, pain can be significantly relieved.

Moderate to severe pain frequently results in opiate dependence or abuse. The source of most prescription painkillers is from well-meaning doctors who prescribe medications to alleviate pain. However, medication alone is rarely the answer. A sad fact is that prescription painkillers now kill more people than heroin and cocaine combined. Medications may inhibit a person's capacity to participate in therapeutic activities (physical and psychological), and long-term opiate use may even cause pain. Prolonged exposure to opiates can result in increased sensitivity to pain in some individuals. Detoxification and chemical dependency treatment, if needed, can be an important beginning to accurate evaluation and management of pain.



The Pain Management Program at Sierra Tucson is innovative in its treatment and management of chronic pain with a commitment to treating the whole person through a bio-psycho-social-spiritual model. Interdisciplinary coordination among physicians, psychologists, therapists, and integrative services practitioners allows treatment to interlace among medical, psychological, and complementary/wellness models, essentially promoting true mind-body integration. Sierra Tucson also has full programming for addictions, mood disorders, trauma recovery, and eating disorders so that the needs of patients with complicated pain and co-occurring disorders can be met.

*Listed below are some of the services offered to patients in Sierra Tucson's Pain Management Program:*

- **Medical:** Medical and psychiatric assessments, medication management, injection services, detoxification, nutritional assessment/anti-inflammatory nutritional instruction, skilled nursing care
- **Psychotherapeutic:** Psychometric testing, pain education, biofeedback/neurofeedback, pain process group therapy, mindfulness stress reduction, Dialectical Behavior Therapy (DBT), Eye Movement Desensitization and Reprocessing (EMDR), Somatic Experiencing®, Equine-Assisted Therapy, sleep restoration plan, grief and loss counseling
- **Physical Rehabilitation:** Physical therapy, personal training, hydrotherapy, movement therapy, yoga, therapeutic recreation

- **Integrative Services:** Integrative Medicine consultation with licensed naturopathic physician (NMD), acupuncture, chiropractic massage, Reiki, Shiatsu, Somato-Emotional Release Massage (SER)
- **Family:** Four-day Family Program to enhance patient recovery and extend healing to the family

The multidisciplinary treatment teams at Sierra Tucson meet regularly to assess and review each individual's progress, sharing insights from their areas of expertise and collaborating to update the patient's treatment plan. This continual reassessment provides the very best treatment to simultaneously address the total scope of your pain management and any co-occurring disorders.

Although no one is guaranteed to leave the Pain Management Program pain-free, suffering can be relieved to a great extent. As awareness, mood, sleep, and physical ability improve, your quality of life can be enhanced and continue to progress after treatment.

*“I came broken. Sierra Tucson literally saved my life and restored my most precious commodity: hope.” ~Matt / Darien, CT*

For information about finding hope and health at Sierra Tucson's residential Pain Management Program, call 855-373-7758.

**Jerry Lerner, M.D.**  
Medical Director  
Physical Medicine and Rehabilitation,  
Chief of Pain Medicine  
SIERRA TUCSON



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# The Skinny on the 14 day Paleo Cleanse...

By Dr. James McErlain, D.C.

**T**here are literally thousands of cleanses on the market today. All promising to detoxify the body, renew energy and help you drop a few pounds in the process. However, all cleanses are not created equal, many are simply unsafe and place undue risks on the body. The purpose of a cleanse is to detoxify the body of harmful chemicals while supplying important nutrients vitamins and minerals. Using the Paleo 14 day cleanse you will eat normal store bought food as well as nutrient packed meal replacement shakes. Let's dispel the myths from facts about cleansing.

## **Cleansing is unnecessary because the body is designed with organs like the liver to rid itself of toxins.**

**FALSE:** Due to unhealthy lifestyles and an increased exposure to environmental toxins from modern-day living our bodies cannot keep up with its own cleansing. Your liver plays a huge role in filtering out toxins and metabolizing fat. The overloaded liver will first filter toxins to ensure that they do not find their way into your brain or heart where they might harm you! Rather than eliminating fat, it deposits it directly into your body. Kidneys, bowels, skin, blood, and gallbladder have to make similar decisions daily. If you never cleanse, clogged organs will continually deposit dietary fat into your body rather than flushing it through. Over time, stored toxins will re-circulate contributing to those daily symptoms we consider "normal" and learn to deal with. Over the longer term they contribute to chronic disease.

## **Lean or healthy people who eat well and exercise regularly do not need to cleanse.**

**FALSE:** Research reveals that it doesn't matter where you live, how old you are, how clean living you are, if you eat organic food, or if you get a lot of exercise. We all carry inside of us hundreds of different pollutants and these things are accumulating inside our bodies every day. In lean individuals these toxins go directly to the organs like the liver and kidneys, causing them to become overworked and weak. Over time the toxins may manifest themselves in some form of disease.



## **Cleansing is the same thing as fasting.**

**FALSE:** Fasting does not incorporate food, starving the body of both calories and essential nutrients. Fasting is unhealthy and potentially dangerous, leading to muscle depletion and other serious health problems, typically having less than 10% long-term success. The Paleo Cleanse is not a fast, liquid protein or starvation diet. It is designed to supply the body with balanced nutrients, you nourish your body with food and important supplements.

## **While cleansing you experience low energy, physical discomfort and frequent trips to the bathroom.**

**FALSE:** To the contrary, while following the Paleo 14 day cleanse most are surprised by their increased energy and how great they feel. Low energy, physical discomfort and frequent bathroom trips are the result of cleanses that contain aggressive cleansing ingredients, do not replenish the body, and lack adaptability to individual needs.

## **Some cleanse programs can deplete the body of essential nutrients.**

**TRUE:** Many cleansing programs focus on eliminating toxins from the body without properly replenishing it in the process. As a result not only are toxins removed, but the body also becomes depleted of essential nutrients. The Paleo Cleanse does not sacrifice important nutrients. As a result, you feel better than ever as you revitalize your body with nutrients. It is this combination of detoxifying while re-nourishing that makes this system so uniquely and powerfully effective over other approaches.

## **Fat cells store toxins thereby protecting other vital organs.**

**TRUE:** Several studies, like the ongoing study by the US EPA since 1976, and the 2006 Canadian study by Environmental Defence Canada reveal that harmful toxins are stored in everyone's fat cells. Fat cells actually enrobe heavy metals and chemicals to keep them away from your vital organs. This contributes to the most stubborn fat stores that are nearly impossible to remove without cleansing. When fat loss is attempted through standard approaches to diet and exercise without cleansing not only is it more challenging to lose the fat, but the circulation of stored toxins poses an increased health risk.

## **Losing more than 2lbs of weight per week is unhealthy, producing muscle loss and rebound weight gain.**

**FALSE:** Muscle atrophy occurs as a result of insufficient calories, nutrients and/or lack of exercise. The Paleo 14 day cleanse restores vitamins and nutrients that protect lean muscle mass while targeting the loss of toxic fat storage. While the purpose of The Paleo Cleanse is not weight loss however, it is not uncommon for our clients to lose 14 lbs in 14 days. That's a fantastic side effect.

### **Symptoms of body toxicity:**

- Digestive Problems
- Bad Breath (Halitosis)
- Fatigue
- Feelings of Malaise
- Constipation
- Headaches
- Itchy Skin
- Skin Rashes
- Joint Pain
- Weight Loss Resistance
- Poor Concentration
- Irritability



**Want to learn more about the Paleo 14 Day Cleanse, contact Dr. McErlain, DC at Jupiter Healthcare 561-741-7575.**

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 WHICH IS PERFORMED AS A RESULT OF AND WITHIN 72 HOURS OF RESPONDING TO THE ADVERTISEMENT FOR THE FREE, DISCOUNTED OR REDUCED FEE SERVICES, EXAMINATION OR TREATMENT. NORMAL CONSULTATION FEE IS \$80.



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# Worried About Getting the Flu?

**Fight Back with High-Dose IV Vitamin Therapy!**

*By Bruce R. Dooley, M.D.*

**T**he dreaded flu season is here and with it the rapid spread of the H1N1 virus, which according to the Centers for Disease Control is now pervasive in 40 states, including Florida. At our Advanced Natural Medicine center in Jupiter, FL, we help people help themselves by strengthening their immune system so they can resist “what’s going around.” One of the most effective methods is through high-dose intravenous (IV) vitamin therapy, which can deliver far more germ-fighting power to the body than can be taken by mouth. IV vitamin therapy, especially our Immune Booster Vitamin C, effectively fights bacteria and influenza and bolsters health, and for those who may already have succumbed to the “swine flu,” it can help give the body ammunition to fight its way back to wellness. Help your body resist illness with high-dose IV vitamin therapy. There is no wait for the appointment, the treatment is safe, and the cost is very affordable.





### Nutrients Delivered Directly to Cells Through the Bloodstream

These treatments are so effective because 100% of the vitamin/minerals infused by IV are delivered directly to the cells – which provide energy, immune protection and make our nervous systems work. This is in contrast to supplements taken orally, which must be taken at lower dosages to avoid stomach upset, and often are poorly absorbed. You may be shocked to learn that sewage treatment plants report that they remove TONS of undissolved vitamins from their treatment ponds every year. Literally money down the drain. Synthetic vitamins and minerals are typically delivered in a packed tablet that does not dissolve in the stomach and thus pass right through the body. Of course this means that very little, if any, vitamins and minerals are absorbed by the body.

### High-Dose Vitamin Therapy Effective for Many Common Health Concerns

Some of the many uses of Vitamin and Mineral IV infusions include:

- To stop the progression of colds and infections
- Improve energy and combat fatigue
- Before and after surgery to reduce stress and aid tissue healing
- Before air travel to resist infection and reduce jet lag
- Improve athletic performance
- Improve cancer outcomes

A U.S. Phase I clinical trial in February 2013 has shown that adding IV Vitamin C in association with a common chemotherapy drug for an aggressive type of cancer (pancreatic) extended patients' average survival time to 12 months, compared to historical survival times of 5.65 months for such patients. More remarkable is that three of the patients were still

alive at the end of the trial (two at 15 months, one at 29 months) which means overall survival could further increase. One patient had a remarkable 9-fold reduction in the size of his tumor.

Doctors and researchers at the University of Iowa Carver College of Medicine are looking to complementary, natural treatments as a means of improving cancer patients' prognosis - and IV Vitamin C has now done exactly that with remarkable, clinically demonstrated results. Using 50 to 125 grams of vitamin C, patients were infused on a weekly cycle along with the standard chemotherapy drug for pancreatic cancer being administered on a different day of the weekly cycle. The average treatment duration was six months (range: 60 to 556 days) during which patients lost an average of only 11 pounds, which is much less than expected. Side effects were minimal in this and in another study (see below).

In other human trials, this therapy has been shown to significantly improve quality of life for breast cancer patients and for patients of multiple other cancers. In early 2013, another study demonstrated that IV Vitamin C significantly reduced inflammation markers in 76% of cancer patients, which is important for a better prognosis. Just as impressively, the same trial showed that IV Vitamin C decreased tumor markers in 77% of prostate cancer patients and 73% of breast cancer patients.

A 2011 study in Germany is one more example, showing that IV Vitamin C markedly improves the quality of life for breast cancer patients. This study compared breast cancer patients receiving IV Vitamin C and standard therapy together, versus standard therapy alone. Those receiving IV Vitamin C experienced a marked reduction (nearly 50%) in unpleasant symptoms and chemo/radiotherapy side effects such as loss of appetite, fatigue, depression, sleep disorders, dizziness and bleeding. Clinical trials have not yet proven IV Vitamin C to shrink tumors, but that's no reason for an

oncologist to reject this therapy. Improving quality of life is also an important goal of cancer treatment, and clinical experience shows IV Vitamin C does exactly that.

### Proven Clinical Results Backed by Positive Patient Outcomes

Such positive results are likely the reason why many thousands of patients worldwide elect to be treated with this therapy every year. Those considering IV Vitamin C therapy for any reason, including cancer, should keep in mind an important lesson from other trials. Namely, patients who begin this therapy earlier tend to respond better, as do patients who undergo more Vitamin C infusions.

With IV Vitamin C therapy shown to be effective against a formidable foe such as cancer, imagine the positive impact it can have on individuals with other forms of immune system disorders. Intravenous vitamin therapy represents an exciting advancement in integrative and functional medicine, allowing physicians to help patients prevent and treat a wide variety of conditions safely and effectively.



### Upcoming Health Talks at Advanced Natural Medicine

**Tuesday, Feb. 11 @ 6:00 pm:**  
Top 10 Super Immune Boosters

**Tuesday, Feb. 18 @ 6:00 pm:**  
Better Circulation for a Healthier, Sexier You

**Tuesday, Feb. 25 @ 6:00 pm:**  
Declining Health Begins in the Gut!

### Bruce 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 – including IV Vitamin C -- to the Jupiter area at his Advanced Natural Medicine center at 561-744-2724.





# Why Do I Need My Companion at My Appointment?

By Kevin Amdahl, MS Brought to you by Dana Luzon Au.D.

**T**his is something that a lot of our patients ask, and I'm more than happy to clarify. When any of our patients schedule, we always ask that they bring a spouse, significant other, or a close family member to the appointment for a variety of reasons:

- **There is a lot of information to go over.** We pride ourselves in how much we know about hearing loss, and we like to pass that information on to our patients. When you come in, our AudigyCertified audiologists are going to give you all of the information they can to help you, and having a loved one with is great because it's an extra set of ears to listen.

- **Emotional support.** Finding out you have a hearing loss is hard, and having a support system at the appointment with you can be exceptionally helpful.

- **A different perspective.** You might have questions when you come in, and that's fantastic! But this might mean that your companion also has questions, and we want to answer those as well.

- **You might not know you're not hearing certain things.** If you do have a hearing loss, you might not know what you're not hearing. Bringing someone who is close to you and familiar with your hearing experience gives us another point of view!

- **Hearing aids are a big decision!** Hearing aids aren't something you can just pick up on your weekly trip to the mall. Like all medical decisions, hearing aids are a big deal. A lot of our patients prefer to consult with their spouse or significant other before making the decision to purchase, and sometimes they have questions. By bringing them to the appointment, they can get all of the information that you get, and you can make an informed decision together.



There are many reasons to bring a loved one with to your appointment, but it's not a requirement. Sometimes there are extenuating factors and loved ones aren't able to make it, and we understand that. If you're not, we are still more than happy to see you! If you are able to bring someone with you, they are more than welcome to come. We love answering questions, and we're sure your loved one has a few!



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**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.



# Searching for the Fountain of Youth?

**T**he verdict is in; we can't just sit on our laurels any longer and expect to have long enjoyable lives. The good news, the key to longevity and life enjoyment can be attained with relatively little investment of time – about 30 minutes a day, 5 days a week. I spend more time on makeup and hair a day, so it's time to take the plunge – I must begin to exercise. The problem is where do I begin? There's the Yoga studio down the street, that looks wonderful and relaxing – the personal training studio around the block – I do like one-on-one attention – but what is best for my overall health. If I'm going to invest 2.5 hours per week, I want it to count. Let me share what I have discovered about health, getting fit, and the road to travel:

Exercise is the single best activity you can do to maintain your health and reverse many health issues. That's right, better than medication, better than modifying your diet (unless you have a health issues that requires such) and can actually reverse type 2 diabetes, thyroid issues, high blood pressure, and heart disease. Not to mention the added bonus of dropping a few dress sizes. Sticking with an exercise plan is the key, even if you don't spend a lot of time working out. The health benefits of activity follow a breathtakingly steep curve. "The majority of the mortality-related benefits" from exercising are due to the first 30 minutes of exercise, said Timothy Church, M.D., who holds the John S. McIlhenny endowed chair in health wisdom at the Pennington Biomedical Research Center in Baton Rouge, La.



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**My goals were simple.** I wanted to continue to enjoy the activities I love for years to come; golfing, traveling, boating, shopping, and the energy to spend time with friends and family. Well, I also wanted to drop a few sizes, of course and if possible enjoy exercising. I discovered to attain this, my exercise routine needs to incorporate 3 elements.

1. Cardiovascular endurance, the ability of the heart, lungs and vascular system to deliver oxygen-rich blood to working muscles during sustained physical activity – this ensures heart health, controlled blood pressure, cholesterol levels and boosts overall energy.
2. Strength training which will combat age related muscle loss and protect my bones and joints from injury, and
3. Flexibility ensuring I can continue to move fluidly and without pain for years to come.

Finding all these in one approach was a bit of a challenge, it required a variety of exercises each week. I wasn't going to find this in the super focused boutique studio. I found my fitness answers though a studio fitness center. Unlike a big box gym where the population was half my age and double my energy level, my gym offers a variety of group fitness opportunities, cardio studio, and resistance training options where the participant's look and feel a lot more like me. I didn't have to sacrifice yoga or a personal trainer. I have discovered Zumba – its great fun, and functional strength training. I was able to work with a fitness professional and develop a plan that began at my fitness level and lead to the results I aimed to achieve. My gym is like Saks – it's a one stop shop for my fitness needs. It is my body therapy. For my friends in Palm Beach considering fitness options I encourage you to explore Ultima Fitness Downtown in West Palm Beach, you will be glad you did for years to come.

Jenny  
62 years young

Contact the professionals at Ultima Fitness Downtown to discover the true fountain of youth at 561-659-1724. See also the ad on page 19 to get a **FREE 7 day pass!**





# Computer CT Guided Dental Implant Surgery: Implant Procedures with No Incisions

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

**D**ental implants can help patients regain their ability to chew and smile with confidence. The implant itself supports the crown or crowns (the chewing part of the tooth) allowing the new "teeth" to be anchored. New technologies are now available that aid your surgeon in performing these procedures in an extremely conservative and comfortable fashion.

## Traditional Implant Placement:

Implants are usually planned by the surgeon using a combination of a clinical evaluation and a careful examination of dental x-rays. These x-rays are helpful, but have the limitation of only showing a 2-dimensional view of the area. Typically the "width" and exact locations of important structures such as nerves cannot be determined.

CT scans offer a significant improvement in the detail provided to the surgeon when planning the procedure. In-office CT scanning takes typically less than a minute and involves sitting in a chair while the unit rotates around your head. The scan offers a 3-D view of the structures being evaluated. The views are similar to slicing a loaf of cinnamon raisin bread and seeing the exact detail of each slice. In the CT scan, nerves, sinuses and other important anatomy can be identified with a high degree of precision. This information allows the procedure to be planned in the most conservative and safest manner. Once the treatment has been planned, the procedure is performed by opening the gum tissue and inserting the implant into the desired location. Sutures are typically used to close the surgical area.

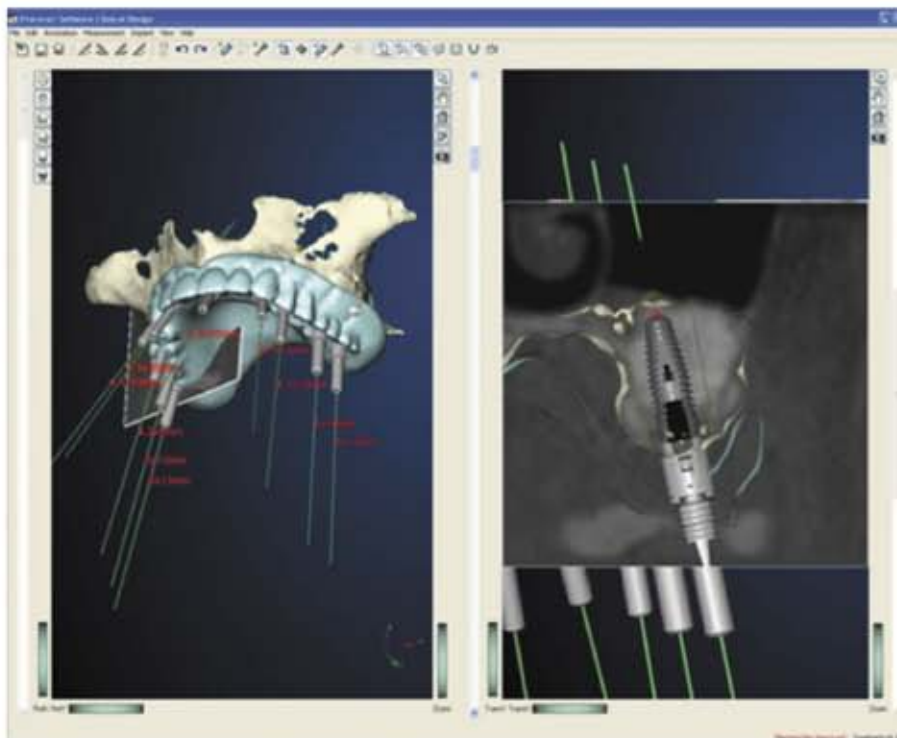
## Computer CT Guided Implant Surgery:

Guided Implant Surgery allows your procedure to be "performed" in advance of the actual surgery. The majority of the work occurs when you are not in the dental office. Once the CT scan is taken, advanced computer programs are used to "perform the surgery" and place implants within the 3D representation of your mouth in the safest and most ideal positions.

These implant positions can be shared in advance with your general dentist so that the overall treatment is ideal. In a very oversimplified example, the programs used are similar to a very advanced video game with full representation of your jaws and all the implants available to an exact scale. Ideal placement location and implant size selection can be determined using this software.

A surgical guide is created that only allows the surgeon to place the implant in the predetermined locations. The technology lets the surgeon perform the procedure without the need for typical incisions and suturing. This conservative approach typically leads to decreased pain, swelling and a more streamlined recovery. Improved safety can often be achieved around nerves and sinuses with the use of this procedure. The state-of-the-art procedure can be used for patients requiring 1 implant to patients in need of full mouth rehabilitation.

This technology has drastically changed the way dental implant surgery can be planned and performed with improved preciseness and typically decreased pain. The procedure is not applicable for every case and needs to be determined by your surgeon on an individual basis. Shorter treatment times, increased safety and decreased pain are patients' most frequent comments regarding this type of therapy.



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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# IMPORTANT TAX DATES FOR 2014

By Donna Holm, CPA, MST, Associate of Harless & Associates

**W**ith 2014 well underway and tax season just around the corner, here are some important tax dates to keep in mind.

## For Small Businesses

**January 31** - Furnish Forms 1098, 1099 and W-2G to recipients for certain payments during 2013. Furnish Form W-2 to employees who worked for you during 2013.

**February 14** - File a new Form W-4 if you claimed exemption from income tax withholding in 2013.

**March 17** - Corporations: Deposit the first installment of your 2014 estimated tax; State estimated follows.

**March 17** - Electing Large Partnerships: Furnish Sch. K-1 (Form 1065-B) to each partner.

**March 17** - S Corporations: File Form 1120S for 2013 calendar year and pay any tax due. Furnish a copy of Sch. K-1 to each shareholder. File Form 2553 to elect S Corporation status beginning with calendar year 2014.

**April 15** - Partnerships: File 2013 Form 1065 and furnish a copy of Sch. K-1 to each partner.

**April 30** - File Form 941 for the 1st quarter of 2014 and FL Form UCT-6 for Unemployment Tax on first \$8,000 of wages.

**June 16** - Corporations: Deposit the second installment of your 2014 estimated tax. State estimated follows.

**July 31** - File Form 941 for the 2nd quarter of 2014 and FL Form UCT-6 for Unemployment Tax.

**August 1** - File 2012 Form 5500 or 5500-EZ.

**September 15** - Corporations: Deposit the third installment of your estimated tax for 2014. State estimated follows.

**September 15 and October 15** - Many extensions expire. If an extension was granted, be sure to file necessary forms.

**December 15** - Corporations: Deposit the fourth installment of your estimated tax for 2014. State estimated follows.

## For Individuals

**January 31** - File your tax return if you did not pay your last installment of estimated tax by January 15.

**February 14** - File a new Form W-4 if you claimed exemption from income tax withholding in 2013.



**April 15** - Individuals: File 2013 Form 1040, 1040A or 1040EZ. For automatic 6-month extension file Form 4868 and deposit estimated tax. Pay the first installment of 2014 estimated tax.

**June 16** - Individuals (outside the U.S.): File 2013 Form 1040.

**June 16** - Individuals: Pay the second installment of estimated tax for 2014.

**August 1** - File 2013 Form 5500 or 5500-EZ.

**September 16** - Individuals: Pay the third installment of your estimated tax for 2014.

**October 15** - Individuals: File 2013 Form 1040, 1040A or 1040EZ if you timely requested a 6-month extension.

**January 15, 2015** - Individuals: Pay the fourth installment of your estimated tax for 2014.

For more information go:  
[www.HarlessandAssociates.com](http://www.HarlessandAssociates.com)



**Caroline Harless**  
General Partner  
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# Don't Live with Chronic Anxiety

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

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



**D**o 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.

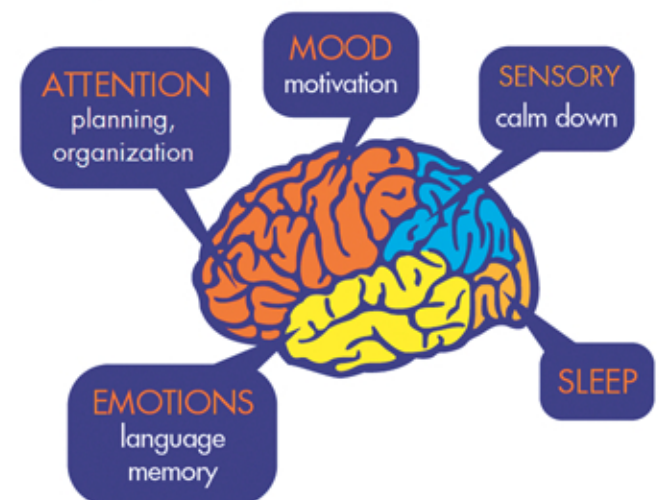
## Are There Alternatives to Medications?

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.

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 neuro-

therapy. 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.

**The Greatest Little Secret for Anxiety, Depression, and Sleep**

It's called brain biofeedback or neurofeedback. You may have never heard of it. You should. It's one of the only tools that helps train your brain to **BREAK STUCK PATTERNS** with ones that work better. It's based on 40 years of research, including ADHD, mood, and memory. Almost everyone's brain can adapt, no matter what age. Neurofeedback is based on *neuroplasticity, the science of brain change*.

Call us at 561.744.7616 to schedule time for us to discuss your situation.



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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.



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# Weight-loss and Pain Management Program!

**T**his 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."







**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.



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# IMPROVING VISION AFTER CATARACT SURGERY

By David A. Goldman MD

**C**ataract surgery has come a long way over the past few decades. Hospital admissions with sandbags placed on either side of the head have become outpatient procedures with patients going out for lunch or dinner that same day. Intraocular lens technology has improved as well; with some patients no longer requiring glasses anymore. Some patients who had undergone surgery years ago lament that these lenses were not available then. However, just because a patient has already had cataract surgery does not mean their vision cannot be improved.

There can be many causes of blurred vision after cataract surgery, but some of them are very correctable. One example is posterior capsule opacification (PCO). Sometimes called a "secondary cataract" it is a form of scar tissue that forms behind the lens in the eye. A painless 30-second laser procedure can remove this scar tissue and improve vision in less than twenty-four hours.

Other patients may see well but only with their glasses on. Many times this is due to mild nearsightedness, farsightedness, and/or astigmatism. Though many think of LASIK as a procedure for young people, LASIK can be performed on patients even after cataract surgery with excellent results. Other options may include using a piggyback lens (a second lens placed over the original lens used in cataract surgery) and limbal relaxing incisions (small slits placed in the peripheral cornea to decrease astigmatism).

While certain conditions such as glaucoma and macular degeneration cause loss of vision that cannot be recovered, prescription errors after cataract surgery can often be corrected with minimally invasive procedures. For those patients who underwent cataract surgery many years ago that wish they saw better without glasses, be sure to ask your ophthalmologist about options at your next visit.



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## All You Need Is *Love*

By Brent Myers, Pastor of Community Life

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

What a message for the world to hear!

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

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

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

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

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

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

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

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

The apostle Paul describes the kind of love we should have: "Love is patient and kind. Love is not jealous or boastful or proud or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. It does not rejoice about injustice but rejoices whenever the truth wins out.



Love never gives up, never loses faith, is always hopeful, and endures through every circumstance". - 1 Corinthians 13:4-7 NLT

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

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

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