

SOUTH FLORIDA'S

Health & Wellness[®] MAGAZINE

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Don' Be Fooled
By These Hair Loss Myths
This April Fool's Day

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What Is a
Macular Pucker?

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What Is
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Reshape Yourself

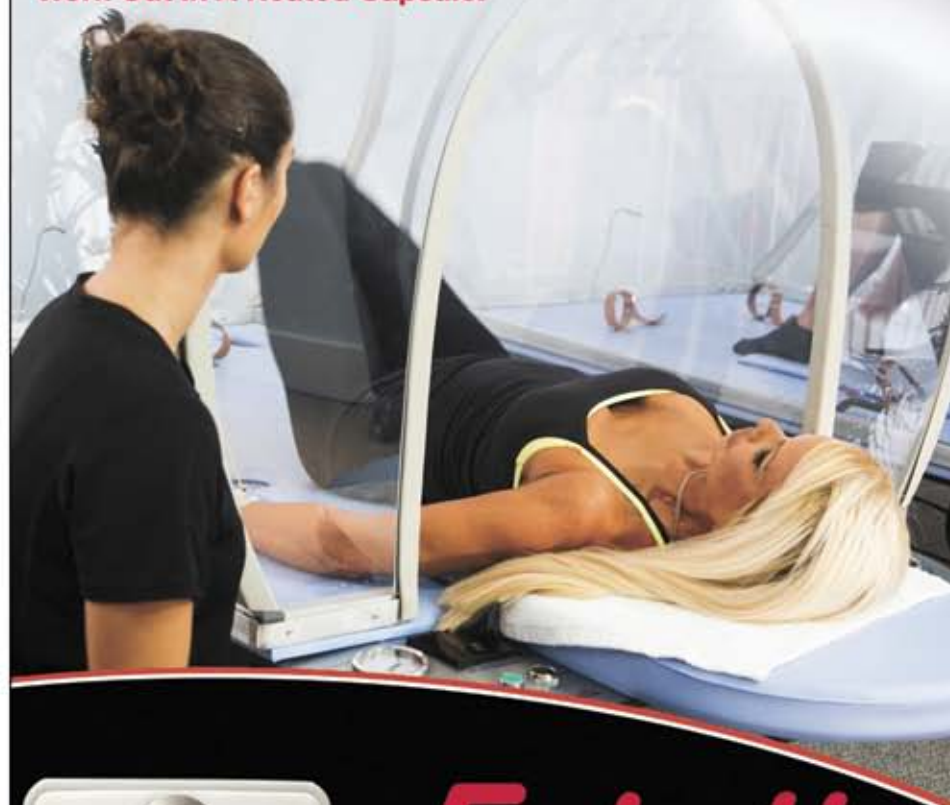
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THE IMPACT OF SLEEP ON OVERALL HEALTH

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

Many 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 and 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”.

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).

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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WHAT IS CLEAN EATING?

Through my work in the health & fitness field over the last 19 years, I have spoken with thousands of individuals. It has become clear to me there are a few misconceptions about health eating. Whether called eating good, better than good, and clean, the goal is often the same. While the attempt to reform your diet is admirable, using the wrong road map will take you to the wrong destination every time. If you are trying to attain a healthier or leaner body it's most important to use the map/plan that will get you to your destination.

Often when people begin to eat "good" they approach nutrition with a restriction mindset. Daily intake can consist of few meal replacement shakes, a solid meal and a few snacks each day. Others believe eating "good" is achieved by shopping at the local organic grocer and exploring the meal stations. Yet, others attempt to skip meals altogether. Such restriction will only slow your metabolism causing calorie retention (often in the form of fat) and low energy. You see even organic and whole foods have the same calories as their counterparts. Replacement meals and shakes can be riddled with sodium, artificial sweeteners, and ingredients I can't even pronounce. Fat-free & reduced fat has guaranteed added sugars and carbohydrates to compensate for removed fat and to enhance flavor.

Eating "better than good" often tries to take healthy eating even further. This can involve a conscious effort to eat regularly, to keep your metabolism burning; skipping deserts and eating in - to avoiding the calorie, fat and sugar laden foods at restaurants. While this approach may lead to slight changes in body mass/composition, health markers and energy it lacks in the comprehensive approach of fueling your body with nutrients that the body can readily use and needs to function optimally.

Clean eating is a lifestyle of choosing foods that are nutrient dense, vitamin and mineral filled to stoke your metabolic fire and provide your body with needed nutrition. Clean eating eliminates excess fat, sugar, sodium, artificial sugars, gluten, dairy and preservatives from your diet. Meals are balanced and regular to keep you metabolism fueled. Individuals may use calorie restrictions and/or carbohydrate restrictions, individually tailored to his/her individual metabolic needs and health goals. Eating clean is simple - fresh, nutrient rich foods without the additives that our bodies have difficulty processing. However, preparing clean meals, for every meal, every day can become overwhelming especially for someone learning the ropes of clean living.

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What Is a Macular Pucker?

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

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

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

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

Macular Pucker Causes

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

Other eye conditions associated with macular pucker include:

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

Macular Pucker Symptoms

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

Symptoms of macular pucker range from mild to severe. Usually macular pucker affects one eye, although it may affect the other eye later. Vision loss can vary from none to severe vision loss, although severe vision loss is uncommon. A macular pucker does not affect your side (peripheral) vision.

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

Macular Pucker Diagnosis

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

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

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



Macular Pucker Treatment

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

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

In most cases, while vision improves after macular pucker surgery, it generally does not return to normal. It can take up to three months for vision to fully recover. On average, about half of the vision lost from a macular pucker is restored; some people have significantly more vision restored, some less. In most cases, the visual distortion of macular pucker is significantly reduced.

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Lauren R. Rosecan
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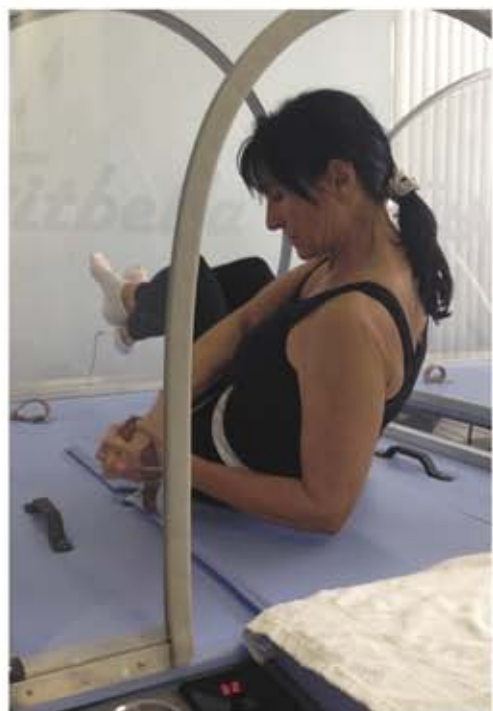
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Spring Into Fitness with FitBella



If you would like to find out more about Fitbella and how our program can help you meet your fitness goals contact our team for a free consultation at **561-775-0122**.

As we roll our clocks forward this spring, the promise of summers long sunny days and warm nights become ever more upon us. If you are like many, you have struggled with motivation over the dark winter months. Less daylight may be the reason. If you didn't head into fall and winter last year with a solidly entrenched fitness habit, you may have lost motivation and spent the winter merely wishing that you were working out.

Long-term fitness is the result of having a fitness routine and sticking with it. Once a habit becomes part of your life, it is easy to keep it up, even if your motivation and energy drop from time to time, as they surely will.

Many also struggle to find a fitness routine that is effective and tailored to her individual fitness level. At Fitbella, the knowledgeable and friendly staff has proven to be successful at providing a natural and healthy way for women to lose weight, get fit and live better.

If you are tired of trying numerous diets and exercise programs but not getting the results you would like; the unique approach that Fitbella offers may be just what your body needs to reach and maintain a healthy lifestyle. Fitbella offers a spa-like atmosphere in which clients complete a tailored low impact workout followed by a detoxifying steam bath.

The Fitbella method is unlike any other fitness program available in the area. You execute a customized personal workout inside a Fitcapsule, under the instruction of a trained Fitcoach. The Fitcapsule is a large capsule heated to 98 degrees, maximizing the benefits of reshaping the body. Working closely with the Fitcoach, you complete a combination of targeted muscle movements while the warmth reactivates the metabolism in about 30 minutes. One 20-30 minute workout in the Fitcapsule is equivalent to about an hour-and-a-half at a regular gym.

Following the workout, you relax in the Fitbath, a steam bath designed to detox, smooth, tighten and hydrate skin.

During the initial visit, the Fitcoach will conduct a Fitcheck to aid in developing individualized workouts that specifically target certain trouble areas for each client. Every woman is unique and as such requires a unique approach to total body wellness. Proper nutrition is vital to the success of maintaining a healthy lifestyle. Taking into consideration your current lifestyle, the Fitcoach will be able to recommend structured diets and nutritional guidance to ensure your success.

Take advantage of these longer days and let Fitbella help you Spring into a healthier you just in time for summer.



Following the workout, you relax in the Fitbath, a steam bath designed to detox, smooth, tighten and hydrate skin. Many women find that the Fitbath is calming and relaxing after completing their Fitcapsule workout.

Getting your body ready for peak beach season is never effortless, but it does not have to be complicated, and the hot bikini body you've been wishing for might be easier to achieve than you think with Fitbella. The personalized exercise and nutrition plan developed just for you by a Fitcoach is designed to target your trouble areas. Your plan will include specific exercise movements and foods that will help you achieve your fitness goals in no time! Following the Fitbella program will help you lose those unwanted pounds, tighten and tone those trouble areas, and reshape your body in time for you to hit the beaches and enjoy summer.

Fitbella is more than just a weight-loss method, it is a lifestyle. It is a natural healthy way for women to lose weight and be fit.

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Don't Be Fooled

By These Hair Loss Myths

This April Fool's Day

By Dr. Alan Bauman

Despite recent advances in understanding and treating hair loss, there is still unfortunately an abundance of misinformation and a misconception surrounding what exactly causes hair loss, who is at risk, and how to treat it.

For example, as absurd as it sounds, there are people out there who believe standing on your head can cure baldness, while others believe wearing a baseball hat can cause you to lose your hair.

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

MYTH #1: Baldness is passed down from your mother's side.

Genetics are the main cause of hair loss in men

and women; in fact, there are approximately 200 genes that regulate hair and hair growth. While it has long been believed that hair loss is passed down solely from the mother's side, we now know that the genes can be inherited from either your mother and father's side, or a combination of the two and we are always discovering an increasing number of non-genetic factors which can accelerate hair loss. Are you at risk? New genetic tests can accurately determine an individual's risk of losing their hair so they can begin preventative treatments early.

MYTH #2: Cutting or shaving your hair make it grow back faster and thicker.

Hair fibers are 'dead' tissue. Your follicle doesn't know when you cut your hair short. It is an illusion. When hair is shorter it appears to grow

faster because the added length over time is in greater proportion to the total length. [i.e., adding 1-inch when the hair is 5-inches "looks" like faster growth than adding 1-inch to 10-inches.]

MYTH #3: Once hair loss becomes visible it is time to seek treatment.

How early you spot your thinning hair determines how much hair you save. If you wait until the hair loss is visible to the naked eye, you're too late - 50 percent is already gone! The best tool in fighting hair loss is early detection, making it essential for patients to seek the advice of a certified hair restoration physician as soon as possible.

MYTH #4: Hair loss is only a problem for men.

More than half of all women over 40 experience

hair loss and women can inherit a 'hair loss gene' just like men. Hormonal changes, due to menopause and pregnancy along with age, medications, dieting, bad health, etc., also impact hair loss in women.

MYTH #5: High testosterone levels cause hair loss.

It's not the amount of testosterone, actually. What you inherit is the sensitivity to dihydrotestosterone or DHT (a breakdown product of testosterone) that can cause hair loss in men and some women. It is true that if you are on testosterone replacement, this gets converted into DHT and can accelerate hereditary hair loss if you are prone to it.

MYTH #6: You can grow back dead follicles.

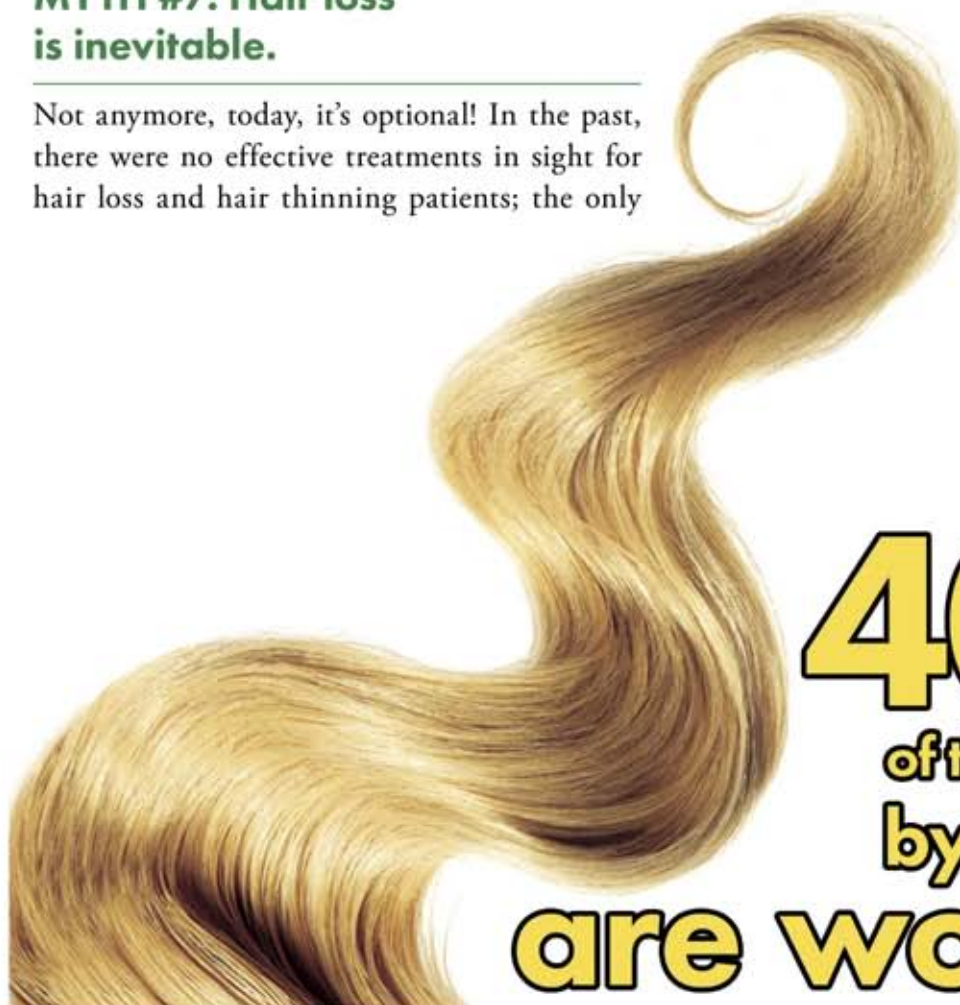
Medications, laser therapy, Platelet-Rich-Plasma, nutritionals, etc. can help make hair follicles grow thicker healthier hair, but once the follicle is dead and gone, the only option for regrowth in that area is a hair transplant.

MYTH #7: Hair loss is inevitable.

Not anymore, today, it's optional! In the past, there were no effective treatments in sight for hair loss and hair thinning patients; the only

solution was to cover up hair loss with hats and artificial hairpieces. Fortunately, today there are many effective hair loss medications and treatments that have made hair loss a treatable condition. While advances in hair transplantation have made it possible to restore hair loss permanently.

If you have questions or concerns regarding hair loss, it is important to consult with both your primary care physician as well as an experienced hair restoration physician who can work with you to determine the most effective treatment regimen for your specific needs. Patients should look for doctor who is a full-time medical hair loss specialist who is board certified by the American Board of Hair Restoration Surgery and recommended by the American Hair Loss Association. Only a qualified and experienced hair restoration physician can perform natural-looking hair transplants and prescribe the most effective multi-therapy treatment options, including the latest available products.



40%
of those affected
by hair loss
are women

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



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The Skinny on Fat Loss

For many people getting rid of excess fat can be a lifelong battle. Whether it's excess love handles, excess fat around the knees or or flabby upper arms, pockets of fat can be difficult to reduce and sometimes diet and exercise are not enough to make a noticeable difference. Now many medical professionals have found a non-invasive highly effective method to spot reduce fat through Low Level Laser Therapy (LLLT or LipoLaser). This breakthrough has opened the door to many individuals who would have never before considered spot fat removal an option. FDA approved LipoLaser achieves the body contouring, fat removing results of liposuction without the pain and risk of a surgical procedure.

This ground breaking technology has not gone unnoticed. National media programs, "The Rachael Ray Show", "CNN", "The Dr. Oz Show", and the "Doctors" have touted it's safety and effectiveness. To get the Skinny on LipoLaser we turned to local expert Dr. Aaron Bronson, DC owner of The Good Life Center in Palm Beach Gardens, FL.

What is LipoLaser?

Through clinical studies it has been demonstrated that a low level LipoLaser stimulates the fat cell to emulsify (liquefy) the fat within the cell. Then the liquefied fat moves from inside the cell through a temporary pore formed in the cell membrane to outside the cell where it is in the interstitial space until absorbed by the lymphatic system. This results in millions of fat cells becoming smaller so inches are reduced off the waist, hips and thighs. The fat cells are not injured in any way by this process.

Is it safe?

Yes, there is no risk involved in using the low-level laser therapy and it is considered a safe alternative to invasive procedures such as tumescent liposuction and lipo dissolve and other non-invasive devices like the Accent, VelaShape, and Thermage, which rely on heating the tissue and can cause discomfort. With the LipoLaser there is proven data showing how fat cell size is reduced. The treatment is 100% non-invasive and causes no bruising, scarring and zero downtime. During the treatment you will feel no discomfort, no anesthesia will be used and you can assume normal activities immediately following each treatment.

How is it different than liposuction?

Liposuction is an invasive procedure that removes the entire area of fat cells from deposits beneath the skin using a hollow stainless steel tube (called a cannula) with the assistance of a powerful vacuum. Liposuction can be accomplished either with the use of general anesthesia, or with IV sedation, or totally by local anesthesia. In contrast, LipoLaser is a 100% non-invasive that uses a low level laser applied externally to stimulate the fat cell and emulsify and release fat. There is no use of anesthesia, nor any pain, gels, creams, numbing agents, needles and no downtime.

Does LipoLaser emit heat?

Low Level Laser Therapy used in LipoLaser is a light source treatment that generates light of a signal wavelength. Low Level Laser Therapy emits no heat, sound, or vibration. Instead of producing a thermal effect, Low Level Laser Therapy acts via nonthermal or photochemical reactions in the cells, also referred to as photobiological or biostimulatory.

Are there any limitations to what I can do if I'm using a LipoLaser?

No. During the treatment period you can continue your normal activities. It is strongly recommended that you commit to and follow the treatment protocol: stay hydrated (8-10 glasses of water a day), continue to eat healthy and exercise (use Whole Body Vibration for 20 minutes after treatment) and abstain from alcohol and caffeine. Alcohol and caffeine interfere with the lymphatic process to remove fat and metabolize it which can decrease your results.

What areas of the body can LipoLaser be used?

The treatment can be used effectively on essentially every part of the body where localized fat deposits exist that are resistant to diet and exercise. Most patients start with treating the waist, hips and thighs which can all be targeted in 1 treatment. Other areas include upper arms, bra-line fat, inner knees, back fat and buttocks.

The
GoodLife
center

The treatment process is completely non-invasive and there are absolutely no side effects beyond loss of inches and fat.

For more information about LipoLaser and for a **free consultation** contact Dr. Bronson at The Good Life Center **561-694-8877**.



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.



Stop The Pain! Call Today For a FREE! Consultation 561-741-7575.

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The Benefits of Gender-Specific Addiction Treatment

The model for addiction treatment has remained relatively uniform: a form of either inpatient or outpatient treatment in which patients, ideally receive, detoxification and rehabilitation to deal with both the physical and psychological implications of their addictions. There have, however, been certain landmark evidence-based modifications that have considerably improved treatment outcomes — this is especially true of gender-specific treatment. Addiction care programs specifically designed for women and men not only eliminate many of the trust and security issues that patients experience in co-ed programs; they also take into account the unique circumstances that lead and contribute to drug and alcohol abuse in both genders.

Men and women experience practically every aspect and phase of addiction differently, from the development of substance abuse to the onset of addiction and scope of withdrawal symptoms to the lifestyle impact of their chemical dependency to access and response to treatment. It has become increasingly apparent that men and women benefit from treatment that addresses the unique distinctions within each gender such as physical size, roles and expectations within families and other systems, lifestyle and behavioral factors and external social pressures. Programs that help patients heal as men or as women have produced encouraging results during the treatment process. For the best possible outcome, the criteria and model for addiction treatment ought to cater to the specialized distinctions within each gender.

Clinicians and care providers have been aware for some time of the clinical benefits of separate treatment programs for men and women; but it has only recently become institutionally recommended practice. In December of 2009, the Substance Abuse and Mental



Health Services Administration (SAMHSA) unveiled Treatment Improvement Protocol 51 (TIP 51) to illustrate the improved treatment outcomes within programs that catered exclusively to women. The report highlighted the benefits of integrating women's relationships with their families, their socio-economic status and other cultural variables into their treatment to better understand the origins of their addictions. The report also suggests that there are distinct early-risk factors which can more readily prompt initial substance abuse, as well as accelerated physical complications within women, such as liver disease, cardiac conditions and organ damage.

Although TIP 51 focuses strictly on the unique care needs of women, men come with their own specific care issues that are best addressed in a men-only treatment environment for optimum outcomes. Year after year, drug and alcohol addiction is consistently higher in men than women. According to the Center for Disease Control, men are 24% more likely than

women to binge drink. Additionally, a recent study published in the Journal of Abnormal Psychology revealed that men are more likely to develop addiction because they externalize emotions and are more likely than women to let impulses guide their actions. This is a specific behavioral pattern best explored within a controlled, gender-specific rehabilitative environment. Men are also generally under more pressure to fill the role of provider within their families and it is not uncommon for them to cope with said pressures by turning to drugs and alcohol.

Behavioral Health of the Palm Beaches has been at the forefront of gender-specific addiction care for years, and has developed two state-of-the-art facilities (The Recovery Center for Men and the Recovery Center for Women) to help each patient successfully explore what role their gender has played in the onset and continuation of their addiction. Each facility offers a safe and supportive environment; industry-leading doctors and addiction care experts; and a full menu of specialized programs to help patients examine and repair all aspects of their lives that have suffered in the wake of their drug and alcohol abuse, including their careers and families.

Patients who receive treatment in a gender-specific addiction care program are considerably more likely to maintain long-term success in their recovery. This model of treatment allows patients to cultivate heightened self-awareness and recognize the behavioral pitfalls of drug and alcohol abuse. The Recovery Center for Men and The Recovery Center for Women have the resources you or your loved one need to battle back against addiction and restore your quality of life. We can provide an in-depth level of treatment of which most co-ed programs may not be capable. Visit rehabformen.com or helpforwomen.com to take your first step toward healing.



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Turn Back the Clock with No DownTime

By Daniela Dadurian, M.D.

Can you think of all the claims made for a facelift without surgery? No needles no knives? Chances are that yes you have. Most likely you may be one of the millions looking for the fountain of youth. While there have been many technologies out there that can represent that claim, the fact is that it only gets better. The development of a new technology has continued the quest to turn back time and with a single session can give you very impressive results.

It's called Ultherapy and it works by using ultrasound guided technology to actually view the underlying tissue that is being treated. For the first time, we are able to reach below the dermal layer sending ultrasound energy into the fibromuscular layer promoting collagen production. If you have weakened collagen in the deeper connective tissue, it can cause the skin to become prone to gravitational forces that begins to stretch, sag and shift downward, a process we call "aging". This is where Ultherapy plays a role. It is FDA approved for the forehead, face and neck.

The Ultherapy treatment begins with marking the area on the face to be treated. This part of the process is very important because we are using the same target area that is addressed in cosmetic surgery for skin tightening. Once the skin is marked for treatment a mild sedative is given to aid in the comfort of the treatment. A full face treatment can take anywhere from 45-60 minutes. You may



return to normal activities and can experience flushing or redness that should resolve within a few hours. The regenerative process is initiated at the first treatment, however results may take up to six months since you are relying on the body's own healing process to repair and rebuild your skin's foundation.

This is the first technology to penetrate to the deeper levels of the underlying tissue without damage to the outer layer of skin. A treatment that may be all too familiar is Thermage. Thermage uses a radiofrequency device that is based on the same principal, to induce an injury to the underlying tissue while promoting collagen production. However, Thermage only reaches the dermal layer of the skin whereas Ultherapy penetrates deeper to the fibro-muscular tissue. The candidates are the same being anyone looking to achieve a more youthful look and tighten skin.

The ability to treat not just skin but its underlying support very precisely, from the inside out, helps ensure both safe and satisfying results with no downtime.

For more information visit www.mdbeautylabs.com or call 561-655-6325 to schedule a complimentary consultation.



Daniela Dadurian, M.D.
Medical Director

MD Beauty Labs at The Whitney in West Palm Beach was established by Dr. Daniela Dadurian. Board Certified in Anti-aging Medicine, she's well trained to offer proven and effective cosmetic and wellness services. MDBL's state-of-the-art facility offers

Medical, Aesthetics, Body Contouring & Spa Treatments in a luxurious, contemporary loft environment. With Dr. Dadurian's team of Nurses, Medical Estheticians, Massage Therapists, Permanent Makeup Specialist and Medical Spa Concierge, MD Beauty Labs is dedicated to providing the best in restoring and revitalizing experiences.



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HEAL OTHERS, HEAL YOURSELF

Reconnective Healing: 'Information Medicine' in the 21st Century

This is New, this is Different, this is Real!

By Jackie Lapin

Today's headlines are filled with stories that chronicle our broken medical system, the people who suffer because of a failed safety net, or who cannot afford the care that would help them. And still more people are written about who can afford medical treatment, but modern medicine seems not to allow them to heal or even eliminate their pain and suffering. Even alternative healthcare is found to be only mildly beneficial.

We wonder, "What if there was another way, one so simple and easy that it defies present day belief? A method so effective that many chronic health conditions and emotional traumas could be eliminated, in many cases, virtually immediately? A method that anyone can learn and can use it to help others?"

This is not a futuristic scenario. It's known internationally as Reconnective Healing, a remarkable new transformative paradigm in healing that has been learned by more than 70,000 people around the world. It's the cutting edge of what researchers are calling "Information Medicine." Scientifically documented frequencies credited with bringing about a state of restored health. You can learn how to access these frequencies to heal others, and to heal yourself as well. Stanford Professor Emeritus, Dr. William Tiller says that when information carried through these frequencies is introduced, it creates coherence and order. The result: dramatic reports of regeneration instead of degeneration and numerous

accounts of seemingly unexplainable, often instantaneous and life-long healings from medically documented cancers, epilepsy, cerebral palsy, arthritis and more.

These bandwidths – comprised of energy, light and information – appear to innately "know" what needs to be done. You are returned to an optimal and appropriate state of balance merely by experiencing or interacting with this healing continuum. The trained Reconnective Healing practitioner simply facilitates the process. By feeling the frequencies and playing with them physical and emotional health shifts suddenly come about. The information-laden frequencies reconnect us to our original fullness as human beings and seemingly restore us to a more complete connection with the universe.

Tiller and other scientists such as Dr. Gary Schwartz (University of Arizona) and Dr. Konstantin Korotkov (St. Petersburg Technical University) have been studying Reconnective Healing practitioners and the charged environment that results in the rooms where this work is taught. As a result, these world-renowned researchers are now measuring and validating the frequencies, and the impact that Reconnective Healing has on humans, plants, water and more.

Dr. Pearl is the first to tell you that he is not a scientist. He was a very successful chiropractor for 12 years before his life took a dramatic turn. As he recounts, "I left my office on a Friday, thinking I was I chiropractor, I came back on a Monday, and I was something else..." Then his humor begins to show as he adds, "My parents always told me that I was 'something else,' but this was probably not what they had in mind!"

Over that weekend he had an experience that introduced an ability within him to facilitate this work. When his patients arrived, they told him that they could feel his hands on them even though he wasn't physically touching them – and they could report accurately where he held his hands! They suddenly began relating astonishing healings from physical conditions that may have been present for 10 years or more, and had been crippling their lives.



Dr. Eric Pearl is the worldwide bestselling author of *The Reconnection: Heal Others, Heal Yourself*, now in 36 languages, and is considered today's leading authority in energy healing and beyond. His organization, *The Reconnection*, is leading the way in

teaching the transformative new paradigm in healthcare, Reconnective Healing, to people around the globe.

For more information on upcoming Reconnective Healing Seminars in your area, visit TheReconnection.com. To see a video clip, click www.youtube.com/TheReconnectionTV.

It became clear to him that this was something that needed to be shared with the world. Eric's book, *The Reconnection: Heal Others, Heal Yourself*, has now been published in 36 languages and he teaches people around the globe how to do this work. What is especially exciting about this is that it also appears to have benefits to the healer. In other words, as you heal others, you also heal yourself!

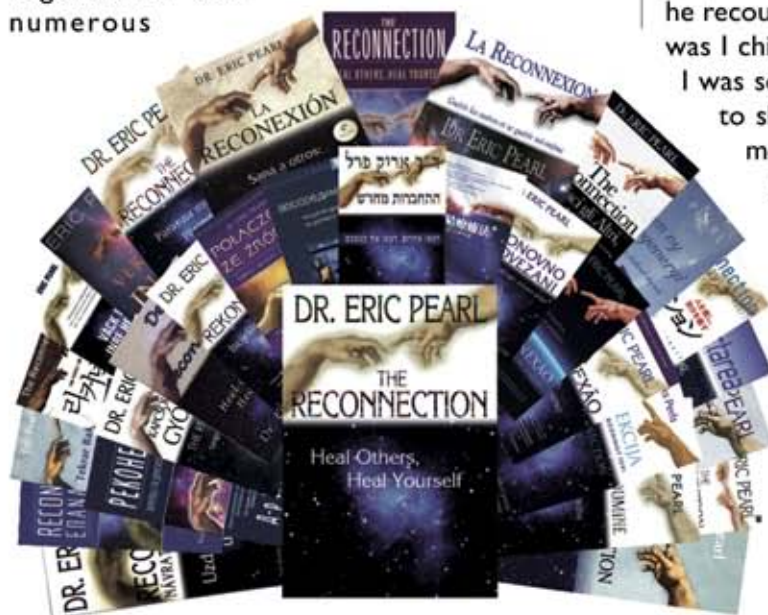
Reconnective Healing has given many people the joy of personally helping those they know, love and care about to heal physically, emotionally and spiritually.

"I feel deep gratitude for having been the person entrusted to bring Reconnective Healing into the world. But this is not about me. It's truly about you and your Reconnection to your complete and vital self in this new era of 'information medicine.'"

For more information on Eric Pearl and Reconnective Healing events in Miami, May 9-11 visit: TheReconnection.com or call (323) 960-0012.



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AFFORDABLE WORLD-CLASS MEDICAL PROCEDURES IN BEAUTIFUL COSTA RICA



Did you know that over 1 million Americans travel outside the US for medical procedures every year? According to the Medical Tourism Association (www.medicaltourismassociation.com), located in nearby Palm Beach Gardens, one million-plus Americans visit international destinations every year to have medical procedures including bariatric surgery, hip and knee replacements, cosmetic surgery, and even dental work – all at up to one-third the cost of these procedures in the US.

Most Americans don't know that top international hospitals are accredited by the same organization as leading hospitals in the US, meaning they both must meet the same strict standards. The Joint Commission International (JCI) (www.jointcommissioninternational.org), is the worldwide accrediting organization that carefully inspects hospitals and medical clinics to ensure that these facilities adhere to the highest possible standards of care. This means that the hospitals in San Jose, Costa Rica, meet the same standards as St Mary's Hospital in West Palm Beach or Palm Beach Gardens Medical Center. Therefore, patients need not worry that they may be going to a sub-standard hospital or clinic outside the US, as long as it is JIC accredited.

Many Americans express concerns about the doctors in other countries and question whether they are on par with US physicians. The facts are that many of the physicians in international JIC-accredited hospitals have received their medical education and training in some of the best US academic health centers like Johns Hopkins, Harvard, Duke, Stanford, University of Pennsylvania, and Columbia. Other physicians have studied and trained in some of the best international medical schools like University of Cambridge in England and Karolinska Institute, Sweden. Patients considering having a procedure outside the US can always inquire about the education and training of a particular physician or surgeon.

Consider average Americans, Joe, 62 and his Wife Donna, who are at a challenging medical crossroads. Joe and Donna are small business owners in South Florida and only have 'catastrophic' healthcare insurance in case of a heart attack, cancer, brain tumor, etc. After many years of physical work, Joe has been told by his local physician that he needs a total knee replacement. The estimated cost of this surgery in a South Florida Hospital is going to exceed \$50,000. This is not covered by their insurance, so an unexpected expense for Joe and Donna and will take a real bite out of their savings. Joe and Donna saw an ad about affordable medical procedures outside the US in the tropical paradise of Costa Rica, just two-plus hours flight from home. With one phone call to Global Healthcare Concierge (www.globalhealthcareconcierge.com), they learned that the knee replacement Joe needs, including travel costs, hotel in San Jose, and recovery in a lush resort for both Joe and Donna, will not exceed \$16,000. They also learned that in many cases, surgery can be scheduled in as little as two weeks. Global Healthcare Concierge (GHC) takes care of everything - travel arrangements, passports, hospital and physician arrangements, post-operative care, medical complications insurance, even getting them to the airport and back in their driveway again. Joe and Donna will have the assistance of a concierge in Costa Rica to take care of their needs, including tours and local sightseeing. Not only will they receive world-class healthcare in a JIC-accredited hospital and expert clinical care from a team of top physicians and surgeons, they will also get a tropical paradise and warm hospitality – all while saving a significant amount of money.

Other South Floridians can benefit from the services of Global Healthcare Concierge, LTD. Patients wanting procedures not covered by insurance such as facelifts, browlifts, gastric bypass surgery, lap bands, dental implants, and other elective surgeries, can benefit from world-class medical care and state-of-

the-art medical facilities in Costa Rica – and realize dramatic savings. Individuals who are underinsured or uninsured can take advantage of Global Healthcare Concierge's services in arranging affordable medical procedures within a budget. In some cases, financing is available to help spread out the costs of surgery needed now. Patients who are insured should check with their insurance company to see if medical procedures outside the US are covered, as many insurance companies now encourage procedures outside the US, recognizing the high quality of care and cost savings.

Today, Global Healthcare Concierge is focused on Costa Rica. In the near future, GHC's destinations will include Thailand, India, and other exotic destinations which offer world-class medical services and facilities and cater to Americans and Europeans seeking an affordable surgery alternative. To find out more about affordable medical procedures provided by Global Healthcare Concierge, call: 305-615-3933 (English/Español) or email: info@globalhealthcareconcierge.com.



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Submitted by Dana Luzon, Au.D., CCC-A, FAAA



Audiology & Hearing Aids of the Palm Beaches Inc is so excited about this new breakthrough in hearing we wanted to provide the information to you again. Finally, we as caregivers are able to offer an option for our patients to hear better and wear absolutely nothing! Imagine an opportunity to hear not just louder, which is what many devices offer, but from a device that is invisible and waterproof, and lets you look your best.

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The Esteem Hearing Implant is designed to work with the natural structures of your ear, utilizing your body's natural anatomy. It uses no artificial microphone and no speaker, and therefore reduces the background noise, acoustic feedback, and distortion that can occur with hearing aids. Esteem works in the middle ear, receiving sound from your eardrum, processing that sound to suit your hearing loss, and then transmitting it through one of the tiny bones of the middle ear to your cochlea. The surgery, performed by an Esteem-certified physician, is similar to other surgeries performed on the middle ear and can typically be performed as an outpatient procedure.

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activities you love. Go for a swim or exercise whenever you'd like with no fragile instruments to worry about. That's right: The Esteem Hearing Implant is 100 percent waterproof, allowing for swimming, showering, and exercise with zero worry over damage.

To learn more about this truly life-changing technology, contact one of our AudigyCertified™ colleagues to see if the Esteem Hearing Implant is right for you. A life free from the restriction of external devices, acoustic feedback, fussing with batteries, daily maintenance, and social stigma is now possible. Come find out how you can say goodbye forever to external hearing devices and live your best life with clear, more natural hearing.



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Dana Luzon, Au.D., CCC-A, FAA, 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.

OBESITY: Current Medical Knowledge, Part One

By Suheil Khuri M.D.

I. How to Measure Obesity

Body fat can be measured in several ways. Some are very simple as in the use of a tape measure. Others use advanced and expensive equipment with sophisticated equations that more accurately estimate fat mass, muscle mass, water content and bone density. Each body fat assessment method has pros and cons.

However, the most commonly used and basic method of measuring body fat is the body mass index (BMI). The BMI can be calculated by dividing the weight of a person in kg. by the square of his/her height in meters. This can also be approximately measured using pounds and inches as below with a 703-multiplication factor.

$$\text{BMI} = \text{Weight (kg)} / \text{Height (m)}^2, \text{ or}$$

$$\text{BMI} = 703 \times (\text{Weight (lb)} / \text{Height (in)}^2)$$

BMI tables as noted below, and online calculators make it easy for individuals to determine their own BMIs.

BMI Classification	
Underweight:	<18.5
Normal:	18.5 – 24.9
Overweight:	25 – 29.9
Obese Class I (Moderately Obese):	30 - 34.9
Obese Class II (Severely Obese):	35 – 39.9
Obese Class III (Morbidly/Very Severely Obese):	>40

II. Prevalence of Obesity in USA

The most recent national data on obesity prevalence among

BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
Height																	
Weight in Pounds																	
4' 10"	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167
4' 11"	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173
5"	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179
5' 1"	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185
5' 2"	104	109	115	120	126	131	136	142	147	153	158	164	169	174	180	186	191
5' 3"	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197
5' 4"	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204
5' 5"	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210
5' 6"	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216
5' 7"	121	127	134	140	146	155	161	167	173	179	186	192	198	204	211	217	223
5' 8"	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230
5' 9"	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236
5' 10"	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243
5' 11"	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250
6'	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258
6' 1"	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265
6' 2"	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272
6' 3"	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279

Source: US Department of Health and Human Services, National Institute of Health.

U.S. adults, adolescents, and children show that more than one-third of adults (78 million) and almost 17% (12.5 million) of children and adolescents were obese in 2009-2010 as noted in the table below. Obesity is now an epidemic that affects a major part of our society.

	Women	Men	Girls	Boys
1999-2000	33.4 %	27.5 %	13.8 %	14.0 %
2009-2010	35.8 %	35.5 %	15.0 %	18.6 %

Source: National Health and Nutritional Examination survey (NHANES)

Differences in prevalence between men and women diminished between 1999-2000 and 2009-2010, with the prevalence of obesity among men reaching the same level as that among women.

The prevalence of obesity was higher among older women compared with younger women, but there was no difference by age in obesity prevalence among men.

Between 1999-2000 and 2009-2010, there was a significant increase in the prevalence of obesity among boys but not as significant among girls.

Also the prevalence of obesity was higher among adolescents than among preschool-aged children.

III. Causes of Obesity

The general conception is that obesity occurs because of eating too much and lack of motivation and exercise. Though those may be contributing factors, however obesity is a complex disorder with multiple causes. Obesity has not

been classified as a disease until June 18, 2013 when for the first time the House of Delegates of the American Medical Association adopted a policy recognizing obesity as a disease with multiple pathophysiological aspects necessitating a large range of interventions.

The following are the more accepted causes for obesity:

- 1. Genetic.**
- 2. Sedentary Behavior.** With a sedentary lifestyle, you can easily take in more calories every day than you consume through exercise and normal daily activities. This leads to weight gain.
- 3. Medical Problems.** Certain diseases as Prader-Willi syndrome, Cushing's syndrome, polycystic ovary syndrome and possibly hypothyroidism are associated with obesity. Arthritis also, can lead to decreased activity, which may result in weight gain.
- 4. Medications.** Some medications can lead to weight gain if one does not compensate for that through dieting and exercise. These medications include some antidepressants, anti-seizure medications, some diabetes medications, antipsychotic medications, steroids and some hypertension medications.
- 5. Unhealthy diet and eating habits.** High calorie diets, fast food, skipping breakfast, eating most of your calories at night, high-calorie beverages and oversized portions all contribute to weight gain.
- 6. Pregnancy.** During pregnancy, a woman's weight necessarily increases. Some women find this weight difficult to lose after the baby is born. This weight gain may contribute to the development of obesity in women.
- 7. Lack of sleep.** Getting less than seven hours of sleep a night can cause changes in hormones that increase one's appetite. This may also have you crave foods high in calories and carbohydrates, which can contribute to weight gain.

However, of all above causes the genetic cause is believed to be the most common cause for obesity. Previous twin studies estimate genetic influence on obesity to be 60 - 70% and all other factors to contribute 30 - 40%.

It is also estimated that with one obese parent the chance that the child will be obese is 50%. However, if both parents are obese that chance increases to 80%.

Call us at: 561-427-2232 or e-mail us at jupiter.florida@drGweightloss.com for a free consultation at Dr. G's WeightLoss and Wellness Center of Jupiter.

Next month we will cover: *Obesity Current Medical Knowledge - Part Two.*



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What do YOU Want?

Replacing Missing Teeth

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

A good majority of the questions we answer pertain to how patients can replace their missing teeth. There are a multitude of ways this can be accomplished. The more important question that needs to be addressed first is “what do you want”? In our experience, the response to this question can vary widely. Some patients are fine with empty spaces in their mouths, some are fine with appliances that can be removed (taken in and out of the mouth) while others insist that they want “glued in teeth”. Knowing “what you want” is paramount to deciding what types of treatment options are ideal for your needs.

No one treatment is right for everyone. Each patient has individual needs, desires and issues. Below is a short list of common options patients often consider when replacing missing teeth. Please understand that these therapies may not be applicable to everyone based on their individual situations.

Removable Dentures:

Dentures are appliances that replace missing teeth and are taken in and out of the mouth. They typically rest on the gums and if used on the upper arch, usually have plastic that covers all (or part) of the roof of the mouth. Dentures can be used if a patient is missing some or all of their teeth. Most often, this option is the least expensive but it does come with some drawbacks. If replacing all teeth, the denture rests on the gum and bone. These hard and soft tissues shrink over time which typically leads to rocking of the denture. The dentures can be relined by the dentist and adhesive used to help stability, but patients often report a change in how food tastes due to the amount of plastic used.

Crowns and Bridges:

These techniques have been used for years and can be very effective. An existing tooth or teeth can be ground down to a stub and the decay removed. A mold can be taken and sent to the laboratory where a “cap” or “crown” is fabricated. This cap can be cemented onto the remaining tooth stub. In some cases where a few teeth are missing, multiple caps that are connected (a “bridge”) can be used to fill the empty spaces. Decay can reoccur under these new caps (or bridges) leading to the need for them to be replaced. In some occasions, multiple procedures are needed before the dentist can make a crown or bridge such as periodontal surgery or root canal therapy.



Dental Implants:

Dental implants are nothing more than a tooth root replacement. When a tooth is removed, there is an empty space in the bone where the tooth root used to be. A new root (shaped like the root removed) can be placed into the location. This new root is made of titanium and can never get a cavity. Typically over a number of months, our body’s bone “glues” to the new root. Once this gluing occurs, a cap or bridge can be made to connect to the implants just as it can be done on tooth roots. Other options exist where implants can be used to help secure dentures so that they do not rest on the gums and do not slide or move while you wear them. In some instances, the use of implants to support dentures can allow you to have less plastic in your mouth. Although no one has a crystal ball, implants can last the rest of your life.

Once it is clear what YOU want and a full examination (including x-rays and sometimes a 3D scan) completed, it becomes easier to determine the least expensive and most conservative way to achieve your goal. It is important to remember that no patient is exactly the same and that each patient may have limitations of their options due to their desires or their specific situation.

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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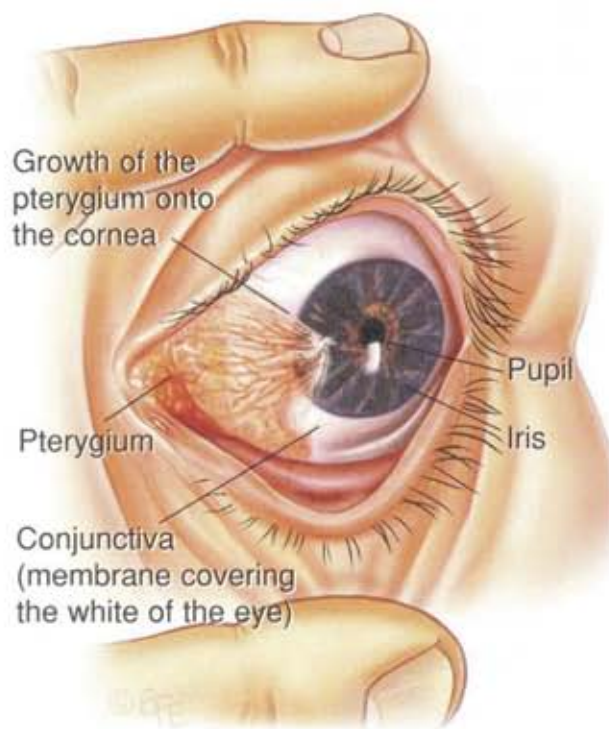
PTERYGIA AND SOUTH FLORIDA

By David A. Goldman MD

A pterygium is a fibrovascular growth that typically starts from the conjunctiva (skin of the eyeball) on the nasal side and grows onto the cornea. These are almost always the result of longtime sun exposure; thus, they are very common here in southern Florida. During my residency in Miami's Bascom Palmer Eye Institute, there was literally a book filled with names of people who desired pterygium surgery the demand was so great. In contrast, one of my colleagues related how during her training in Michigan, there was only one pterygium surgery a year and the OR was packed to see this "rare" case.

While a pterygium is non-cancerous, occasionally it can cause problems. In advanced cases, the pterygium may grow so far over the cornea as to induce astigmatism or even obstruct vision. Milder cases may only present with chronic foreign body sensation or redness. Still, some may cause significant cosmetic problems that the patient desires excision. Whichever the case, removal can be fairly simple.

Since the pterygium grows on the surface of the eye, it can be carefully dissected off. Just removing the pterygium alone, however, would leave a significant defect in the superficial eye which, besides being painful, would carry a high risk of recurrence. When pterygia grow back after surgery they tend to grow back very aggressively and repeat surgeries can be more challenging. To prevent recurrence, ophthalmologists will close the defect, either by using an allograft (transposing some of the patient's own conjunctiva over) or an amniotic membrane graft. While oftentimes these can be secured with sutures, more and more surgeons are securing the grafts with fibrin glue to allow more postoperative discomfort. While cosmetic outcomes can be wonderful, it is important to repeat that pterygia are in general benign lesions that do not require removal.



A pterygium may grow large enough to obstruct vision.

That said, there are several lesions that can mimic pterygia. These can include conjunctiva intraepithelial neoplasia and conjunctival amelanotic melanoma. Both of these lesions can appear as pterygia but can become malignant tumors and removal is highly recommended. Important distinguishing characteristics include pigmentation and rapid increase in lesion size. If you notice any of these changes, you should contact your ophthalmologist immediately



Before

After



DAVID A. GOLDMAN

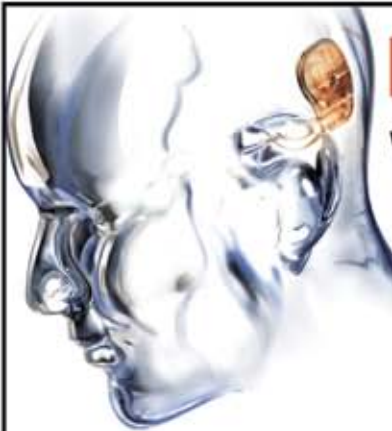
Prior to founding his own private practice, Dr. David A. Goldman served as Assistant Professor of Clinical Ophthalmology at the Bascom Palmer Eye Institute in Palm Beach Gardens. Within the first of his five years of employment there, Dr. Goldman quickly became the highest volume surgeon. He has been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

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

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

Dr. Goldman speaks English and Spanish.

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SENIORS AND THE CHANGING HEALTH CARE CLIMATE

By Donna Holm, CPA, MST

Since 2010, there has been plenty of, sometimes confusing, news about the Affordable Care Act (“Obamacare”), a complex piece of legislation to say the least. However, few seniors know how they will be affected. In the last election, 73 percent of seniors considered this to be a major issue. This is the largest piece of legislation to affect the Medicare structure since the enactment in 1965, which also had a significant impact and its share of controversy at the time.

As you watch the news every night and see stories about the problems with the health insurance exchanges in “The Market Place,” relax. This doesn’t apply to those over age 65. The Affordable Care Act (ACA) will actually attempt to give seniors more control over their health care.

However, currently this is what seniors can expect:

- New Medicare enrollees get a no-cost “Welcome to Medicare” wellness visit with their doctor. It is not a complete physical, but rather a conversation about your medical history and about steps that can be taken to maintain your health. In addition, the doctor is supposed to discuss your legal advance directives. It has been said that more than 82 percent of seniors in this country have not addressed these issues. This applies to Medicare and Medicare Advantage (Part C) enrollees. Education is the key here.

- Certain preventive services, like mammograms or colonoscopies, will be covered and you won’t have to pay any coinsurance or deductible under Medicare (about 15 services).

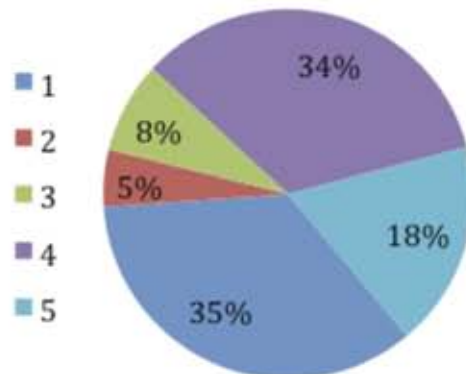
- The Medicare Part D “donut hole” for your prescription drug coverage will be eliminated by 2020. If you spend enough on prescriptions to reach the donut hole (where you begin to pay out-of-pocket), you will begin to receive a 50 percent discount on brand-name prescription drugs. You should receive the discount automatically at your pharmacy without action on your part. In 2013 the donut hole was between \$2,970 and \$4,750. In 2014, expect a 4.6 percent decrease.

- Some funding will be provided to promote home- and community-based long term care options to allow seniors to age in place.

- Funding will be provided to implement the Elder Justice Act to help prevent and eliminate elder abuse, neglect and exploitation. In addition, regulations will be put in place to improve the quality of care in nursing homes, including a nationwide program for background checks.

Medicare was originally predicted to be bankrupt by 2016; the new provisions will extend this date to 2024. Essentially, the ACA slows down the spending growth rate. As baby-boomers age, 11,000 people are turning 65 each day, a significant burden to the Medicare system. Couple this with a reduction in population, fewer children born and the concurrent decline in the work force contributing to the fund, and one can see why reform was needed. According to the Kaiser Family Foundation, Medicare spending was expected to grow at an average annual rate of 6.8 percent between 2010 and 2019. With the ACA savings, the growth rate will be slowed to 5.5 percent annually and will be held steady with further reductions if needed. The anticipated \$716 billion in savings over this period will be derived from:

Medicare Savings 2010 - 2019



- 1 Reduction in Medicare reimbursements to hospitals because hospitals should strive for productivity increases due to technology (35%)
- 2 Reduction in payments to hospitals for seeing uninsured patients, because ACA should reduce the number of uninsured (5%)
- 3 Reduction in payments to home care providers (8%)
- 4 Reduction in payments to Medicare Advantage plans, thought to be a huge contributing factor to the insolvency problem costing 14% more per beneficiary than traditional Medicare (34%)
- 5 Reduction of fraud and abuse in the Medicare program (16%)

The new Independent Payment Advisory Board (IPAB) made up of 15 medical experts appointed by the President and approved by the Senate will oversee the ACA. The Board will be prohibited by law from increasing revenues or co-pays, changing eligibility or altering benefits. Given the current political climate, this could all be problematic.

The downside of all of this is that many of the spending reductions will directly impact Medicare providers. Physicians are facing a significant reimbursement reduction beginning in January 2014. This might lead to a significant reduction in providers willing to provide care for Medicare patients at a time when the population is aging at a record rate; a potential tsunami on the horizon. That discussion is currently being heard at the American Medical Association, and Americans will have to stay tuned.

To summarize, the ACA provides new benefits (preventative care) and corrects some deficiencies in existing laws (the “donut hole”). The ACA also implements new taxes to extend the solvency of Medicare while providing new restrictions on future spending and program efficiency. Note that this discussion concerns traditional Medicare. If you have an Advantage Plan (Part C), you may still be forced to the market place or at the very least, be sure to review plan changes carefully. For the most up-to-date information, refer to www.MyMedicare.gov for the e-handbook.

Donna Holm, CPA, MST is an Associate with Harless & Associates.



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Tired of Pain? Tried Everything?

New technology offers impressive relief

By Michael Cohen, Founder, Center for Brain

If you're like many struggling with chronic pain, of any kind, you're always looking for something that can help. Even healthcare professionals know chronic pain is tough to deal with, and the lack of effective treatment options can be frustrating. Most people don't want to be on pain medications their entire life, but don't see effective options.

I am always researching new technology and treatments to help my clients suffering with chronic pain. I was quite intrigued when a colleague contacted me after attending a conference in Europe. She was excited about a new technology available to treat her clients with chronic pain and struggling to get off pain medications. She had tried the technology herself on several occasions and was astonished how great she felt.

High Tech Healing

She introduced me to the developer of the technology, who was visiting South Florida. Gabor has a unique approach to helping pain by using the body's ability to heal itself. Drawing on his acupuncture and naturopathic background, he combined 25 years of cutting edge research in bioresonance with biofeedback. I've worked almost 20 years in this field, and this was different than anything I'd heard of, or seen. We arranged to try this technology at Center for the Brain for 6 weeks.

For me the proof is in the pudding. Many options sound effective in theory, but my criteria for services to clients is: 1) does it work consistently. 2) even if it works, do the effects sustain over time. The answer is yes and yes. Take it from our patients at Center for the Brain – this treatment has revolutionized how we treat chronic pain and other complex health ailments.

BioRegulation therapy – in overly simplistic terms, helps the cells in the body communicate better – they develop greater coherence. The developer Gabor said, "as body cell communication improves, it helps people feel better, it gives the body a chance to heal."

Help for Pain

Since this technology is non-invasive, has no side effects, and has shown impressive clinical results in Europe we tried the treatment with several patients coping with chronic pain. We found the more consistently they use BioRegulation therapy, the more impressive their results. Meet a few of our patients and outcomes they experienced.

HIP PAIN. Roger* had hip replacement surgery with complications 7 yrs ago. During that time he was treated for cancer and had a second hip replacement. Roger had been coping with chronic pain ever since and tried many different therapies. At the time he began BioREG treatment he was being treated with neurofeedback training at our center and noted definite improvements. But it was a slow process.

Once we added BioREG therapy to his treatment, he noticed immediate results that astonished both Roger and us at Center for the Brain. After his 1st treatment he noticed less pain and discomfort immediately, which was very unusual. 3 days post treatment Roger reported NO PAIN for 2 days. After the next session, he reported 5 days with no pain. Roger has made incredible strides. His rapid progress was quite surprising and upon his case review we realized the combination of the neurofeedback and BioREG therapy boosted his progress rapidly.

BACK PAIN. Ed*, a client in his 60's, experienced chronic back problems for many years. The only treatment that worked for Ed, periodic cortisone shots and rhizotomy procedures (a procedure that destroys nerves contributing to pain). Ed wanted a less invasive and effective treatment option.

After his first two sessions with the BioREG, Ed noticed less pain, more flexibility, and overall comfort. After several more sessions of BioREG and neurofeedback, he is now back playing golf – and has not needed any injections or other procedures for several months. His wife notes his current activity level would have required days of recovery at best.

PAIN and CHRONIC FATIGUE. Debby* has been coping with fibromyalgia, chronic pain and chronic fatigue for years. Debby has tried virtually everything with minimal effect. After her first session with BioRegulation therapy and neurofeedback, she noticed less agitation and more inner peace. Her husband noticed an immediate energy boost. She's now able to take walks, and feels a sense of happiness she's not sure she's experienced before. She reports feeling lighter and more alive.

Tapping Into the Body's Ability to Heal

What is BioRegulation? In simple terms it taps into the body's own healing system at the cellular level. It is completely non-invasive and has no side effects, besides feeling better. This treatment provides the body feedback through its own natural cellular communication. It helps the body adapt and cells to communicate better. This is when healing and more efficient function occur.

Treating Problems Other Than Pain.

Center for Brain Training is one of the first centers in the US to make this available. If you are suffering from pain or illnesses such as Lyme's disease, mold exposure, mood swings or inflammation call us to learn more about treatment that can help reduce discomfort and prompt your body to heal itself.

*Names changed to protect patient privacy

Michael Cohen, President and Founder of the Center for Brain Training is one of the leading experts in brain biofeedback. For 16 years, he's taught courses and provided consulting to MD's and mental health professionals around the world, helping them incorporate new biofeedback technologies for chronic pain, anxiety and mood disorders, ADHD and neurological problems.



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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



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.

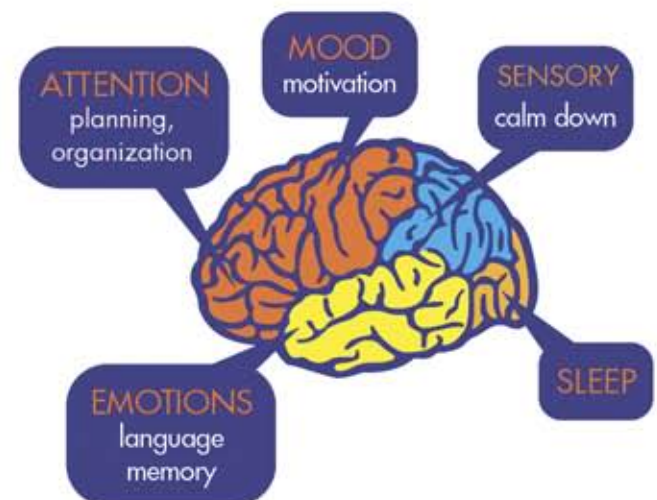
Are There Alternatives to Medications?

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.

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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 Founder of the Center for Brain Training is one of the leading experts in brain biofeedback. For 16 years, he's taught courses and provided consulting to MD's and mental health professionals around the world, helping them incorporate new biofeedback technologies for chronic pain, anxiety and mood disorders, ADHD and neurological problems.




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.



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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Are You Pregnant or Trying to Conceive?

Find how our Acupuncture is helpful for both Mommy & Baby

Acupuncture and traditional Asian herbal medicine comprise the oldest medical system in the world. Evidence suggests that acupuncture has been in use since as early as 300 B.C. Literally thousands of years of research and development have gone into the system we currently have in acupuncture fertility care. Over the last twenty years or so there has been an increasing interest by Western doctors in acupuncture for the treatment of many disorders, including, but not limited to, both female and male infertility. Many fertility clinics have begun to incorporate acupuncture care into their IVF and IUI treatment protocols. Modern, western style (double-blind, placebo controlled) studies have indicated the effectiveness of acupuncture in increasing IVF success. In fact recent research studies leave no doubt in the effectiveness of acupuncture in supporting pregnancy.

A German study done in 2002 showed that of the 80 women who underwent IVF and received acupuncture, 34 women got pregnant, a success rate of 42.5%. Of the 80 women involved in the study who received IVF without any acupuncture treatments, only 21 women (26.3%) became pregnant. More recently, an American study involving 114 women showed that 51% of the women who had acupuncture and IVF treatments became pregnant versus only 36% of the women who had IVF alone. Deeper analysis of this study revealed that, while 8% of the women in the acupuncture group miscarried, the rate of miscarriage in the IVF-only group was 20%. Furthermore, women who received acupuncture also had lower rates of ectopic pregnancies.

In the same way that acupuncture effects female infertility, it is frequently used in the treatment of male infertility as well. While the anatomy of the male is obviously different from the female, the energetic function of the male is quite similar and the treatment principles remain intact. Acupuncture has been shown to affect all parameters of sperm analysis, as well as male sexual function.

Acupuncture is used to treat a wide range infertility, pregnancy, and post-partum issues. Research has shown that infertility acupuncture regulates menstrual cycles, reduces stress and anxiety, balances hormonal systems, and increases blood flow to the uterus, which improves the chances of implantation. Infertility acupuncture is gaining acceptance in



Western medical practice, and a growing number of practitioners use acupuncture as an integral part of IVF protocols. Men also benefit from infertility acupuncture; research has shown acupuncture can increase sperm count, quality, and motility.

Pregnancy acupuncture focuses primarily on keeping the mother-to-be comfortable, free of stress, and in balance. Common pregnancy issues such as nausea, vomiting, insomnia, and back pain can be treated by acupuncture. Gestational diabetes, pre-eclampsia, and PUPPs may also respond to acupuncture treatments. Moxibustion acupuncture is very successful at correcting breech presentations, with recent studies showing a 75-92.5% success rate. Acupuncture can be used to induce labor, and during labor aids with relaxation, uterine contractions, cervical dilation, and pain relief.

After the baby is born, post-partum acupuncture can help restore the body to a balanced state and alleviate post-partum depression. Lactation problems, mastitis, prolonged bleeding and abdominal pain can be treated with post-partum acupuncture. Acupuncture also relieves the stress and fatigue that go hand-in-hand with a new baby. Local OB/GYN and nationally recognized expert Gloria Hakkarainen explains, "Pregnancy, Infertility and abnormal menstrual cycles can definitely benefit from acupuncture. Most modern infertility clinics utilize the best of Eastern and Western medicine, combining cutting edge methods with traditional techniques to help patients conceive and carry a baby. Acupuncture or acupuncture can work on meridian systems in the body to quiet the uterus for implantation and provide mother with the calm and fortitude she needs. I have seen acupuncture work modern miracles... and a baby is definitely one of Mother Nature's best examples!"

Whether you are trying to conceive, support a healthy and comfortable pregnancy and birth, or support your and baby's health upon delivery acupuncture will help you and baby along your path. For more information contact Meng's Acupuncture Medical Center at 561-656-0717.

Acupuncture

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 - PCOS
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- anxiety, and depression

For Pregnancy:

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- habitual or threatened miscarriage
- nausea and morning sickness
- hormonal imbalances
 - edema
 - anxiety
 - fatigue
- labor induction

For Pain Conditions:

- back pain
- sciatica
- abdominal pain
- plantar fasciitis
- carpal tunnel syndrome

For Post-Partum:

- anxiety
- depression
- fatigue
- insomnia
- carpal tunnel

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



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I Have A Wait Problem

By Brent Myers, Pastor of Community Life

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

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

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

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

From a spiritual perspective, waiting is very important. So important, in fact, that God talks about it including these words: *"Even youths shall*

faint and be weary, and young men shall fall exhausted; but they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint." (Isaiah 40:30-31, ESV)

Waiting is expected by God.

Notice what he says... "...they who wait for the LORD..." Isaiah doesn't single out an individual or use the word "if". God – the creator and controller of time and all circumstances – knows we will have seasons of waiting. And He expects us to wait on Him.

God uses waiting to build our character.

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

Waiting is rewarded by God.

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



Waiting is the fruit of our faith.


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

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



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