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May 2014

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True Wealth Comes in Discovering The Road to Health

By: Wellness & Hormone Centers of America

Finding the path to wellness starts in a unique and personal way. For some, it is a long journey spanning decades while in others it can be triggered by some loss of function or illness. In either case, individuals begin to focus on pursuing the path to wellness.

Many times the quest for wellness begins out of necessity. One's medical illness or that of a loved one forces us to wonder why we do not feel better. Sometimes the blood tests are normal and traditional medicine either does not ask or fails to answer the questions of why we do not feel well.

The Problem With Aging and Illness... SICK CARE

The approach of traditional medicine to illness is triggered when traditional medicine attempts to remedy decades of inadequate organ

function that may have contributed to a dysfunctional organ system and ultimately created a dysfunctional process. Typically, it is at this time traditional medicine attempts to remedy illness through surgical procedures and medical treatments.

It is important to note however, the entire effort may not amount to more than a temporary "tune-up." Patients are often kept alive and the disease process may be temporarily contained at best. We refer to this as **sick care**. Modern medicine has made extraordinary gains in sick care and now excels in extending the diseased lifespan, frequently at a poor quality of life to the patient.

Avoiding SICK CARE

What options exist to avoid the misery associated with sick care and the consequences of the aging process?



Frequently, individuals are told that everything possible is being done, but health continues to decline and the disease process continues. Many become unsatisfied and choose to pursue other alternatives.

Some individuals may be on the road to wellness by following simple measures such as:

- *Implementing good hygiene*
- *Eating a nutritious diet*
- *Stopping use of tobacco and/or alcohol*

Others take it further by eating organic foods, losing excess weight and incorporating exercise into their daily activities.

But what can be done when one is in an apparent disease-free state with perfect lab results, and they still do not feel well, at least not as well as they felt in their youth?

Medical benefits obtained from appropriate hormone replacement therapy can be the answer.

Hormone Replacement Therapy and The Road to Wellness

Many health issues can be corrected and even reversed by an approach from illness to wellness. The feeling of youthful wellness can be restored by removing risk factors, implementing personalized hormone replacement therapy and correcting any nutrient deficiency.

Prevention of many disease states caused by hormonal imbalance is totally achievable when done in a timely fashion before physical damage is done. So get tested and find out what deficiencies may cause disease in you. Then get treated and treat yourself better by improving your diet, shedding excess weight, getting adequate exercise and sleep and by taking nutrients and minerals that your body needs to stay healthy.

Under medically supervised weight loss, we have developed an individualized weight management program to help you achieve maximum weight loss and keep the weight off. At WHCA we will balance your hormones and put you on a successful weight management program so you can lose those pounds before they bring on disease. Poor nutrition consisting of processed carbohydrates and physical inactivity produce damage and result in a poor level of wellness. Eating foods that are close from nature,

produced with little or no processing combined with a healthy life style free of addictions are simple steps that you can take now to improve your health. In many cases a simple approach may be to formulate a moderate physical exercise program that does much to improve your health and doesn't cost you anything.

Wellness & Hormone Centers of America specializes in restoring you on your road to wellness through risk assessment and modification, so that you can live your life to its fullest while minimizing the misery associated with "sick care." Many ailments of the mind and body that occur with aging can be helped. Nutrient deficiencies can be measured and corrected. At the WHCA we can customize a vitamin and supplement program for you. Your nutritional needs are as unique to you as your fingerprint. Since your nutritional needs are exceptional they need to be replenished in an individual manner.

The Wellness and Hormone Centers of America (WHCA), is focused on maximizing wellness for each individual. Its wellness program combines recent medical know-how with an ultra-safe scientific bio-identical hormone and nutrient replacement, administered and monitored by well-trained medical professionals at WHCA.

For more information on how you can get your health back to its best please visit: www.wellnesshca.com.

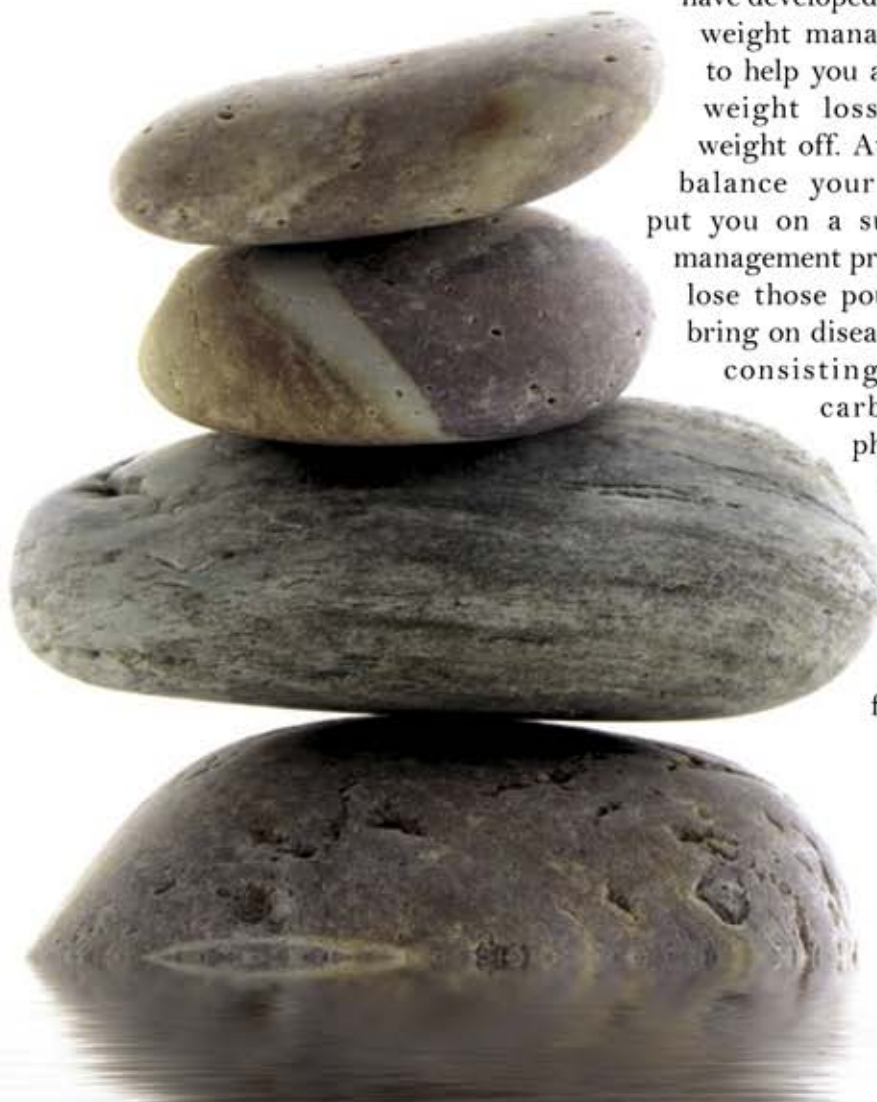


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CARBS GOOD OR BAD?

In any diet conversation it is guaranteed to come up, Carbs... good or bad? Carbs have been touted as the feared food in fad diets. And some carbs have also been promoted as a healthful nutrient associated with lower risk of chronic disease.

So which is it? Are carbs good or bad? The short answer is that they are both.

Fortunately, it's easy separate the good from the bad.

- We can reap the health benefits of good carbs by choosing carbohydrates full of fiber. These carbs get absorbed slowly into our systems, avoiding spikes in blood sugar levels. Examples: whole grains, vegetables, and beans. These good carbs are the ones we use in our fuelfood.com meals that contain carbohydrates.
- We can minimize the health risk of bad carbs by eating fewer refined and processed carbohydrates that strip away beneficial fiber. Examples: white bread and white rice. These bad carbs also promote fat storage in your body.

Why Carbohydrates Matter

In September 2002, the National Academies Institute of Medicine recommended that people focus on adding good carbs with fiber into their diet. The following statements are based on information given in the report:

- To meet the body's daily nutritional needs while minimizing risk for chronic disease, adults should get 45% to 65% of their daily calories from carbohydrates, 20% to 35% from fat, and 10% to 35% from protein.
- There is only one way to get fiber -- eat plant based foods. Plants such as fruits and vegetables are quality carbohydrates that are loaded with fiber. Studies show an increased risk for heart disease with low-fiber diets. There is also evidence that suggests fiber in the diet may help prevent colon cancer and promote weight control.

The recommendations:

- Men aged 50 or younger should consume 38 grams of fiber a day.
- Women aged 50 or younger should consume 25 grams of fiber a day.
- Because we need fewer calories as we get older, men over aged 50 should consume 30 grams of fiber a day.
- Women over aged 50 should consume 21 grams of fiber a day.

What Are The Good Carbs?

Most of us know what the good carbs are: plant foods that deliver fiber, vitamins, minerals, and phytochemicals along with grams of carbohydrate, such as whole grains, beans, vegetables, and fruits. You can't judge a carb as "good" without considering its fiber content (unless it's a naturally low-fiber food like skim or low-fat milk). I do not recommend dairy products as we are the only species that drinks other species milk and the only species consuming milk past the weaning period.

Why Fiber in Carbohydrates Count

Fiber is the part in plant foods that humans can't digest. Even though fiber isn't absorbed, it does all sorts of great stuff for our bodies.

- Fiber slows down the absorption of other nutrients eaten at the same meal, including carbohydrates.
- This slowing down may help prevent peaks and valleys in your blood sugar levels, reducing your risk for type 2 diabetes. This also helps your metabolism.
- Certain types of fiber found in oats, beans, and some fruits can also help lower blood cholesterol.
- As an added plus, fiber helps people feel full, adding to satiety. Promoting fat loss and cutting cravings.

The problem is that the typical American diet is anything but high in fiber. "White" grain is the American mode of operation: we eat a muffin or bagel made with white flour in the morning, have our hamburger on a white bun, and then have white rice with our dinner. In general, the more refined, or "whiter," the grain-based food is, the lower the fiber.

To get some fiber into almost every meal takes a little effort. Here are three tips:

- Eat plenty of fruits and vegetables. Just eating five servings a day of fruits and vegetables will get you to about 10 or more grams of fiber, depending on your choices. All fuelfood.com meals contain green vegetables.
- Include some beans and bean products in your diet. A half-cup of cooked beans will add from 4 to 8 grams of fiber to your day. Every fuelfood.com menu contains beans.
- Switch to whole grains every single possible way (buns, rolls, bread, tortillas, pasta, crackers, etc). We stay away from all bread at fuelfood.com but we do use high fiber and protein quinoa pasta.

What Are the Bad Carbs?

- Sugars
- "Added" sugars
- Refined "white" grains

There's no way to sugarcoat the truth: Americans are eating more sugar than ever before. In fact, the average adult takes in about 20 teaspoons of added sugar every day, according to the USDA's recent nationwide food consumption survey. That's about 320 calories, which can quickly add up to extra pounds. Many adults simply don't realize how much added sugar is in their diet.

Sugars and refined grains and starches supply quick energy to the body in the form of glucose. That's a good thing if your body needs quick energy, for example if you're running a race or competing in sports. Otherwise, this sugar spikes your insulin and causes the body to store fat.

I would even stay away from natural sugars as they have the same effect on your metabolism. These carbs are natural but natural does not necessarily mean "good".

At fuelfood.com we recommend eating the majority of your carbs in your earlier 3 fuelfood.com meals and then finishing the day with a protein and green vegetable meal.

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WHAT IS ATRIAL FIBRILLATION & WHY IS IT DANGEROUS?

Atrial Fibrillation (also known as “a-fib”) is the most common cardiac arrhythmia affecting up to 2.6 million Americans annually. Beyond the critical medical importance of atrial fibrillation to be underscored below, the burden of atrial fibrillation on our health care system is estimated 7 billion dollars annually. Atrial fibrillation is one of the most common causes for new visits to a cardiologist’s office, as well as visits to Emergency rooms and subsequent hospital admissions. A-fib may cause issues for patients for a variety of reasons including palpitations (feeling rapid heart beats), chest pains, breathing problems, or most importantly, atrial fibrillation may be involved in 15-20% of stroke patients. In fact, atrial fibrillation may increase a patient’s risk of stroke by 5x compared to similar age-matched patients.

The atria (consists of both the left and right atrium) are the upper pumping chambers of the heart. The atria have thinner walls than the lower pumping chambers, the ventricles. The atria function to receive returning blood to the heart from both the lungs (to the left atrium) and from the rest of the body (to the right atrium), then deliver the blood to their respective ventricles. Furthermore, the walls of the atria help to carry the electrical impulses to the ventricles which help determine how fast the heart is actually beating (i.e. our pulse rates).

Fibrillation is a condition of disorganized & chaotic electrical activity, an electrical storm so to speak. Fibrillation can occur in the atria as well as the ventricles. During fibrillation, the chambers affected may beat as fast as 300-600 times per minute. In fact, these rates are too fast for any meaningful mechanical contractions of the affected chambers. In the ventricles, this is therefore a cause for people to pass out, and in fact cause sudden death if not promptly treated. However, fibrillation of the atrium is usually very well tolerated and a normal blood pressure is usually maintained despite what can be a very fast pulse at times. When the atria are fibrillating, there is no contractile squeezing of the chambers, and therefore there is stasis blood in the chambers. Whenever there is stagnant blood in the ventricles, there is a risk of a blood clot forming. If a blood clot forms in the left atrium, and is subsequently dislodged, it can embolize into the circulation and travel to the brain and cause a stroke, or to other parts of the body like the leg and cause major harm with impaired blood flow the affected limb.

When we see someone with atrial fibrillation, we try to assess their cardiac structure and function to determine if there is an actual primary cardiac cause of the arrhythmia. Alternatively there can be significant non medical problems that can trigger atrial fibrillation such as thyroid gland dysfunction or infections in the body. A full medical and cardiac evaluation should be done for someone with a new onset of atrial fibrillation. Often a true cause can never be found, and we are left just telling patients that “A-fib happens...”

There are 2 main targets of therapy for atrial fibrillation. One is controlling the pulse to reduce any symptoms someone may be having such as palpitations or shortness of breath. There are various approaches highlighted by medical therapy to reduce the pulse rate of someone with atrial fibrillation. If simply controlling the pulse is not effective, then we have means to control the rhythm for people with atrial fibrillation. There are drugs or procedures (called cardioversion) to convert the heart from fibrillation to a normal rhythm.



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The second major path of therapy is that of stroke prevention. Atrial fibrillation can happen in elderly people with significant cardiac and other medical problems, in addition it can occur in otherwise healthy young patients (even in their 20-30s). The stroke risk associated with atrial fibrillation is different based upon a patients' unique features. There are carefully created tools available to physicians to assess a patients risk of stroke associated with atrial fibrillation. Factors weighed include age, presence of structural heart problems, vascular problems, prior stroke, prior blood clot, diabetes, and hypertension. Based upon these predictors, a physician will make a recommendation for blood thinners to prevent clot and maximally reduce the risk of stroke associated with atrial fibrillation. This may include aspirin, Coumadin/warfarin, or newer agents like Xarelto, Eliquis, or Pradaxa.

“...one's individual story needs to be carefully considered and treated.”

There are unique circumstances where patients may be recommended to receive a pacemaker to help treat their atrial fibrillation, or specialized ablation procedures to literally ablate (burn or freeze) the structural areas of the atria that are responsible for the chaotic electrical activity. If you have atrial fibrillation, or even suffer with palpitations, rapid heart beats, shortness of breath, dizziness etc, you should be seen and evaluated by a cardiac specialist. Every patient is different, and therefore should not be subjected to a 'cookie cutter' approach to medicine where every patient receives the same tests and the same treatments for the same problems. Rather one's individual story needs to be carefully considered and treated. Come see us at South Palm Cardiovascular Associates for further discussions.



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How Our Hair Ages

By Alan J. Bauman, M.D.

Many women don't realize the impact aging hair can have on their appearance. How old a person looks from across the room often has less to do with facial wrinkles and a lot more to do with signs of prematurely aging hair. Thinning is one of the biggest threats to aging hair. As our hair ages, it is common to see hair thinning due to a loss of density, diameter and/or damage that leads to breakage.

Just as women create a healthy skincare routine to protect from wrinkles, fine lines and other signs of aging, the same should be true for our hair. One of the best things you can do for your hair is to take a proactive approach to managing any signs of aging, especially thinning and seek professional medical advice when necessary.



HERE ARE FIVE THINGS EVERY WOMAN SHOULD KNOW ABOUT AGING HAIR.

Signs & Symptoms

It is no secret that our bodies change as we age - but many women overlook the impact aging has on their hair. While unruly grays are the most known, and most obvious, there are six other signs of aging hair to watch out for—dryness, lackluster color, thinning, breakage, split ends, and frizz. When it comes to thinning, women tend to experience thinning over the top and frontal area of scalp, and for many, the first signs and symptoms may come in the form of a smaller ponytail, a wider part-line, deeper temples, or excessive shedding during brushing and showering.

Genetics & Aging

There are approximately 200 genes that regulate hair growth. After puberty, the hereditary hair loss genes can take over—causing a gradual and progressive miniaturization of hair follicles. According to the American Hair Loss Association, more than half of all women over 40 experience thinning hair, and they can inherit a ‘hair loss gene,’ just like men. As our hair ages, the follicle function diminishes in proportion to hereditary risk.

Stress, Diet & Other Factors

While genetics undoubtedly play a large role in how our hair will “age” and our susceptibility to hair loss, there are other factors that can accelerate the aging process. These factors can include unusual levels of stress, hormonal imbalances—like thyroid, for example—nutritional or iron deficiencies, crash diets, as well as illness, medications and surgical history. These factors can be broken down into two categories: intrinsic and extrinsic. Aging caused by the genes we inherit and our body’s physiology is called intrinsic (internal) aging, while extrinsic (external) aging and is caused by environmental factors. All of these factors must be taken into account when diagnosing and evaluating any age-related hair loss.

Hormones, Menopause & Hair Loss

After menopause, about 40 percent of women experience hair thinning – nearly the same rate as men, this is mostly attributed to declining levels of female hormones, though there is more than just hormone levels to consider. Women who have a higher genetic predisposition to hair loss may see their follicles producing progressively weaker hair during and after “the change” and then eventually none at all. If your doctor has recommended replacing your declining testosterone levels, this also may work against your hair as many aging women can experience increased hair loss from testosterone, especially if they are ‘androgen sensitive.’

Keeping Your Hair Young

While it may not be possible to “age-proof” your hair completely, there are steps you can take to hold onto your hair’s youthful shine and fullness. The hair products you use can have a huge impact on aging hair. Cosmetic thickening treatments are a promising option for millions of women, including younger women with subtler signs of aging, like a thinner ponytail. Some of the best ingredients to counteract the signs of aging hair include caffeine and niacinamide, known for their amazing anti-aging properties in the skin. Nutritional supplements can also help strengthen hair and support healthy hair growth. But as far as unruly hair texture and loss of color (gray hair), these are more difficult problems to address. Unfortunately, we don’t have a proven medical treatment for these symptoms; they are better handled with cosmetic intervention like hair care, styling and coloring.

Medical Treatments for Hair Loss

Depending on your hereditary risk as well as the signs and symptoms of hair loss you are experiencing, it might be time to call in a medical professional. Light-years beyond the familiar lotions and potions, experienced doctors that specialize in hair restoration have the tools to measure, monitor as well as safely and effectively treat hair loss. From compounded prescription medications, to physician-only laser therapy devices, to cell therapy using Platelet Rich Plasma or even minimally-invasive NeoGraft FUE hair transplantation, modern medical treatments can help women in virtually all stages of hair loss maintain the hair they have and replace lost density when necessary.

To learn more about how aging effects their hair, check out the new eBook, *Rejuvenating Hair as Women Age*, where we discusses the struggles women face as their hair ages and offers tips and advice on how to keep your hair growing healthy and looking vibrant. *Rejuvenating Hair as Women Age* is available now through Amazon.com.

If you’re worried about hair loss, it is important to consult with a both your primary doctor and an experienced hair restoration physician—someone who specializes exclusively in the medical diagnosis, treatment and tracking of hair loss and regrowth. Only a qualified and experienced hair restoration physician can prescribe the most effective multi-therapy medical treatment options and monitor their results.

Alan J. Bauman, M.D.

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



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What Are Floaters and Flashes?

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

You may sometimes see small specks or clouds moving in your field of vision. These are called floaters. You can often see them when looking at a plain background, like a blank wall or blue sky. Floaters are actually tiny clumps of cells or material inside the vitreous, the clear, gel-like fluid that fills the inside of your eye.

While these objects look like they are in front of your eye, they are actually floating inside it. What you see are the shadows they cast on the retina, the layer of cells lining the back of the eye that senses light and allows you to see. Floaters can appear as different shapes, such as little dots, circles, lines, clouds or cobwebs.

When the vitreous gel pulls on the retina, you may see what look like flashing lights or lightning streaks. These are called flashes. You may have experienced this same sensation if you have ever been hit in the eye and seen "stars." The flashes of light can appear off and on for several weeks or months.

As we grow older, it is more common to experience floaters and flashes as the vitreous gel changes with age, gradually pulling away from the inside surface of the eye.

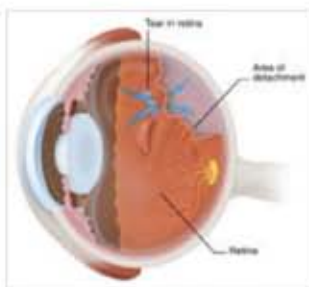
Causes of Floaters and Flashes

As we grow older, it is more common to experience floaters and flashes. When people reach middle age, the vitreous gel may start to shrink, forming clumps or strands inside the eye. The vitreous gel pulls away from the back wall of the eye, causing a posterior vitreous detachment. This is a common cause of floaters.

Floaters and flashes are also caused by posterior vitreous detachment, where the vitreous gel pulls away from the back of the eye. This condition is more common in people who:

- Are nearsighted;
- Have undergone cataract operations;
- Have had YAG laser surgery of the eye;
- Have had inflammation (swelling) inside the eye.
- Have had an injury to the eye.

The appearance of floaters and flashes may be alarming, especially if they develop very suddenly. To find out if a retinal tear or detachment is occurring, you should call your ophthalmologist right away



Vitreous detachment

if you notice the following symptoms, especially if you are over 45 years of age, have had an injury to your eyes or head, or if you have substantial nearsightedness:

- A sudden increase in size and number of floaters
- A sudden appearance of flashes
- Having a shadow or curtain appear in the periphery (side) of your field of vision
- Seeing a gray curtain moving across your field of vision
- Having a sudden decrease in your vision

Floaters and flashes symptoms

Symptoms of vitreous floaters include seeing small specks or clouds moving in your field of vision, or seeing dots, circles, lines or "cobwebs." Symptoms of flashes include seeing flashes of light or seeing "stars."

If the vitreous gel shrinks and pulls away from the wall of the eye, the retina can tear. This sometimes causes bleeding inside the eye that may appear as new floaters.

A torn retina is always a serious problem, since it can lead to retinal detachment. You should see your ophthalmologist (Eye M.D.) as soon as possible if you suddenly see an increase in the size and number of floaters, and/or you suddenly see flashes of light.

Some people experience flashes of light that appear as jagged lines or "heat waves" in both eyes, often lasting 10 to 20 minutes. These are not flashes from the vitreous gel pulling on the retina; instead, these types of flashes are usually caused by a spasm of blood vessels in the brain, called a migraine. If a headache follows the flashes, it is called a migraine headache. However, jagged lines or heat waves can occur without a headache. In this case, the light flashes are called an ophthalmic migraine, or migraine without headache. Contact your ophthalmologist if you experience these symptoms.

If you notice other symptoms, like the loss of side vision, you should see your ophthalmologist.

Floaters and Flashes Diagnosis

Vitreous floaters and flashes become more common as we grow older. However, while not all floaters and flashes are serious, you should always have a medical eye examination by an ophthalmologist to make sure there has been no damage to your retina.

When an ophthalmologist examines your eyes, your pupils may be dilated (enlarged) with eyedrops. During this painless examination, your ophthalmologist will carefully observe areas of your eye, including the retina and vitreous. If your eyes have been dilated, you will need to make arrangements for someone to drive you home afterward.

Floaters and Flashes Treatment

Vitreous floaters may be a symptom of a tear in the retina, which is a serious problem. If a retinal tear is not treated, the retina may detach from the back of the eye. The only treatments for a detached retina are a laser procedure or surgery.

Other floaters are harmless and fade over time or become less bothersome, requiring no treatment. Surgery to remove floaters is almost never required. Vitamin therapy will not cause floaters to disappear.

Even if you have had floaters for years, you should schedule an eye examination with your ophthalmologist if you notice a sudden increase in the size or amount of floaters or a sudden appearance of light flashes — especially if these symptoms are accompanied by any change in your vision.

Know your risks. Save your sight.

The American Academy of Ophthalmology recommends that adults with no signs or risk factors for eye disease get a baseline eye disease screening at age 40 — the time when early signs of disease and changes in vision may start to occur. Based on the results of the initial screening, an ophthalmologist will prescribe the necessary intervals for follow-up exams.

For individuals at any age with symptoms of or at risk for eye disease, such as those with a family history of eye disease, diabetes or high blood pressure, the Academy recommends that individuals see their ophthalmologist to determine how frequently their eyes should be examined.

The Retina Institute of Florida

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

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

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Freezing FAT

By Daniela Dadurian, M.D.

There are so many ways to lose weight and more so, so many diets out there to choose from. Yet so many people struggle with their shape and bulges that don't seem to go away despite all the diet and exercise. There are a lot of factors that contribute to a person not being able to rid a certain area of fat on the body despite weight-loss. Those types of people are still searching and fortunately there are many options to address this issue.

There are two types of fat, the first is visceral fat which is the fat that surrounds your organs and the other is the subcutaneous fat. Subcutaneous fat is the fat that is found just below the surface of the skin and is the type of fat that can be targeted. We commonly identify it as the fat that can be pinched or pulled

Through many clinical studies it has been found that fat cells are more susceptible to cooling and that is what the principal of cryolipolysis is based on. Lipolysis is the killing of fat cells and cryolipolysis is a non-invasive application of cooling to selectively remove fat cells without damaging the skin and surrounding tissue.

Cool sculpting is an FDA cleared device for noninvasively removing fat cells as the device hand piece is selectively placed over the area to be treated while keeping the skin intact. There is no damage to the surrounding tissue as the cool sculpting selectively freezes the fat. During the treatment the patient may experience some tingling stinging and or mild cramping as this will dissipate as the area becomes numb due to the cold sensation.

Immediately after the treatment the treated area will temporarily feel cold and firm. Some common side effects may include bruising tenderness cramping and a "pins and needles" sensation. These side effects should all resolve within 2 to 3 weeks. The final result may appear within three weeks to up to four months.

The best way to find out if a patient is a candidate is to schedule a complimentary consultation. During this time we can assess whether the patient is a good candidate and if the expectations are realistic. Science is changing the face of medicine and cosmetic treatments. We are excited to introduce this technology as it is changing lives one at a time. For more information call 561-655-6325 or visit www.mdbeautylabs.com.



Medical Director, Daniela Dadurian M.D.

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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 Specialists and Medical Spa Concierge, MD Beauty Labs is dedicated to providing the best in restoring and revitalizing experiences.

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



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May is “Better Hearing Month”

Help the ones you love come to terms with their hearing loss.

Acknowledging hearing loss usually begins with complex reactions, but the first and most common one is denial. Although there are many reasons why people go into denial about hearing loss, the bottom line is: Taking that first step to get a hearing test may confirm their worst fear – that they do, indeed, have a hearing loss.

There are factors that make denial a logical mind set for many people. For example, hearing loss often progresses slowly. People don't realize what they are missing in conversations and how many everyday sounds from the world around them they no longer hear - they subconsciously adapt to this subtle progression. It is a known fact that it takes about 7 years for someone to acknowledge hearing loss. They may even hear well in some situations – good acoustics, quiet atmosphere without background noise, one-on-one conversations with a familiar person who articulates clearly. This results in the rationalization that their hearing is fine. Denial can even be a tricky thing when that person uses it as a defense mechanism, causing them to point their finger outward: everyone else has the problem – the world “mumbles”! But most of the time the denial goes back to our society's historical “taboo” of aging.

How can we help our loved one move beyond denial? The best advice is - don't push too hard. They will resist even more. After all, if someone is in denial then he/she truly believes nothing is wrong! So, if the idea of possible hearing loss and therefore having to get a hearing test is going down like the Hindenburg, take baby steps.



www.hearusa.com

First, find out where they are having the most trouble hearing and work on situations one at a time. Show them what they are missing as opposed to mocking or making fun of what you have observed. If the volume of a TV becomes too loud, look into assistive listening devices that can be used with TVs. Find a phone or handset with stronger volume control if they are missing phone calls. Or, if they can't hear the door bell, alarm clock or smoke alarm, look into visual/ vibrating alerting systems. Use safety as the motivator to get them to consider taking that hearing test. These are the first steps to get people to be aware of their hearing loss and of what they can do about it.

As the person who is trying to get a loved one to take a hearing test, it is important for you to know the other reasons for making that happen. Long term unchecked hearing loss can cause auditory deprivation (a condition that results in the brain "forgetting" how to hear and understand speech). 95% of people with hearing loss can be treated with hearing aids. Nine out of ten hearing aid users report improvements in quality of life.

At HearUSA, our trained professionals can provide the proper testing to determine hearing loss. Stop by our center and celebrate May Is Better Hearing Month.



Here are some other helpful hints to help you deal with denial:

- Sit down and talk openly and honestly about how their hearing loss affects you and your relationship with them. Assure them that they are loved and how you miss being able to enjoy things together. Make the hearing loss "our" problem not just "their" problem.
- Get them used to the idea of scheduling a regular hearing test as part of good routine health care, just like getting mammograms, checking blood pressure, testing vision, and having a colonoscopy. Set an example by getting your own hearing tested.
- Watch for health fairs that offer free screenings. Go to them together and take advantage of all the information as well as the free screenings that they may offer.
- Help by setting up appointments with a hearing care professional.
- Stay positive – the issue could be as simple as a build-up of wax in the ear!
- Offer to drive or find someone else to drive them to their appointments.
- Check to see if their medical insurance covers hearing evaluations and hearing aids. If there is no coverage, offer to help with the cost if that is feasible for you. Check out what financial help is available at www.hearingloss.org.
- Most importantly, educate yourself about hearing loss: the different types, the causes, the psycho-social impact, and what to do if you have hearing loss. With this information under your belt, you will be ready when they are and can answer questions and steer them in the right direction.



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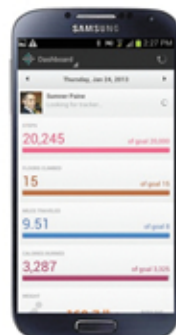
12,426 steps

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Drawing for the fitbit will be held on May 31st.





Hoshino: A Unique Massage Therapy

By Michael Hollander

There are so many types of massage, and there appears to be a masseuse on every corner these days. How is Hoshino Massage Therapy different from all the others?

This therapy was developed by Tomezo Hoshino, who was born in 1910 in Atsugi, Japan, into a family who for generations had been practitioners of acupuncture and traditional oriental medicine. Hoshino developed neuralgia and his uncle cured him with acupuncture and physical therapy in about ten weeks. "My uncle encouraged me to study acupuncture", he stated, "He said I had special hands, the hands of an artist, and that I should use them to help people." From 1935 to 1939 Hoshino studied acupuncture and received his degree. In 1939 he moved to Argentina and began his search for a method to cure arthrosis and its many related ailments, which neither acupuncture nor conventional medicine could relieve. Drawing on his knowledge of Japanese massage and acupuncture, he began to massage his clients' bodies to change the condition of the soft tissue treating them for arthrosis type conditions. Through the use of acupuncture knowledge, warmth from his magical hands and working with various points within the body of his clients, he had perfected a means to treat and cure arthrosis. One of Hoshino's big tests was treating the Director of the Buenos Aires School of Medicine. He examined him and noted that he had the beginning of arthrosis of the cervical spine. He treated him for forty minutes and when the Director exited the room, he came out smiling. He wanted to continue the treatments with Hoshino and asked him to treat his wife as well. Hoshino soon began to treat many people, including politicians, artists, musicians, writers and church leaders. In 1952 his therapy was recognized by the Argentinian government as an official medical therapy.

Today in Argentina, Hoshino therapy is recognized by the Argentinian Association of Kinesiology and is a post-graduate program for physical therapists and kinesiologists. Since 1980 Hoshino began dividing his time between Argentina and Miami, training a handful of American massage therapists in his method of therapy.

Hoshino found 250 vital points in the body that relate to biomechanical function. These are selected acupuncture points located directly over the muscles, tendons, and ligaments. Digital pressure applied to a point, and warmth from the therapist's hands, work together to reverse the hardening of the soft tissues, loosening the afflicted area. This combination of methods increases circulation, which brings oxygen to and removes accumulated wastes and toxins from the cells. Over time these influences restore softness, moisture, flexibility, elasticity and resiliency. Many massage types and facilities offer temporary "feel good" type massage therapy treatments. Hoshino Therapy is a more therapeutic approach to resolving issues that lie below the surface and deep within muscles, tendons, ligaments and tissues. In effect, this increases the youthfulness of the soft tissues of the body.

According to Hoshino, the therapist's hand is the essential tool to healing. With great precision the hand applies the pressure and warmth necessary to reverse arthrosis in a particular muscle, tendon, or ligament. Only the warmth of the hand can revitalize and strengthen at the same time. Only the hand can sense when the muscle or tendon has been stimulated enough to produce its own heat. As Hoshino says, 'Nothing surpasses the hands.'

*Hoshino therapy is still practiced today at
HoriZen Therapies in Boca Raton.*



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Ask Fearless Love!

Dating after divorce?

I want to ask out a woman I know, but I'm not sure it's a good idea. She divorced her husband about 4 months ago. I'm not close friends with her, however we do know each other. She's someone I've always liked and so when she divorced, I was actually happy I could pursue her. What's your advice about asking someone out after a divorce? Good idea or not? Is it too soon? She's a great lady and I'd love to get to know her better.

--Will



Jianny Adamo, MA, LPC, LMHC, NCC
238 NE 1st Ave, Ste.104, Delray Beach, FL 33444
www.fearlesslove.net
Tel: 954-495-4566

Dear Will,

It's a good idea to take a timeout from romantic relationships after a divorce. This time is best used to complete the stages of grief which starts prior to filing for divorce: Denial, Anger, Bargaining, Depression and Acceptance. Individuals cycle through in no particular order and revisit different stages until reaching complete acceptance of their loss. Ending a marriage represents a loss of hopes and dreams, perhaps a lifestyle and requires learning how to live without your other half. Divorce is never easy and can be more stressful than the death of a spouse. Following a divorce, individuals need time to heal, and if there are children it is wise to give them time to adjust to their new reality before introducing another person into their lives.

Your lady friend is the only one who can decide when she's ready to date. Generally speaking, it takes about 1 year for every 5 years of marriage for the emotional divorce and healing to complete. Call her and at the very least be a friend. Allow things to evolve naturally. She may be happy to have male companionship at this stage of her process and with your sensitivity she may see you as a gift.

Wait! I Want a re-do on the "Will you ..."

I proposed to my girlfriend of 5 years about two weeks ago and she said "yes." Now, I'm regretting that move. We're both in our forties and our children are out of the house. We've lived together all this time as if we were married -- or at least for 4 of the 5 years we've been together. So why change a good thing? I've noticed that as soon as I proposed, I started to feel anxious, suffocated and like I wanted to run away from all of this. I do not want to get married! What should I do? I have no intention of leaving her, but I really don't want to change the way things are. I'm just not sure how to bring this up to her.
Scott

Dear Scott,

Post engagement jitters can occur at times. Be patient with your anxieties as perhaps they may be drawing your attention to unfinished business from a past relationship or marriage that needs completion prior to moving on to the next marriage. Other reasons for the anxieties can arise from anticipation of role and/or responsibility changes. Talk with your fiancé about these concerns. Open and honest communication leads to greater understanding and deeper connection, the antidote to the jitters.

I'd imagine that your fiancé is very important to you. Re-negotiating the engagement may back fire and cause a rift in the "good thing" you have established with her. It may be seen as a lack of commitment on your part. Love takes courage. I wish you the best and may you find a way to attain what you truly want in spite of your fears.

If you have a question for Jianny email her at Jianny@FearlessLove.net or speak with her personally **954-495-4566**.

.....
About Jianny Adamo, MA

As the founder of Fearless Love Relationship Coaching and Counseling, we specialize in matters of the heart for singles and couples desiring to create a safe and intimate marriage that lasts a life-time. I support couples to increase understanding, connection and intimacy -- recharge the love that brought you together. Be equipped with positive communication and conflict resolution skills while refining intimacy skills. For singles interested in meeting the love of their life, I assist you to break through fears and limitations, heal from past relationships and to live authentically. Don't just fall in love...live in love.



For divorcees, I support you to stabilize, heal, and recover; navigate through this life transition in a way that promotes a healthy living and to finding love again by finding yourself first. Nothing excites me more than to empower you to embrace balance, inner peace, passion, and love.

ONCOLOGY SPA DEDICATED TO UPLIFTING SPIRITS OF THOSE UNDERGOING CANCER TREATMENTS SUCH AS CHEMO AND RADIATION

What would you say about a place that is relaxing and rejuvenating especially for cancer patients? A place that provides an atmosphere where someone's mind and body needs can be met while they're undergoing chemotherapy, radiation, or having to deal with any type of cancer or skin disease? Magnifique?

Well, that's what many are saying about the Spa Care Center in Boca Raton, the ultimate oncology spa. This unique facility provides clean and sanitary services dedicated to rallying the spirits and improving the appearances of those going through chemotherapy, radiation and aftercare or who are now in remission or cancer free. It's a new treatment center designed exclusively to pamper cancer patients by making them look good and feel good about themselves during perhaps the most challenging time of their lives.

Over the last decade, physicians have diagnosed over 100,000 new primary cancer cases among Floridians. A need was born for innovative services designed to help cancer patients deal with the aesthetic side effects of sometimes harsh medical treatments they must endure.

"Facilities like these are a rarity, and so much of our overall wellness includes treatments outside of medicine. Even as a doctor, I suggest to my patients that taking time to do things that make you feel good are essential to one's health. While it can be hard for cancer patients to find treatments that agree with their bodies, the Spa Care Center in a no-brainer; providing the latest in spa technology specific to those suffering through or finishing cancer treatment. I'm glad a place like this exists," said Philippe Jeanteur, MD, Oncology Specialist.



Whether a woman or man is afflicted by an illness such as cancer, the services offered at Spa Care Center in Boca Raton, are sensitive to the needs of any cancer patient and offer an array of hard-to-find, innovative services and products/or skin care line designed to help cancer patients cope with snarling side effects while preserving and enhancing their self-esteem, so important to a full recovery.

The owners, Melanie and Pierre Jeanteur, from Paris France, started this venture after several members of their family suffered from cancer. They wanted to help others overcome the unpleasant consequences of cancer treatments and feel well and good about themselves, which is so important to a successful outcome.

They have selected specialized nail technicians and estheticians who have vast knowledge and expertise in this area and who have been intensively trained to provide this unique and specific care. This is a staff who understands the needs and special care required for cancer patients. They're aware of products and services that help enhance self-esteem, improve appearance, uplift spirits, and offer inspiration at a critical time for cancer patients undergoing chemo and radiation and other stressful treatments.

Body and face care (massages, make-up, and permanent make-up) are offered with the aim of providing quality moments which strengthen client's mental and psychological condition to better cope with the illness.

Treatments such as Foot Reflexology or better known as "zone therapy" are based on the relationship between areas of the body and internal organs to stimulate bodily functions that may have been compromised by cancer.

Spa Care Center offers many forms of treatments dedicated to addressing specific needs, including relaxation therapy, hydrotherapy, reflexology, scalp massage, belly packs, arm packs, foot reflexology technics, lower legs and foot treatments, scalp relaxation, facial and neck treatments, eyelash extensions, make-up and semi-permanent make up, care for eyes, lips, eyebrows, including waxing, spa manicures and pedicures, oncology skin treatments.



The center uses only products with proven effectiveness for people with sensitive skin. The Spa Care Center uses De La Terre Skincare from North Carolina, a therapeutic Skin Care system designed to relieve distressed skin. It is formulated with pure plant materials; nothing synthetic. These products work holistically and will not harm the skin or the body addressing issues of skin toxicity sensitivity due to chemo and radiation.

The center offers exclusively a UNIQUE Nail Polish from Paris, which is distributed in the U.S. exclusively by the Spa Care Center.

Spa Care Center's competitive edge is based on superior customer service to men and women afflicted by cancer. The center suggests its clients arrive early for their appointment so they can learn about the products, services and treatments available. The center offers free, and private consultations. This helps determine what services best meet individual needs. Spa Care Center clients will feel welcome when they arrive and will have confidence in the center's high standards of sanitation and sterilization as well as the spa's policies and procedures designed with one thing in mind—looking and feeling stronger, during their battle.



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EAT TODAY TO FIGHT TOMORROW:

Nutrition & Disease Prevention



**What's in it for me? Why eat nutritious foods?
Have you ever taken a minute to reflect on your
motivation for living a healthy lifestyle?**

As I see it, most people fit into one (or more) of these three categories:

1. Reach specific goals
2. Manage disease and damage control
3. Prevention

1

Reaching specific goals.

These are the people that want to lose weight, tone up, run a 5k, compete in a competition, look their best for a reunion or some other special event... The list goes on. For these people, they will try the most extreme diets, but are they making healthy lifestyle changes? They want to reach a specific goal but what happens after that? Hopefully they make new goals and keep striving for something. I had a client tell me that I always have something up my sleeve. Maybe he was right, as a dietitian and personal trainer, I always want to see my clients improve and make healthy habits a way of life, not just to meet one goal.

2

Managing disease and damage control.

These are the people that had a wake up call! Some have been told by their doctor that they are at high risk or others waited until it's too late and have been diagnosed with a disease. The good thing about many diseases is that nutrition and a healthy lifestyle play a huge part in management and minimizing complications. For example: medical nutrition therapy for diabetes, heart disease, congestive heart failure, obesity, high cholesterol levels, kidney problems, GI issues, etc. These people are motivated to make changes and realize they **"are what they eat"**.

3

Prevention

These are the people that realize early on what you eat and how you live today, effect's your life down the road. This is where I fit in. I watched my mom fight breast cancer, and realized at a young age that nutrition played a HUGE part in fighting, but more importantly, preventing disease. She was in remission after winning the battle against breast cancer then later diagnosed with bone cancer. After being told she didn't have much longer to live, we, as a family, made the decision to change our diet and lifestyle completely. She lived for years after the doctors said she would. Although she isn't here today, I couldn't feel more blessed and grateful for the extra years we had with her. Maybe it wasn't just the life-style changes, but this played a huge part in her surviving longer than anyone said she would.

Maybe your story isn't exactly the same as mine, but you know someone that has a preventable disease. Why wouldn't you do everything you can today to make sure you live to see your kids have kids or grow old with your loved ones? What can you do???

5 Steps to Prevent Disease

1. Find out where you stand.

Participate in a Health Screening to determine your current total cholesterol, HDL, blood glucose, body fat percentage, and blood pressure. Once you know where you stand, you can target the areas that are putting you at high risk for preventable disease.

2. Achieve or maintain a healthy weight.

More than two out of three adult Americans are overweight or obese. Obesity is associated with many different preventable diseases such as hypertension, cardiovascular disease, and many cancers (breast, uterine, ovarian, esophageal, colon, kidney, and pancreatic). Healthy eating is 70% of weight loss, the other 30% is exercise. You can't out exercise a bad diet.

3. You are what you eat: be consistent!

Do you want to know the secret to weight loss? Consistently fueling your body with quality foods! Load up on the colorful fruits and vegetables, stick to lean protein (organic and grass fed meats), whole grains and healthy fats. Here's another secret: Breakfast IS the most important meal of the day. Kick start your metabolism with a balanced breakfast.

4. Incorporate Superfoods on a daily basis!

Superfoods are the powerhouse foods that are high in macro and micronutrients. Many superfoods help reverse the aging process, and have anti-inflammatory factors because they are high in antioxidants. Examples of superfoods are blueberries, chia seeds, quinoa, greek yogurt, walnuts, almonds, wild salmon, and kale.



5. Cut out the processed foods.

Processed foods contain additives and preservatives to make them last longer and taste better. Companies use cheap ingredients to make their profit margins higher. Key words to beware of: artificial sweeteners, artificial flavors, and preservatives.

GET INFORMED! Let the nutrition and fitness experts at Healthy Steps educate you on how to make health a way of life. We conduct health screenings and design customized meal plans for clients to meet their health and wellness goals.

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One of Those Things You Just Don't Like to Talk About

By Daniel Lindenberg, MD, PA

Constipation is one of those topics few like to talk about. If you've suffered from this problem, though, you know it can be both painful and frustrating.

Almost everyone gets constipated at some time during his or her life. It affects approximately 2% of the population in the U.S. Women and the elderly are more commonly affected. Constipation, the most common digestive complaint in the U.S. population, can make life miserable. Not only does constipation make you feel bloated, headachy, and irritable, but relieving constipation -- especially long-term or chronic constipation -- is time consuming and expensive. Each year in the U.S., chronic constipation leads to around 2.5 million doctor visits -- and medication costs of many hundreds of millions of dollars.

What Is Constipation?

Constipation occurs when bowel movements become difficult or less frequent. The normal length of time between bowel movements ranges widely from person to person. Some people have bowel movements three times a day; others, only one or two times a week. Going longer than three days without a bowel movement is too long. After three days, the stool or feces become harder and more difficult to pass.

You are considered constipated if you have two or more of the following for at least 3 months:

- Straining during a bowel movement more than 25% of the time
- Hard stools more than 25% of the time
- Incomplete evacuation more than 25% of the time
- Two or fewer bowel movements in a week

What Causes Constipation?

Constipation is usually caused by a disorder of bowel function rather than a structural problem. Common causes of constipation include:

- Inadequate water intake
- Inadequate fiber in the diet
- A disruption of regular diet or routine; traveling
- Inadequate activity or exercise or immobility
- Eating large amounts of dairy products
- Stress
- Resisting the urge to have a bowel movement, which is sometimes the result of pain from hemorrhoids
- Hypothyroidism
- Neurological conditions such as Parkinson's disease or multiple sclerosis
- Antacid medicines containing calcium or aluminum
- Medicines (especially strong pain medicines, such as narcotics, antidepressants, or iron pills)
- Depression
- Eating disorders
- Irritable bowel syndrome
- Pregnancy
- Colon cancer

In some cases, lack of good nerve and muscle function in the bowel may also be a cause of constipation.



How Is Constipation Diagnosed?

Most people do not need extensive testing to diagnose constipation. Only a small number of patients with constipation have a more serious medical problem. If you have constipation for more than two weeks, you should see a doctor so he or she can determine the source of your problem and treat it. If constipation is caused by colon cancer, early detection and treatment is very important. Tests your doctor may perform to diagnose the cause of your constipation include:

- Blood tests if a hormonal imbalance is suspected
- Barium studies to look for obstruction of the colon
- Colonoscopy to look for obstruction of the colon

The vast majority of patients with constipation do not have any obvious illness to explain their symptoms. Chronic constipation may be associated with normal or slow stool transit time, functional defecation disorder (dyssynergic defecation) or a combination of both. With slow-transit constipation, there is a prolonged delay in the transit of stool through the colon. Dyssynergic or outlet obstruction (also called pelvic floor dyssynergia) is characterized by either difficulty or inability to expel the stool. With pelvic floor dysfunction (dyssynergic defecation), the muscles of the lower pelvis that surround the rectum (the pelvic floor muscles) do not work normally. A third type of constipation occurs with irritable bowel syndrome (IBS) where constipation alternates with bouts of diarrhea.

How Can I Prevent Constipation?

- Eat a well-balanced diet with plenty of fiber. Good sources of fiber are fruits, vegetables, legumes, and whole-grain bread and cereal (especially bran). Fiber and water help the colon pass stool.
- Drink 1 1/2 to 2 quarts of water and other fluids a day (unless fluid restricted for another medical condition). Liquids that contain caffeine, such as coffee and soft drinks, seem to have a dehydrating effect and may need to be avoided until your bowel habits return to normal. Some people may need to avoid milk, as dairy products may be constipating for them.
- Exercise regularly.
- Move your bowels when you feel the urge.

**What Should I Do If I Am Constipated?**

- Drink two to four extra glasses of water a day (unless fluid restricted).
- Try warm liquids, especially in the morning.
- Add fruits and vegetables to your diet.
- Eat prunes and/or bran cereal.

Treatment options for constipation:

Treating constipation, especially chronic constipation can seem overwhelming and has the best treatment outcomes under the care of Gastroenterologist who specializes in this type of difficulty. Treatment options include:

- Fiber which can be found in healthy foods we commonly consume including fruit, vegetables, and bran. It is recommended an adult consume between 20-30 grams of fiber every day. In addition to consuming high fiber foods, one can add raw bran to reach this goal.
- Bulk forming laxatives this includes psyllium seed (eg, Metamucil), methylcellulose (eg, Cirtucel), calcium polycarbophil (eg, Fibercon), and wheat dextran (eg Benefiber). These laxatives are effective in increasing frequency and softening consistency of stool with a minimum of adverse effects.
- Surfactants or more commonly called stool softeners (eg Colace) are rarely effective in treating chronic constipation. Research supports psyllium being a better treatment option.
- Osmotic agents such as (PEG, GoLYELY, MiraLax, Enulose) cause intestinal water secretion and thereby increase stool frequency. Excessive use of these medications may result in electrolyte and volume overload in people with renal and cardiac dysfunction.
- Stimulant laxatives such as bisacodyl (eg Dulcolax), senna (eg Senokot), and sodium picosulfate (eg Dulcolax drops) work by increasing intestinal motor activity while altering electrolyte transport by the intestinal mucosa. These medications can lead to various health problems if used chronically.
- Suppositories, enema, and disimpaction can be effective for severe constipation.

Warning About Constipation

Call your doctor if:

- Constipation is a new problem for you
- You have blood in your stool
- You are losing weight even though you are not dieting
- You have severe pain with bowel movements
- Your constipation has lasted more than two weeks

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What is Candida? ...And do I have it???

Have you ever taken a broad spectrum antibiotic for a period of time? Did you take birth control pills? Were you on prednisone or a similar steroid? Does your body tend to swell with the heat, and are the symptoms worse on damp, muggy days or in moldy places? Does your stomach get distended and uncomfortable after eating fruit or any sugary food? Do you have constant gas pains and or severe gas? Do you have rectal itching? Brain-Fog? Discolored patches of skin? Fungus on your finger or toenails? Do you have a constant sinus headache or have you been diagnosed with sinusitis?

There are millions of people with the above symptoms and more, who cannot figure out what is wrong with them or what to do about it. If any of the above rings true for you then you may be suffering from a yeast overgrowth in your intestinal tract, that has been referred to as Candida Albicans, Candida, a systemic yeast or fungal infection.

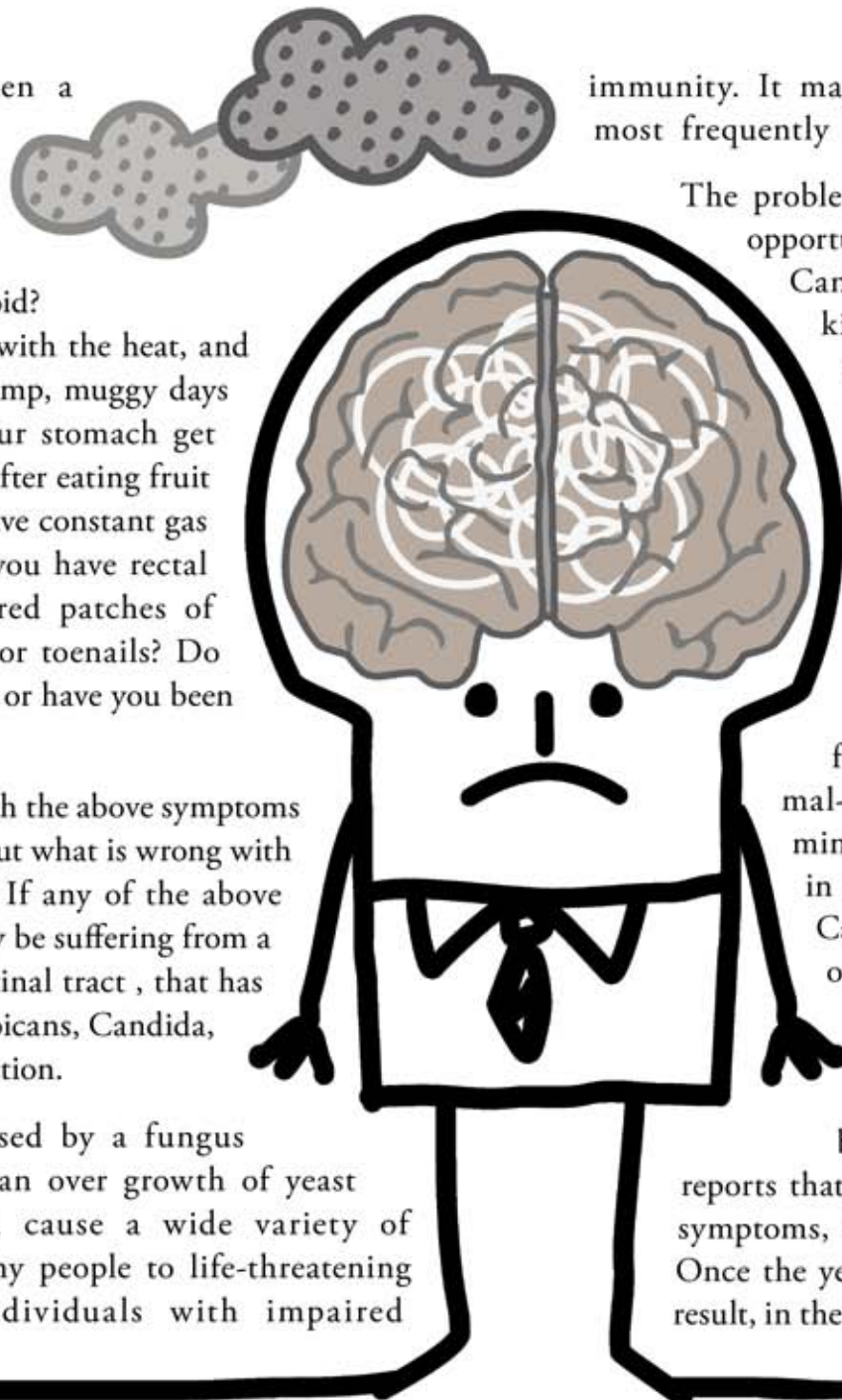
Candida is a pathogen, caused by a fungus that develops as a result of an over growth of yeast in the body. Candida can cause a wide variety of symptoms in generally healthy people to life-threatening systemic infections in individuals with impaired

immunity. It may be the cause of almost all cases of the most frequently reported chronic diseases and conditions.

The problem with Candida is that it is an amazingly opportunistic and adaptive organism. All it needs for Candida to invade your gut is for something to kill off the normal flora; the bacteria that aids digestion and protects the gut from yeast.

Once the flora is damaged, yeast will invade. In ideal circumstances, Candida can double in quantity every half hour, so it takes very little time for it to populate a damaged intestine.

Once in the gut, Candida creates an environment that prevents the normal flora from repopulating. The lack of flora causes mal-digestion of certain sugars, carbohydrates, minerals and traces nutrients and leaves food to rot in the gut, creating an ideal environment for the Candida. Taking yeast medication like Diflucan or Nystatin temporarily relieve symptoms, but unless measures are taken to correct whatever caused Candida in the first place and to repopulate the gut with friendly bacteria, the yeast will simply grow back, hence reports that using Dyflucan or Nystatin to help alleviate symptoms, the effect at best, is usually only temporary. Once the yeast has overgrown the gut, malnutrition will result, in the form of vitamin and trace nutrient deficiencies.



In addition, the constant presence of a pathogen will stimulate the immune system twenty-four, seven, times three hundred and sixty five days a week; eventually causing immune deficiency and severe fatigue.

Candida can manage to hide (sometimes for years) in parts of the body where traditional therapies don't always reach, in our joints, for example and the deep folds of the intestines. It thrives on the foods that are a large part of the typical American diet, which in addition alters intestinal pH unfavorably. Stress contributes to its proliferation, as does refined sugar. And because of its adaptability, it can be easily transmitted from person to person in a family. Mothers can pass it to their children through breast feeding, or through the birth canal, and of course, through intimate contact with their partners.

It is important to find a qualified health care practitioner that has had experience in treating people who have had Candida. Candida can be taken care of through a special diet, proper treatment and supplementation with herbs and or homeopathic remedies. The symptoms mentioned in this article are all related to Candida. With proper care it can be handled once and for all, and one can return to a normal diet without the bothersome and sometimes debilitating side effects of the abnormal overgrowth of yeast known as Candida.


**Alternatives in Healthcare
Dr. Annalee Kitay, D.C.**

1700 N Dixie Hwy, Suite 127
Boca Raton, FL 33432
(561) 620-6007





DR. ANNALEE KITAY is a doctor of chiropractic, and specializes in the Neural Organization Technique. Formerly in practice at the Atkins Center for Complementary Medicine with Dr. Robert Atkins in New York, and was a close associate of Dr. Carl A. Ferreri, the developer of Neural Organization Technique.

Dr. Kitay believes that we all have an inherent ability to be healthy. She sees her role as a facilitator to help attain, regain, or maintain a healthy state of being. A person is more than their individual parts. Every system, organ and limb is interdependent on each other. Identifying the origins and the dynamics of an imbalance among these parts and the consequences thereof are important in understanding the resulting symptoms. By creating balance at the core level, symptoms can disappear and a state of well being is restored. Dr. Kitay practices in Boca Raton, Florida and also has satellite offices in New York and New Jersey at specific scheduled times. She sees patients by appointment and can be reached at **561-620-6007**. To learn more, go online at: www.drkitay.com.



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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.

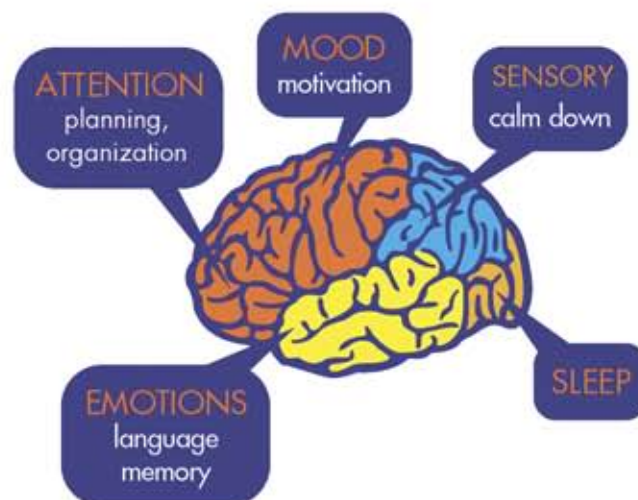
Are There Alternatives to Medications?

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.



Renee Chillcott is a Licensed Mental Health Counselor and is the clinical director of the Boca Office of CenterforBrain.com. She has been practicing neurofeedback for almost nine years. She has worked for years using neurofeedback with anxiety, panic attacks and depression.

She reports that neurofeedback has helped her clients achieve far more success than with just psychotherapy or medications. The Boca office works with children, adults and families. Renee obtained her Master's degree from Nova Southeastern University in counseling. She has also received continuing education in the diagnosis and counseling of attachment disorders, teaching positive parenting skills, and peak performance neurofeedback.





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A NEW CATARACT SURGERY FOR THOSE WITH MACULAR DEGENERATION



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

By David A. Goldman, M.D.

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

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

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

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

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

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

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

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

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

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



Don't Give Up!

By Brent Myers, Pastor of Community Life

OK. So here we are... five months into a new year. How are things working out for you? Did you set goals for making this year the best year ever? Did you have dreams and ambitions to make this year different? Did you plan on making things better? Well... how are you doing?

Too often we wait until it's too late to ask these types of questions. But let me encourage you with this today: Don't Give Up!

Maybe you're well on your way to accomplishing your goals. To you I say: Press On! Keep pushing on! Perhaps you've had a rough go of it and you've been derailed or don't think you could ever reach the sights you set for this year. To you I say: Press On! Keep pushing on!

Now you may be thinking, "that's the same advice for both groups." You're right. The reason is because I believe this to be a fundamental principle we all need to learn: perseverance.

The apostle Paul penned these words nearly 2,000 years ago: "So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up." (Galatians 6:9, NLT)

Think about that for a moment. Let that settle in. "let's not get tired of doing what is good," "we will reap a... blessing," but here is the kicker: "IF we don't give up."

Wow! That's an awfully big "IF"...

Perseverance reveals a lot about ourselves.

Perseverance reveals our conviction. Do I really believe in what I'm pursuing? Do I really feel deep down in my gut that what I'm going after is right and true? If I don't believe in it, then I'll give up quickly. But if I do believe, then how can I possibly give up?

Perseverance reveals our commitment.

In his pursuit of creating a sustainable light bulb, Thomas Edison never gave up because he was committed. Edison is quoted as saying, "I have not failed, I've just found 10,000 ways that won't work." If I'm really committed to it, then it's not just a matter of "I won't give up" but really a matter of "I can't give up."

Perseverance reveals our character.

Who are you when no one else is watching? What do you do when you're alone in your pursuit of your dreams and goals? If we persevere, we show our character. Winston Churchill once said: "Never, never, in nothing great or small, large or petty, never give in except to convictions of honor and good sense. Never yield to the apparently overwhelming might of the enemy."



The writer of Hebrews put it this way: "So don't throw it all away now. You were sure of yourselves then. It's still a sure thing! But you need to stick it out, staying with God's plan so you'll be there for the promised completion." (Hebrews 10:35-36, The Message)

Stick with it. Press on. Reach your goals. Go for it! I used to work for a gentleman who would say this: "We do not determine a man's greatness by his talent or worth, as the world does, but rather by what it takes to discourage him." (JF)

So be great... and Don't Give Up!

Brent Myers @brentdrewmyers

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So the message here is loud and clear:
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