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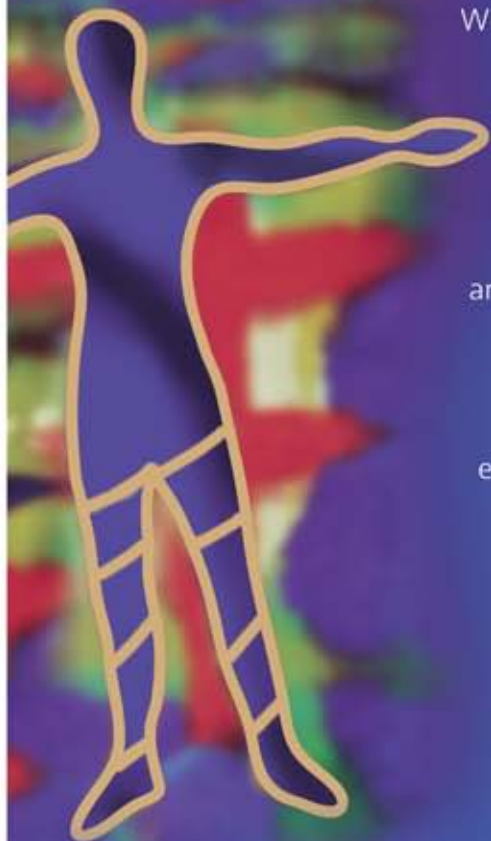
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TRAINING AND DIET FAT LOSS FACTORS

Aerobic exercise and fitness can be contrasted with anaerobic, of which strength training and short distance running are the most widely known examples. The two types of exercise differ by the duration and intensity of muscular contractions involved, as well as by how energy is generated within the muscle. How does this relate to us in terms of fat loss? When you train with weights you tear more muscle down that must be built back up. The muscle breakdown and subsequent repair of tissue leads to an increase in metabolism.

The muscle is broken down and then protein repairs the tissue. This is the reasoning behind the correct protein value in all of the fuel food.com meals. The big thing to remember from this is weight training which is anaerobic training in general burns fat while the body is at rest. Aerobic training for the most part is only a matter of calories in and calories out. The main benefit of cardiovascular training is of course heart health, but it does not offer as much in terms of metabolic activity. The largest part of fat loss is, of course, what you put into your body. The idea of all calories being created equal is history.

The common understanding is that a calorie of sugar is not the same as a calorie of protein or a calorie of fat or metabolism. The best way to lose fat is to find the program that best works for you. The fuel food.com menu can be manipulated to fit just about any dietary program. Some common programs include paleo/low carb/carb cycling/low sodium and fat /balanced clean eating/blood type diets/or calorie restriction. No matter what you choose, it's important to know the macronutrient content of what you are eating so you can plan accordingly. The entire fuel food.com program is weighed and calorie counted. You pick the meals that best fit your lifestyle, from our online menu of nearly 40 different items per week. Train hard, but especially train smart, eat right and the fat will fall off.



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Matters of the Heart

By Dr. Rodolfo Carrillo, MD, FACC

Married for 25 years, Ronald and Eileen Baehr of Delray Beach have shared many things, including working together in several ministries. It was no surprise then, when they also shared experiences at the Bethesda Heart Institute last fall.

It began when Eileen told her internist, Vernon Rebello, M.D., of Rebello Medical Associates, that she was feeling tired upon exertion, something unusual for her. An exam found her heart murmur had increased. She suffered from mitral valve regurgitation (a leaky heart valve). He referred her to interventional cardiologist Rodolfo Carrillo, M.D., of Florida Premier Cardiology, who performed a transesophageal echocardiogram to evaluate the valve. It revealed a very severe problem, even though her symptoms were only moderate.

Rapid Response

“Knowing your risk for heart disease and recognizing changes in your own body is very important,” says Dr. Carrillo. “It is best to start treatment before major complications occur.”

Dr. Carrillo sent Eileen to cardiovascular surgeon Geoffrey M. Lynn, M.D., medical director of the Bethesda Heart Institute. He recommended open-heart surgery to repair the valve, which he performed with fellow cardiovascular surgeon Samantha E. Kwon, M.D.

During this time, Ronald Baehr began noticing an occasional heavy feeling in his chest and made his own appointment with Dr. Carrillo. During a routine stress test at Dr. Carrillo’s office, Ronald was waiting to see the doctor when his heart became very heavy and his chest began to hurt.

“I knew I was in trouble,” said Ronald. “I told the receptionist to get the doctor right away.”

It only took a few moments for Dr. Carrillo to assess the situation and call 911. “I followed the ambulance and called ahead to the Bethesda Cath Lab,” recalled Dr. Carrillo, who promptly performed a cardiac catheterization on Ronald. “We located the blocked coronary artery and inserted a stent to reestablish normal blood flow.”

All Heart

Now well into their recovery, the Baehrs can reflect on their



Risky Business

Heart disease is the leading cause of death in the U.S. and worldwide. Speak with your primary care physician about your risk for heart disease, including family history, blood pressure and cholesterol levels, a history of smoking, diabetes or low physical activity. He or she may recommend lifestyle changes, and may order additional screenings to evaluate your current heart health, including any of the following:

- Blood tests
- Chest X-ray
- Electrocardiogram (ECG)
- Holter monitoring
- Echocardiogram
- Cardiac catheterization
- Cardiac computerized tomography (CT) scan
- Cardiac magnetic resonance imaging (MRI)

experiences together. They are focused on their ministry, the future and spending more time together.

“All of the doctors thoroughly explained the procedures as well as what to expect during our recoveries. We felt very comfortable with everything,” said Ronald.

Eileen adds, “I am grateful to the doctors, the staff, my family. The whole experience was a blessing.”

To schedule an appointment with Dr. Carrillo, he can be reached at 561-496-7900.



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THE SECRET TO BETTER SEX JUST MIGHT BE IN YOUR DREAMS

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

Gary 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.

Obstructive Sleep Apnea (OSA) is characterized by disruptions in breathing during sleep that lead to lower oxygen levels in the blood and body tissues. Repeated waking or arousals throughout the night occur from the apnea events. The cause of sleep apnea is either the tongue blocking the airway, or the airway (pharynx) collapsing, usually during deep or REM (Rapid Eye Movement) sleep. Several studies have shown that sleep apnea sufferers have higher rates of sexual dysfunction.

In 2009 a study done in Germany, reported that 70 percent of men seeking sleep apnea treatment also suffered from ED.

Women are also affected. A recent study published in The Journal of Sexual Medicine with women aged 28 to 64 found that those with sleep apnea were significantly more likely to suffer from loss of libido and sexual dysfunction.

A 2008 experimental study in male mice found that sexual dysfunction arose almost immediately after inducing the kind of oxygen deprivation experienced by sleep apnea sufferers. This University of Louisville study showed that just a week of induced sleep apnea led to a 55 percent decline in daily spontaneous erections. After five weeks of sleep apnea, there was a 60-fold decrease in the frequency of mating attempts in the mice.

During sleep the Sleep experts believe that the body's levels of the sex hormone testosterone naturally rise. However, when a person has OSA, the intermittent decrease of Oxygen causes the stress "flight or fright" reaction. Many hormones are triggered to be released, some of which are Epinephrine (adrenaline) and Cortisol. These are the Stress Hormones and as they go up, the sex hormones, Estrogen and Testosterone, go down.

Location of an office near you:

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Nitric Oxide is also decreased during OSA. Nitric Oxide acts as a vasodilator (blood vessel relaxant promoting more blood flow), controls blood flow to tissues and regulates the binding and release of oxygen to hemoglobin. As Nitric Oxide decreases, blood flow to sexual tissues decrease, and erectile dysfunction results. Many drugs that treat ED in men have a Nitric Oxide type ingredient.

The GOOD NEWS: treatment with CPAP or Oral Appliance Therapy can reverse the sexual consequences of OSA.

“Gary, as we treat your OSA with the oral appliance, you may find that the erectile dysfunction diminished and your libido increases”, I told him.

“Doc, that’s such great news, I am so glad I came today, thanks”.

Men, if you have sleep apnea, please be aware:

- Men with erectile dysfunction were more than twice as likely to have OSA as those without erectile dysfunction.

- The more severe the erectile dysfunction, the greater the likelihood of having OSA
- Men with erectile dysfunction should be screened for OSA

CPAP and oral appliance therapy can work to improve sexual drive and erectile dysfunction. Especially if you suffer from, or a family history of:

- Dementia
- Alzheimer’s disease
- Cardio-vascular (heart) disease
- Stroke
- Diabetes
- Weight gain
- Mood disorders (anxiety and/or depression)



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Consider a sleep study. Today it has become popular to do a Home Sleep Test. This is a device you wear in your own bed. The device is dropped off early evening and pick up by the service the next day. It captures the essential information we need to sleep; medical/dental data, blood oxygen etc.

After wearing an Oral Appliance for a few months, Gary said “I’m convinced. I’m getting rid of the Andro-gel. I feel energetic, more relaxed, more sexually excited, and my ED is gone.”

Gary’s wife is also happier. Gary is not snoring and he and his wife are sleeping together again. Another happy ending.



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NeoGraft is *NOT* Your Father's Hair Transplant! No Plugs, No Linear Scar, 100% Natural

By Alan J. Bauman, M.D.



Father's Day is upon us, but if you are concerned that you have inherited your father's tendency toward failing follicles, the good news is that you don't have to have settle for your dad's 'follicular fate' when it comes to hair loss and its treatment.

Unlike wigs, weaves, hairpieces, camouflage powders, lotions, potions and sprays, *hair transplantation* is the only permanent way to restore your own living and growing hair. Combatting hair loss and restoring ones hair can certainly give you a boost... Yet we've all seen the unsightly signs of hair transplants "gone wrong..." Pluggy, unnatural hairlines, perhaps "too straight," or rows of corn... or even worse: unsightly scars.

Limited by outdated technology, poor planning or a less than artistic approach, the results of a poorly executed hair transplant can be worse than the initial hair loss problem itself!

But thankfully, new minimally-invasive hair transplant devices like NeoGraft, combined with artistry can truly help men and women looking to undetectably restore their own living and growing hair. You may have friends, coworkers or even family members who have had a hair transplant procedure using this new approach to restore or maintain a full-looking head of hair, yet you are unable to tell! What exactly is a hair transplant? How are today's methods different from years past? Is it painful? How do I find a qualified surgeon and an experienced team?





Healing with NeoGraft FUE Hair Transplant

What is hair transplantation?

A hair transplant is a delicate microsurgical procedure that redistributes permanent hair follicles from the back of the scalp into the thinning or balding areas.

Why is transplanted hair permanent?

Hair follicles that originate from the back and sides of the scalp are immune to the hereditary hair loss process, so they will live and grow forever, even when moved into the balding or thinning area.

Is a hair transplant painful?

No. Using local anesthesia like the FDA-approved Ouchless Needle, the scalp is completely numb during the process. Patients typically nap or comfortably watch movies during their procedure which may take several hours to complete.

What about recovery and downtime?

The transplanted area may feel slightly tender for about a day or so, like mild sunburn. A hat can be worn during the first few days to cover any visible crusts and scabs which flake off in about a week.

Do I need to shave my head for NeoGraft FUE?

Not necessarily. Smaller "hidden" or "stealth" harvest procedures can usually be performed without having to change your hairstyle. However, for larger sessions, shorter buzz cut may be necessary around the sides and back of the scalp.

Do I "walk out" with hair?

No, a hair transplant takes many months to grow in. After the recovery process is complete, the skin is healed and looks as it did prior to your procedure. After a few months, the transplanted hair will start to grow. It takes about six months to see half of the result and a full year to see 90% of the final result from your hair transplant procedure.

How is "NeoGraft FUE" different from a traditional hair transplant?

Traditional transplants involve harvesting a strip of skin from the back of the scalp. Sutured closed with stitches this method can leave an unsightly scar which can limit hairstyling. "FUE" or Follicular Unit Extraction is a less invasive form of hair transplant harvesting that allows the surgeon and his team to harvest hair follicles individually without the removal

of a strip of skin or the use of staples or stitches-eliminating the traditional linear scar. NeoGraft is the breakthrough device that helps the surgeon efficiently and accurately harvest the hair follicles.

How is NeoGraft FUE recovery different from a traditional hair transplant?

Because the NeoGraft process is less invasive, healing is quicker and more comfortable and because there are no stitches or staples used, you can return to athletic activity in just days, not weeks.

What determines the naturalness of the final result?

When the surgeon carefully and artistically creates the sites for implantation, this determines the angle, orientation and position of each of the implanted follicles. This critical step, honed through surgeon's experience and his "aesthetic eye," is essential for the naturalness of the transplant when it grows in.

How do I find an experienced, skilled NeoGraft FUE surgeon?

A hair transplant is a symphony of detail that requires a dedicated, meticulous and specialized surgical team. Look for a full-time, ABHRS-certified hair transplant surgeon who has used NeoGraft for many years (not months) and be prepared to travel, if necessary. Plastic surgeons, dermatologists or other doctors who perform transplants once or twice a month will have significantly less experience with the intricacies of hairline design and graft placement than full-time hair transplant surgeons that have operated every day for years.

How can I tell if my surgeon is artistic?

Meet with your surgeon personally. Look closely at many of your surgeon's before and after photos... not just for improvements in coverage from a birds-eye view, but examine up-close hairline photos for the artistry of hair angle and positions. Trust your 'aesthetic eye' when looking at hairline shapes. If the transplanted hairlines don't look natural to you then beware. If your surgeon doesn't offer to show you examples of his hairline work, that's a "red flag!" If you are meeting with a non-medical consultant and not the surgeon, or you are unable to examine photos of your surgeon's work, also... red flag!

How do I determine if I am a good candidate for NeoGraft FUE hair transplant?

A private consultation and medical hair loss evaluation with full-time ABHRS-certified Hair Restoration Physician, Dr. Alan J. Bauman, is the best way to determine what methods of treatment or transplantation are best suited to reach your hair restoration goals. To schedule your consultation, call 561-394-0024 or 1-877-BAUMAN-9 toll free or email doctorb@baumanmedical.com.

About Dr. Alan J. Bauman, M.D.

Dr. Alan J. Bauman is the Founder and Medical Director of Bauman Medical Group in Boca Raton, Florida. Since 1997, he has treated nearly 15,000 hair loss patients and performed nearly 7,000 hair transplant procedures. A international lecturer and frequent faculty member of major medical conferences, Dr. Bauman's work has been featured in prestigious media outlets such as CNN, NBC Today, ABC Good Morning America, CBS Early Show, Men's Health, The New York Times, Women's Health, The Wall Street Journal, Newsweek, Dateline NBC, FOX News, MSNBC, Vogue, Allure, Harpers Bazaar and more. A minimally-invasive hair transplant pioneer, in 2008 Dr. Bauman became the first ABHRS-certified Hair Restoration Physician to routinely use NeoGraft FUE for hair transplant procedures.



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

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BODY CONTOURING

By Daniela Dadurian, M.D.



Spyder Lift, Fat Transfer and Smart Lipo



Spyder Lift, Fat Transfer and Smart Lipo

The phrase "Body Contouring" can be intimidating, but it is more of a body tune up to tweak areas on the body that we are not happy with. Body Contouring is a subtle way to fine tune our bodies and helps to regain back our shape. Most importantly, it can bring back your confidence. It doesn't necessarily mean you have to go under the knife with general anesthesia. There are many options to help you achieve your goals with avoiding major surgery.

Among my favorites right now is Coolsculpting. Coolsculpting is unique for many reasons. No incisions, no downtime, no surgery and it delivers great results. It works by freezing the fat cells under the skin, causing them to crystallize as our bodies excrete the destroyed cells via our lymphatic system. If you are reading about this for the first time, it sounds too good to be true, but facts are, this technology is transforming bodies one area at a time. It works best on pinchable fat. A cute and funny statement in my practice is "If you can squeeze it, you can freeze it!" We now have the newest Coolsculpting applicator called "Coolsmooth". The Coolsmooth is able to treat the non-pinchable fat bulges on the body that previously could

not be treated. An example of that are the outer thighs or otherwise known as "saddle bags." This is an excellent option for patients who refuse any type of surgery at all.

A slightly more invasive option to shape the body, yet effective is called the SPYDR lift. With the use of a needle and special thread, a patient can easily lift the buttocks and be given a shapelier appearance. This is slightly more invasive than something like Coolsculpting, however very effective and still only a small amount of local anesthesia is required.

Smart Lipo is a top favorite, because of the ability to sculpt and tighten skin at the same time. The Smart Lipo platform has been around for a long time. An innovative leader in the industry of laser liposuction uses a laser wave length to melt fat and tighten skin it at the same time. It has the ability to reach hard to treat areas such as fat left over from a tummy tuck gone wrong, or from a previous liposuction that left a fat bulge along the diaphragm. Again as all the treatments in my practice, this procedure is performed under local anesthesia and there is very minimal to no downtime. The Smart Lipo triplex is one of the most advanced technologies for laser liposuction that also has the ability to tighten hanging jowls and rid cellulite.



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



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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.

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What Is Branch Retinal Vein Occlusion (BRVO)?

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

The retina—the layer of light-sensitive cells at the back of the eye—is nourished by the flow of blood, which provides nutrients and oxygen that nerve cells need. When there is a blockage in the veins into the retina, retinal vein occlusion may occur.

Branch retinal vein occlusion (BRVO) is a blockage of the small veins in the retina. (When there is blockage of the main vein in the retina, it is called Central Retinal Vein Occlusion.)

BRVO often occurs when retinal arteries that have been thickened by atherosclerosis (hardening of the arteries) cross over and place pressure on a retinal vein. When the vein is blocked, nerve cells within the eye may die.

Branch Retinal Vein Occlusion (BRVO) Symptoms
Because the macula—the part of the retina responsible for central vision—is affected by blocked veins, some central vision is lost.

The most common symptom of BRVO is vision loss or blurring in part or all of one eye. The vision loss or blurring is painless and may happen suddenly or become worse over several hours or days. Sometimes there is a sudden and complete loss of vision. BRVO almost always happens only in one eye.



Who Is At Risk for Branch Retinal Vein Occlusion (BRVO)?

BRVO is associated with aging and is usually diagnosed in people who are aged 50 and older. High blood pressure is commonly associated with BRVO. In addition, people with diabetes are at increased risk for BRVO. About 10 percent to 12 percent of the people who have BRVO also have glaucoma. People with atherosclerosis (hardening of the arteries) are also more likely to develop BRVO.

The same measures used to prevent coronary artery disease may reduce your risk for BRVO. These include:

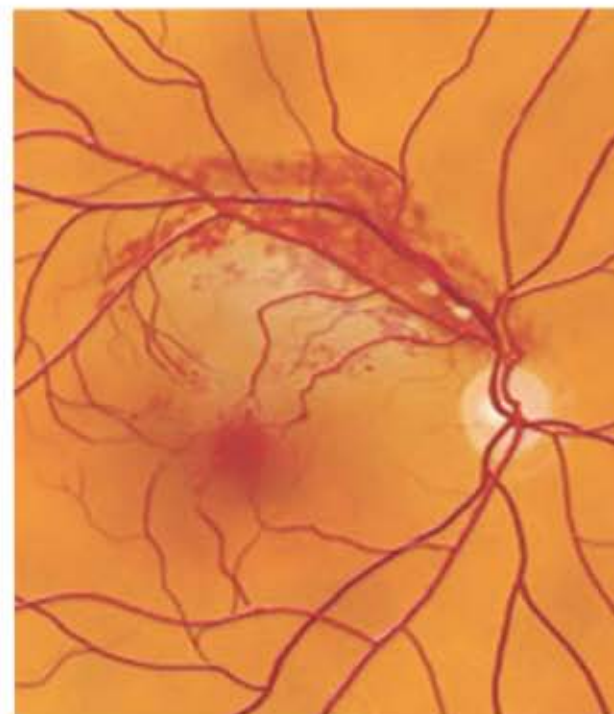
- eating a low-fat diet;
- getting regular exercise;
- maintaining an ideal weight; and
- not smoking.

Branch Retinal Vein Occlusion (BRVO) Diagnosis

If you experience sudden vision loss, you should contact your ophthalmologist immediately. He or she will conduct a thorough examination to determine if you have branch retinal vein occlusion (BRVO).

Your ophthalmologist will dilate your eyes with dilating eye drops, which will allow him or her to examine more thoroughly the retina for signs of damage. Among the other tests that your Eye M.D. may conduct are:

- **Fluorescein angiography.** This is a diagnostic procedure that uses a special camera to take a series of photographs of the retina after a small amount of yellow dye (fluorescein) is injected into a vein in your arm. The photographs of fluorescein dye traveling throughout the retinal vessels show how many blood vessels are closed.



- Intraocular pressure.
- Pupil reflex response.
- Retinal photography.
- Slit-lamp examination.
- Testing of side vision (visual field examination).
- Visual acuity, to determine how well you can read an eye chart.

In addition, you may be tested to determine your blood sugar and cholesterol levels. People under the age of 40 with BRVO may be tested to look for a problem with clotting or blood thickening.

Branch Retinal Vein Occlusion (BRVO) Treatment

Because there is no cure for branch retinal vein occlusion, the main goal of treatment is to stabilize vision by sealing off leaking blood vessels. Treatments may include laser treatment and injections.

Finding out what caused the blockage is the first step in treatment. Your Eye M.D. may recommend a period of observation following your diagnosis. During the course of BRVO, many patients will have swelling in the central macular area. This swelling, called macular edema, can last more than one year.

MicroPulse Focal laser treatment can be used to reduce swelling of the macula. With this form of laser surgery, your Eye M.D. applies many non-scarring laser burns to areas of fluid leakage around the macula. The main goal of treatment is to stabilize vision by sealing off leaking blood vessels that interfere with the proper function of the macula. Treatment with injections of Avastin or Eylea in the eye may also be done.

The Retina Institute of Florida

Lauren R. Rosecan

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

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Cold Laser Therapy

A Revolutionary Treatment for Pain Conditions

By Dr. James McErlain, D.C.

What is Cold Laser Therapy?

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

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

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

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

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

How Does Laser Light Heal?

Healing with the use of light is not new. Light therapy was reported to be effective for many conditions by Hippocrates. With the development of



the laser and its special properties, using light as a treatment has gained momentum due to the successful outcomes.

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

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

What can you expect during a Laser Treatment Session?

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

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

Testimonials:

"After one treatment with the laser, my ankle pain was gone from a chronic water skiing accident."

Steve R. – Severe Ankle Sprain

"I tell people to please don't do the surgery until you try this laser."

Gregory B – Carpal Tunnel

I had tried traditional PT modalities but was unsuccessful. 3 laser sessions and the pain was gone."

Anne K, PT – Piriformis Syndrome



Benefits of Cold Laser Therapy (LLLT)

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



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

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BEGIN YOUR PATH TO PAIN RELIEF

After a relaxed consultation, Dr. James McErlain, D.C., will accurately pin point the cause of your problem so you can start your path to wellness.

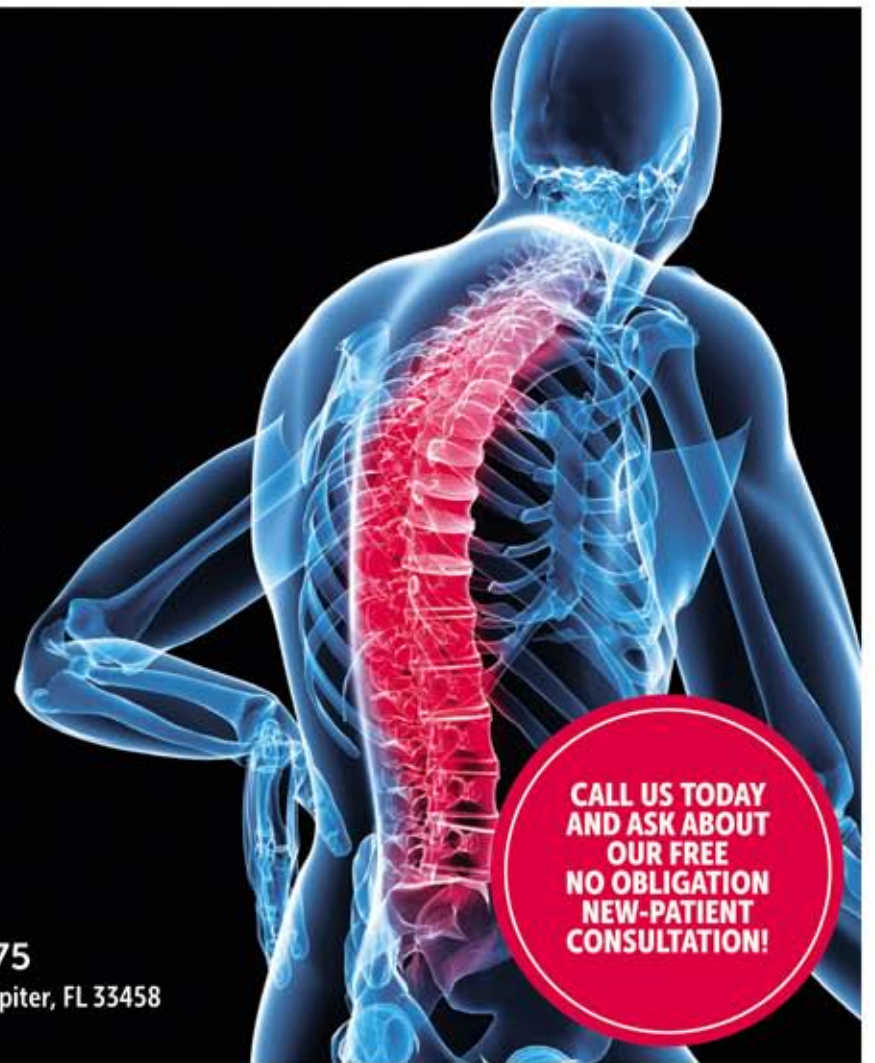
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Men's Health Month

FOCUS ON MENS HEALTH:

Maxim Men's Health Clinic

The landscape of the health care environment is changing and has been for many years to meet the increased need for specialized service providers. We all know children see pediatricians and women see gynecologists. With the evolution of more specialized health care a new group of focused healthcare services are specifically for men. Men's health needs are vastly different than women's. Whether the issues are cardiovascular, weight, diabetes, hormones, sexual, or nutritional related, men have specific healthcare needs.

In response to this growing awareness and need, Maxim Men's Clinic in Boca Raton, Florida provides a full service approach to Men's Health. "Education is the primary focus of the clinic" explains medical director Herbert Fichman, "We realize many men are embarrassed to address healthcare concerns in a traditional setting, especially those of a sexual nature. We provide a comfortable, private, and caring environment for men experiencing these and related problems."



“Statistics show the average man waits three years from symptom onset before seeking treatment for hormonal change. This simply is not necessary or acceptable,” Explains Dr. Fichman who is dedicated to increasing the awareness of men’s health issues and treatment options. Raising awareness takes open frank conversations and education, and that is exactly what Dr. Fichman and the staff at Maxim Men’s Clinic do on their radio show every Thursday from 12:00pm to 1:00pm on WWNN radio. Maxim Men’s Clinic encourages all men to understand their health issues, make healthy choices, and above all understand treatment options.

Dr Herbert Fishman, medical director at Maxim Men’s Clinic has 30 years experience in family practice specializing in Men’s Health and Sports Medicine.

Did you know that many men who have diabetes, high blood pressure, and/or heart disease also experience low T and/or erectile dysfunction?

For your **free consultation** contact the team at Maxim Health **561-459-3000**.

Maxim Men’s Clinic 7000 W. Camino Real Suite 210 Boca Raton FL

www.MaximMensClinic.com



GLUTEN INTOLERANCE

What is gluten?

Gluten is a protein which is found in wheat, rye, and barley. Other grains, like oat and spelt, as well as processed foods can contain gluten as well without being labeled as such. The properties of gluten are what hold the bread and cake together. However, these same properties are what interfere with the breakdown and absorption of other nutrients. The undigested gluten can trigger your immune system and affect the intestines. Which in turn can cause abdominal pain, diarrhea, constipation, and other gastrointestinal related.

Gluten Intolerance vs. Celiac Disease

A medical history along with clinical tests can diagnose celiac disease and/or wheat allergy. Blood tests for Celiac disease measure the amount of particular autoantibodies in the blood, specifically the IgA class and IgG class. These autoantibodies are produced as part of the immune response. A tissue biopsy of the small intestine is performed to confirm a diagnosis. Although there is a definite classification of Celiac disease, those with non-celiac gluten sensitivity is relatively poorly understood. This leaves gluten sensitivity a very troublesome diagnosis to make.

Certain criteria need to be met before gluten sensitivity can be confirmed. The spectrum of conditions that arise with gluten sensitivity is rather broad and includes everything from energy to brain function. Daniel Leffler, M.D. a gastroenterologist and assistant professor of medicine at Harvard Medical School state that "Gluten is fairly indigestible in all people." He also estimates that half of the 60 million people in the U.S. who suffer from irritable bowel syndrome are probably sensitive to gluten.

Will a gluten-free diet work for you?

First, for the serological testing, you must currently be on a gluten containing diet for the tests to be accurate because the antibodies are produced by the immune system in response to substances that the body perceives as threatening. If there is no gluten in the diet, then there is no response that can be measured. If Celiac is confirmed by a biopsy of the small intestine, then a lifelong commitment of a gluten-free diet must be made.

Those who think they have gluten sensitivity should try cutting gluten out of the diet for a week or so and see if they feel better. Eating foods labeled "gluten free" may contain more sugar and fat to incorporate texture and fullness that gluten imparts.

Gluten

These products are also found to have less Iron and Vitamins B and D in them as well. However, sales of gluten free products increased 16% in 2010.

The rapid increase in gluten sensitivity is no surprise considering the modern Western diet consists of mostly grains. In the past years gluten was mixed with other grains, beans, and nuts. The use of gluten in products today has increased and pure wheat flour is now milled into refined white flour. Most people, in general, benefit from limiting or avoiding grains whether you have gluten intolerance or not. Grains break down into sugar which increases insulin production. The rise of health problems related to insulin resistance is well known and has also influenced other health problems such as obesity, high cholesterol, high blood pressure, and cancer.



Gluten may be hidden in foods under labels such as hydrolyzed vegetable protein, texturized vegetable protein, natural flavoring, malts, and starches. Just because a food is labeled as gluten-free doesn't mean you can eat as much of it as you want or that it's "healthier". Simply eliminating processed foods, white breads, white pasta, corn, potatoes, and snack cakes will reduce gastrointestinal symptoms one might be experiencing. Naturally gluten-free grains include brown rice, quinoa, and buckwheat.

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Remember, carbohydrates are good for nothing but burning. If you are not burning them off with active daily activity and/or exercise then the body is storing them for future energy requirements. When eating gluten-free you need to be careful that you're replacing the gluten-containing foods with healthy choices like vegetables, quality proteins and other whole, nutrient dense foods. If you instead go for gluten-free processed foods like gluten-free cookies, pasta and breads that are now commercially available, there's a good chance that you will actually gain weight and develop malnutrition. In one study of celiac diagnosed individuals, 81% actually gained weight over 2 years.

Avoiding gluten does not replace a healthy diet. In fact, it is very common for gluten sensitive individuals to lack important vitamins and minerals due to the anatomical inflammation causing improper breakdown of nutrients.

It is important to know where start by consulting with a nutritional expert. Getting a comprehensive blood analysis will not only define your state of health but will allow an expert to advise you on specific amounts of vitamins and minerals you need to be healthier.

Fitbella: A Personalized Approach to Fitness

Sandy Ballantyne is an active Broker/Associate Realtor and 57 year old West Palm Beach resident. She is also a Fitbella enthusiast. Sandy was drawn to Fitbella because the exercises resembled the boot camp style protocol that she had found most effective in toning her body and getting fit. Sandy's favorite exercise had always been boot camp until she was injured, "I hurt myself and had to stop" explains Sandy, "At Fitbella the exercises are challenging but not stressful on my joints, I like that my Fitcoach is there every step of the way to make sure I complete my workout correctly, so I don't get hurt".

Like many women, Sandy has a very busy life and schedule. Her advice to incorporating fitness into her daily routine, "Schedule workouts like you would any appointment, I wouldn't make time if I didn't." Sandy also likes the accountability that Fitbella offers, "you actually schedule time with your Fitcoach".

Sandy's goals were to become stronger and lose a bit of weight when she joined Fitbella, what she has found far exceeds her expectations. "Fitbella is a very welcoming and supportive environment, it's small and all women, the Fitcoaches and fellow clients are all friendly and fun". It's also surprising to Sandy that she has found the nutrition component available at Fitbella such fun, "I have incorporated a bunch of spices and herbs into my diet". Fitbella offers clients a plethora of fun and healthy recipes, tips, and plans to help each client reach her health goal.

Sandy encourages any woman looking to begin training, "look for something you enjoy and will stick with. Fitbella works for me, I really like the Fitcoaches and custom workouts. It's great because they start slowly and work up while modifying your workout if needed".



For your free consultation with a Fitcoach or to answer any questions you may have contact Fitbella today at **561-775-0122**.

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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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3 Paths to Better Hearing ... and a Happier, Healthier You!

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

Written by Crystal Chalmers, Au.D., www.nsaudiology.com

From the start of the industrial revolution and the mechanization of our society to the Herculean effort of U.S. industry during World War II (when all those Rosie the Riveters stepped in to take the place of men working in our factories) to the rock 'n roll concerts of the '60s to the personal music systems of today — Americans have a history of abusing their hearing.

Estimates are that 55 million Americans (one out of every five) have some form of hearing loss. Yet hearing care industry records show that less than 25% of these people seek professional help for their hearing difficulties. Some of these people are under the false assumption that nothing can be done for their hearing difficulties, while others believe that our sense of hearing is not all that important.

As someone who has devoted her entire professional life to helping people with hearing loss, I can assure you that solutions are available, and that our sense of hearing is vital to a healthy, fulfilling lifestyle. Following are three important "Healthy Hearing Points" that, if taken to heart, can lead to a happier and healthy you!

Healthy Hearing Can Prevent Brain Atrophy

Numerous studies during the last decade have supported what audiologists have believed all along: that seeking the right professional solutions can improve the physical and mental well-being of a person with hearing difficulties.

But the most recent study by researchers at Johns Hopkins University offers one of the most compelling reasons to address one's hearing difficulties, and that is that brain volume shrinkage is accelerated in older adults with hearing loss!

Although the brain does become smaller with age regardless of hearing ability, the research indicates that shrinkage occurs at a greater rate for those suffering from hearing loss of at least 25 decibels, which is



considered a "mild" hearing loss. Much of the shrinkage was located in regions of the brain that process sound and speech, apparently a consequence of starving the auditory cortex of stimulation. The study was performed over the course of 10 years, with participants undergoing yearly MRIs to track changes in the brain.

Healthy Hearing Means Reducing Your Risk of Ototoxicity

While exposure to loud noise is the number-one culprit of hearing loss in America, followed by a family history of hearing loss, there is another perpetrator that may, on the surface, seem innocent — residing in your medicine cabinet.

Whether prescribed or over the counter, some medications can, in certain situations, cause hearing loss in some individuals. Seniors — who tend to require more medications than other age groups — should be especially aware of this potential problem, which is referred to in the medical community as "ototoxicity."

As individuals react differently to various medications, the side effects (in this case, the extent of hearing loss) may not be known until after the medication has been administered. My advice is that if anyone is taking any of these medications — antibiotics, chemotherapy drugs, aspirin, or any other over-the-counter drugs — they and their family members should be on the alert for sudden hearing loss and should contact their physician immediately if it occurs.

Healthy Diets Support Healthy Hearing

It is generally accepted that a healthy diet is good for our bodies, but what about our hearing? I won't go so far as to say that "an apple a day will keep the audiologist away," because everyone should get their hearing checked on a regular basis, just as regular vision, dental, and other physical checkups are common practice for most Americans.

However, a 2007 study published in the *Annals of Internal Medicine* suggests that adding certain vitamins, minerals, and nutrients to patients' diets could delay the need for hearing aids later in life. In the study, individuals who took a folic-acid supplement over the course of three years had less low-frequency hearing loss than those who took a placebo.

Other important nutrients for hearing health are vitamin B12, which plays an essential role in protecting the brain and central nervous system, as well as magnesium and vitamins A, C, and E. It was reported in another 2007 study (this by *Free Radical Biology & Medicine*) that taking a mixture of these vitamins prior to and during exposure to loud noise may minimize the damaging effects.



Now is the time to get your hearing checked. The path to a happier, healthier you is here for you to take ... because hearing is a wonderful gift!



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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 Three

By Suheil Khuri M.D.

2. Behavior / Habit

With all other senses you think before you respond, but with scent, your brain responds before you think. This makes us seek food without thinking.

For a successful weight reduction program the following behavior / habit changes and modifications are needed:

- Self-monitor your progress daily.
- Develop methods to recover from overeating or weight regain
- Avoid foods and situational triggers that prompt eating
- Portion control. This is key to develop and maintain as a habit
- Decrease the negative impact of stress on positive behavioral patterns. In stressful situations one should develop relaxation techniques as in:
 - a.) Music, b.) Body relaxation (yoga, meditation),
 - c.) Stress reduction (take deep breaths, walk, exercise)
- Get family and friends to support the changes in your lifestyle behaviors
- Substitute one healthy food for a non-healthy one or consider no food
- Prepare for special events
- Avoid mindless eating
- Change your shopping habits for healthier foods
- Think in a positive manner and replace thoughts that undermine weight management efforts
- Expect setbacks and be prepared for them but look at them as temporary
- Congratulate yourself on successes and not mistakes. Modify dysfunctional and unhappy thoughts

Changing a habit takes 4 weeks to install and 1 – 2 years to make permanent.

3. Physical Activity

There is strong scientific evidence that physical activity:

- a. **Lowers the risk of:**
 - Early death.
 - Stroke
 - High blood pressure
 - Diabetes type-2
 - Heart disease
 - Abnormal lipid profile (cholesterol, triglycerides)
 - Colon and breast cancers.
- b. **Has other health benefits including:**
 - Prevention of weight gain
 - Weight loss when combined with diet
 - Prevention of falls
 - Reduced depression
 - Improved cardiorespiratory and muscle fitness
 - Better cognitive function (in older adults)

With weight loss one loses both fat and muscle. It is estimated that 75% of the weight lost is fat and 25% is muscle mass. To rebuild and decrease the muscle mass loss associated with weight loss, one needs to do regular resistive exercises (weight training) as well as increase your protein intake.

General health benefits are achieved with the following physical activity:

- Moderate aerobic exercise: 150 minutes/week (30 minutes 5X/week). Should be performed in episodes of at least 10 minutes and preferably all through the week.
- Additional health benefits are provided by increasing to 300 minutes a week of moderate intensity aerobic physical activity.
- Muscle strengthening activities that involve all major muscle groups performed on 2 or more days per week.

In a 6-year follow up of 50,227 women study the following was noted:

- a. Each daily 2 hr. increment of television watching was associated with a 23% increase in the risk of becoming obese.
- b. Each daily 1 hr. increment of brisk walking was associated with a 24% decrease in the risk of developing obesity.

4. Pharmacotherapy

Medications used for weight loss are primarily ones that suppress the appetite. Their exact mechanism of action to induce weight loss is unknown.

There is a general misconception in the public as well as by the medical community that obesity medications have many side effects and carry a high addiction potential. However, many long-term studies have proven this to be inaccurate.

Several appetite suppressants have been used and studied for prolonged periods of time (up to 21 yrs. with Phentermine) with little to no risk of abuse or misuse, minimal side effects, cravings or withdrawal after cessation.

However, those are controlled substances and have to be prescribed and monitored by a physician. They have shown significant help in suppressing appetite that leads to significant weight loss.

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In a randomized controlled trial of 700 subjects at 2 years: appetite suppressant medications showed a 9.3% - 10.5% initial body weight loss compared to placebo which showed a 1.8% initial body weight loss. The treated group showed also an improved cardiovascular health and decreased incident of diabetes.

Other drugs that are used in obesity treatment help in dealing and addressing the co-morbidities associated with excessive weight gain particularly diabetes and especially in the development of Insulin resistance.

VI - Successful Weight Loss and Maintenance:

One of the difficulties in the treatments of obesity lies in the ability to maintain successfully the achieved weight loss.

The national weight control registry shows that around 5000 successful long-term weight loss maintainers with a 30 lbs. average loss and maintained for at least one year (a mean of 6 years) achieve this maintenance and prevent relapse by:

Frequent self-monitoring of: weight, food intake and physical activity.

They achieved this by:

- 98% modified their food intake in some way: Portion Control, eat breakfast every day, low calorie diet with an average of 1,400 kcal /day.
- High level of physical activity. 90% exercise on average 1+ hour per day burning 400 calories
- Eat meals away from home < 3 times/week.
- 62% watch television < 10 hours / week on average

To achieve an active weight loss, one needs to exercise 150 - 300 minutes per week. But for prevention of weight regain/maintenance, one needs to do more activity of 200-420 minutes per week.

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Gum Disease Surpasses Diabetes with Nearly 65 Million Affected

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

With one in every two adults age 30 and older suffering from periodontal disease (commonly referred to as gum disease), the American Academy of Periodontology (AAP) and its 8,300 members are calling for Americans to **Love the Gums They're with**. Periodontal disease can lead to receding gums, bone damage, loss of teeth, and can increase the risk of other health problems such as heart disease and diabetes. Despite its prevalence, periodontal disease is hardly ever discussed, resulting in a lack of urgency for people to properly care for their gums. Simple steps like brushing twice a day, flossing daily, and receiving an annual comprehensive periodontal evaluation from a periodontist can help detect and prevent gum disease.

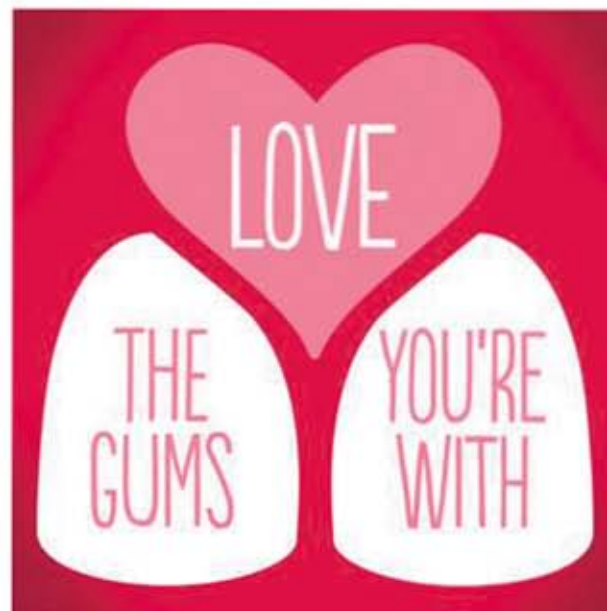
Periodontal disease is an inflammatory condition that, if left untreated, may cause damage to the tissues and bone surrounding the teeth, eventually leading to tooth loss. According to the Centers for Disease Control and Prevention, 64.7 million Americans are affected by periodontal disease. In addition to diabetes, periodontal disease has been linked to other chronic diseases, including cardiovascular disease, rheumatoid arthritis, Alzheimer's disease, and even cancer.



Periodontal disease typically does not cause pain until it's in an advanced stage, at which point much of the damage has been done and tooth support destroyed. To raise awareness and to help health consumers better understand periodontal disease, the AAP has teamed up with TV personality **Chris Harrison** to help educate the public about the importance of gum disease and its impact on your overall health. As host of ABC's *"The Bachelor,"* Chris knows that first impressions are important in successful relationships. Just as personal relationships thrive on daily attention and care, so does the relationship with your gums.

About Periodontal Disease

Periodontal disease is caused by bacteria in the mouth that form plaque below the gum line. There are more than 500 bacterial species that can be found in plaque. Tooth brushing alone does not remove the bacteria that live below the gum line. Poor oral hygiene is one



cause of periodontal disease, but smoking is also a significant risk factor in the development and progression of the disease. While periodontal disease is mostly preventable and treatable, the early warning signs can be painless. This lack of warning makes it necessary for individuals to establish strong oral hygiene habits and to discuss their periodontal health with a dental professional. With an appropriate diagnosis, the damage from periodontal disease may be reversible in some cases.

What You Can Do

To aid in the prevention of periodontal disease, we recommend establishing good oral hygiene habits including brushing at least twice a day and flossing daily. To learn more, you can take a brief quiz on perio.org to evaluate the current state of your gum health, learn the signs and symptoms of periodontal disease and receive tips on how to properly care for your gums. A Periodontist — a dentist who specializes in the prevention, diagnosis and treatment of periodontal disease — can provide a comprehensive periodontal evaluation and specialized periodontal treatment plan to help support a life-long commitment to healthy gums. Fear is often a major factor in patients avoiding caring for their gums. Painless options are available to help address many forms of this disease. An example of this type of treatment is Laser Periodontal Therapy which requires no cutting, scalpel or sutures. A comprehensive periodontal evaluation is painless and can provide you with a good understanding of your gum's health.

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. Botox® and Dermal Fillers are also utilized to enhance patients' cosmetic outcomes.

Dr. Cohen currently serves on the Board of Trustees for the American Academy of Periodontology and formerly the Florida Dental Association. He is past president of the Florida Association of Periodontists and the Atlantic Coast District Dental Association. Dr. Cohen is a member of the American Academy of Facial Esthetics. In addition, he has been awarded Fellowship in the American College of Dentists, International College of Dentists and the Pierre Fauchard Academy.



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This is a great opportunity to let us bring the customer to you! Tell them about your company, products and services. Make money selling your merchandise at the show or acquire appointments, develop relationships and recognition with clients in Palm Beach County. Show them your innovative way to be healthy, beautiful and fit.

Incentives to sign-up early include:

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- Optional payment schedules
- Preferred location
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Health, Beauty and Fitness covers a wide assortment of possible vendors that would fit perfectly in our show. Categories such as medical spas, hair removal, face and skin products and services, hair and nail salons, gyms, wellness centers, health food stores, and cosmetic procedures, to name a few. Orangetheory Fitness located at 6271 PGA Blvd, Palm Beach Gardens was one of the first to sign up and they are offering two gift card giveaways during the show.

Contact Shirley Garcia from Professional Show Management to discuss the opportunities that exist by exhibiting at our Health, Beauty and Fitness Show.

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Trouble Going to Sleep? Staying Asleep? Difficulty Waking?

**New technology helps you sleep better,
feel more rested, for even the toughest cases.**

By Michael Cohen, Founder, Center for Brain Training

Do you find yourself lying awake at night worrying or being unable to shut off your mind? Maybe you don't feel rested or like you're always trying to "catch-up" on sleep? Do you wake multiple times throughout the night? Does your child struggle with a sleep problem like nightmares or bedwetting?

Perhaps you've tried medications but didn't like how foggy you felt the next day. Maybe you want an alternative to taking medications or long term. Have you tried various supplements and not seen much of a difference?

Sleep Problems and the Brain

Sleep is critical to good health. Over 40 million Americans suffer from chronic, long-term sleep disorders each year, and another 20 million experience occasional sleep problems.

Poor sleep can contribute to increased stress, lowered immune functioning, decreased cognitive functioning, depression, anxiety, ADHD, and other emotional and behavioral challenges. Many times, sleep problems are brain issues.

Our brains regulate our sleep. When your brain functions optimally, it smoothly transitions from an alert and awake state, to a relaxed state, and then into a sleep state, allowing a healthy amount of rest for your entire body to recharge and repair itself. If the brain's timing is out-of-sync, the brain has difficulty switching to these states, if at all.

If brain waves are too fast or slow, sleep problems can become more pronounced and difficult to manage. Sometimes the brain needs a tune-up to help it function better and maintain healthier patterns.



How Do I "Tune-Up" My Brain?

One option that consistently and effectively helps improve sleep is neurofeedback. Neurofeedback helps your brain change itself and create healthier patterns without medication. It's a powerful tool to help regulate sleep naturally.

Cheryl, a woman in her 60's, came to us because she had struggled since high school with both going to sleep and staying asleep. She told us she had spent most of her life sleeping about four hours per night, and rarely up to five. She was always tired and concerned about cognitive decline.

Within three months of brain training with neurofeedback, her sleep gradually increased. She now falls asleep much more quickly and reported staying asleep for up to seven hours.

She said, "I feel much more energy and optimistic as a result of the increase in sleep. It's made all the difference."

How Does Neurofeedback Work?

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

With repeated training, the brain learns to maintain those healthier patterns. Correcting sleep issues with neurofeedback just takes practice and reinforcement.

Another client, Bill, came to us because he was unable to sleep before 1:30 or 2:00 in the morning. He had to be awake by 6:15 a.m. to get to work, and his inability to sleep was affecting his work performance and his family life.

We were already working with one of Bill's kids for ADHD. When his wife mentioned his sleep problem during a brain training session with their son, we suggested he try neurofeedback as well.

In just over two months of neurofeedback, he was able to fall asleep between 10:30 p.m. and 11:00 p.m. almost every night.

Why Have I Not Heard of Neurofeedback for Sleep?

Many physicians aren't aware of neurofeedback or its role in helping improve sleep, although it's often the first significant change noticed by people when they start neurofeedback, even if they came to neurofeedback for something completely unrelated to sleep struggles.

Once doctors learn about the positive results in their patients, they are generally very receptive to neurofeedback and want to learn more.

We know sleep hygiene (habits before sleep) can play a role in improving sleep, as can certain other behavioral modifications, yet many people resort to medication because medications are commonly known, and doctors are trained to provide prescriptions to help relieve their patients' problems.

Contributory factors such as sleep apnea also need to be assessed in combination with neurofeedback training.

Does Neurofeedback Work for Kids and Adults?

People of all ages can have brain patterns that cause disruptions to their sleep. Neurofeedback is an excellent tool for kids and adults because it's similar to playing a video game, except the game is played with your brain.

Many parents report to us that their child's sleep is much improved, which can behavioral and emotional responses. People often see a noticeable change in sleep within the first four-six sessions.

Neurofeedback can be also beneficial for kids with difficulty falling asleep, kids who have nightmares or bedwetting problems, and kids who are difficult to wake up in the morning.

We offer a variety of other biofeedback and brain tools that can be helpful with sleep problems, and we encourage our clients to try different methods to see which work best.

Neurofeedback is a powerful tool to help regulate sleep. If you are interested in additional information about how neurofeedback can help your sleep issues, call our office at 561-744-7616.

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www.CenterforBrain.com

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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Safe, Natural Pain Relief with Acupuncture

Acupuncture can be used to treat virtually any health condition, with pain management being its predominant use. Acupuncture is safe, natural and has virtually no side effects. Numerous scientific studies have demonstrated acupuncture to provide effective and lasting pain relief for lower back pain, knee pain, acute sprains, herniated disks, joints and even nerve damage, etc. Acupuncture has also been shown to moderate fibromyalgia symptoms in many patients. The World Health Organization

officially recognizes acupuncture as an effective medical modality for the treatment of acute and chronic pain. Many insurance companies cover acupuncture when used to treat pain conditions.

There is a major difference between the methodology of pain relief of Western medicine and Traditional Chinese Medicine (TCM). Most Western pain management is about masking the pain, with very little done to actually treat the root cause. This is especially true in chronic

pain conditions. A combination of steroid shots and painkillers is often the prescription for those with chronic pain. Steroid shots can lead to unwanted weight gain and often become ineffective after several administrations. Pain pills can damage the internal organs, lead to addiction and do absolutely nothing to address the root of the pain. From a TCM perspective, using painkillers to treat chronic pain is like treating a broken water pipe by putting a bucket under it to collect the water, rather than fixing the actual leak itself.





TCM is different because it not only addresses the pain itself, but seeks to heal the root cause of the pain. The goal for most types of chronic pain is not pain management, but rather pain relief. TCM looks to heal the body so that the pain is eliminated and there is no residual need for pain management. Unfortunately there are certain conditions where acupuncture cannot entirely eliminate the pain. However, even in those cases, acupuncture can help to reduce the intensity and frequency of the pain and is a safe and natural alternative to drug therapy.

In Western terms, the exact mechanism by which acupuncture relieves pain is still unknown, though some research has shown acupuncture can block the nerve transmission of pain in affected areas. In contrast, TCM explains that pain is caused by blockages in the body's functional energy pathways, known as channels or meridians. The blockages can be caused by many different things including trauma

(both physical and emotional), stress, disease, and poor diet and lifestyle choices. Acupuncture is effective because it quickly removes blockages and assists the body in healing itself so that the blockages do not return in the future.


Acupuncture is not a miracle cure for pain or any other condition. Except for some cases of acute pain, a single acupuncture session is not enough to restore the body's natural flow of energy and thus remove the cause of the pain. Many acute pain cases can be resolved within five acupuncture sessions. For chronic pain there are several factors that determine how often one needs an acupuncture treatment. These include age, physical condition, diet and lifestyle, and other medical conditions that may be present. Generally speaking, chronic pain conditions will require acupuncture treatments 2-3 times per week for the first few weeks. As each patient is different, the timeline of progression for pain relief is also different.

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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Laser Cataract Surgery: What you should know

By David A. Goldman MD

With every year, advances are made in ophthalmic surgery. While some are relatively insignificant, others can change the entire way we think about surgery. With cataract surgery, the latest development is the use of femto-second laser to assist with the surgery. While this is a very exciting development for the field, the exact details are not always shared with the patient.

To begin, what exactly is laser cataract surgery? Many physicians define this in different ways. Although patients today think that cataract surgery has always been performed with laser – in fact this is not the case. The majority of cataract surgery to date has been performed with ultrasound (similar to laser except sound waves are used instead of light waves) while the physician manually guides the ultrasound probe. Femtosecond laser cataract surgery allows the initial incisions and lens breakup to be performed by an image-guided computer/laser system. That said, the ultrasound probe is still used to manually remove the now laser fragmented lens. Having performed traditional and laser cataract surgery as well as having reviewed the literature extensively on the subject, I feel compelled to educate the public about it. First, there are several important questions that should be answered.

Is laser cataract surgery any safer? Not at all. If femtosecond laser cataract surgery did indeed provide safer outcomes then Medicare/private insurers would pay for it. In fact, if your ophthalmologist does recommend laser cataract surgery as being safer, I would recommend seeking another surgeon.

Does it reduce the total surgery time? No – the time to complete the entire surgery is longer because there are now two steps to the procedure.

Is it more comfortable? No – the two methods are virtually the same. The exception being that during the laser aspect of the procedure the patient may experience a little pressure.



Does this mean there are no advantages to laser cataract surgery? Again the answer is no. The laser does allow incisions not only to be performed in the cornea but also the capsule that holds the cataract/new intraocular lens. These incisions are performed in an entirely automated format that allows for outstanding reproducibility. It has also been commented on by many that these laser incisions allow for better accuracy when choosing the proper lens power. Furthermore, in certain cases, partial laser incisions known as arcuate incisions can be performed to neutralize small amounts of astigmatism.

So should you elect for laser cataract surgery? The decision is entirely up to you, but you should not feel pressure that if you undergo traditional cataract surgery that there is a higher probability of a complication. In the hands of a skilled surgeon, cataract surgery is an overwhelmingly successful procedure. The addition of laser to the procedure is more icing on the cake and is not required but some may prefer.

Dr. Goldman practices at 3401 PGA Blvd Suite #440 in Palm Beach Gardens, Florida. He has been ranked a Best Doctor and Top Ophthalmologist, as well as being recognized as one of the top 250 US surgeons by Premier Surgeon.



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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You Deserve A Break Today...

By Brent Myers, Pastor of Community Life

know it's ironic to quote a famous fast-food chain advertisement in a health and wellness magazine, but on this one – they got it right!

They understood one of the most overlooked principles of our health: the need for rest. (How they recommend fulfilling that need, and what many others think is where we differ...)

Most studies indicate that we operate at our best when we have sufficient rest. Our bodies were not created to be able to go without stopping and taking a break. We were designed to wear down, be refreshed, and go again. Rest is important for all areas of our lives...

Physically. Sleep and metabolism are controlled by the same area of the brain. Sleep releases hormones that control appetite. Researchers at the University of Chicago found that dieters who were well rested lost more fat. And a 2010 study found that C-reactive protein, which is associated with heart attack risk, was higher in people who got six or fewer hours of sleep a night.

Emotionally. Sleep and stress have similar affects on your cardiovascular stress. Being well rested can reduce stress levels and improve your overall health.

Mentally. Lack of sleep can make it difficult for you to concentrate and retain information. When you sleep, your brain goes through all the activities and impressions of the day which is important for memory formation.

But what's most interesting about rest, is that God knew the importance of rest long before the golden arches recommended it. God created us with the need for rest; He modeled it and even commanded it.

His Model

“By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.” (Genesis 2:2-3, NIV)



God didn't NEED rest. But he CHOSE to rest – giving us an example to follow. Think about this: if the Creator of the heavens and earth and the Sustainer of all living things was able to rest, then I think I could carve out some time to make sure I'm resting, too.

His Command

“Remember the Sabbath day by keeping it holy. 9 Six days you shall labor and do all your work, 10 but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. 11 For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.” (Exodus 20:8-11)

This, by the way, is in the Ten Commandments. Consider this: of all the possible things God could tell

us to do – if you pared them down to the “top ten”, most of us would start with the Ten Commandments. And one of the top ten things God tells us to do is: REST.

As God's creation, He knows us better than we know ourselves. He designed us and put us together so He knows exactly what we need. And with all that knowledge and wisdom, what does He tell us to do? Rest.

We should be working hard to make sure that we rest daily (getting a good night's sleep); rest weekly (taking at least one day off from work); and rest annually (retreating for an extended time of refreshment).

Brent Myers @brentdrewmyers

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