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Health & Wellness® MAGAZINE

February 2015

South Palm Beach Edition - Monthly

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Minimally Invasive
Partial Knee Replacement

Love Notes
for Valentine's Day

Locks Losing Their Luster?
4 Ways to Show Your Hair
Some Love

Four Steps
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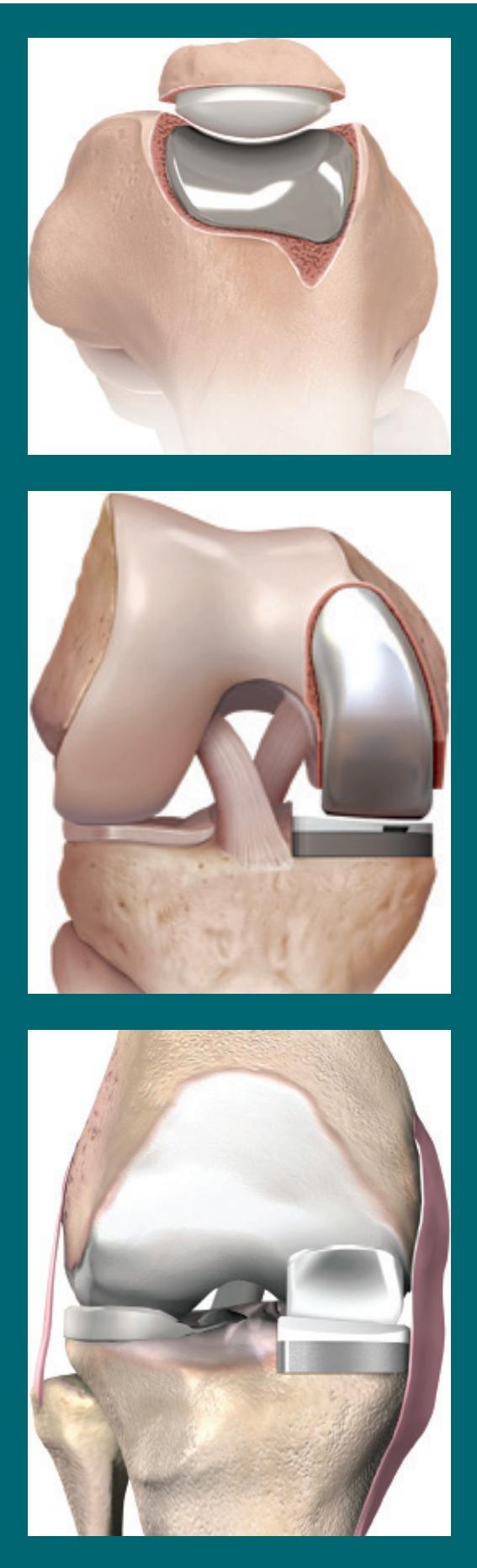
Minimally Invasive Partial Knee Replacement



The knee is divided into three main compartments, the medial or inside part of the knee, the lateral or outside part, and the patellofemoral or front of the knee between the kneecap and thighbone. While all three work together to move the largest joint in the body, sometimes osteoarthritis can cause joint damage resulting in pain and reduced range of motion. People with osteoarthritis that is confined to one section of the knee may be candidates to undergo a procedure called minimally invasive partial knee replacement, also known as unicompartmental knee replacement.

This type of operation is typically recommended only when other non-surgical treatments, such as activity modification, strengthening exercises, medications, cortisone injections, or use of a cane while walking, have not been effective in providing relief for arthritis symptoms. Patients who are most likely to experience positive outcomes from the surgery tend to be over the age of 55, not obese, relatively sedentary, and have ligaments that are intact.

In partial knee replacement, only the damaged compartment is replaced with a metal and plastic implant while the healthy cartilage and bone in the rest of the knee is left in place. Prior to the procedure, the doctor examines the knee, tries to identify the location of the pain, and tests the knee for range of motion and ligament quality. Imaging tests, such as X-rays or magnetic resonance imaging, may be done to see the pattern of arthritis or better assess the cartilage.



In a minimally invasive partial knee replacement procedure, an incision of about three to three-and-a-half inches is made to allow for insertion of the knee replacement. This results in minimal damage to surrounding muscles and tendons around the knee. The short length of the incision and less-invasive nature of the procedure causes less discomfort, swelling and blood loss for patients, as well as abbreviated hospitalization and rehabilitation compared to conventional surgery that requires a larger incision and is more invasive to soft tissues or bone. Patients also are able to return to work earlier.

During the operation, the surgeon checks all three compartments of the knee for cartilage damage and to make sure the ligaments are intact. The affected cartilage is then removed and the ends of the femur and tibia

are capped with metal coverings that are held in place to the bone with cement. A plastic insert is placed between the two metal parts to ensure a smooth gliding surface.

Patients can start to put weight on their knee immediately after surgery. They usually can walk without a cane several weeks after surgery, but may need physical therapy for a few months. Most types of exercise are allowed after surgery, including walking, swimming, and biking. However, patients should avoid high-impact activities such as jogging. Patients typically recover quickly and experience less pain than they did before surgery. For more information about minimally invasive partial knee replacement, please visit our website at WestBocaMedCtr.com or call 866-904-9262 for a free referral to an orthopedic surgeon near you.

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Love Notes for Valentine's Day

**Whisper “sweet nothings”
but a kiss on the ear
can be dangerous
to your hearing**

An innocent gesture can quite literally be ‘the kiss of deaf’. Research shows that a kiss on the ear can cause permanent hearing loss.

An innocent kiss on the ear opening can create a strong suction that tugs on the delicate eardrum. This intense suction on the eardrum pulls the chain of three tiny bones in the ear. With this ‘kiss of deaf’, the stapes can tug on the tissue that connects the stapes to the oval window of the inner ear. This causes turbulence in the fluid of the inner ear, and can lead to hearing loss.



Prevention is the best cure Dr. Levi Reiter, a professor in audiology at Hofstra University in New York, has identified more than 30 ear-kiss victims. According to his patients, the ear-kiss injury feels like being hit by a ball on the ear. One of them says that it is like hearing through a screen of some sort, and that in the ‘kissy ear’, speech is totally muffled.

Though hearing aids may help ear-kiss victims to hear better, some people with a ‘kissy ear’ still experience intermittent sensations of aural fullness and an itch in the inner ear.



Dr. Levi Reiter speculates that an injection of steroids through the eardrum might be a possible treatment. This type of injection is normally used in cases of sudden sensorineural hearing loss (SSNHL), but to be successful the treatment has to start shortly after the person experiences hearing loss.

However, the treatment has yet to be tried on ear-kiss victims. Meanwhile, the symptoms do not tend to go away. As a result prevention is the best way to avoid ‘the kiss of deaf’.

“Not tonight, I have a Headache!” High Use of Tylenol, Advil Linked With Increased Risk of Hearing Loss in Women, Study Suggests

Popular pain-relievers might increase the risk of hearing loss in women, depending on how often they are used, a new study suggests.^b

Researchers from the Brigham and Women's Hospital found that use of acetaminophen or ibuprofen more than once a week is linked with an increased risk of hearing loss in women. Their findings are published in the American Journal of Epidemiology.

“Possible mechanisms might be that NSAIDs [non-steroidal anti-inflammatory drugs] may reduce blood flow to the cochlea — the hearing organ — and impair its function,” study researcher Dr. Sharon G. Curhan, M.D., of the Brigham and Woman’s Hospital Channing Division of Network Medicine, said in a statement. “Acetaminophen may deplete factors that protect the cochlea from damage.”

Researchers examined the effects of acetaminophen, ibuprofen and aspirin on the hearing of 62,261 women who were between ages 31 and 48. The women were followed for 14 years, after which 10,012 ended up reporting some kind of hearing loss.

The researchers found that taking acetaminophen two or three days a week raised the risk of hearing loss by 11 percent, while taking it four or five days a week raised the risk by 21 percent.



And they found that taking ibuprofen two or three days a week raised the risk of hearing loss by 13 percent, taking it four or five days a week raised it by 21 percent, and taking it six or more days a week raised it by 24 percent.

However, researchers didn't find any increased risk of hearing loss linked with aspirin use.

It's important to remember that the study only shows an association, and not a cause-and-effect relationship. But still, “if individuals find a need

to take these types of medications regularly, they should consult with their health care professional to discuss the risks and benefits and to explore other possible alternatives,” Curhan said in the statement.

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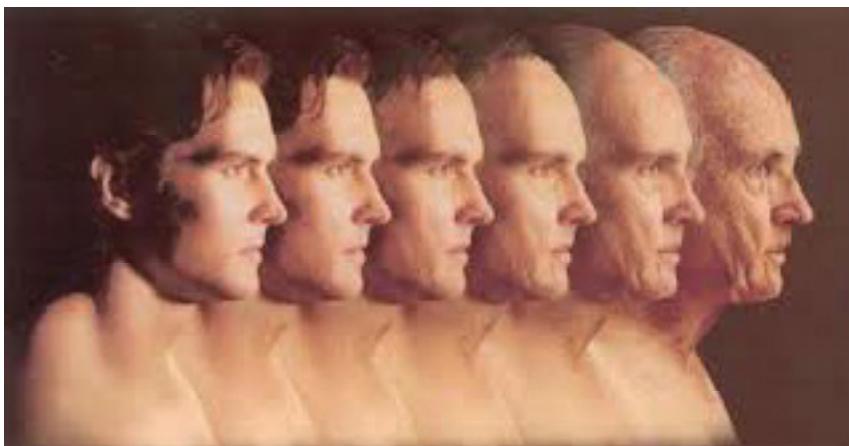


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Locks Losing Their Luster? 4 WAYS TO SHOW YOUR HAIR SOME LOVE

By Alan J. Bauman, M.D.



How often do you think about your hair? For most people, we think about our hair only in terms of how it looks in the morning before we walk out the door, but we rarely give much thought to how everything we do - from our daily habits, to diet and styling - impact the underlying health and resiliency of our hair follicles and cuticles.

It's important for people to realize that the hair isn't just an accessory - just like other parts of the body, such as the skin, bones, teeth, etc., it requires proper care, nutrition and treatments in order to keep it healthy and resilient. While the hair strand itself isn't alive, the underlying hair follicles are and they need to be kept healthy, or else people will soon find their hair is becoming weak, brittle, dull, thin or even falling out.

Here are four ways to show your hair some love:

1. TAKE YOUR HAIR VITAMINS – It's important to get enough calcium to support healthy bones and teeth, but did you know it's also important for your hair follicles? Without the right nutrients, the hair can become limp, weak, brittle and more susceptible to shedding. Eating healthy is important, and so too is avoiding risky diets (such as crash diets) which can 'shock' the hair follicles, leading to possible fallout and breakage. Both men and women should try to incorporate a number of key vitamins into their diets which help to boost the hair, such as protein, omega-3 fatty acids, iron, calcium, zinc, biotin and vitamins A, C and B-12. That means eating a healthy diet with plenty of dark green vegetables, whole grains, nuts, low-fat dairy, beans, poultry and salmon. Another option is to take daily vitamin supplements, but the best way is to use professional-grade nutritional supplements specifically designed for boosting the hair, such as Viviscal Pro.

2. AVOID HARMFUL BEHAVIORS – When it comes to hair, we almost always prioritize styling ahead of health. There are a lot of things we do to our hair which take a heavy toll on the cuticles, strands and underlying follicles and often aren't noticed until it's too late. Over-brushing, as well as blow dryers, straighteners and curlers can damage the cuticle, or protective layer of the hair, which results in dry, dull hair that is easily prone to breakage. Over-washing with shampoos can remove natural oils like sebum from the hair which also makes the

hair dull and leaves it more vulnerable to breakage. Moderation is the key to preventing damage from everyday styling and cleaning. For instance, unless you have a lot of styling products weighing down your hair, you don't need to shampoo daily. Another harmful practice that should be avoided altogether is the use of hair extensions. These add weight to the hair shaft and pull on the follicle. This can result in poor hair growth in the short-term and may even cause a type of scarring alopecia (permanent hair loss) in the long-term depending on how frequently and extensively they're used.

3. SHIELD YOUR HAIR FROM DAILY DAMAGE – In addition to using moderation when it comes to styling and washing, both women and men should also go one step further by incorporating protective hair products into their daily routines. Heat protectants should be used on the hair, particularly if you're someone who tends to do a lot of styling with straighteners or curlers. Optimized shampoos and conditioners will also go a long way toward protecting the hair from everyday damage. Shampoos/conditioners that have strong, long-lasting deep conditioners containing ingredients like polyquats, dimethicone and panthenol will help protect your follicles. Additionally, some of the best ingredients to counteract the signs of aging hair and scalp include caffeine, panthenol and niacinamide. Look for hair care products containing these ingredients.

Key Nutrients to Boost Your Hair

- Vitamins A and C - Essential for the body to produce sebum. Sebum is an oily substance that's secreted by hair follicles, sort of like a natural hair conditioner.
- Protein - Keratin, the main structure of the hair fiber is a protein, so getting plenty of protein is important for strong, healthy growing hair. Too little protein can lead to brittle, dull hair.
- Omega-3 Fatty Acids - Important for the scalp to help it support healthy hair growth, omega-3 fatty acids also moisturize your hair from the inside out.
- Biotin – While most people are not deficient in biotin, studies have shown that supplementing with biotin can safely help with hair volume and thickness. Common side effect? Your nails become stronger!
- Iron – Maintaining proper iron levels are key because it helps deliver oxygen to the follicles. Low iron levels can contribute to weak, brittle hair, loss of color and hair loss.
- Zinc - This nutrient helps accelerate cell growth and renewal. Low levels of zinc have been tied to hair loss, thin/weak strands and dryness in the scalp.
- Calcium - Calcium is present in hair follicles, and it's an important mineral for continuous hair growth.



4. BE PROACTIVE WITH TREATMENTS – At some point in everyone's life, hair loss is likely to affect them. It could start in a person's 20s or wait until their late 50s, but eventually most people will experience hair line recession and/or thinning to some degree. It's estimated that at least 80 million Americans suffer from hair loss, 38% of which are women. Because of this, it's important for men and women to be proactive about treatments. Anyone who cares about their hair's longevity should undergo a simple genetic test by HairDX to see whether or not they're genetically predisposed to hair loss. However, even those who don't test positive for the hair loss gene can still experience thinning or balding due to medical, lifestyle and environmental factors. It's important to begin consulting with

a qualified hair restoration specialist as early as possible, since once hair loss becomes visible to the naked eye, you've already lost up to 50% of the hair follicles. Early action with powerful, preventive treatments is key, and these days both male and female patients have a lot of highly effective medical options available from hair restoration physicians. These include: Formula 82M compounded minoxidil, FinPlus compounded finasteride, low level laser therapy, platelet-rich plasma therapy and artistic NeoGraft FUE transplants.

It's important for everyone to remember that you need to take care of your follicles and cuticles if you want to have full, healthy hair for the foreseeable future.

About Bauman Medical Group Hair Transplant and Hair Loss Treatment Center in Boca Raton:

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- Services offered at Bauman Medical Group Hair Transplant and Hair Loss Treatment Center include NeoGraft FUE no-scalpel/no-stitch hair transplant, LaserCap and other low level laser devices and therapy, Formula 82M compounded minoxidil, HairCheck scientific hair growth/hair breakage measurements, Vampire PRP hair regrowth treatments, FDA- approved Propecia/Finasteride, Eyelash/Eyebrow Transplantation, Hair Transplant Repair, Scar Coverage and Camouflage, and Operation Restore - ProBono Hair Restoration Surgery

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 16,000 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 The Doctors Show, 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, Deadline NBC, FOX News, MSNBC, Vogue, Allure, Harper's Bazaar and more. A minimally-invasive hair transplant pioneer, in 2008 Dr. Bauman became the first ABHR&-certified Hair Restoration Physician to routinely use NeoGraft FUE for hair transplant procedures.



Alan J. Bauman, M.D.
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Look Beyond The Scale



LOSING WEIGHT is sometimes a difficult battle, chances are many of us have tried many different weight loss programs and may have even had some luck with losing a few pounds. Most have had a really hard time keeping it off long term. A weight loss program that incorporates as many scientific tools as possible helps optimize long-term weight loss success.

The idea of bio-individuality is that each person has his or her own nutritional needs. Every body is different. Examining your age, health, genetics, activity level, blood type, metabolic rate, and personal preferences will determine your dietary needs. In all cases delayed food allergy testing is used as well.

It is imperative to identify people's food sensitivities. Our immune system is designed to defend and repair. By eliminating problematic foods you are able to reduce inflammation and the increased load on your immune system, which is causing a repair deficit. Prolonged repair deficit prevents us from using our foods appropriately and ultimately keeps us from meeting our weight loss and health goals.

By identifying these sensitivities up front we can be more specific in food and supplement recommendations. In order to pinpoint certain foods or chemicals that we are sensitive to the LRA by ELISA/ACT Test is a scientific test that can help identify these sensitivities. These tools create a very customized plan specific to your bodies' needs. Unless we eliminate them from our diet we have a very difficult time maintaining or reaching our goal.



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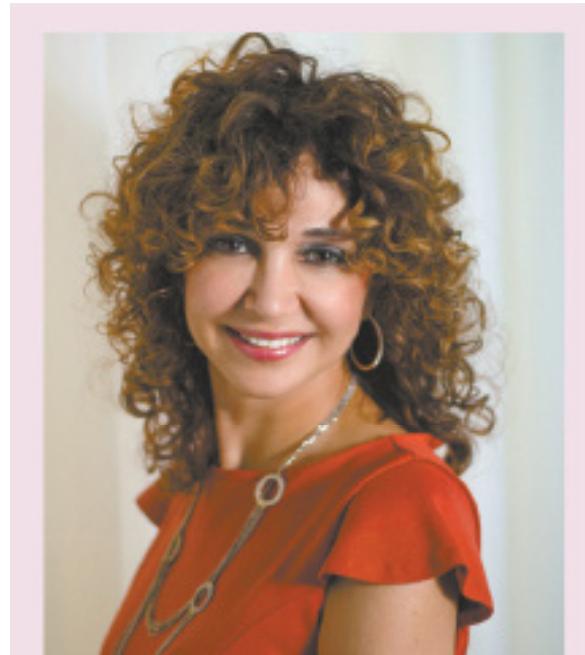
At MD BeautyLabs we can tailor a specific weight loss program incorporating lifestyle changes, diet, and appropriate supplements to aid in healthy weight loss to set you up for success. Only professional grade nutraceuticals are used in our clinic. Recommendations are based on vitamin deficiencies, initial health assessment questionnaire, Bio-impedance Analysis and sensitivity testing. The approach is to detoxify, repair, and rebuild the system to restore optimal health and wellness.

The process starts with an initial consultation followed by periodic follow up visits. In addition, we utilize the latest state-of-the art equipment seca medical body composition analyzer (mbca) to measure precise values of fat-free muscle mass, body fat percentage, skeletal mass and much more. During the weight loss program we periodically check

these parameters to assess your progress. It is critical to monitor changes in fat mass and lean mass rather than relying on simple changes in scale weight.

Gas, bloating, and belching after meals is not normal. Neither is constant aching and pain in your joints. Eczema and psoriasis can be a result of delayed food sensitivities. Being tired all the time is really not a sign of aging. Take a look at the foods you're eating - you'll be surprised to find the foods you react to are the ones you're exposed to the most. Remember we are what we eat but we're only as good as what we can digest!

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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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Afraid of Falling?

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Sherwood David Graham

The National Council on Aging reports that falls are the number one reason why seniors lose their independence – because they are the leading cause of injury and even death among older adults. This year one in three adults age 65 and older will fall, and two-thirds of those will experience another fall in the following six months.

If you are like Virginia, an active woman in her 80s, you enjoy your independence and prefer to live in your own home. Virginia lives alone and is able to take care of most of her personal needs, takes walks daily and enjoys spending time with her friends and family. However, she is less steady on her feet than she used to be – at risk for falls, and needing the security of being able to summon help if she can't reach her phone. She made the decision to get a LifeCall™ FallAlert® medical alert system. Virginia says, "During the years that I have worn the LifeCall button, I have

had only two occasions to use it. The second call saved my life. On March 18 I fell and struck my head. I bled profusely." With one press of a button on her LifeCall pendant, the LifeCall emergency response center contacted paramedics and, according to Virginia, "they were by my side within minutes. They took me to the Trauma Center in Delray Beach where I lost consciousness."

The Fear of Falling

For seniors like Virginia, who have a history, a fear, or are at risk of falling, LifeCall Medical Alert Systems with FallAlert can be an ideal solution – especially if one's medical history includes a stroke, heart attack, dizziness/light-headedness or issues with coordination. Featuring the latest and most innovative technology available in the industry, the FallAlert detection sensors can detect a fall as it occurs and automatically signal the base monitoring unit for assistance.

LifeCall®...If you do fall

LifeCall in-home health care monitoring solutions give you the ability to summon prompt assistance right at your fingertips. In the event of a fall you can get help quickly, which reduces medical complications that result from being immobile for prolonged periods of time. LifeCall will get you help in two ways.

The LifeCall Response Center is the only center where all operators are Certified Emergency Medical Technicians. It is powered by a world-class automation platform and two fail-safe redundant systems. The center also has been recognized by Computer World Magazine for its high-tech infrastructure provides fast access to highly trained, caring Response Associates at the push of a button, 24 hours a day, 365 days a year.



FallAlert™...When you can't call

LifeCall's FallAlert provides additional protection by automatically placing a call for help if a fall is detected and you can't push your button because you are disoriented, immobilized, or unconscious. This enhanced service option can provide even greater security and peace of mind.

The FallAlert system features sensors that detect between normal activity and an actual fall.* By continuously measuring motion, movement and speed in all directions, the fall detector compares what it senses to what it considers an actual fall. If the FallAlert system detects a fall, and if there is no movement or tilt from horizontal to vertical positioning detected after 10 seconds, an unconsciousness alarm will be transmitted to the base monitoring unit, signaling for emergency assistance. The LifeCall emergency Response Center will establish two-way communication promptly and, if there is still no response, they will proceed to follow the pre-designated emergency protocol.

FallAlert can provide you with a comprehensive way of managing your risk of falling 24 hours a day and the peace of mind that comes from knowing that if you are unable to respond to an emergency you can still receive help. While automatic fall detection can detect more than 95% of falls, some movements may not be detected. In the event of a fall, if you are able, you should always press the button on the Medical Alert pendant to get help.

After doing her research, Virginia made the decision to call LifeCall and acquire a FallAlert medical alert system. "I wear that little life-saving button all the time. Any elderly woman who lives alone should certainly have one."

For information about the life saving services offered by LifeCall® call (866) 220-1212 today. It could be the most important call you'll ever make.

*FallAlert™ works through sensors that detect a person's sway, orientation and impact with surface. It does not detect 100% of falls. If you are able after a fall, you should always press the LifeCall® button when you need help.

For 40 years LIFECALL® Medical Alert Systems have provided families with security and independence at their fingertips by offering instant access to EMT-trained emergency personnel around the clock at the push of a button. Falls and strokes are common among seniors – a personal emergency response system can save your life. LIFECALL®: the most important call you'll ever make.

To learn more about LifeCall's wide array of medical alert systems, visit www.lifecall.com
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IT COULD BE THE MOST IMPORTANT CALL YOU'LL EVER MAKE.

Tips for Preventing Falls at Home

By taking a few modest steps, many falls can be prevented.

1. Make your home safer

About half of all falls happen at home. To make your home safer:

- Reduce tripping hazards – keep cords, papers, books, boxes, plants, shoes and clothes off of the stairs or away from places you walk.
- Either remove throw rugs or use non-skid mats or double-sided tape to keep the rugs from slipping.
- Use non-slip mats or appliques on the shower floor or in the bathtub.
- Install grab bars in the shower or tub and next to the toilet.
- Install handrails and lights on both sides of staircases.
- Improve the lighting in your home. As you age you need brighter lights to see better. To reduce glare, hang light-weight curtains or shades
- Keep the items you use most often in cabinets you can reach easily without using a stool or stepladder
- Wear shoes both inside and outside the house. Avoid going barefoot or wearing slippers.

2. Have your vision checked

Once a year have your eyes checked by your eye doctor. You may have developed cataracts or glaucoma or your glasses prescription may have changed. Poor vision increases your chances of falling.

3. Have your doctor review your medicines

Once a year you should have your doctor or pharmacist review the prescriptions and medicines you take, even over-the-counter medicines. As you age, the way medicines affect your body can change. In addition, some medicines, or combinations of medicines, can cause dizziness or drowsiness and cause you to fall.

4. Begin a regular exercise program

Finally, exercise is perhaps the most important thing you can do to lower your risk of falling. Exercise improves your balance and coordination, makes you stronger and helps you feel better. A lack of exercise leads to muscle weakness and an increased propensity for falls. Ask your doctor or health care provider what type of exercise program might be best for you.

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WHAT IS A SUBCONJUNCTIVAL HEMORRHAGE?

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

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

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



Subconjunctival Hemorrhage Causes

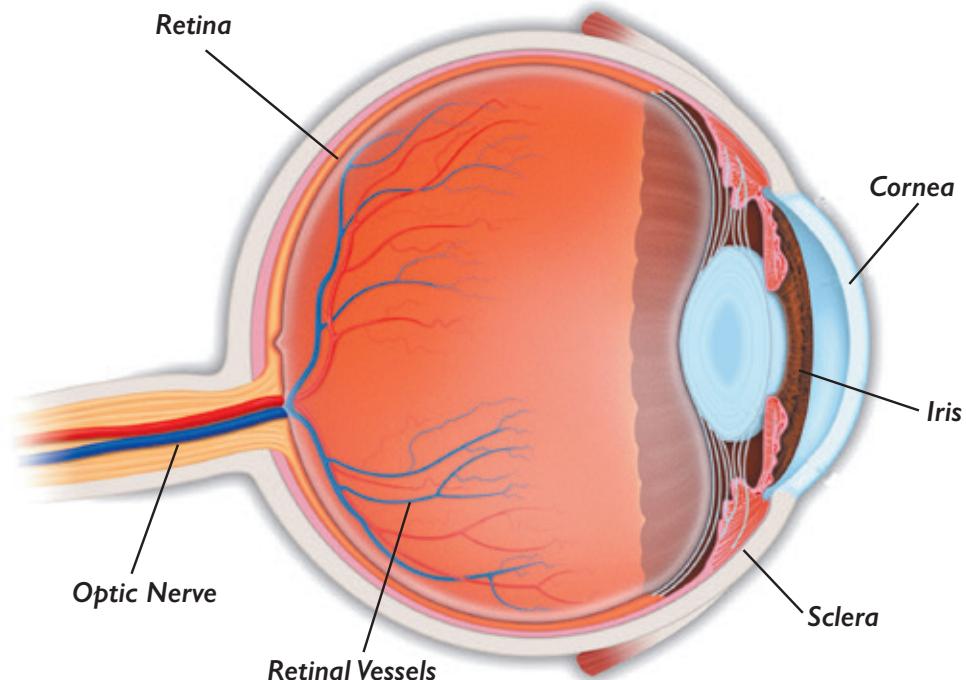
The conjunctiva contains many blood vessels and capillaries, the tiniest blood vessels in the body. These vessels can break, causing blood to leak between the conjunctiva and the sclera. This minor bleeding under the eye's outer membrane is what causes the bright red spot to appear on the white of the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

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

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

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

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



Subconjunctival Hemorrhage Treatment

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



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



The Retina Institute of Florida Lauren R. Rosecan

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

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Ronna Clements Top Secrets

7 For Improving ENERGY

In today's day and age, we can almost buy anything can't we? We want silver bullets and instant gratification. Whip out a credit card and "fix me up!"

Does this sound like you?

Unfortunately, there are certain things we can't buy; happiness, love, good health, peace of mind and yes, energy. We can't just pull into the gas station as say, "fill me up with energy for \$3.99 a gallon." We need to create our own energy. I'd like to share my top seven secrets for improving energy. For every waking moment that we lose energy, we age at a quicker pace.

Secret One – WATER

Water has no nutritional value and your body cannot produce it. Nonetheless, life itself and all energy production would come to an end without it. Water also helps the body rid itself of toxins so they can be eliminated which is extremely important. So, drink about one-half of your body weight in ounces of water per day or you will LOSE ENERGY.

Secret Two – REST

Rest is an energy weapon and sound sleep is an old-age prescription for staying healthy. You must force yourself to slow down at night and do things that allow for quality sleep. Try to do activities which promote "slowing down" such as reading a book, meditating or listening to calming music. A fully darkened room is needed to aid our sleep cycles, as well. If you don't get enough sleep you will LOSE ENERGY.

Secret Three – SUNLIGHT

There is no better form of energy than the sun! Sunlight deficiency will not only seriously limit your energy production, but it will compromise your health in other ways, as well. Many studies have shown a decrease in metabolism when individu-



By Ronna L. Clements,
Natural Health
& Wellness Innovator

als do not receive enough sunlight. Based on my research, *correct sunlight exposure* combined with proper diet will prevent the very same skin cancers that some say are caused by the sun. Sunlight also helps your skin tissue to make Vitamin D which is linked to energy production.

Embrace sunlight as it fuels and grows everything on our planet – including the human body. If you don't get enough natural sunlight, you will LOSE ENERGY.

Secret Four – FOOD

Food is powerful and food will either help us or hurt us. **If you wish to experience pure energy, you must consume pure energy.**

To lead a vibrant life, you *must* eat a diet full of fresh fruits and vegetables. Our nervous system and brain are mostly comprised of fats and they make up compounds that are intricately involved in every function of the immune system. Without an adequate supply of fats in the diet, people could not maintain their mental and physical health. If you don't eat at least 80% of foods that are *natural*, you will LOSE ENERGY.

Secret Five – EXERCISE

Life is Motion.

The human body is meant to move. Our design is "motion design." Let's get moving!

The modern world is killing us – sitting at a desk, driving in a car, buying gadgets to do everything for us, watching TV. The list can go on and on. Just get out and move – walk, run, stretch, cut the grass, trim the bushes, wash the car, play tennis. Whatever it is – just do it. If you don't keep your body moving, you will LOSE ENERGY!

Secret Six – BREATHING

How long can you hold your breath before you need to take in more air? Right – not very long. We need oxygen. We need to practice focusing on our breathing – deep diaphragmatic breathing. It's elemental – like eating. You do it or else. Obviously, since breathing is how we get oxygen, poor or incomplete breathing will dramatically affect our energy production in a way that nothing else can do for us.

Please educate yourself on the proper way to practice deep belly breathing or you will LOSE ENERGY.

Secret Seven –

STOP DRINKING CAFFEINE

After use and abuse of caffeine over time, your body will enter a state of exhaustion. Caffeine can push your adrenal glands so much that they won't function very well and you won't be able to maintain any energy at all. More caffeine just makes you more and more tired over the years and life becomes increasingly more difficult to handle.

I say go cold turkey on caffeine, your body will adjust and you will have MORE ENERGY. Substitute your morning java with freshly squeezed carrot juice with a little bit of fresh ginger and lemon. You'll learn to appreciate the difference in how you feel.

So there you have it – Ronna Clements Top 7 Secrets For Improving Energy.

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MAGAZINE

Laser Periodontal Therapy: Saving Your Teeth Without Traditional Surgery

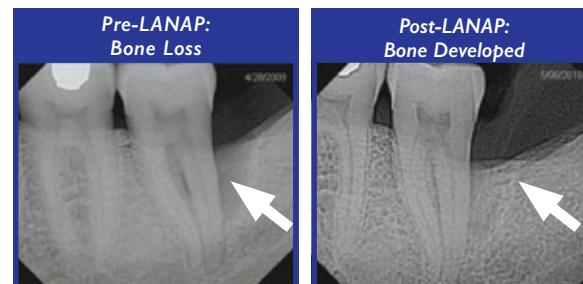
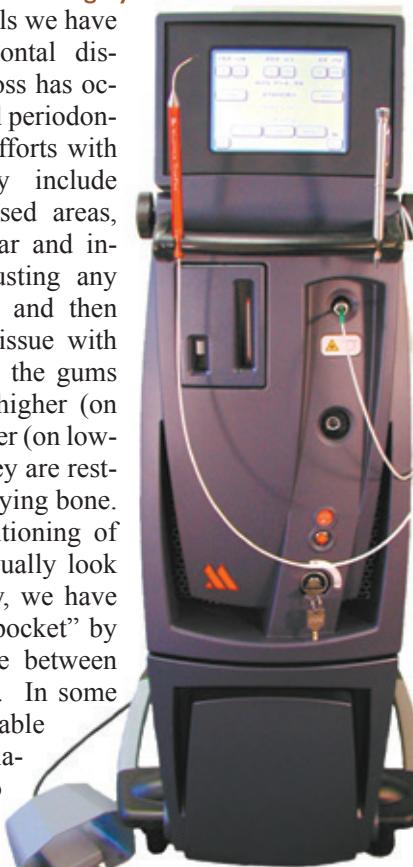
By Lee R. Cohen, D.D.S., M.S., M.S.

One of the most common diseases we face in our lifetime is periodontal disease. This typically painless disease involves infection and loss of the supporting gum and bone around our teeth. As the gum tissues become inflamed and bone is lost, the chances of losing our teeth increases considerably.

Many of us routinely see our dentist and hygienist on a regular basis. At these appointments, measurements to evaluate our gum “pockets” are recorded. The numbers we hear our hygienist calling out represent how inflamed our gum tissue is and how much bone has been lost around our teeth. In cases where the depths below the gum line are significantly deep (more than 4mm usually), the hygienist can no longer reach the bottom of the “pocket” therefore leaving the potentially dangerous bacteria undisturbed. Such situations typically require more advanced treatment. The goal of any periodontal therapy where bone is being lost is to arrest the disease, slow the progression of the bone loss and try to maintain one’s teeth for years to come. Today we have two primary advanced treatments for periodontal disease.

Traditional Periodontal Surgery:

One of the best tools we have to combat periodontal disease where bone loss has occurred is traditional periodontal surgery. Our efforts with traditional surgery include opening the diseased areas, removing any tartar and infected tissue, adjusting any bone irregularities and then closing the gum tissue with sutures. Typically the gums are placed either higher (on upper teeth) or lower (on lower teeth) so that they are resting near the underlying bone. Due to this repositioning of the gums, teeth usually look longer. Ultimately, we have shrunk the deep “pocket” by reducing the space between the gum and bone. In some situations, we are able to add bone graft material in an effort to grow some of the lost bone back.



Laser Periodontal Therapy (LANAP®):

The simplest comparison would be how LASIK revolutionized eye surgery. Laser Assisted New Attachment Procedure (LANAP) is the only FDA approved laser protocol that has been shown to successfully treat periodontal disease while regenerating new gum and bone. LANAP requires NO INCISIONS and therefore NO SUTURES. Due to this fact, post-operative swelling and recovery are almost non-existent.

The goal of LANAP is exactly the same as traditional periodontal surgery, but the approach is completely different. In this procedure, a specialized laser (only one laser and protocol have been approved for this patented procedure) is used to vaporize the diseased tissue. The wavelength of the laser is only attracted to the dark, diseased gums and leaves the healthy tissue virtually undisturbed.

Once this unhealthy tissue is vaporized, the entire area is cleaned and tartar deposits removed. In the small space between the gum and tooth tiny clots are formed that help stimulate the growth and development of new, healthy gum and bone tissue. As the gum reattaches to the tooth (almost like zipping a zipper between the gum and tooth) the deep “pocket” decreases in size. Therefore, in the case of LANAP, the teeth typically do not look any longer when the procedure is completed. Additionally, minimal to no post-treatment swelling or discomfort is typically seen.

Treatment Comparison:

Research has shown that 5 years after treatment there is no statistical difference between the results of traditional surgery or LANAP. It is important to understand that not everyone is a good candidate for LANAP and that both traditional and laser therapy cannot guarantee success. It is clear that many patients are aware that they have these painless, deep “pockets” but opt not to treat their disease due to the potential issues associated with surgery. LANAP offers patients a chance to help keep their teeth and treat their disease without having to undergo traditional surgery.

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 Periolase Dental Laser (LANAP procedure) to help save teeth and treat periodontal disease without the use of traditional surgical procedures. Additionally, he uses in-office, state of the art 3D CT imaging to develop the least invasive dental implant and bone regeneration treatment options. Dr. Cohen and his facility are state certified to perform both IV and Oral Sedation procedures.

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



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Delray Beach, FL: The weekend of WellFest™ Delray 2015, March 7-8, at Delray Center for the Arts at Atlantic and Swinton Ave., promises to offer something for everyone... And it's all just \$5/day.

In just its third year WellFest™ Delray 2015 (www.WellFestUSA.com) is taking its "Live Well!Go Green!" theme to a next level with popular Music Groups, Outstanding Speakers, Impressive Sponsors and Exhibitors.

"It's all just \$5/day," states Bob Lipp, the event creator, "and helps to support local school programs and animal rescues. Attendees can take advantage of a wealth of information all in one place, by speaking with experts about staying fit, eating well, losing weight, reducing stress, feeling better about themselves, overcoming injuries, improving overall health and going green.

Plus, they'll hear Live Music from Justin Ward (www.JustinWardMusic.com) whose intro recording has over 1.5 million views on YouTube, The Jon Greco Band (www.jongreco.com) and others.

Speakers will include Serena Dyer (www.serenadyer.com), who along with her father, Dr. Wayne W. Dyer, recently wrote the popular book: "Don't Die With Your Music Still In You; Deirdre Abrami, (www.deirdreabrami.com), a 6th Generation Psychic Intuitive; Lee Ann Somers (www.leeannsomers.com) an Ambassador for Spirit and Reiki Master teacher, Michael Berger (bodyconversion.org), a nutrition and exercise scientist whose new book "Body Conversion" will soon be released and some of the top Chiropractors and Acupuncturists in Delray and Boca including Dr. Jane Groman (www.drgroman.com) and Dr. Edward Scarlett (www.aliveandwellacupuncture.com).

The Overall Event Sponsor, JM LEXUS (www.JMLexus.com) "the #1 Volume Lexus Dealer Since 1992," will be showcasing their latest "Green" cars.

Other Sponsors will include The Seagate Hotel & Spa who will be enlightening attendees about their impressive "5-star" spa facility and services; Fit Food Express, who will be providing samples of their healthy prepared foods; Delray Beaching Running Company who will be doing their part to make sure attendees "run right" and many more.

Plus there will be a range of Exhibitors offering healthy foods, fitness programs, free wellness screenings, massage areas, consultation with experts, free samples and so much more.

One of Delray's most popular "Wellness and green" groups, Human Powered Delray, will be at the event to promote their programs that encourage people to walk and bike.

4th Ave. Photo and Video will serve as the Official Videographer of WellFest and be at the event to capture that action.

Tesla will also be on hand to offer test drives that are being coordinated by Delray's longtime resident and friend-of-WellFest Bill Bathurst.

Commenting on how far the event has come in just its third year, Executive Director Patrick Halliday said "With all that is happening here in Delray, it takes a great deal to get people interested, excited, and involved. We're doing it with great entertainment and speakers and by educating people about living well and going green. I call that a win-win. The event is also attracting some of Delray's prominent leaders both public and private, since so many are recognizing the value WellFest Delray brings to the brand of this growing community."

Only \$5 daily admission



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Are Stem Cells the Next Penicillin?

By David Ebner, Staff Writer

Chances are that you have heard about stem cells—they have been in the news for years. But did you know that stem cells are being used right now in the United States to treat debilitating lung diseases? Sufferers of diseases like COPD, pulmonary fibrosis, emphysema and interstitial lung disease are receiving life changing stem cell treatments that just a few short years ago had not yet been thought of as possible.

With further advancements in the study of stem cells, the question is posed: are stem cells the next penicillin? Stem cells and penicillin both come from humble beginnings and accidental discovery, they are both used to treat life threatening conditions and diseases, and just like penicillin, stem cell biologists have won Nobel Prizes due to the practical uses of their discoveries.

Consider the history of penicillin. In 1939, while Poland was surrendering to Hitler's Blitzkrieg German offensive, a Scottish biologist by the name of Sir Alexander Fleming was on his 10th year of studying his accidental discovery named penicillin. While on vacation with his family for the summer, Fleming left the cultures he was working on out on his lab workstation. Upon returning, he noticed that a fungus had started to grow on one of the cultures and commented, "That's funny." After further study of the fungus, Fleming observed that the mold produced a substance that killed many disease-causing bacteria. Sir Alexander Fleming did not know the magnitude that his mold experiments would have in 1945 when the antibiotic would save thousands of lives on the French beachfront on D-Day. It wasn't until that year, that Sir Alexander Fleming was acknowledged for his service to the medical field by being awarded the Nobel Prize. In the 1950's a synthetic form of penicillin was first designed and mass production began to create the antibiotic at an amazing pace and for a relatively small expense. Since then, penicillin has been used in vast quantities around the world and has saved millions of lives.

Stem cells have also been studied extensively over time and have crept into the national dialogue as a buzz word for certain political agendas, particularly the stem cells found in fetuses. However, the actual stem cells that are now being used to treat diseases in the United States, and the same cells



The discovery of penicillin was an early example of ground breaking medical advancements changing the course of modern medicine.

that warranted the 2012 Nobel Prize in Medicine, are adult stem cells. This type of stem cell is found in fully developed individuals and flourish in all people regardless of age or health.

Most cells found in the body have developed into a specific type of cell, like a skin cell or a brain cell. At the turn of the 20th century, biologists discovered that some cells (stem cells) have not yet been assigned as a certain type of cell. They are simply blank cells standing by to meet your body's needs. Stem cells being used to treat diseases can be traced back to 1968 when the first bone marrow transplant was used to treat a patient suffering from leukemia. Placing healthy stem cells into a sick individual's body results in the creation of only healthy cells that are not infected with the disease. In turn, these cells replace the diseased ones and start to heal the patient.

Today, one clinic, the Lung Institute, is using adult stem cells harvested from the patient's own fat, blood and bone marrow to provide similar healing results for people with lung diseases. Their website, www.lunginstitute.com, states that they have treated over 500 patients to date. The physician gives the patient a growth factor that multiplies the stem cells into millions of healthy cells before extracting the stem cells from the patient, then they separate the cells and reintroduce them into the patient's body. The result is that the healthy cells replace the damaged ones found in the lungs. Not only can this slow the progression of the disease, but it also works to restore lung function.

The Lung Institute's Medical Director, Dr. Burton Feinerman, who has been treating patients with stem cells since the 1960's, said, "Stem cells are very important because they offer a different approach. Instead of just treating symptoms and making the patient a little more comfortable, stem cells target the disease and can repair the damaged tissue. It is a whole new ball game and gives people realistic hope that we can challenge the incurable."

Just as people were wary about how penicillin might help fight infections when first developed, there is some hesitation that stem cell technology can help treat diseases. However, just like penicillin was recognized by the scientific community, so have stem cell developments. If the number of people successfully treated with stem cells already is any indication, then it will undoubtedly be heralded, like penicillin, as the ground breaking medical technology of its time.

If you or a loved one suffers from a chronic lung disease, the specialists at the Lung Institute may be able to help. You can contact the Lung Institute at (855) 914-3212 or visit lunginstitute.com/health to find out if these new treatments are right for you.

Grand Opening of ConciergeSpaServices

We are excited to bring Concierge Spa Services to South Palm Beach County. What is Concierge Spa Service you may ask? We are dedicated to bringing the Spa Services to your home, office, hotel, clubhouse or one of our spa locations. We also offer Spa Parties for your special group of friends and loved ones.

We are confident that you will love our therapists. So confident, we are offering 50% off ALL of our spa services for the month of February when you visit one of our spa locations. Want to know more about our \$1 Hydra-Facials or \$1 60 minute massages? Come to our grand opening on February 12th from 6:00 to 9:00 pm, hosted by Salon26 in Boca Raton. Enjoy some wine, delectable treats and meet some of our favorite on the team.

We are always looking to expand our menu of services and only hire the best team in the area. Our team of therapists are considered experts in the field. If you fit this criteria, we want to meet you.



Massage

All of our massage therapists have dedicated themselves to furthering their education in specialized fields. When you want the best results, consider a massage that includes Neuromuscular Therapy, Trigger Point Therapy, Table Thai Yoga, or Certified Orthopedic Massage Therapy. These specialty techniques work to increase your range of motion, prepare you for upcoming surgery, or recover from injuries. Stop hurting and start to feel better.



Salon Services

Our Cosmetologists cater to your individual needs. When you are getting ready for your big event, presenting the best side of you is important. You can never have a second chance at making a first impression. From nail services to hair styling and make-up, our Stylists are ready to help you lay-out the groundwork for a successful first impression.

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GO RED FOR WOMEN® Heart Health Guide

SIGNS OF A HEART ATTACK OR STROKE

Cardiovascular diseases kill more women than men. But 80 percent of cardiac events in women could be prevented if women made the right choices for their hearts involving diet, exercise and abstinence from smoking.

Heart Attack

A heart attack occurs when the blood flow to a part of the heart is blocked, usually by a blood clot. If this clot cuts off the blood flow completely, the part of the heart muscle supplied by that artery begins to die.

Signs of a Heart Attack

1. Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes, or goes away and comes back.
2. Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
3. Shortness of breath with or without chest discomfort.
4. Other signs such as breaking out in a cold sweat, nausea or lightheadedness.
5. As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

If you have any of these signs, don't wait! Call for help! Call 9-1-1. Get to a hospital right away.

Stroke

Stroke is the No. 3 cause of death in America. It's also a major cause of severe, long-term disability. Stroke and transient ischemic attack (TIA) happen when a blood vessel feeding the brain gets clogged or bursts. The signs of a TIA are like a stroke, but usually last only a few minutes. If you have any of these signs, don't wait more than five minutes before calling for help. Call 9-1-1 to get help fast if you have any of these, but remember that not all of these warning signs occur in every stroke.

Signs of Stroke and TIAs

1. Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
2. Sudden confusion, trouble speaking or understanding
3. Sudden trouble seeing in one or both eyes
4. Sudden trouble walking, dizziness, loss of balance or coordination
5. Sudden severe headache with no known cause

Also, check the time so you'll know when the first symptoms appeared. It's very important to take immediate action. Research funded by the American Heart Association has shown that if given within three hours of the start of symptoms, a clot-busting drug can reduce long-term disability for the most common type of stroke.



Jennifer, 40
Heart Attack

BE ACTIVE

Finding time in our overscheduled lives for physical activity is a challenge for all busy Americans. But anyone who has successfully managed to do so will tell you how much more energy they have, and how they are actually able to do more than before they started getting regular exercise. So no more excuses! Make It Your Mission to fight heart disease by being active.

Why be physically active?

The facts are clear: By getting at least 150 minutes of moderate physical activity each week you can reduce your risk of heart disease. Without regular physical activity, the body slowly loses its strength and ability to function well.

Being active is as important as reducing calories in helping you lose weight! And it's good for your heart, lungs, bones, muscles and mind. Regular physical activity helps lower your risk of heart attack, stroke, high blood pressure and other health problems. Ask your doctor or health professional for a physical activity plan that's right for you.

Tips to help you be active

- Schedule time in your day for physical activity. Make a date to walk during your lunch time at work, or go for a walk with your friends or family in the evening.
- Substitute physical activity where possible. Choose a parking spot that allows you to get a few extra minutes of walking, or take the stairs instead of the elevator. Every little bit helps!
- Pick active outings. Instead of going to the movies, visit a zoo or museum where you can walk around while being entertained.

STOP SMOKING

Smoking is the most preventable major risk factor of heart and blood vessel diseases. The long list of diseases and deaths due to smoking is frightening. Thousands of nonsmokers, including infants and children, are harmed by exposure to cigarette smoke. Even if you don't smoke, you could become one of the nearly 443,000 smoking-related deaths every year.

Quitting

It's never too late to quit! No matter how much or how long you've smoked or when you quit smoking, your risk of heart disease and stroke starts to drop. In time your risk will be about the same as if you'd never smoked.

Learn more about cholesterol and heart disease at
GoRedForWomen.org



Amanda, 26
Congenital Heart Defect



Mariam, 36
Congenital Heart Defect

GRAND OPENING

The Spa at Salon26 is hosting the grand opening for **Concierge Spa Services**, in home, office, hotel or in spa service. Offering **Hydra-Facials and Massages for \$1** come to the event for details. Come celebrate with us with complimentary wine and hors d'oeuvres.

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Tips for quitting

• Be prepared. Women are more likely to quit smoking for good if they prepare for two things:

1) the last cigarette and 2) the cravings, urges and feelings that come with quitting.

• Medication can help. Specific medicines can help people quit smoking when used correctly. Talk to your healthcare provider about the options that may work best for you.

• Get support. It can help to recruit a support team. Additional support can be found by looking for programs through hospitals, the American Cancer Society, the American Heart Association or the American Lung Association.

During the quitting process, people often slip and have a cigarette. It's important not to feel like you failed at quitting; just give it another chance. If you are a parent, talk to your kids about smoking. Once they start, it can be difficult to stop, even during adolescence.

Article compliments
of the American Heart Association



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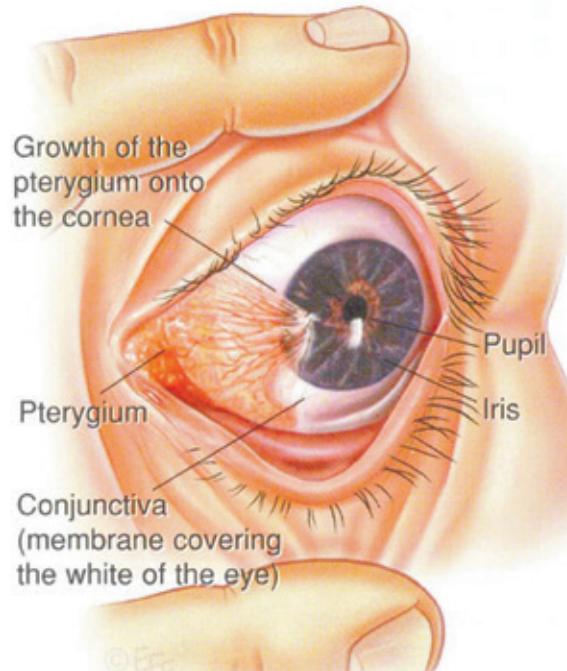
Pterygia and South Florida

By David A. Goldman MD

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

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

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



A pterygium may grow large enough to obstruct vision.

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



Before

After



David A. Goldman

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

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

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

Dr. Goldman speaks English and Spanish.

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All You Need Is LOVE

Brent Myers

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

What a message for the world to hear!

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

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

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

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

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

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

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

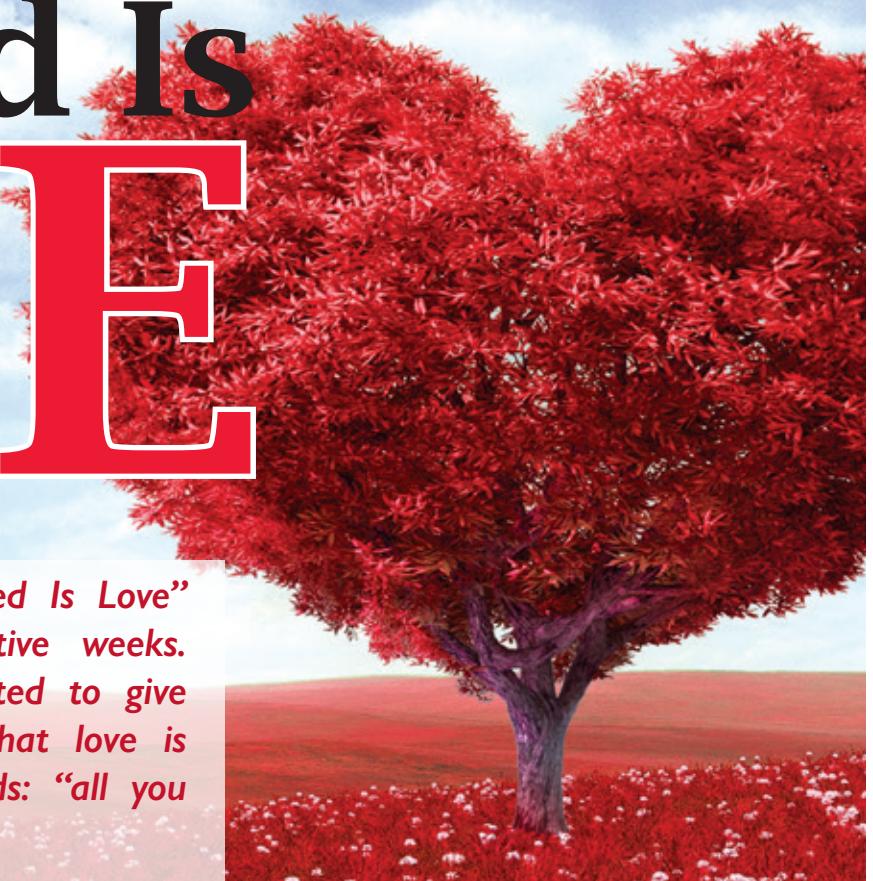
Think about it – if I learned to love everyone (not just the people I like), how differently would my

relationships look? If I learned to love God, how differently would my priorities look? If I could learn to love, then everything else falls in place.

The apostle Paul describes the kind of love we should have: *“Love is patient and kind. Love is not jealous or boastful or proud or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. It does not rejoice about injustice but rejoices whenever the truth wins out. Love never gives up, never loses faith, is always hopeful, and endures through every circumstance”*. - 1 Corinthians 13:4-7 NLT

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

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





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