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Health & Wellness[®] MAGAZINE

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South Palm Beach Edition - Monthly

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FREE



**Tips for Beating
the Summer
Hair Blues**

WHAT IS DRY EYE?

**How Hearing Aids
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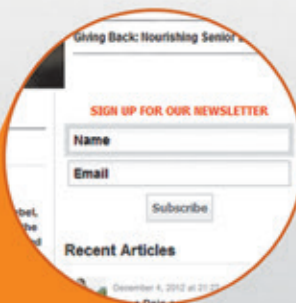
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Smart buying decisions: How hearing aids give you a great return on your investment



If you're one of the nearly 40 million Americans who suffer with hearing loss, maybe it's time to consider investing in your hearing health.

Research shows that the rewards can be substantial. In fact, identifying and addressing hearing loss has been shown to positively influence virtually every aspect of an individual's life, helping people personally, professionally and even financially.

New technological advances have revolutionized hearing aids in recent years. Today's hearing aids can automatically adjust to all kinds of sound environments and filter out noise. Many are virtually invisible, sitting discreetly and comfortably inside the ear canal. Some are even waterproof, and others are rechargeable. Best of all, many are wireless, so you can stream sound from smartphones, home entertainment systems and other electronics directly into your hearing aid(s) at volumes just right for you.

When it comes to the purchase of personal items that enhance your life, there's more than one way to measure value. Here are six ways that investing in professionally fitted hearing aids—if recommended by a hearing care professional following a comprehensive hearing evaluation—could bring you a greater return on your investment than you ever imagined.

Unleash your earning potential. Using hearing aids reduced the risk of income loss by 90-100 percent for those with milder hearing loss, and from 65-77 percent for those with severe to moderate hearing loss, according to a Better Hearing Institute (BHI) study. People with untreated hearing loss lost as much as \$30,000 in income annually, the study showed.



Maintain your cognitive function. Research shows a link between hearing loss and dementia, leading experts to believe that interventions, like hearing aids, could potentially delay or prevent dementia. Research is ongoing.

Keep you on your feet. A Johns Hopkins study showed that people in middle age (40-69) with even just mild hearing loss were nearly three times more likely to have a history of falling. The intensive listening effort demanded by unaddressed hearing loss may take cognitive resources away from what is needed for balance and gait, experts have suggested.

Relieve stress and lift your mood. When people with hearing loss use hearing aids, many feel more in control of their lives and less self-critical, BHI research shows. One study found that the majority of people with mild and severe hearing loss felt better about themselves and life overall as a result of using hearing aids.

Tame that ringing in your ears. Hearing aids can help reduce the prominence of tinnitus by amplifying background sound. Just taking the focus off the tinnitus can provide relief for many people. Hearing aids also reduce the stress associated with intensive listening, which alone can help relieve tinnitus symptoms.

Strengthen your relationships. Research shows that using hearing aids can help improve interpersonal relationships. In one BHI study of people with hearing loss, more than half of the respondents said using hearing aids improved their relationships at home, their social lives and their ability to join in groups. Many even saw improvements in their romantic lives.

Addressing hearing loss really is a smart buying decision.

Make the investment today. Start by taking a quick and confidential online hearing evaluation to determine if you need a comprehensive hearing test by a hearing health care professional (<https://www.hearusa.com/hearing-ie.aspx>).



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TIPS FOR BEATING *the Summer Hair Blues*

By Alan J. Bauman, M.D.

Summer is here again, and while most of us think only about our skin during the hot season, it's important to remember that your hair needs extra attention too. Just as you wouldn't want to go to the beach without a layer of protective sunscreen, you also don't want to run around in 90-degree, 90% humidity weather without taking some extra steps for your hair.

Your hair, like your skin, reacts differently to changes in temperature and humidity, so you need to adapt and redefine your hair care regimen during the summer, and again in the winter, to keep your locks feeling and looking luscious and healthy. High temperatures and humidity can quickly become a dull, static-y, frizzy nightmare if you don't prepare for and take care of your hair through the harsh summer months.

Here are three things everyone (guys too!) should do to protect their hair during the hot Florida summer:

SHAMPOO AND CONDITIONER:

Women tend to wash their hair more frequently during the summer months to rinse out the chlorine, beach sand and sweat, so it's important to take extra steps to protect and replenish your hair. Shampoos remove the natural oils, like sebum, from our hair, which can lead to dull-looking strands and make the hair more prone to breakage. Excessive washing can also mean more time styling, putting your hair at increased risk of damage.

In simple terms, shampoo cleanses the hair and scalp like a detergent and a conditioner moisturizes and replaces the natural protective coating on the hair shaft. However, choices become complicated (Ever been down the hair care aisle in the supermarket?) because the degree of cleansing—often called *surfactancy*—and the type of conditioner you may need depend on many factors. For example, someone with oily hair and scalp and fine hair might need a deeper cleansing shampoo and a lighter conditioner. Another person with coarse curly hair or damaged hair from over pro-

...thermal protectant sprays reduce the harmful effects of the heat of curling irons and blow dryers, UV protectants can protect your hair from the harmful rays of the sun.

cessing may need a deeper conditioner product or even a leave-in. When you add in scalp issues like dry, itching/flaking, sensitive scalp, shedding/thinning or other symptoms, decisions become even more complicated and often a round-robin / trial-and-error process begins.

In order to find the right balance between hair that's clean and hair that's healthy, it's important to use the right types of shampoos and conditioners. Your hair type, sebum production, styling products and shampooing/styling frequency, lifestyle, etc. all play a role in what kind of shampoo/





conditioner pairings and other products should be used.

BLOCKING UV RAYS:

Everyone knows they should be using sunblock when they go to the beach, but how many think about using UV protectant on their hair too? UV rays can damage the hair too, by making it more prone to damage and fading out the color. Try using a product that contains a UV protectant. **Similar to how thermal protectant sprays reduce the harmful effects of the heat of curling irons and blow dryers, UV protectants can protect your hair from the harmful rays of the sun.** Plus, if you are suffering from some thinning on top, it's important to use a UV protectant to avoid endangering the scalp.

GET A HAIR/SCALP MAKEOVER FROM A PRO:

During the hot summer months, when the hair is getting hit on all sides – heat, UV rays, chlorine, etc. – it's a good time to go one step further by boosting the underlying health of your follicles.

You can do this by taking professional-grade supplements for your hair, like biotin or Viviscal Professional—which contains more active marine protein than the “extra strength” version, eating more hair “super foods” like dark green vegetables, beans/lentils, avocado and oysters, and using low level laser therapy devices like the LaserCap to boost the cellular metabolism of the follicles themselves.

Confused? You're not alone! The good news is that trained professionals are here to help. For many, the best course of action is to undergo a quick scientific hair/scalp analysis by a trained trichologist to determine the best way to treat the underlying causes of your hair problems. Whether it's break-



Eat more hair “super foods” like dark green vegetables, beans/lentils, avocado and oysters, and using low level laser therapy devices like the LaserCap to boost the the cellular metabolism of the follicles themselves.

age, frizz or damaged strands, shedding, thinning or hair that's simply dull, limp or otherwise lackluster, shampoos and styling products can help hide it, but only a trichology analysis and treatment of the scalp can actually fix it. With a scalp makeover, women and men undergo a series of simple non-invasive diagnostic tests to see if their scalp's sebum, pH, hydration, toxin and cortisol levels are imbalanced, and then depending on the results, a variety of scalp therapies and hair care guidance are provided. Beauty treatments for the scalp range from sebum-regulating topical serums (as well as hydration, hormone-regulating and blood microcirculation enhancers) to scalp steaming, scalp massage, electrotherapy stimulation, hair boosting dermal patches and laser therapy. Think of it like a spa treatment for your hair and scalp, specifically tailored to your hair's needs.

At Bauman Medical Group, we recently launched “SalonB,” which is the only program of its kind in the state of Florida. SalonB is an advanced new treatment center in a spa-like atmosphere that offers patients cutting-edge scalp and hair follicle therapies from the renowned leader in trichology, Bologna, Italy-based CesareRagazzi Laboratories.

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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



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

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, 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.

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

When you blink, a film of tears spreads over the eye, making the surface of the eye smooth and clear. Without this tear film, good vision would not be possible.

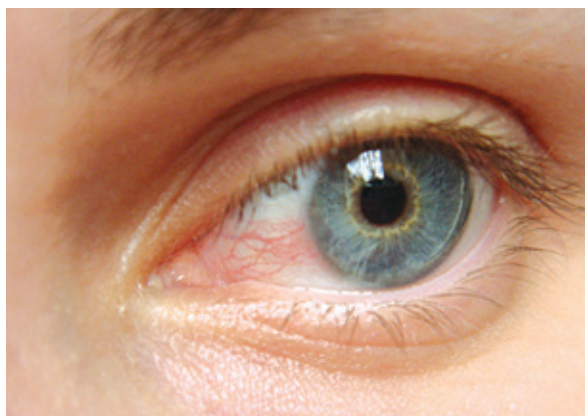
Sometimes people don't produce enough tears or the right quality of tears to keep their eyes healthy and comfortable. This condition is known as dry eye.

The tear film consists of three layers:

- *An oily layer;*
- *A watery layer;*
- *A layer of mucus.*

Each layer has its own purpose. The oily layer, produced by the meibomian glands, forms the outermost surface of the tear film. Its main purpose is to smooth the tear surface and reduce evaporation of tears.

The middle watery layer makes up most of what we ordinarily think of as tears. This layer, produced by the lacrimal glands in the eyelids, cleanses the eye and washes away foreign particles or irritants. The inner layer consists of mucus produced by the conjunctiva. Mucus allows the watery layer to spread evenly over the surface of the eye and helps the eye remain moist. Without mucus, tears would not stick to the eye.



WHAT IS DRY EYE?



Normally, the eye constantly bathes itself in tears. By producing tears at a slow and steady rate, the eye stays moist and comfortable.

The eye uses two different methods to produce tears. It can make tears at a slow, steady rate to maintain normal eye lubrication. It can also produce a lot of tears in response to eye irritation or emotion. When a foreign body or dryness irritates the eye, or when a person cries, excessive tearing occurs.

It may not sound logical that dry eye would cause excess tearing, but think of it as the eye's response to discomfort. If the tears responsible for maintaining lubrication do not keep the eye wet enough, the eye becomes irritated. Eye irritation prompts the gland that makes tears (called the lacrimal gland) to release a large volume of tears, overwhelming the tear drainage system. These excess tears then overflow from your eye.

CAUSES OF DRY EYE

Hormonal changes are a main cause of dry eye syndrome, causing changes in tear production. The hormonal changes associated with menopause are one of the main reasons why women are most often affected by dry eye.

Conditions that affect the lacrimal gland or its ducts — including autoimmune diseases like lupus and rheumatoid arthritis — lead to decreased tear secretion and dry eye.

Tear secretion also may be reduced by certain conditions that decrease corneal sensation. Diseases such as diabetes and herpes zoster are associated with decreased corneal sensation. So is long-term

contact lens wear and surgery that involves making incisions in or removing tissue from the cornea (such as LASIK).

A wide variety of common medications, both prescription and over-the-counter, can cause dry eye by reducing tear secretion. Be sure to tell your ophthalmologist (Eye M.D.) the names of all the medications you are taking, especially if you are using:

- *Diuretics for high blood pressure;*
- *Beta-blockers for heart or high blood pressure;*
- *Antihistamines for allergies;*
- *Sleeping pills;*
- *Anti-anxiety medications;*
- *Pain relievers.*

Since these medications are often necessary, the dry eye condition may have to be tolerated or treated with eyedrops called artificial tears.

People with dry eye are often more likely to experience the side effects of eye medications, including artificial tears. For example, the preservatives in certain eye drops and artificial tear preparations can irritate the eye. These people may need special, preservative-free artificial tears.

Another cause for dry eye is exposure to a dry, windy climate, as well as smoke and air conditioning, which can speed tear evaporation. Avoiding these irritants can offer dry eye relief.

DRY EYE SYMPTOMS

While it may sound strange, people with dry eye may find their eyes water quite a bit. This is because the eye is responding to the irritation of this condition. Dry-eye sufferers may find that they feel like they cannot keep their eyes open for very long. They may also find their eyes feel

more uncomfortable after reading or watching television.

Dry eye symptoms usually include:

- *Stinging or burning eyes;*
- *Scratchiness;*
- *Stringy mucus in or around the eyes;*
- *Excessive eye irritation from smoke or wind;*
- *Excess tearing;*
- *Discomfort when wearing contact lenses.*

DRY EYE RISK

Anyone can experience dry eye, though it is more common among women, particularly after menopause. Women who experience other hormonal conditions, such as pregnancy and menstruation, may also have dry eye symptoms.

People who have a condition called Sjögren's syndrome will usually have dry eye. So will others with similar systemic diseases like lupus, rheumatoid arthritis or some types of thyroid disease. Also, people who take certain over-the-counter and prescription medications can have dry eye due to reduced tear secretion.

People who have had LASIK or other refractive surgery, where their corneas have reduced sensation due to incisions or tissue removal, may also experience dry eye. Also, people who wear contact lenses long term are at risk for developing dry eye.

People who are sensitive to certain climates (such as windy, dry air) or to environmental factors like cigarette smoke or air conditioning may develop dry eye when they are exposed to these conditions.

Because people who work long hours at a computer are less likely to blink often, they are more susceptible to getting dry eye than people who don't spend a lot of time in front of a computer monitor.

DRY EYE TREATMENT

Adding tears

Eyedrops called artificial tears (example CrocTears) are similar to your own tears. They lubricate the eyes and help maintain moisture. Artificial tears are available without a prescription. There are many brands on the market, so you may want to try several to find the one you like best.

Preservative-free eyedrops are available for people who are sensitive to the preservatives in artificial tears. If you need to use artificial tears more than six times a day, preservative-free brands may be better for you.



You can use the preservative-free artificial tears as often as necessary — once or twice a day or as often as several times an hour.

Conserving your tears

Conserving your eyes' own tears is another approach to keeping the eyes moist. Tears drain out of the eye through a small channel into the nose (which is why your nose runs when you cry). Your ophthalmologist may close these channels either temporarily or permanently. This method conserves your own tears and makes artificial tears last longer.

A temporary method of closing the channels may involve the use of punctal plugs. The plugs are inserted into the punctum (tear duct) and work much like a dam by blocking your eye's drainage system. Your Eye M.D. may also choose to permanently close your tear ducts by using heat to seal the puncta closed.

Other methods

Tears evaporate like any other liquid. You can take steps to prevent evaporation. In winter, when indoor heating is in use, a humidifier or a pan of water on the radiator adds moisture to dry air. Wraparound glasses may reduce the drying effect of the wind.

A person with dry eye should avoid anything that may cause dryness, such as an overly warm room, hair dryers or wind. Smoking is especially bothersome.

Some people may find dry-eye relief by supplementing their diet with omega-3 fatty acids, which are found naturally in foods like oily fish (salmon, sardines, anchovies) and flax seeds. Ask your Eye M.D. if you should take supplements of omega-3 fatty acids and, if so, in what form and dosage.

If other methods do not give you adequate dry eye relief, your ophthalmologist may suggest that you use a prescription medication. One such medication, cyclosporine, works by stimulating tear production. Steroid eyedrops may also be used, but are generally not recommended for long-term treatment. Other treatment options may include ointments, gels and inserts.

Dry eye due to lack of vitamin A in the diet is rare in the United States but is more common in poorer countries, especially among children. Ointments containing vitamin A can help dry eye if it is caused by unusual conditions such as Stevens-Johnson syndrome or pemphigoid. Vitamin A supplements do not seem to help people with ordinary dry eye.

If you are bothered by dry eye, talk with your Eye M.D. for ways to find relief.



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Lauren R. Rosecan

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

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Kick Start

Your Summer Weight Loss

Approximately 42% of Americans will be considered obese by 2030. This is a staggering prediction! It seems that we are on a never-ending quest for that magic bullet. But is there really a magic fix for obesity? I fear not, as obesity is a complex issue that oftentimes requires a multidisciplinary approach. However, Traditional Chinese Medicine may be another option for weight management.

While people seek out acupuncture for a variety of health problems and often come in with a long list of complex issues they want to address, many of them will ask if acupuncture can also help them lose weight. The answer is yes – along with healthy changes to diet and movement, acupuncture has been shown to dramatically impact weight in number of ways.

THE DIFFICULTIES WITH LOSING WEIGHT

Obesity, diabetes and the associated increased risk for stroke and heart disease are a world-wide problem. Obesity affects over one-third of adults in the US now and childhood obesity is on the rise.

Metabolic syndrome, according to the NIH, is defined as having three out of five metabolic risk factors, including a large waistline or “apple shape,” high triglycerides, low HDL “good” cholesterol, high blood pressure and high fasting blood sugar.

The spectrum of obesity, insulin-resistance, pre-diabetes and eventually diabetes can be deadly. Insulin-re-

sistance – high levels of insulin circulating in the blood stream caused by excessive consumption of sugar, combined with reduced ability of the cell’s receptor sites to absorb the insulin, which then leads to sugars being stored as fat, is at the core of this pathology.

This complex interaction leads to keeping people from losing weight despite dieting and exercise. They include poor nutrition and food addiction to sugar, sodas and highly processed industrialized foods, inflammation, hormonal imbalances, poor digestive function, toxins, sluggish metabolism, and stress.

The old myths of weight loss – eating a calorie-reduced, low-fat diet, using highly processed meal replacement products and exercising yourself to exhaustion – have been tossed out by now, because they only lead to a yo-yo diet effect with greater weight gain following each weight-loss cycle.

Weight loss is a complex process that must address the various underlying causes which includes:

1. Boost your nutrition – eat unprocessed, natural, whole, foods
2. Regulate your hormones – improve thyroid function, reduce stress hormones, balance sex hormones
3. Reduce inflammation – address food sensitivities, hidden infections and toxins
4. Improve your digestion – heal your gut, regulate elimination

5. Maximize detoxification – identify and eliminate hidden toxins
6. Enhance energy metabolism – boost mitochondrial function – and
7. Soothe your mind – reduce stress, and adrenal fatigue.

WHERE DOES ACUPUNCTURE FIT INTO A WEIGHT LOSS PLAN?

Acupuncture can address just about every one of these aspects and greatly improve the results of a multi-faceted weight loss program. Let’s take a closer look at what acupuncture has to offer.

1. Acupuncture reduces food cravings and regulates appetite

Ear acupuncture is one of the most successful methods for addiction treatment, including food addiction and emotional eating where bingeing or constant nibbling serves to stuff down difficult emotions like sadness, anger, boredom and loneliness; or where sensations like pain, fatigue and thirst are mistaken for hunger.

Ear acupuncture stimulates the vagus nerve, the longest cranial nerve that is part of the involuntary nervous system and controls such automatic functions as regular heart rate and digestion.

In a randomized study by Sabina Lim and others (Graduate College of Basic Korean Medical Science at Kyung Hee University, Seoul, South Korea), 91 obese persons

were randomly assigned to a group receiving stimulation of a five-needle protocol on the outer ear, a group receiving a single ear acupuncture point, or sham (fake) acupuncture. The five-needle group achieved the largest drop in waist circumference, as well as drop in body fat, followed by the one-needle group, and no change in the control group. The study was published in *Acupuncture in Medicine* on Dec 16, 2013.

2. Acupuncture regulates hormones

Acupuncture's balancing effect on overall body chemistry, including hormones, is well-established. Acupuncture lowers stress hormones. It regulates sexual and reproductive hormones and is widely used in addressing menstrual, fertility and menopausal concerns.

An area of particular interest is the effect of acupuncture on obesity hormones.

Hunger and satisfaction are regulated by two hormones: grehlin stimulates hunger and initiates eating, while leptin suppresses food intake. Surprisingly, in obese people leptin in the bloodstream is increased, while grehlin is decreased. Obese people are considered not only insulin-resistant, but also grehlin-resistant. (*Obesity Review*, Jan 2007)

In a Turkish study reported in *Acupuncture in Medicine*, September 2012, 40 obese women were randomly assigned to receive acupuncture on five common points twice weekly for five weeks for a total of 10 sessions. The results showed that acupuncture lowered insulin and leptin levels and increased plasma grehlin in the treatment group, compared with a control group receiving sham acupuncture. Acupuncture also reduced the BMI (basic metabolic index).

The conclusion is that acupuncture can help normalize obesity hormones and the hunger response and contribute to improving metabolism.

3. Acupuncture reduces inflammation and pain

Acupuncture is mostly known for – and researched for – its ability to relieve pain, reduce inflammation and heal injuries.

Acupuncture promotes blood flow, which brings oxygen, nutrients, immune substances, hormones, pain killers and anti-inflammatories to the compromised area. Acupuncture needles create “micro traumas” that stimulate the body's natural healing response. Acupuncture releases natural painkillers such as endorphins and enkephalins. Acupuncture relaxes tense muscles that put pressure on joints and impinge nerves.

About 3 million Americans visit acupuncturists each year, most of them for the relief of chronic pain. Now a new study shows the relief they get may be modest — but real.

The study is a review of previous acupuncture studies that compared the ancient Chinese practice to standard pain care or to sham acupuncture. In the latter, patients are needled in a manner different from (or at spots on the body not tied to) traditional acupuncture.

I am a middle aged woman who has had problems with weight gain over the past 10 years. I have tried many different diets and exercise programs with limited results but nothing that has given me permanent change that I have been looking for. I met Dr Meng and she told me about acupuncture and her weight loss program and because she seemed genuinely concerned about me as a person I decided to sign up for the treatment. The whole experience has been wonderful, Dr Meng takes the time with you to explain everything that she doing, the needle placement and the herbs that you take twice a day. I have lost so far 10lbs in 2 weeks in weight but best of all I seem to have lost the constant craving for food that has always been a problem to me. I can fully recommend Dr Meng and her acupuncture for weight loss program it has definitely made a significant change to my life.

- Josie B.

"I was in a car accident in June of 2008, after going to see countless doctors for weeks and weeks I was finally diagnosed with PCS (post concussive syndrome). I read online that acupuncture could help with this disorder. The symptoms included; headaches, neck pain, back pain, dizziness, nausea and anxiety. I reached out to Dr. Meng for help, after only 10 sessions of acupuncture, herbs and cupping I feel so much better! I am back to work and on the way to being back to myself. My headaches are completely gone, my neck and back pain are down to a minimum, my nausea is gone, my dizziness is gone and my anxiety is down to a manageable level. I plan on continuing to see Dr. Meng on a regular basis because not only did she heal my pain it was a very relaxing treatment. Most people would think it is painful procedure, but it is not at all; in fact, I would fall asleep during my sessions. The herbs make me feel more balanced and definitely helped with relaxing me. I would highly recommend Dr. Meng to anyone who is seeking a doctor who truly cares and will help you."

- Carolina

The researchers found that people who got acupuncture ended up having less pain than those who didn't receive it. And the result was similar among different sources of pain, whether it was chronic back and neck pain, osteoarthritis, or headache.

In the end, their results translate to about 30% less pain compared to people taking pain medications and other standard treatments for pain.

4. Acupuncture improves digestion and metabolism

Acupuncture addresses many digestive problems, including GERD, reflux, stomach ulcers, IBS, diverticulitis and colitis. Acupuncture can help regulate digestion and elimination of toxins.

Chinese medicine describes the digestive process as a function of the stomach, which breaks food down, and the “spleen,” which transforms the nutrients from food into usable energy. What is termed the “spleen” here includes functions of the pancreas, the small intestine and the metabolic process on a cellular level. The Western medical equivalent of this spleen function is the mitochondria or the “powerhouses” of the cell that break down glucose and fatty acid for ATP, an energy-carrying molecule. Remember High School biology and the Krebs cycle? People with insulin-resistance have compromised mitochondrial function.

Acupuncture can help restore the body's homeostasis, bringing back its optimal functioning.

In acupuncture lingo, we call it “Restoring the Qi” or the body's vital energy.

5. Acupuncture reduces stress and increases relaxation

Stress-reduction and increased relaxation are probably the biggest all-encompassing effects of acupuncture. The effects of stress, especially chronic, long-term stress, on lowered immunity, increased depression and anxiety, lack of sleep, and overall compromised health have been well-established.

Increased stress and lack of sleep lead to increased release of the stress hormone cortisol from the adrenal glands. Cortisol makes us feel hungry even when we are full. Loss of sleep also decreases levels of growth hormone, which regulates the proportion of fat to muscle. And lack of sleep interferes with carbohydrate metabolism. Plus, tired people tend to eat more for the short-term energy boost they gain, especially from carbohydrate-rich foods.

As we've seen, there are many factors that interfere with successful weight loss. The causes leading to obesity and the difficulties with losing weight are complex. A successful weight maintenance plan must address all these aspects. At **Meng's Acupuncture Medical Center** we offer our patients a comprehensive approach to weight loss and pain management. For more information or to schedule a consultation, contact us at **561-656-0717**.

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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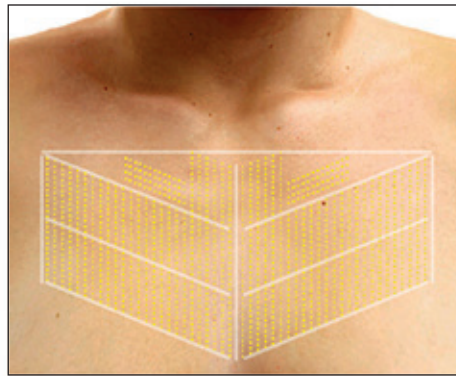
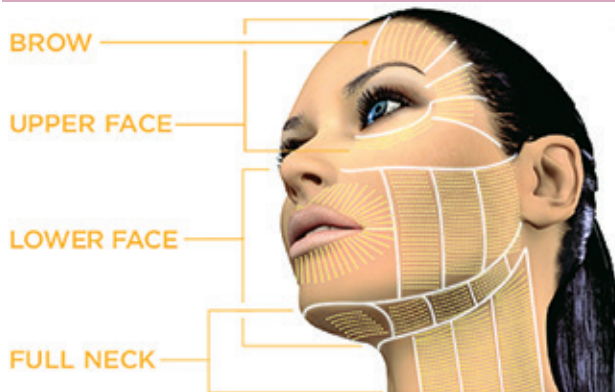
TURN BACK THE HANDS OF TIME



Reversing the aging process is not as easy as taking a miracle pill. It requires many facets of health and wellness. Good nutrition and exercise play a critical role in promoting total body wellness. As the aging process progresses the body can break down many important components in our skin. Collagen is the main source of protein in the skin that maintains our youthful appearance. Collagen is responsible for skin firmness. Once it diminishes we lose elasticity that causes wrinkles to appear. A new technology involving ultrasound is revolutionizing facial rejuvenation to reduce the appearance of aging.



ULTHERAPY TREATMENT ZONES



If you have weakened collagen in the deeper connective tissue, it can cause the skin to succumb to gravitational forces that begin to stretch, sag and shift downward, a process we call “aging”.

Ulthera is an FDA cleared device to non-invasively lift the face and neck. It has recently received FDA clearance to non-invasively treat the chest to improve lines and wrinkles of the décolleté.

Ultherapy works by using ultrasound guided technology to actually view the underlying tissue that is being treated. For the first time, we are able to reach below the dermal layer sending ultrasound energy into the fibromuscular layer promoting collagen production. If you have weakened collagen in the deeper connective tissue, it can cause the skin to succumb to gravitational forces that begin to stretch, sag and shift downward, a process we call “aging”. Ultherapy is a procedure for lifting the neck, eyebrows and midface with meaningful results and no downtime.

The Ultherapy treatment begins with marking the area on the face to be treated. This process is very important because it uses the same target area that is addressed in cosmetic surgery for skin tightening. Once the skin is marked for treatment a mild

sedative is given to aid in the comfort of the treatment. A full face treatment can take anywhere from 45-60 minutes. You may return to normal activities and can experience flushing or redness that should resolve within a few hours. The regenerative process is initiated at the first treatment, however results may take up to six months since you are relying on the body's own healing process to repair and rebuild your skin's foundation.

The New Ultherapy Décolletage Treatment utilizes the System's signature imaging and micro-focused ultrasound therapy capabilities and takes about 30 minutes to administer. The Treatment stimulates the natural formation of collagen and elastin in the skin's foundation to gradually smooth chest wrinkles. Results are visible after about three months.

The ability to treat not just skin but also its underlying support very precisely, from the inside out, helps ensure both safe and satisfying results. For More Information visit www.mdbeautylabs.com or call 561-655-6325.



Medical Director, Daniela Dadurian M.D.
 * Board Certified Anti- Aging Medicine
 * Board Certified Laser Surgery

MD Beauty Labs at The Whitney in West Palm Beach was established by Dr. Daniela Dadurian. Board Certified in Anti-aging Medicine, she's well trained to offer proven and effective cosmetic and wellness services. MDBL's state-of-the-art facility offers Medical, Aesthetics, Body Contouring & Spa Treatments in a luxurious, contemporary loft environment. With Dr. Dadurian's team of Nurses, Medical Estheticians, Massage Therapists, Permanent Makeup Specialists and Medical Spa Concierge, MD Beauty Labs is dedicated to providing the best in restoring and revitalizing experiences.

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

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DEALING WITH ADHD?

Seeking Alternatives to Medication?

By Michael Cohen,
Founder, Center for Brain



If your child or teenager...

- Has been diagnosed with ADHD
- Is making poor grades
- Is impulsive.
- Makes poor decisions or choices
- Can't make or keep friends
- Experiences or creates lots of "drama"
- Seems angry all the time
- Is oppositional and won't cooperate
- Is disruptive to the family
- Doesn't follow the rules
- Has difficulty following directions
- Struggles to complete tasks independently
- Is unmotivated.
- Has difficulty going to sleep or waking up.

Then your doctor, a concerned teacher, or even a well-meaning friend may have suggested you try medication, but you wonder:

***"Is there something I've missed?
Are there alternatives to medications?"***

Attention and behavioral problems are NOT due to a deficiency of Ritalin, Concerta, Focalin, Vyvance, Adderall or any other stimulant drug.

If medications work, they may give quick results but their drawbacks can outweigh the benefits because:

- Once medication is stopped, any perceived gains also stop. Medication doesn't teach your child or teen how to build attentional skills or improve self-control.

• Medications typically don't help processing issues or learning disorders. These often drive part of the problem but may not be well-identified.

• They can cause sleep and appetite disturbances. Parents report other possible side effects from tics to changes in personality.

There's good news on the ADHD treatment front: You have a choice.

You do not need to give your teenager a stimulant to help him or her make gains in:

- Attention
- Behavior
- Academic achievement
- Sleep
- Hyperactivity
- Self-control

Even if your teen is already on medication, he or she may be able to reduce or eliminate it over time with a doctor's help.

OUR COMPREHENSIVE PROGRAM FOR ADHD TREATMENT

For many challenged kids, standard methods to help them learn to control attention or behavior, or improve their learning, don't work well.

EVERY TEEN or child can learn to do better. But it's often impossible for parents or schools to provide the level of positive reinforcement an ADHD teenager needs in order to overcome their issues.

Our comprehensive ADHD treatment program uses a unique combination of Neurofeedback, Neurotechnology (such as brain mapping), biofeedback and nutrition to evoke real and lasting change.

WHY NEUROFEEDBACK?

Neurofeedback employs special EEG technology to measure brain circuits – the ones that cause distraction, lack of motivation, inattention, hyperactivity, oppositional behavior and sleep issues – and provides feedback to create change.

Here's an example of one of our Neurofeedback exercises:

Your teenager sits in front of a TV monitor watching a movie. Whenever the brain activity gets too fast or too slow and the mind wanders, the movie picture fades out.

It becomes a challenge – and a game – to keep the video playing by getting those brain waves back where they belong. Entering the desired "zone" is rewarded by the video continuing to play clearly.

Experiencing the game over multiple sessions (repetition) and being rewarded by the video playing smoothly goes right to the core of what Neurofeedback and our other tools are designed to accomplish: Long-lasting, healthy brain changes by repetition and positive reinforcement.

***If You Practice Enough,
You Can Learn ANYTHING.***

Once these changes in brain activity are practiced and learned, the effects tend to hold. This result is similar to the result one gets from practicing a golf swing until “muscle memory” becomes strong and a good swing occurs more often than a poor one. It’s also like practicing multiplication tables or scales on a piano.

Training creates more connections in the brain and more appropriate brain functioning, which improves how it works and makes medication less important or unnecessary.

As the training progresses, the training helps your child one become more **emotionally resilient and aware, and they have greater attentional flexibility**. There is also an increase in self-control, motivation, and much better sleep.

Parents often notice after Neurofeedback, that their child often is calmer. Things don’t bother them as much. They control their emotions and frustration much better.

Long-term research shows **when children or adolescents demonstrate better self-control, they are more likely to have academic success and, later in life, to achieve greater economic and social success.**

THE BRAIN MAP – AN INSIDE LOOK

How do you know which brain circuits aren’t working efficiently?

The ideal first step in helping an ADHD teen is to create a brain map. Brain maps show activity in the brain. The map looks at 45 areas of the brain that relate to behavior, attention, processing of information, executive function, and emotional control. This map reveals problem areas that correlate with the teen’s issues so those specific areas can be addressed in treatment.

Creating a brain map is painless, noninvasive, and takes about an hour.

A brain map uses a 19-channel EEG recording which analyzes activity compared to other adolescents and young adults (aged norms).

THE ROLE OF NUTRITION

Many parents have tried diet changes without success. That doesn’t mean nutrition doesn’t play a role – but often, it’s not nearly enough by itself. There’s also an overwhelming amount of advice and often, parents aren’t sure what to do and what really works.

We’ve spent years looking at the research and observing what works in practice. We help point you to information about food and supplements that are known to enhance brain function and help ADHD, as well as other problems.

Stimulant medications can temporarily improve brain function, but proper nutrition – either diet, supplements, or both can help when combined with the right tools.

Good nutrition combined with Neurofeedback and/or body Biofeedback creates a synergy that helps everything work together better.

What Is Neurofeedback and How Can It Help Kids, Adults, and Families?

NOT A “QUICK FIX”

This approach is definitely not like popping a pill. It takes more time. Our comprehensive program may take 25 sessions, at a rate of two or three a week, to see some significant results.

Initial changes are typically observed within 5-10 sessions. Repetition is a very important element of why this works. Much like going to the gym, the time it takes to succeed varies from individual to individual. Results will occur if you stick with it.

IS THIS COVERED BY INSURANCE?

We are out of network for insurance providers. However, we will generate an insurance bill with reimbursable insurance codes which you can submit for reimbursement if you have out-of-network coverage, or if you have a health savings account or a flexible spending account.

WHY CONSIDER NON-DRUG THERAPY?

WHY CONSIDER NON-DRUG THERAPY?
You are investing in your child or teenager that will change his or her life. It gives them a chance to learn skills and succeed without medication.

That can impact the rest of their life. But the benefit to the parents or family are huge also. Here’s examples of how we see our programming impacting children, teenagers and their families:

- 1) Reduced tutoring, therapist, and doctor visits spent “managing the problem”
- 2) More confidence & success in school and work
- 3) Reduced time with school/homework issues
- 4) Increased motivation and follow-through
- 5) Improved social relationships
- 6) More comfortable household/family events
- 7) More stable mood and increased cooperation
- 8) Improved sleep
- 9) Improved decision-making

CAN WE DO THIS AT HOME?

If you are unable to come to our office we are able, when appropriate, to provide certain home-use equipment, and to supervise at-home sessions remotely as needed.

CONTACT US TO LEARN MORE

To learn more about the many exciting options available for your teenager, call **(561)744-7616** for a free 15-minute telephone consultation. Or, ask for an in-person consultation. We can better assess the situation face to face. It allows us to help review whether this is a good fit for your situation. You can also visit **CenterforBrain.com** for more information.

DEALING WITH ADHD?

Seeking Alternatives to Medication?

Our comprehensive ADHD treatment program uses a unique combination of Neurofeedback, Neurotechnology (such as brain mapping), Biofeedback and nutrition to evoke real and lasting change.

Research Based and Clinically Proven

Call 561.744.7616 to see how we can help.

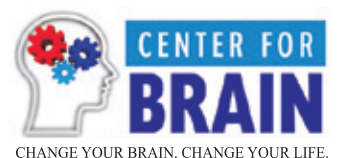


Abacoa Professional Center, Jupiter, FL
www.CenterforBrain.com

ABOUT CENTER FOR BRAIN

Center for Brain consist of 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, is neurotechnology specialist. He’s one of the leading experts in brain biofeedback. For almost 20 years, he’s been involved in teaching courses and providing 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.



Center for Brain is located at:
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Jupiter, FL 33458

www.CenterforBrain.com

Benefits of Having a Dental Implant Placed at the Time Your Tooth is Extracted

Dental implants have become one of the most popular choices for patients who need to replace some or all of their teeth. The implant itself is nothing more than a new tooth root (made of titanium) that is placed where the old tooth root used to live under the gum. A new crown can be connected to the implant to help complete the replacement of a lost tooth. There are a number of factors to consider when determining the most ideal timing to have a dental implant placed.



Benefits of Placing the Implant at the Time of Extraction:

The most obvious benefit of placing an implant at the time of extraction is avoiding the need for an additional surgery (for some unknown reason most patients seem to like this benefit). In this case, the overall treatment time may be shorter and the final crown received sooner.

The key benefit to the surgeon is BONE. We like to work in areas with as much bone as possible. Research has revealed that if a dental implant is placed in the extracted tooth site at the time the tooth is removed, that the bone in the area may be “fooled” and not start the shrinkage process. When it comes to dental implants, bone is of the utmost importance. Preserving bone in areas around structures such as nerves or sinuses gives an increased zone of safety.

It is important to understand that every situation is different and that in some cases placement of an implant at the time of extraction may not be possible or preferred. For example, in a case where significant infection is present, more traditional extraction and bone grafting may be indicated prior to implant placement (therefore delaying the implant until healthy bone develops).

Proper diagnosis and treatment planning between your dentist and surgeon can help determine if you are a good candidate for this type of procedure. Typically, the use of in-office 3D scans can help your surgeon determine your exact situation and what treatment may be ideal for you.

The Basics:

Traditionally, when a tooth was removed, the empty socket was filled with a bone graft material to help regrow bone in the location. This area was left alone for a period of time before a second surgery was performed to place the dental implant in position. The implant then would require time to heal (typically 3-6 months) before a final crown could be made and the new tooth used normally.

In many circumstances, the dental implant can be placed into the extraction site at the same time the tooth is extracted. A number of benefits can be achieved utilizing this technique. It has been shown that when a tooth or teeth are removed, that the bone in the area shrinks away. This occurs quickly at first and then slowly over a long period of time. A good example of this is a patient who has their teeth removed and receives a denture. At first the denture fits snugly, but over time as the gum and bone shrink away, the denture becomes loose. This is where the companies who make denture glue step in. The glue can be squeezed in the denture to help fill the voids and improve the looseness of the denture, trying to offset the impact the bone loss has had.

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

Lee R. Cohen, D.D.S., M.S., M.S., is a Dual Board Certified Periodontal and Dental Implant Surgeon. He is a graduate of Emory University and New York University College of Dentistry.



Dr. Cohen completed his surgical training at the University of Florida / Shands Hospital in Gainesville, Florida. He served as Chief Resident and currently holds a staff appointment as a Clinical Associate Professor in the Department of Periodontics and Dental Implantology. Dr. Cohen lectures, teaches and performs clinical research on topics related to his surgical specialty.

The focus of his interests are conservative approaches to treating gum, bone and tooth loss. He utilizes advanced techniques including the use of the Periolas Dental Laser (LANAP procedure) to help save teeth and treat periodontal disease without the use of traditional surgical procedures. Additionally, he uses in-office, state of the art 3D CT imaging to develop the least invasive dental implant and bone regeneration treatment options. Dr. Cohen and his facility are state certified to perform both IV and Oral Sedation procedures.

Dr. Cohen formerly served 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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Focusing on the ABILITIES IN DISABILITIES

By: Angela Hartsell, MS, CRC
Director, Office of Adaptive Services
Florida SouthWestern State College

*"Disability is not a brave struggle or "courage in the face of adversity".
Disability is an art. It is an ingenious way to live." – Neil Marcus*

Most people think of someone who is disabled as a person who uses a cane or a wheelchair – something that is visible. What many individuals don't know is that disabilities are both visible and invisible to those around you. They face challenges that may or may not be obvious but can be just as disabling.

According to the Census 2000, about 19 percent of the total population over the age of five has reported having some type of a disability. These include: sight, hearing, physical condition that limits basic life activities, learning/remembering/concentrating, along with physical/mental/emotional conditions that makes it difficult for them to function at home. The study found that about 12 percent of the respondents said that their disability also impacted their ability to work. Additionally, nearly half report having more than one disability. (Wolanin & Steele, 2004)

According to the 36th Annual Report to Congress on the Implementation of the Individuals with Disabilities Education Act, 2014, there were nearly six million students ages 6-12 that were served nationally. This is about 8.4 percent of the total resident population. As the society becomes more focused on higher education which seems to increase employability and lifetime earnings, more students are arriving to the college environment with documented disabilities.

At Florida SouthWestern State College, our Office of Adaptive Services offers a wide range of services to help our students not only make the transition to college life, but to have the tools necessary to succeed. Students have a variety of technology available to them that helps them to compensate for their disability when it comes to learning. Our fall 2014 enrollment includes 241 students with a registered disability. This is just over 1.5 percent of our total student population.

At the college level, it is the responsibility of the student to complete the self-identification. Through review of sufficient documentation and conversation with the student, an Adaptive Services Specialist deems reasonable accommodations. We immediately begin shift the mindset from disabilities to abilities. It continues with such ques-

tions as: What is the student's favorite subject? Least favorite subject? What medicines does he/she take and what are the effects? What are his/her exercise habits? What do you do to reduce stress? Nutrition habits? To me, everything matters. We listen to the student, what's worked, what hasn't. This helps us to work together to create a plan of action and to identify the resources or the tools to take charge of their educational pursuit. Much of a student's success is dependent on the choice they make. Adaptive Services is part of an opportunity which is empowers the student, and holds them accountable. They grow as students, as individuals, and successful members of the community. These are things they will need to succeed in life after college.

When I see a student for the first time, I automatically see the potential and that the future is wide open for them.

Last year, I had a female student who suffers from extremely high anxiety. All her life she was told she was stupid and wouldn't amount to anything. When she would take a test, for example, she couldn't get through it without becoming highly emotional and would have to leave the test just to breathe. We've been working with her to help reframe the negative statements she heard all her life into the positive self-talk. She knows that we believe in her. A year ago, she was barely making it through each test but now she accomplished two semesters with A's and B's. She has learned to use the reasonable accommodations and resources effectively and how to live in the moment and overcome the negativity. She has become a leader in many of her classes, sharing her story and knowledge and has begun organizing study groups. Soon, she'll be heading into the college's nursing program. She's learned to take the negative attitudes of others and utilizes it as fuel. She's happier, more confident and advocates for herself. Talk about growth!



One way to help students visualize things is the analogy of a car. We discuss how their disability in high school may have been driving their car. I request that the student move the disability to the passenger seat at the first meeting and throughout each semester. As time goes on and they further develop the tools and skills they need, that disability will soon be in the back seat, and then in the trunk.

It's important for our students to understand that they can live within their limitations and still be successful. It's just a small piece of you; it does not define who you are or who you can become.



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OSTEOARTHRITIS PAIN RELIEF AND REPAIR WITH STEM CELL PROLOTHERAPY

Treatments for Osteoarthritis

There are many medications and procedures that temporarily relieve or mask the pain of arthritis. Non-steroidal anti-inflammatory drugs (NSAIDs), for instance, can accelerate the degeneration of the joints because they inhibit the normal tissue repair process.¹ (See Figure 1.) Exercise, physical therapy, and lifestyle modification may provide symptom relief or surrounding muscle improvements, but they do nothing to regenerate the joint itself. There are, however, treatments available that stimulate the regenerative processes in the joint to facilitate the restoration of degenerated cartilage. One regenerative technique that has shown success is Stem Cell Prolotherapy. This is a natural injection treatment option that supplies the affected joint with chondrogenic (cartilage forming) stem cells and growth factors from a person's own bone marrow and/or fat cells. Stem cells are in abun-

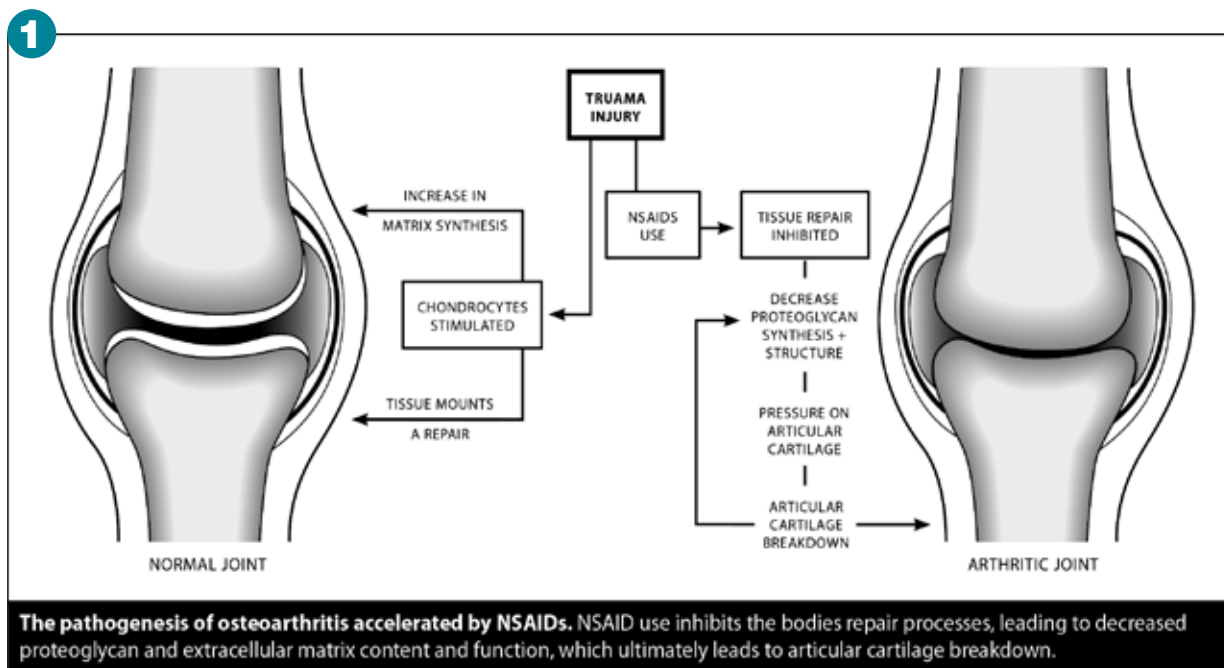
dance in these tissues and have the ability to become various types of cells. Ongoing research and clinical evidence shows that injecting these cells into the degenerated joint supports chondrogenesis (the process by which cartilage is developed). (See Figure 2.)

Caring Medical Regenerative Medicine Clinics has performed several studies from its own patient population who have pain and/or osteoarthritis and opted for Prolotherapy and Stem Cell Prolotherapy instead of joint surgery. One study of seven patients with hip, knee or ankle osteoarthritis and another cohort comprised of 24 patients who had been clinically diagnosed with radiographic osteoarthritis.^{2,3} The treatments comprised of dextrose Prolotherapy in and around the involved joint as well as stem cell/bone marrow aspirate injections in and around the arthritic joints.

Osteoarthritis is a chronic and debilitating joint disease. It occurs through a sequence of events that has, at its core, a loss of joint cartilage. This affects other joint structures, and eventually will lead to joint space narrowing and bony overgrowth, progressing until joint movement becomes noticeably restricted.

What occurs before the cartilage loss? Osteoarthritis almost always begins with ligament weakness or injury. Joints are composed of two bones covered with articular cartilage. Healthy ligaments hold the bones together and, along with the cartilage, enable the bones to glide evenly over one another. When the ligaments are weak, the bones will glide over one another in an uneven manner, causing one area of bone to bear additional weight on the articular cartilage.

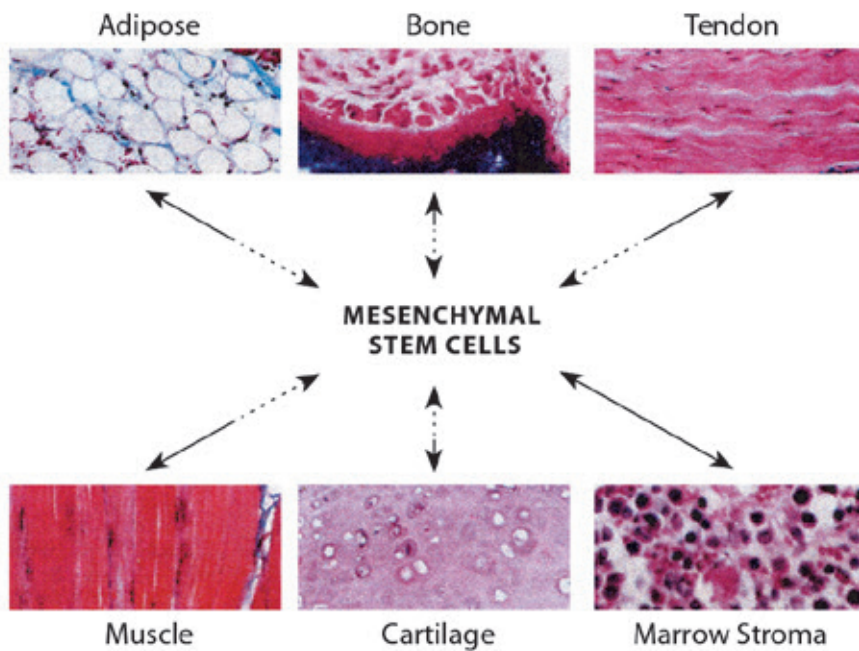
Articular cartilage has no blood supply, and therefore, tends to heal slowly and imperfectly. Cartilage also lacks a neural network and does not elicit pain itself. The pain in osteoarthritis occurs from the pressure on the subchondral bone after the loss of cartilage tissue and from the stress on the tendons and ligaments of the joint.



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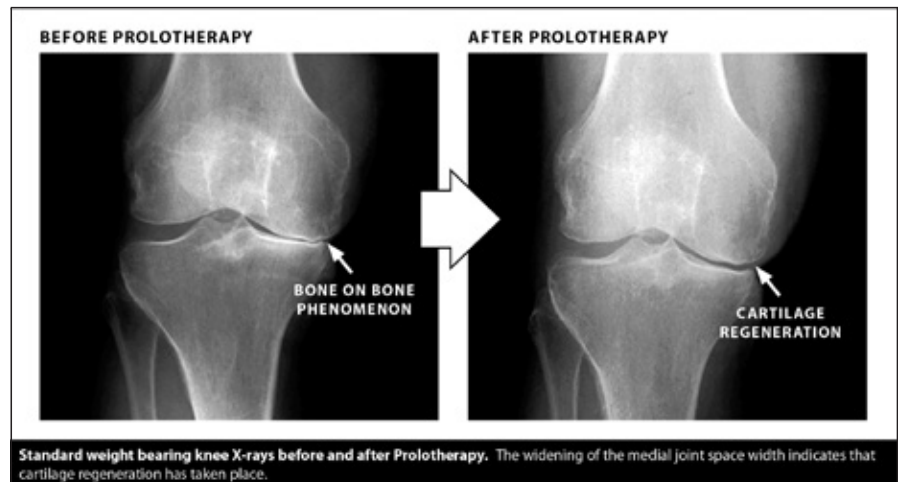
Multilineage differentiation potential of adult human mesenchymal stem cells. Under appropriate conditions, mesenchymal stem cells are able to differentiate into cell types of multiple lineages, including bone, cartilage, adipose, muscle, tendon and stroma. The arrows are presented as bidirectional, in light of recent findings, which suggest that differentiated mesenchymal stem cells are capable of dedifferentiation and transdifferentiation. Modified with permission: ©2003 BioMed Central Ltd.

Chen FH. Technology insight: adult stem cells in cartilage regeneration and tissue engineering. *Nature Clinical Practice Rheumatology* 2. 2006;July:373-382.



Improvement of ankle x-rays with stem cell Prolotherapy.

This patient received several lipoaspirate Prolotherapy treatments between x-ray studies. The studies showed a gradual improvement in the ankle joint articular cartilage (arrows), which correlated to reduced pain and range of motion improvement.



Dextrose Prolotherapy itself is a technique that is used to aid the body in healing by prompting it to create new collagen. Numerous studies have shown the effectiveness of dextrose Prolotherapy in treating osteoarthritis, as well as ligament and tendon injuries.⁴⁻⁷ Prolotherapy offers benefits in terms of pain relief, regenerative properties, and cartilage repair for people affected by musculo-skeletal disorders. Dextrose Prolotherapy involves

the injection of a hypersmolar dextrose solution into an injury site to elicit localized inflammation, which is the first step in healing the damaged area. The dextrose solution acts as a proliferant via the induction of local healing cascades. With the addition of the cellular solutions, the goal is to improve treatment outcomes in patients with advanced osteoarthritic conditions, including those evidenced by X-ray. (See X-rays.)

Prolotherapy provides a safe and effective regenerative treatment option for osteoarthritis, one that has demonstrated the potential to slow down the progression of osteoarthritis and one that promotes the regeneration of articular cartilage... essentially a new paradigm in the treatment of osteoarthritis.

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— Edward R. Murrow, October 15, 1958

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Stem Cells:

Helping Veterans Fight Lung Disease

By David Ebner, Staff Writer

As they stormed Omaha Beach in Normandy and scurried across the decks of destroyers and aircraft carriers, they weren't thinking about their health. When they enlisted, they weren't looking for a job; they were answering a call. Memorial Day and the Fourth of July are holidays designed to remember the men and women of the armed service that answered this call and gave their lives in its name. These sacrifices are well-known among military families. The hope is that these veterans, who made such great sacrifices, receive a high level of care when they return home. However, many are seeing their health decline faster than their medical care can keep up. Some of the most prominent health conditions affecting veterans are lung conditions like chronic obstructive pulmonary disease (COPD) and interstitial lung disease.

A recent study conducted by the Veterans Administration (VA) found that the prevalence of COPD among veterans is higher than the general population. Some younger veterans, those serving in Iraq and Afghanistan, were regularly subjected to air pollution from burn pits, exploded IEDs and aeroallergens found in the desert region. More seasoned veterans, like those that served during Vietnam, faced chemical pollutants like Agent Orange that have contributed to their declining lung function. Given the limited resources available to veterans, many have elected to receive alternative treatment options outside of their VA coverage for their lung disease.

Don't these men and women, the ones that have offered their lives and their futures for the protection of all Americans, deserve more? Don't they deserve options, answers and a treatment that might help them get back to the life they want? The answer is an emphatic yes, and some veterans have found that these options may lie in a new elective treatment in the form of stem cell therapy for lung disease.

Stem cells have become a buzzword in the news over the past few years. However, much of the talk is about fetal stem cells. Few people are talking about adult, autologous stem cells that are present



According to the VA, 14 percent of veterans who were deployed develop some sort of lung condition.

in all of our bodies. Functioning as our body's repair system, these cells live in blood, bone marrow and fat tissue. They naturally respond to injury or illness; however, stem cells don't move quickly, hence our bodies don't instantly heal when we get sick. Autologous stem cell therapy can expedite this natural healing process.

A clinic operating in the United States offers such a treatment. The Lung Institute (lunginstitute.com) claims to have performed over 800 treatments since their inception two years ago. Their physicians extract stem cells through a minimally invasive procedure, isolate them and then reintroduce them to the lungs after giving the patient natural growth factors that promote cell replication. This quickens healing by directing the cells—and their healing properties—toward the diseased area. The result is healthier

tissue growing in place of damaged tissue, and although this doesn't cure the disease, it slows further degeneration and brings a normal life back within reach.

When I think of veterans, I'm reminded of my grandpa, a U.S. Navy veteran of WWII and the Korean War. As is the same with most veterans, failure was not a term he was acquainted with. However, teamwork was in his daily vocabulary because that is how they operated under fire. Help does not mean that you have failed; it means that you're not alone. Help is exactly what veterans deserve whether they would admit it or not. Just like my grandfather who served because he felt it was his duty, I feel it is my duty to serve veterans when they come home. We can help by providing solutions to their problems, and for those struggling to breathe because of their chronic lung disease, stem cells may be the answer.

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.

JUNE IS MEN'S HEALTH MONTH

Cars, Trucks, and Regular Checkups Keys to Vigor, Vibrancy & Virility

By Michelle C. Reece, DrPH - Men's Health Advocate
East Tennessee State University

Do men really take better care of their cars and their trucks than of themselves? Most drivers know that if their car or truck is making funny noises, the dashboard warning lights are on, or it is just not running like it used to, it is time to get it to the shop. No one wants their vehicle breaking down on the side of the road! While men may get their car into the shop, historically, they often don't do the same in regards to the management of their own health. Many men delay seeking medical care until there is some undeniable, incapacitating, or painful set of symptoms.

Most drivers know that each vehicle comes with maintenance recommendations that include routine inspections, service intervals, and scheduled maintenance to maintain safety and operation to extend the life of the vehicle. Regular maintenance is important for our vehicles—how much more so for our own bodies! Key words: regular check-ups!

Even though healthy living is becoming more popular across the USA, men still seem to be lagging behind in their annual checkups when compared to women. Men should be encouraged to go see their healthcare provider at least once a year even if they are feeling healthy or are not in pain.

Don't ignore symptoms. Don't live in denial about possible medical conditions. For example, a man with erectile dysfunction may think that is it a factor of the aging process, low testosterone, or too much daily stress, but he may have undiagnosed diabetes, hypertension, coronary artery disease, prostate cancer, or some other physical or psychological issue. Many health conditions that do not have obvious or unusual symptoms can be detected during preventive health screenings which are done at the annual preventive health check-up.



Often the medical visit consists of blood pressure and weight check, describing the complaint to an intake health provider, questions about the complaint from the provider, receiving a diagnosis, order for blood work, a prescription, and check out. Because there is so little time in the medical encounter, the patient has to be far more proactive in the medical visit and be ready to ask questions about diagnoses, treatments, alternative methods, medicines, and side effects.

Preparing some key questions in advance and being ready to ask these questions will help health care providers to better understand the person and his health condition. Reports indicate that persons who ask questions tend to make more informed decisions; they receive higher quality of care and can often avoid medical harm.

Being involved helps individuals feel more confident about their health care and may reduce any fears and concerns and increase the overall effectiveness of your health care. In general, your questions can lead to better results for your health.¹

Routine check-ups, recommended screenings, and your questions for the doctor may be a substantial part of your answer to improved health. Then of course there are the usual recommendations: eat healthier foods; increase physical activity; stop smoking or using tobacco products, reduce stress, practice safety.

Together these will lead to improved Vigor, Vibrancy, Virility, and longer life!

1 Questions To Ask Your Doctor: Questions Are the Answer. September 2012. Agency for Healthcare Research and Quality, Rockville, MD.
<http://www.ahrq.gov/patients-consumers/patient-involvement/ask-your-doctor/index.html>

Men's Health Quiz¹

1. At what age should you begin having your cholesterol checked regularly?
A. 55 B. 35 C. 50 D. 65
2. How often should you have your blood pressure checked?
A. Every five years. B. Once a month. C. Every two years. D. Every ten years.
3. At what age should you start being screened for colorectal cancer?
A. 50 B. 40 C. 60 D. 21
4. If you have high blood pressure or high cholesterol, what other disease should you also be screened for?
A. Hepatitis B. Diabetes C. Glaucoma D. Gout
5. The most important things you can do to stay healthy are?
A. Exercise, eat a healthy diet, drink alcohol only in moderation, and stay at a healthy weight.
B. Avoid tobacco.
C. Get recommended screening tests and take preventive medicines if you need them.
D. All of the above.
6. Signs of depression include:
A. Feeling "down," sad, or hopeless for 2 weeks.
B. Having little interest in or taking no pleasure from doing things you normally like to do.
C. An urge to square dance.
D. A and B.
7. Body mass index, which is a measure of body fat based on height and weight, is used to screen for which condition?
A. Diabetes B. Obesity C. Glaucoma D. None of the above
8. If you are a man between the ages of 65 and 75 and have ever smoked more than 100 cigarettes, which condition should you be screened for?
A. Abdominal aortic aneurysm B. Smoking C. Prostate cancer D. All of the above
9. Which vaccine should you have after turning 65?
A. Chicken pox B. Pneumonia C. Measles D. Mumps
10. How many minutes of moderate physical activity—at a minimum—should you aim for most days of the week?
A. 5 minutes B. 10 minutes C. 20 minutes D. 30 minutes

1 Healthy Men: Healthy Men. December 2012. Agency for Healthcare Research and Quality, Rockville, MD. <http://www.ahrq.gov/patients-consumers/patient-involvement/healthy-men/answers.html>

Answers to Men's Health Quiz

1. B. If you are younger than 35, talk to your doctor about whether to have your cholesterol checked if you have diabetes, have high blood pressure, if heart disease runs in your family, or you smoke.
2. C. Have your blood pressure checked at least every 2 years. High Blood Pressure is 140/90 or higher.
3. A. Have a test for colorectal cancer starting at age 50. Your doctor can help you decide which test is right for you. If you have a family history of colorectal cancer, you may need to be screened earlier.
4. B. These conditions often occur together
5. D. All of these recommendations can keep you healthy.
6. D. Your emotional health is as important as your physical health. Talk to your doctor about being screened for depression. Help is available.
7. B. To calculate your body mass index, visit the National Heart, Lung, and Blood Institute Web site at www.nhlbi.nih.gov/health/abc/bmi/.
8. A. An abdominal aortic aneurysm is an abnormally large or swollen blood vessel in your abdomen. Aneurysms can develop slowly over many years and have no symptoms. Surgery is sometimes needed to prevent complications or before symptoms develop.
9. B. The pneumonia vaccine is recommended after age 65. If you are younger than 65, you can ask your doctor if the vaccine is appropriate for you. Starting at age 50, you should also receive a flu shot each year.
10. D. If you are not already physically active, start small and work up to 30 minutes or more of moderate physical activity most days of the week. Walking briskly, mowing the lawn, bicycling, and swimming are just a few examples of moderate physical activity.





Do You Need a *Trust*?

By Richard K. Smith, Attorney-At-Law

In previous months, I discussed the fact I am often asked by people, “Why do I need a will?” The second question I am often asked is, “Should I have a trust?” This is often followed by the question, “Can I have a trust in place of a will?” There is no simple answer to these questions. A trust, like the need for a will, varies depending upon age, assets, and whether or not you are married or have children.

While most people do need a will, a trust is a different matter. Generally, if you have minor children and assets, it is a good idea to have a trust included in your will. This is called a testamentary trust. This type of trust comes into being after your death in accordance with your will. Usually in this type of trust, the property is left to the surviving spouse by the will. However, if there is no surviving spouse, the estate is placed in a trust to be managed for the benefit of the minor (and potentially adult) children.

Benefits of a Trust

If you die while your children are still minors, you can use your will to put their inheritance in a trust. This means a third party will make the decision about the investment of your children's funds and payment to them. And you can maintain funds after your child is past the age of eighteen. Without a trust, on their eighteenth birthday, children can demand their share of the inheritance for that shiny new car rather than for their education. You may also want to pass some of your assets to your grandchildren. By setting up a trust, you can be assured that happens.

Revocable vs. Irrevocable Trusts

A trust can also be set up while you are still living, called a living trust or inter vivos trust. There are two types of living trusts: a revocable trust or irrevocable trust. As the name suggests, a revocable trust can be changed or revoked at any time before death. An irrevocable trust cannot be revoked after being funded (with some exceptions). The two types of trusts are treated differently for tax issues. You need to discuss these trusts with a professional. Tennessee also allows individuals to set up a living trust called an Asset Protection Trust which will



protect your assets from claims by your creditors. Let's say your job requires a lot of driving. This opens up the possibility of liability in case you were involved in an accident. By having your property in an Asset Protection Trust, you can protect your hard earned money in case of a lawsuit. A living trust can also be used for pro-

perty you want to pass to heirs without going through probate.

With a trust, you can ensure that your assets are protected and will pass easily to your heirs without being whittled away by court and attorney fees if you leave these matters to chance.

Men's Health FACTS for Men's Health Month

• **Health Facts:** Men die at higher rates than women from the top 10 causes of death and are the victims of over 92% of workplace deaths. In 1920, women lived, on average, one year longer than men. Now, men, on average, die almost five years earlier than women. (CDC)

• **Silent Health Crisis:** "There is a silent health crisis in America. It's that fact that, on average, American men live sicker and die younger than American women." Dr. David Gremillion, Men's Health Network

• **Prevention:** Women are 100% more likely to visit the doctor for annual examinations and preventive services than men. (CDC 2001)

• **Who is the Weaker Sex?**

- 115 males are conceived for every 100 females
- The male fetus is at greater risk of miscarriage and stillbirth
- 25% more newborn males die than females
- 3/5 SIDS victims are boys
- Men suffer hearing loss at 2x the rate of women
- Testosterone is linked to elevations of LDL, the bad cholesterol, and declines in HDL, the good cholesterol
- Men have fewer infection-fighting T-cells and are thought to have weaker immune systems than women.
- By the age of 100, women outnumber men eight to one. (NYT Magazine 03)

• **Depression and Suicide** ⁽¹⁾

- Depression in men is undiagnosed contributing to the fact that men are 4x as likely to commit suicide.
- Among 15-19 year olds, boys were 4x as likely as girls to commit suicide.
- Among 20-24 year olds, males were 6x as likely to commit suicide as females.
- The suicide rate for persons age 65 and above: men 28.5 women 3.9.

• **To learn more, call:** Men's Health Network at 202-543-MHN1 (6461) or go to www.menshealthnetwork.org

1-Centers for Disease Control and Prevention and the National Center for Health Statistics 2011.

Source: www.menshealthnetwork.org





Natural Beauty

Becoming the Most Beautiful You

By Ronna L. Clements,
Natural Health & Wellness Innovator

This article is dedicated to my mother for she is the most beautiful woman I know.

And for all of the women who are reading this article, I hope the thoughts and principles I share will inspire you to become the most beautiful you.

Let's put beauty into perspective.

No matter how rich one becomes, there is always somebody out there who will have more money.

Beauty, on the other hand, is not quantifiable. The rose and the daisy are both beautiful. Preferring one over the other does not deny the beauty of either. You cannot be perfectly beautiful, but you can be uniquely beautiful.

Natural beauty embodies authenticity.

There is a potential for beauty in every woman and it is possible to look beautiful at any age.

If you look beautiful at 20, you have youth on your side. If you look beautiful after 40, people take notice and there is something special about it.

If a woman is naturally beautiful in the middle of her life or later, she must be doing something right.

After 50, if a woman is beautiful, no one but she can take credit for it. The older we get, the more our appearance truly reflects if we take care of ourselves. The lifestyle we choose, the discipline we demand of ourselves, and the glow we shine is information carved on our faces.

Once you pass the age of 40, there is a direct correlation between beauty revealed and health concealed. **Health and beauty are connected vessels.** If you steal from one, you are robbing the other. Your inner and outer body are two sides of the same coin.

Beauty into older age, being internal in origin, becomes health-dependent and reaches down for the resources that only health can provide. You

cannot continue to prefer beauty to health because it is your optimal health that is responsible for your best appearance.

So, what are naturally beautiful women doing to look so wonderful no matter what their age?

How can you become ***The Most Natural Beautiful You?***

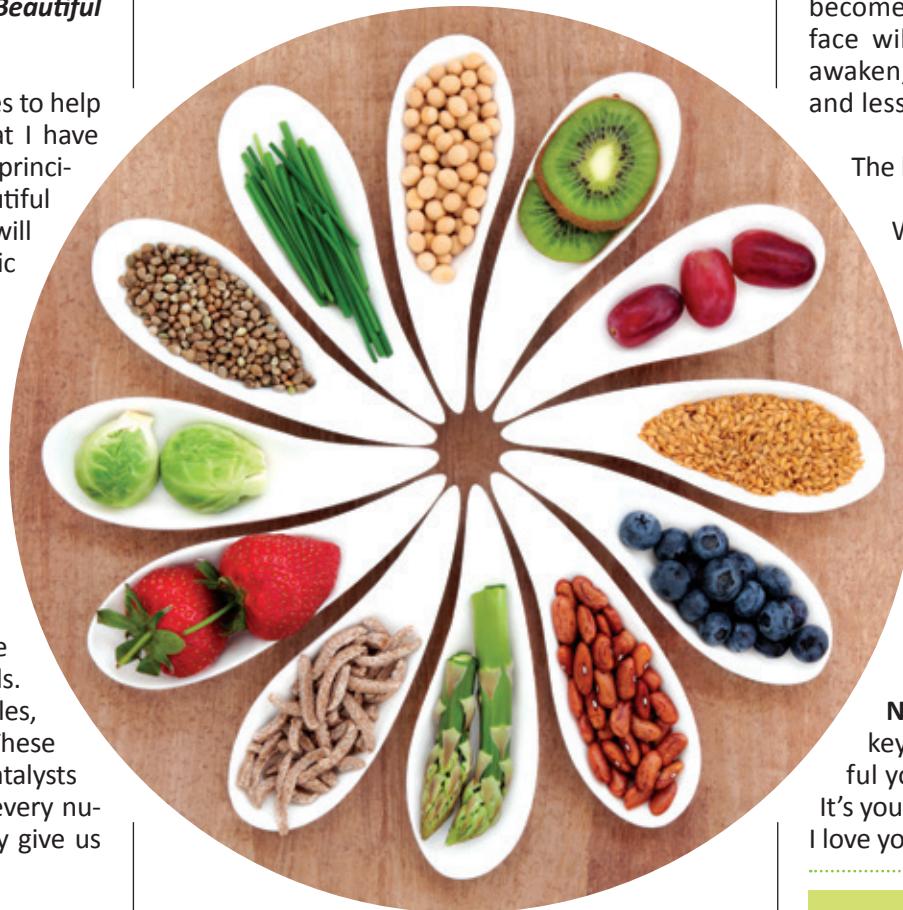
Although there are about 10 key principles to help emanate beauty, allow me to offer what I have found to be the most important key principle so that you can reveal the most beautiful you. By following this key principle, you will help yourself to blossom into an authentic beauty.

KEY PRINCIPLE # 1. Natural Food for Natural Beauty - As the saying goes, "we are what we eat." It sounds so cliché, but it is true and, as such, the foods you eat and how they are prepared is *the most important principle you can practice.*

There can be no natural beauty without eating natural food. I suggest we fill the void in our diet with more living foods. A regular diet full of raw fruits, vegetables, nuts and seeds is called a raw food diet. These foods are full of enzymes which are the catalysts for all living things, and they are full of every nutrient we need to live a vibrant life; they give us energy and rebuild our cells and tissues.

Toxic accumulations that happen through eating a lot of cooked and canned foods are responsible for stealing our health and attractiveness. Beauty lies latent under cushions of retained fluids, deposits of fat, and sick tissues.

The ability to renew cells is innate and the body itself is capable of making you look more attractive. A diet full of raw foods will give your body this rejuvenating ability to replace old cells with healthy new ones. Cellular regeneration is the foundation of youth, good health, and longevity.



Your body will surprise you and it will transform. The lifestyle of practicing a diet predominantly full of raw foods will detoxify wastes and rebuild you from the inside out.

Raw food works magic – naturally.

Your face and body will become chiseled. Fat deposits will disappear. Everything bumpy will become straightened and smoothed. Complexion will become porcelain. Skin will become soft and smooth, yet still firm and supple. The eyes become bright. The bags and puffiness in the face will disappear. Personality and smile will awaken, and you'll start to feel more energetic and less sluggish.

The body will become transformed.

When your friends are saying, "I'm losing my looks," you will be finding yours.

Glow is hard to fake because it is internal. No woman knows her true beauty until she cleanses her body completely of all waste and adds energy from eating natural foods.


If women can have their fat sucked out through a tube, surely they can eat plant food. Try it – what do you have to lose? This principle of beauty asks no sacrifice from health.

Natural Food for Natural Beauty – the #1 key principle in becoming the most beautiful you.



It's your right to be beautiful. You're worth it! I love you, Mom.

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By David A. Goldman MD

While there are certainly new developments in cataract surgery every year, these pale in comparison to the innovations that occur over decades. While many of the technologies discussed in this article are currently available in trials, it is important to remember that they are still in trials for a reason. Once safety data has been confirmed and designs have been optimized, cataract surgery in the next decade will be revolutionized.

To begin, the way surgery is performed will have completely changed. Today, cataract surgery is typically performed with a high-frequency microincisional ultrasound device. While it is very safe and provides great results, it is still dependent on the skill of the surgeon. In the next decade, these steps will likely become completely automated by computer and performed by a femtosecond laser. While these lasers are currently available in some areas of the country, the technology still needs some development – for example the surgeon controlled ultrasound device is still required to be used. That said, the rate at which these lasers are improving is impressive to say the least, and they will certainly play a role in cataract surgery in the future.

With intraocular lenses, exciting advances are also coming. The light-adjustable-lens (LAL) is currently under clinical trials from Calhoun vision. This lens contains components that are photopolymerized upon exposure to ultraviolet light. In essence, applying specific light onto the lens after implantation can not only correct refractive error (nearsightedness, farsightedness, astigmatism) immediately following surgery, but may even hold potential to adjust the patient's refraction as they age if needed. Another interesting technology is the FluidVision lens from Powervision. Instead of a fixed firm lens that is implanted into the eye, this lens contains fluid and channels that allow the shape of the implanted lens to change just like the eye's natural lens. This changing shape of the lens, referred to as accommodation, is the reason why most young people do not require glasses at all. Once an artificial lens is able to accommodate the same extent as the young human eye, we may be able to throw our glasses away forever.

Ultimately, over the years many exciting technologies come and not all turn out to deliver on what they had promised. That said, the products mentioned in this article have already done well in early testing and, though far from perfect, hint at a very exciting future for us all to see.



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, was recently ranked as a 'Top 40 under 40' most influential ophthalmologist in the world by British magazine 'The 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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Brent Myers

You Deserve a BREAK TODAY...

I 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).

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**An Evidence-Informed Solutions Network
for Public Health and Human Potential**

FIND AN EXPERT.
SEE THE EVIDENCE.
UNDERSTAND THE IMPACT AND BENEFITS.

**24 Hours a Day.
7 Days a week.
365 Days a Year.**



Integrated Health and Wellness •
Nutrition • Yoga • Tai Chi • Mind Body •
Spirit • Localized Foods and Farms •
Feng Shui • Weight Loss • Massage •
Seniors Services • Personal Coaches •
Acupuncture • Reiki • Pilates • Holistic •
Homeopaths • Meditation • Fitness Coaches •
Vitamins • Biofeedback • Energy Medicine •
Skin • Farm to Fridge • Cooperatives •
Animals • Counselors • Pilates •
Hair • Book Stores •
Complementary Wellness Centers •

**LIFE CAN BE STRESSFUL.
FINDING A SOLUTION SHOULDN'T BE.
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BECAUSE HEALTH SHOULDN'T BE
A DEBT SENTENCE**

