

SOUTH FLORIDA'S

# Health & Wellness<sup>®</sup> MAGAZINE

July 2015

South Palm Beach Edition - Monthly

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**Need a Hair Transplant?  
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# All About Today's Hearing Aids



Technology and consumer electronics are transforming people's lives, adding ease and enjoyment to daily living. The same is true for hearing aid technology.

In the past few years, research and development have enabled a technological transformation in the hearing aid marketplace. These advances in hearing aids are making a significant difference in the lives of millions.

Today's state-of-the-art hearing aids are highly effective, sleek, and sophisticated wearable electronics that can help people stay actively connected to life and to those they love.

Many of today's hearing aids allow users to hear from all directions, in all sorts of sound environments, and even underwater. They are digital, wireless, can connect directly to your smartphone or television, and can be as discreet or as visible as you like. Whether they sit discreetly inside the ear canal, or wrap aesthetically around the contour of the outer ear like the latest fashion accessory, today's high-performance hearing aids amplify life.



**Below are SIX LITTLE-KNOWN FACTS about today's modern hearing aids:**



**1 They're virtually invisible.** Many of today's hearing aids sit discreetly and comfortably inside your ear canal, providing both natural sound quality, and discreet and easy use.



**3 There is something for just about everyone.** Today's hearing aid options are amazingly varied. Designers offer styles for the fashion conscious, the trendsetter, the partygoer, the intellectual, the active sports enthusiast, the cautious grandmother, the romantic, the weekend warrior, and even the guy just tired of turning up the volume on the TV.



**5 They love smartphones, computers, and other prized electronics.** Wireless, digital hearing aids are now the norm. That means seamless connectivity—from smartphones, MP3 players, computers, FM systems, televisions, and other beloved high-tech gadgets—directly into your hearing aid(s), at volumes just right for you.



**2 They automatically adjust to all kinds of soundscapes.** Whether you're after the ability to discern comments at an all-staff meeting, easy conversation in a crowded restaurant, or the chirp of crickets on a late summer's evening, recent technological advances have made hearing aids far more versatile than ever before—and in a broad range of sound environments.



**4 Water, sweat, and dust are no problem while wearing them.** Waterproof, digital hearing aids have arrived. This new feature is built into some newly designed hearing aids for those concerned about water, humidity, and dust. This feature suits people who work in demanding environments, as well as those with active lifestyles—like swimmers, skiers, and sports enthusiasts.



**6 They're always at the ready.** A new rechargeable feature on some newly designed hearing aids allows you to recharge your hearing aids every night, so they're ready, ramped up, and waiting for you in the morning. There's no more fumbling with small batteries. Just place the hearing aids into the charger at night, and in the morning, they're ready to go.



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# NEED A HAIR TRANSPLANT?

## Here's How to Choose the Right Doctor.

By Alan J. Bauman, M.D.

**W**hen it comes to hair loss, most people are deeply afraid of the “T” word – transplant. But don't worry! Today's hair transplants, when performed correctly, are highly advanced, less invasive, with very little discomfort or downtime, and the results are 100% undetectable, never “pluggy.”

Light-years beyond the old style “plugs,” modern hair transplants create permanent undetectable hair restoration through careful, artistic placement of individual living and growing hair follicles or follicular units. One of the most significant recent advances in hair transplant surgery is the minimally invasive NeoGraft device, which helps the process of harvesting healthy follicles for transplantation. For surgeons, NeoGraft has made it easier and faster to accurately extract follicular units one at a time (a technique known as Follicular-Unit Extraction, or FUE). This replaces the older method of excising a long strip from the back of the scalp (known as the “linear” or strip-harvest method). For patients, this means a dramatically more comfortable hair transplant experience, shorter, less restricted downtime and absolutely no telltale linear scarring at the back of the head.

This less invasive style of hair transplantation, NeoGraft FUE is a highly preferred method sought by hair transplant patients around the globe. The downside of this demand, however, is that it has created the false impression that hair transplants are now easier to perform - that any medically trained professional with the device can do it. This is certainly not the case at all, but it hasn't stopped a growing number of doctors from entering the hair transplant field.

I first began noticing this trend back in 2010, and issued a public warning about it. At that time, Spencer Kobren, American Hair Loss Association (AHLA) founder, best-selling author and consumer advocate, joined me in alerting consumers, with this warning: “NeoGraft may be a helpful tool, but it's important for consumers to understand that only a handful of hair transplant surgeons in the field have the level of skill and experience that it takes to perform FUE to state-of-the-art standards and artistically achieve a natural result. The message here is to do your homework and choose your

surgeon wisely. Not all NeoGraft practitioners are created equal.”

It's very important for patients to understand that, as remarkable as NeoGraft is, it is still just a “tool” – and it is not a substitute for a qualified hair transplant team. Achieving optimal results in transplant surgery still requires a properly trained and experienced surgeon as well as an experienced surgical team in order to deliver quality results.

By far the most important element of getting a hair transplant is making sure you've selected a qualified and experienced doctor to perform it. In the right hands, a hair transplant can be a work of art – it completely restores the hairline, giving the person a more youthful and healthy look, and no one will be able to tell you underwent a surgical procedure to get it. However, in the wrong hands a hair transplant can produce an unsightly and unnatural look, result in scarring, and drain your wallet by having to go back to other doctors to fix it.

But how do you know who's qualified and who isn't?

Here's what every hair loss patient should know:

### WHAT ARE THE RISKS IF MY DOCTOR ISN'T A SPECIALIST?

Hair transplant results are most commonly affected by 1) the surgical plan—has the correct number of grafts/procedures been explained? 2) artistic design—for example, is the hairline shape as well as the angle, orientation and position of each and every follicle normal and natural? 3) technical execution—can the surgeon and his team carefully and precisely carry out the plan while keeping the patient comfortable?

The most significant risk facing patients who are treated by under-qualified surgeons is receiving an unsatisfactory transplant, which looks “pluggy” or unsightly, possibly with scarring. This can lead to a



great deal of discomfort, as well as downtime, and may even require additional surgeries to correct.

It's important to realize that inexperienced surgical teams can easily make a number of key mistakes which will affect the quality of the transplant.

For instance, how the harvested follicles (grafts) are handled by the surgical team and how carefully they are artistically placed into the scalp can determine survivability as well as the quality of transplanted hair. If the follicles are mishandled by an inexperienced team of technicians or without appropriate magnification and instrumentation, graft survival may be impacted – thereby squandering precious donor hair follicles and jeopardizing the density of the result. Also, if the surgeon does not have an aesthetic sense and understand the subtle nuances of hairline design and hair angulation, the naturalness of the results can ultimately suffer. In the worst cases, these unnatural hairlines may require repair.

### WHAT SHOULD I LOOK FOR IN A HAIR TRANSPLANT SURGEON?

Physicians are ethically, morally and professionally bound to disclose their experience and expertise when it comes to any particular treatment, procedure or technique. Therefore, it is the patient's responsibility to do their homework and ask the right questions.

One of the most important credentials to look for is a certification from the American Board of Hair Restoration Surgery (ABHRS), meaning he or she is a board-certified hair transplant surgeon. Other key qualifications: Is the doctor “accepted” by the International Alliance of Hair Restoration Surgeons (IAHRS)? Is he/she a member of the International Society of Hair Restoration Surgery (ISHRS)? Is he/she “recommended” by the American Hair Loss Association (AHLA)?



But as a patient, you also want to check other elements of the doctor's experience. For instance, how long has he/she been performing these procedures and how often? A qualified surgeon should have at least five years of experience performing manual follicular-unit extraction (FUE) hair transplants and another three years performing NeoGraft-assisted FUE transplants. You should also ask to see the before-and-after photos of previous surgical cases *that the surgeon has personally done himself* on patients similar to you. This will give you the best idea of what to expect with your own transplant.

It's also important to ask about the qualifications of the doctor's surgical team. A typical transplant procedure utilizes four to eight surgical technicians. Make sure they are properly trained, certified and experienced.

#### WHAT QUESTIONS SHOULD I ASK THE DOCTOR DURING THE INITIAL CONSULT?

The initial consult is the best time to get to know your doctor. Follow up on your research by asking these additional questions:

**Is hair transplantation your primary specialty? And what other surgical procedures do you perform?** Hair transplants have evolved to become a labor-intensive "symphony" of detail both technically and artistically. Do you want a doctor who has recently added hair transplants as a "menu-item," or a full-time hair transplant specialist?

**How many FUE hair transplants do you perform daily/monthly/weekly/annually?** Highly specialized surgeons and their teams who perform FUE hair transplant surgery on a consistent basis (i.e., daily, as opposed to weekly or monthly) are more apt to be proficient in their procedures. Specialists may perform up to ten times more procedures than their colleagues—equating to *thousands more procedures* over just a few years.

**How many full-time, dedicated hair transplant technicians work in your practice?** This number speaks to the volume of procedures that are being performed. If a surgeon's hair transplant practice only uses part-time or per diem staff or the staff performs other duties, what does this say about the volume of procedures he/she is performing?

**How many dedicated hair transplant technicians are used for each procedure?** A modern hair transplant procedure which transplants literally thousands of grafts can take 20 man-hours or more to complete. A procedure that uses one or two techs will certainly be a smaller procedure than one that utilizes four or six technicians - given the same amount of time. If your surgeon says you'll be "done before lunch," be sure you know the ramifications of a "mini" hair transplant session.

**What have you published/presented in the field of hair transplantation?** Your surgeon should be proud to tell you the various scientific publications, abstracts, lectures and book chapters he/she has contributed to in this field.

#### WHERE CAN I GO TO FIND A LIST OF QUALIFIED DOCTORS?

There are a number of industry resources that help patients find qualified hair transplant surgeons. Two of the best sites to visit are the ABHRS, which has a nationwide directory of board-certified hair restoration surgeons (Go to <http://www.abhrs.com/abhrs-membership-directory>) and the ISHRS's "Find a Doctor" page (Go to <http://www.ishrs.org/content/finding-hair-restoration-doctor>), which lists its member surgeons.

The ABHRS and ISHRS are two of the leading medical organizations for the specialized field of hair transplant surgery, so refer to these sites when trying to narrow down your list.

#### TOP 11 QUESTIONS TO ASK YOUR HAIR TRANSPLANT SURGEON

- Is hair transplantation your primary specialty? What other surgical procedures do you perform?
- How many years have you been performing NeoGraft FUE hair transplant surgery?
- How many NeoGraft FUE hair transplants do you perform daily/weekly/monthly/annually?
- Are you board-certified by the American Board of Hair Restoration Surgery (ABHRS)?
- Are you a member of the International Society of Hair Restoration Surgery (ISHRS) and how often do you attend their meetings and live surgery workshops?
- Are you an accepted member of the International Alliance of Hair Restoration Surgeons (IAHRS)?
- Did you perform 'manual' FUE before NeoGraft FUE became available?
- How long have you been using the NeoGraft device? How many NeoGraft surgeries have you personally performed?
- Are you a member of the NeoGraft Network?
- How many full-time hair transplant technicians work in your practice? How many of them are used for each procedure?
- May I see pictures of your own FUE hair transplant patients, especially close-up hairlines you have designed?

#### 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.

#### Hair Loss Study Candidates Needed!

Bauman Medical is currently enrolling qualified candidates for an exciting Hair Loss Study. Please visit [www.844GETHAIR.COM](http://www.844GETHAIR.COM) for more details.



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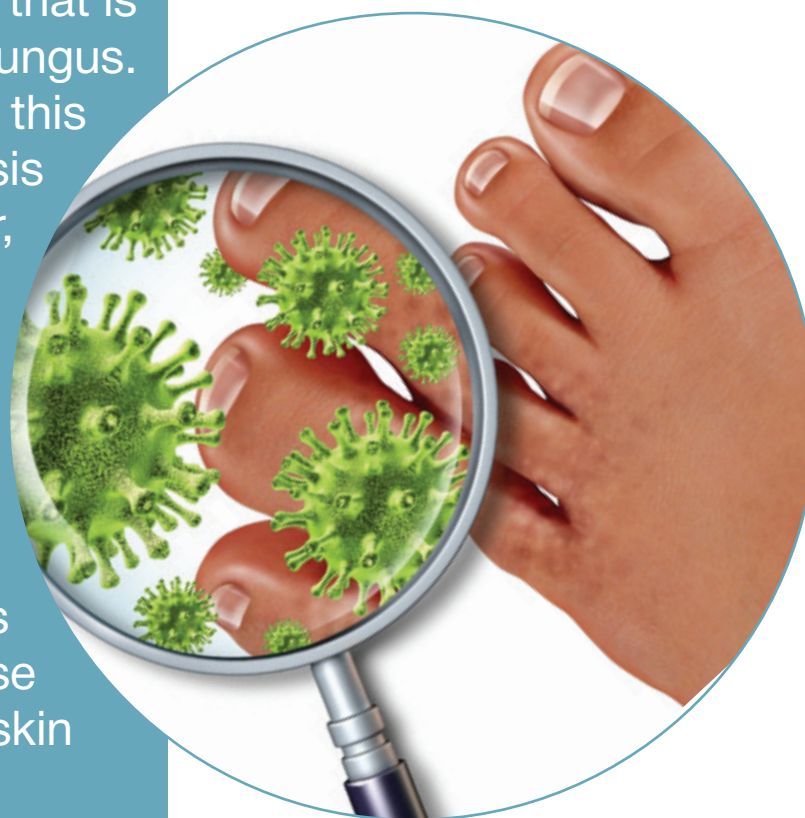
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# WHAT IS TOE FUNGUS?



**A**n embarrassing yet ever present condition that is not often the subject of conversation is toe fungus. Yet 90% of elderly people suffer from this condition called “onychomycosis”. Onychomycosis causes fingernails or toenails to thicken, discolor, disfigure, and split. Without treatment, the toenails can become so thick that they press against the inside of the shoes, causing pressure, irritation and pain. Toe Fungus is extremely common and for years there have been very limited options in the treatment of this condition. Treatments consisted mainly of oral and topical medications such as lamisil and sporanox. Side effects of these drugs may cause side effects ranging from skin rashes to liver damage.







Now in changing times with technology evolving every day, a new FDA approved laser was developed by Astanza Lasers called the Q-Switched Nd: YAG laser. As one of the most advanced cosmetic lasers currently available, this laser can eradicate toe fungus in a few billionths of a second with as little as one treatment depending on the severity of the condition.



The laser works by heating and killing the dermatophytes that make up toenail fungus. During the treatment patients may experience a slight warming or snapping feeling. After the nail grows out over 3-6 months, the patient will begin to see a clear nail. Patients can be in and out of the office in as little as 20 minutes. The costs may vary depending on the number of nails involved and the severity of the infection.



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

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# WHAT IS HISTOPLASMOSIS?

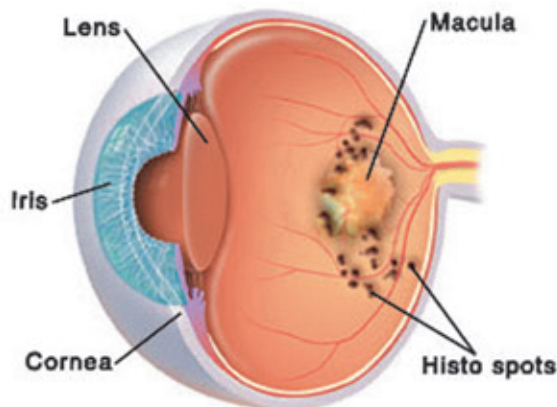
By Lauren R. Rosecan, M.D., Ph.D., F.A.C.S.

**H**istoplasmosis is a disease caused when airborne spores of the fungus *Histoplasma capsulatum* are inhaled into the lungs. This microscopic fungus, sometimes called histo for short, is released into the air when soil is disturbed by plowing fields, sweeping chicken coops, or digging holes. Histoplasmosis initially is a lung infection. However, it is believed that the infection, even if mild, can later migrate to the eye through the blood stream and cause a serious eye disease called ocular histoplasmosis syndrome (OHS). OHS is a leading cause of vision loss in Americans ages 20 to 40.



## HISTOPLASMOSIS SYMPTOMS

Ocular histoplasmosis syndrome (OHS) often has no symptoms in its early stages. You may have been affected by OHS without knowing it. The evidence that the inflammation ever occurred are tiny scars called "histo spots," which remain at the infection sites. Histo spots do not generally affect vision, but for reasons that are still not well understood, they can result in complications years — sometimes even decades — after the original eye infection. Histo spots have been associated with the growth of the abnormal blood vessels underneath the retina.



In later stages, histoplasmosis symptoms may appear if the abnormal blood vessels cause changes in vision. The symptoms for OHS are the same as choroidal neovascular membrane symptoms .

### These include:

- *Blank spots in your vision, especially your central vision;*
- *Distorted vision, so that straight lines appear bent, crooked or irregular;*



- *Size of objects may appear different for each eye;*
- *Colors lose their brightness; colors do not look the same for each eye;*
- *Central light flashes or flickering.*

## HOW IS HISTOPLASMOSIS DIAGNOSED?

**Your Eye M.D. will be looking for two things in particular:**

- *The presence of histo spots, which indicate previous exposure to *Histoplasma capsulatum* fungus spores;*
- *Swelling of the retina, which signals the growth of new, abnormal blood vessels.*

The examination to diagnosis histoplasmosis is similar to that used for a wet macular degeneration diagnosis. Your doctor may have you use an Amsler grid to check for histoplasmosis symptoms such as wavy, blurry or dark areas in your vision.



As part of the examination, your Eye M.D. will dilate (widen) your pupils using dilating eyedrops and examine your eyes with an ophthalmoscope, a device that allows him or her to see the retina and other areas at the back of the eye. If fluid or abnormal blood vessels (choroidal neovascular membranes) are detected, your ophthalmologist will take special photographs of your eye with optical coherence tomography (OCT) and fluorescein angiography.

OCT scanning uses light waves to create detailed images of the underlying structure of the retina. OCT images show the thickness of the retina, and can help your Eye M.D. detect swelling and abnormal blood vessels.

During fluorescein angiography, a fluorescein dye is injected into a vein in your arm. The dye travels throughout the body, including your eyes. Photographs are taken of your eye as the dye passes through the retinal blood vessels. Abnormal areas will be highlighted by the dye.

**HOW IS HISTOPLASMOSIS TREATED?**

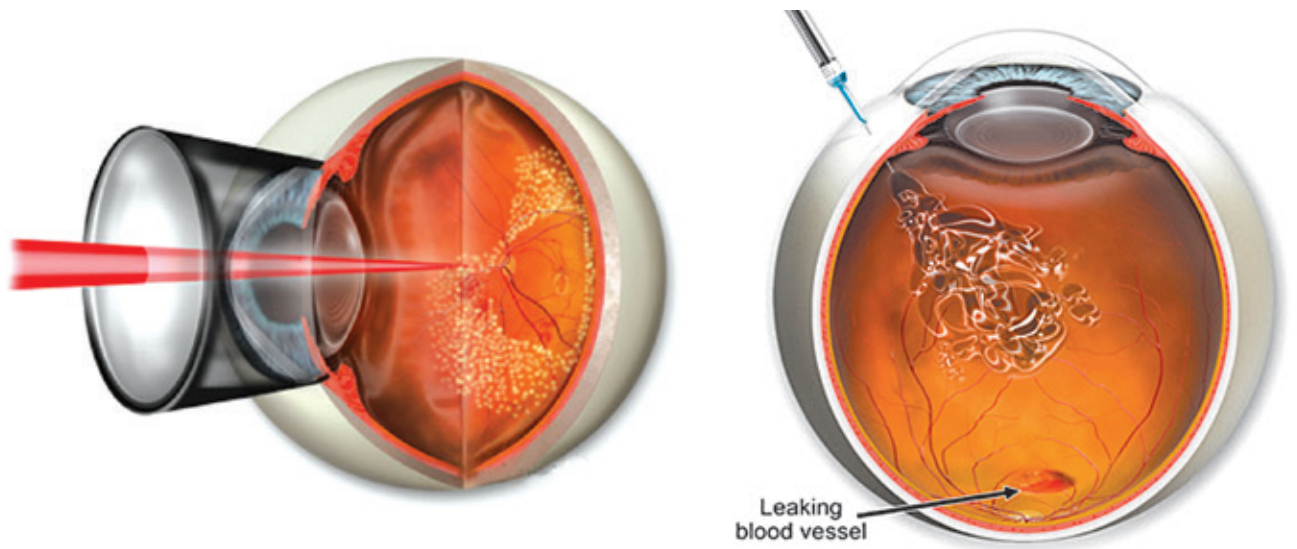
**ANTI-VEGF TREATMENT**

One method for treating histoplasmosis targets a specific chemical in your body that causes abnormal blood vessels to grow under the retina. That chemical is called vascular endothelial growth factor, or VEGF. Several new drug treatments (called anti-VEGF drugs) have been developed that can block the trouble-causing VEGF. Blocking VEGF reduces the growth of blood vessels, slows their leakage, helps to slow vision loss, and in some cases improves vision.

Your ophthalmologist (Eye M.D.) administers the anti-VEGF drug directly to your eye in an outpatient procedure. Before the procedure, your ophthalmologist will clean your eye to prevent infection and will use an anesthetic to numb your eye with a very fine needle. You may receive multiple anti-VEGF injections over the course of many months. Repeat anti-VEGF treatments are often needed for continued benefit.

**LASER TREATMENT**

Laser treatment for histoplasmosis is usually done as an outpatient procedure in the doctor’s office or at the hospital.



The laser beam in this procedure is a high-energy, focused beam of light that produces a small burn when it hits the area of the retina to be treated. This destroys the abnormal blood vessels, preventing further leakage, bleeding and growth.

Following laser treatment, vision may be more blurred than before treatment, but often it will stabilize within a few weeks. A scar forms where the treatment occurred, creating a permanent blind spot that might be noticeable in your field of vision.

Laser treatment does not cure histoplasmosis. However, it reduces the chance of abnormal

blood vessels returning. If these blood vessels do return, additional laser surgery may be needed.

**STEROID INJECTION**

Because histoplasmosis can cause inflammation in the eye, sometimes steroid injections are given in the eye to reduce the swelling.

Histoplasmosis remains a threat to your vision for your lifetime. Therefore, it is important to have regular checkups with your ophthalmologist to detect any problems as early as possible.



**The Retina Institute of Florida**

**Lauren R. Rosecan**

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

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For many years therapy was something recommended to individuals who required a medically supervised exercise program to hopefully regain in part, their strength and flexibility. Typically the therapy was preceded by a deterioration of personal abilities or a loss of function due to an acute crisis. Recent improvements to therapy programs have expanded upon the already accepted plan of care, thereby increasing the physical challenges to one's body but the functional systems used remained the same. Any enhancement in muscular strength and skeletal movements were very dependent upon the individual's personal determination and focus on the program. Not an ideal structure for those experiencing the multitude of disease that poses neurological limits to one's ability to move.





## WE ARE SPECIALISTS IN:

Movement Disorders

Parkinson's Disease

Multiple Sclerosis

Neurological/Brain Injury

Post Stroke

The mounting challenges of living with neurologically based diseases like Parkinson's disease, multiple sclerosis, or stroke recovery led many researchers to more closely examine the underlying causes of the disease and develop new ways in which to rehab the ailing body. Becky Farley's LSVT program was one of the first programs specifically designed for the neurologically challenged patient. Other programs include Neuro-Fit by Neuro-Fit Systems, Inc., GIGERMD Therapy by Combo LTD and a multitude of others. These programs, while remaining limited in the availability, did result in significant breakthroughs for many.

In 2013, after many years of focusing on the neurologically based diseases, Ed Gray, OTR/L PTA and his wife, Jodi Gray, PT, formed Florida Movement Therapy Centers for Excellence. This represents the culmination of the 7 years of successful and evolving therapy at Avenue Therapy & Wellness and two years of neurologically focused therapy at the GIGERMD Movement Therapy Center. The focus of the organization is simple: offer the best, most comprehensive outpatient therapy possible for all who desire to improve their mobility for a better lifestyle.

With proprietary programs like Boxing For Balance, Neuro ED, and GIGERMD Therapy, the specially trained and certified therapists can address

all the physical aspects of mobility; muscular, skeletal as well as neurological. The programs at Florida Movement Therapy Centers for Excellence are the first and only comprehensive programs designed to retrain the brain and develop the body to work as a whole again. Utilizing unique devices like the GIGERMD medical device, imported from Switzerland for its novel approach to neurological therapy, the patient reprograms the brain to direct movement with a "normal" pattern again. The GIGERMD medical device is exceptional in retraining the arms and legs by simply placing the patient in the most physiologically safe position and encouraging harmonious movement against varying resistance. With an equal number of revolutions forwards and backwards completed, neuroplasticity can occur.

The Boxing For Balance program encourages patients to think and act beyond their limits through atypical movement patterns. This helps develop better response times and reactions to every day challenges. NeuroED is a combination of various training programs like Tai Chi, dance, TRX and ropes. The foundation for each of these programs further develops the four key components to enhanced neuro-performance; emotion, cognition, strength and coordination. At the completion, the patients declare they are more confident and ready to live and act independently again.

Patients who benefit from Florida Movement Therapy Center for Excellence programs include those with Parkinson's disease, multiple sclerosis, stroke, stenosis, balance, orthopedic and gait disturbances. All together, the programs, unique devices and highly trained and licensed therapists will challenge the patient to help them meet their goals. At Florida Movement Therapy Centers – WE GET YOU MOVING AGAIN!

**Florida Movement Therapy**  
  
**Centers For Excellence**  
*We get you moving again!*<sup>™</sup>

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# Dementia: What Day is it?

By Sarah Crane

**R**ushing. Late for work. Sifting. Shuffling. Retracing steps. Where the heck did I put my keys? Pacing. Tracing. After hours of searching, I've found them in the most illogical place: the freezer.

Most of us have had some sort of trouble with memory. Whether searching for our keys, forgetting directions, or – oh! What's that thing with the letters that you type on? ...A keyboard.

There are many different types of memory loss (see Table 1). Fortunately, most people only experience memory loss due to natural aging processes. However, some of us (myself included) have experienced acute, pronounced memory

impairment. My own memory loss was due to a severe concussion I sustained last year. I suffered aphasia, memory consolidation trouble, and difficulty with my working memory. Holding a conversation was exhausting because I was unable to remember everything another person was telling me, and I could not access the correct words to respond in real time. I felt a fogginess settling over my brain, blanketing my cognizance. Before the accident, I was very good at keeping a very detailed, busy mental schedule. Suddenly, I found myself booking meetings and subsequently (almost immediately) forgetting them. Once, I was a very preppy girl who always wore dresses and accessories. Yet, I had forgotten how to tie a bow. I could tell you what a bow was, and what it was

for. But, my memory escaped me on how to actually construct one. I knew something was wrong.

For the prior year, I had been working for the HOW Foundation of South Florida—a local nonprofit that provides access to hyperbaric oxygen therapy for individuals suffering from traumatic brain injury or post-traumatic stress. The situation was ironic. Four days after my car accident, I sought hyperbaric oxygen therapy treatments. After the first few sessions, I noticed that my mental fog was dissipating and that I could sleep at night. I wasn't forgetting many procedural challenges. My conversations with others were getting longer. I was getting better.






Table 1. Memory Impairment Summary

<b>Amnesia</b>	
<b>Retrograde</b>	Memory difficulties in recalling existing memories
<b>Anterograde</b>	Memory difficulties in creating new memories
<b>Post-traumatic</b>	Memory difficulties from physical trauma
<b>Psychogenic</b>	Memory difficulties from psychological trauma
<b>Neurodegenerative</b>	Memory difficulties from brain degeneration
<b>Dementia</b>	
<b>Alzheimer's</b>	Damage from brain degeneration
<b>Vascular</b>	Damage from blood clots or hemorrhage
<b>Categories</b>	
<b>Aphasia</b>	Difficulty understanding speaking or understanding language
<b>Apraxia</b>	Difficulty making physical movements, regardless of health
<b>Agnosia</b>	Difficulty recognizing faces of familiar persons or objects
<b>Executive Dysfunction</b>	Difficulty planning, organizing, or reasoning



Though I have no hard evidence, what was likely happening in my brain was damage as a result of a reperfusion injury (i.e., damage caused by inflammation after an initial injury) on the left side of my brain (which researchers have correlated with complex procedural processing and language skills). The hyperbaric oxygen therapy was able to reduce the amount of inflammation caused by my concussion, and was also able to speed up my brain's healing itself (via neuroplasticity).

My story only explores recovery from one type of memory deficit. It is believed that other conditions, such as vascular dementia, can also be improved with the use of hyperbaric oxygen therapy treatments. The reason is because vascular dementia is caused by inflammation in the brain. Hyperbaric oxygen therapy reduces inflammation, and that reduction could result in better cognitive processing. If you or someone local you know could benefit from receiving hyperbaric oxygen therapy as a result of a traumatic brain injury, please reach out to Hyperbaric Services of the Palm Beaches at **561-819-6125**. The warm, compassionate, knowledgeable staff will be happy to further discuss how hyperbaric oxygen therapy treatment can help you and your memory. We only have one brain, so please do what you can to protect and preserve it.



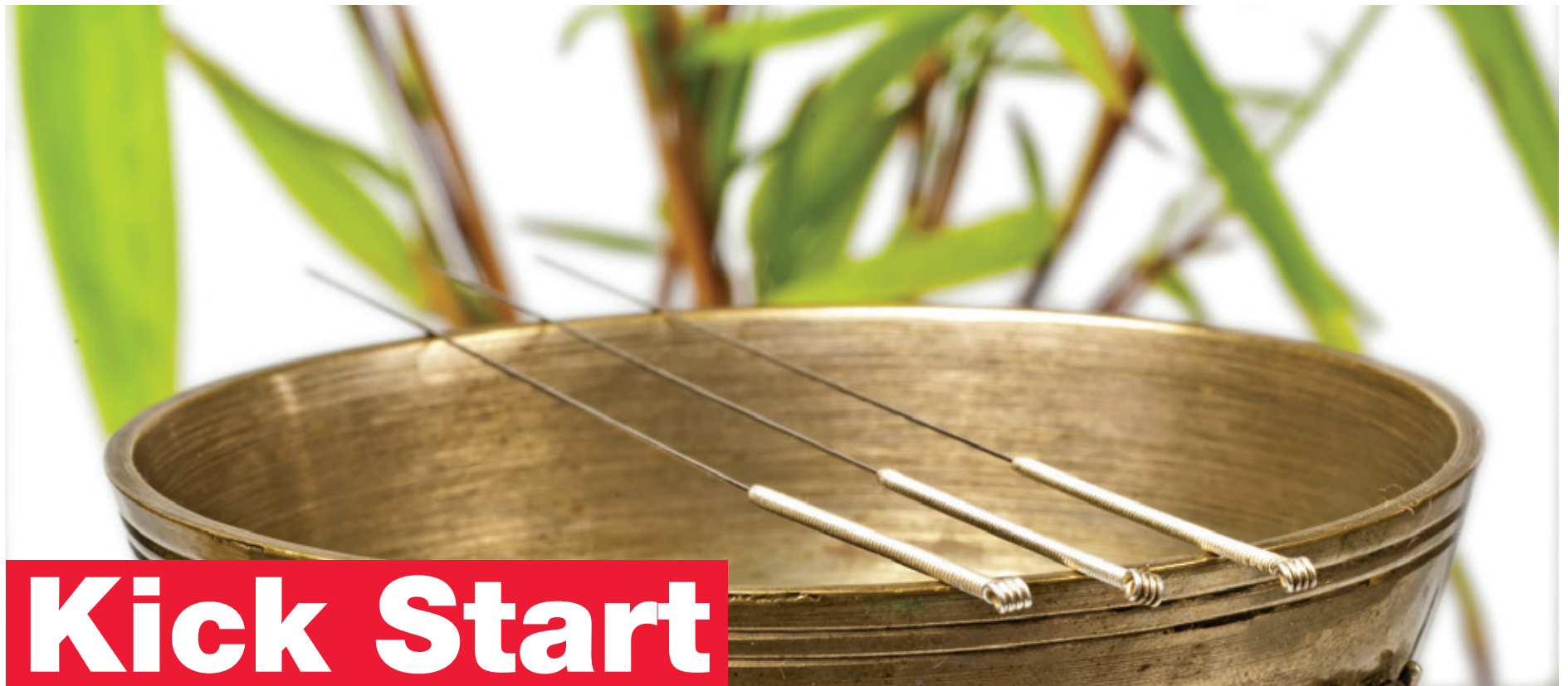
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# Kick Start

## Your Summer Weight Loss

**A**pproximately 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.

**Lose Weight, Reduce Stress,  
Achieve Optimum Health**

Call Today for Details and Schedule Your  
**FREE Consultation Appointment**

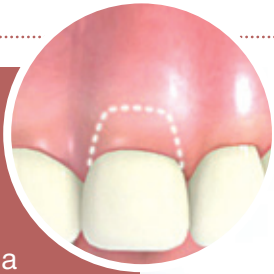
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Palm Beach Gardens



# I Am Getting A Crown – Do I Need a Crown Lengthening?

One of the most common procedures a dentist performs when deep decay exists in a tooth is making a crown (also known as a “cap”). Ultimately, when in place, the crown will allow a patient to chew properly and help slow further cavities in the area. A successful crown requires not only a good fit to the tooth, but a proper fit with the adjacent gum and bone.



## The Tooth Part:

The steps in preparing for a crown start with having the dentist remove any decay present (in some circumstances, this decay can proceed deep below the gum tissue). Once free of cavities, the top portion of the tooth is shaped similar to a cone. An impression is taken of the area (that messy mold all of us love so much) which is sent to the laboratory for fabrication of the actual crown. Once the crown is delivered to the dentist, it can be glued in place for function.

## The Gum and Bone Part:

An equally important part of the success of a crown is the health of the surrounding gum and bone. If the gum becomes inflamed, it is quite possible that the bone in the area will resorb away. This resorption can lead to issues such as bleeding gums, dark/swollen gums, tooth mobility, tooth loss, root sensitivity and root cavities. If the gum tissue is interfered with by the crown, this inflammatory process can start.

If we think about our skin, it has a certain thickness. Imagine taking a small object and pressing it into the skin, pinching it against the underlying bone.... permanently. Over a short period of time, the skin will likely become very inflamed and angry. Just like our skin, gum tissue also has a certain thickness. If a crown presses into this tissue, not

allowing for a healthy thickness, inflammation will occur. In short, the body is attempting to create more space for the gum tissue to remain healthy by resorbing bone away. Insufficient space is a common occurrence, especially when the dentist must remove a significant amount of tooth structure due to decay. The less tooth structure to glue the crown to, the less space for gum tissue to live when a crown is cemented in place.

## Keeping it Healthy:

If the gum space is going to be disturbed by a crown, then a procedure called a “crown lengthening” usually can help rectify the situation. In simple terms, the gum and bone is reshaped to allow for enough tooth to be exposed to support a crown without interfering with the gum tissue. Simply removing only gum tissue may not be sufficient, as the tissue will attempt to regrow to its original shape. If it reforms and is compressed by the crown then inflammation is likely to occur (this is why the bone is reshaped as well so that sufficient room is created).

It is important to have the gum and bone space evaluated when having a crown (or crowns) placed in your mouth. In some cases, you may require crown lengthening to help maintain healthy gum and bone.

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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By Jessica Clark, APR  
PR and Marketing Associate,  
Florida SouthWestern  
State College,  
Student Affairs Division

# Summer Time Fun in the Sun!

It is that time of year! The sun is out, the beaches are full, and almost everyone in Southwest Florida is enjoying the beautiful outdoors. The Florida sun is an inviting haven after the up and down of the winter time, even though the Florida winter is beautiful in its own right. The warmth of the sun is always welcome and many of our locals and college students are flocking to area beaches, parks, or other outdoor venues to get the most of their free time. As nice as it is to enjoy the warmer

- Apply a sunscreen with a SPF of 15 or higher whenever you're outdoors. To achieve adequate UV protection, use products that provide broad spectrum protection, which means protection against both UVB and UVA rays. For broad spectrum protection, look for products that contain ingredients like Avobenzone (Parsol 1789) or zinc oxide.
- For children, the SSA recommends sunscreen with an SPF 30 or higher.

From Florida natives to summer vacationers, from FSW and FGCU students pursuing their academic goals to local school age children and their families, enjoying the sand and sun is just one of the benefits of a Southwest Florida summer. And although it does get cold at certain times of year here, our "summer" weather lasts longer than most regions, so these tips are helpful to keep you and your family safe all year long. So while summer has officially begun and everyone is out



weather, it is important to protect yourself from the harsh UV rays that can damage skin and possibly cause cancer. Luckily, there are many ways to shield your skin from the sun while enjoying the many outdoor opportunities in our area.

**As you are enjoying the weather offered here in Southwest Florida, try to keep these tips in mind:**

- The sun is strongest between 10 am and 4 pm.
- Wear dark, tightly woven clothing.
- Wear a wide-brimmed hat and sunglasses.
- Remember that UV rays bounce off sand, snow, concrete, and water.
- Tanning beds are harmful too!
- Keep very young children (6 months or younger) out of the sun.
- Apply sunscreen liberally and evenly over all exposed areas before going outdoors (and reapply often).

- Reapply sunscreen after swimming, perspiring, and toweling off.
- Don't forget to protect neck, ears and lips!
- For people with thin or thinning hair, apply sunscreen to the scalp as well.
- Stay in the shade whenever possible!

(Source: [http://www.sunsafetyalliance.org/safety\\_tips.html](http://www.sunsafetyalliance.org/safety_tips.html))

But it is not all bad. In moderation, the sun is a great source of Vitamin D, which helps "absorb calcium and promote bone growth." Additionally it aids with the function of other important body functions, and helps to "regulate the immune system and the neuromuscular system." Recent studies are also researching the role that Vitamin D plays in lowering the risk of diseases such as breast cancer, colon cancer, prostate cancer, heart disease, depression, weight gain, and others.

(Source: <http://www.webmd.com/osteoporosis/features/the-truth-about-vitamin-d-why-you-need-vitamin-d>)

enjoying the weather, make sure to protect yourself with some of the tips from the sources mentioned in this article. It could not only help you to avoid the short term pain of sunburns, but could also be lifesaving in the future. Be safe and enjoy the Florida weather!



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# CHRONIC ANXIETY? PANIC ATTACKS? Wish it could just stop?

**Have medications failed?  
Too many side effects?**

Maybe it's time to consider  
the Biofeedback Solution

## **FEELING OVERWHELMED?**

You don't have to live with chronic anxiety anymore, and you don't need to live with feelings of being overwhelmed or burned out. There's something new that can change how you feel and help you take back control of your life.

Biofeedback, enhanced by 21<sup>st</sup> century technology, helps you feel better, manage stress better and improves your ability to handle the challenges of everyday living – without being overwhelmed.

Biofeedback is one of the most powerful methods available today for minimizing anxiety and panic attacks. With practice and reinforcement, you can

train your brain and body to respond more calmly to stress and significantly reduce the need to try to avoid it or live with it.

The Center for Brain has helped countless people (both children and adults) get control of their anxiety and take charge of their life again, frequently in a surprisingly short time.

Most people with anxiety have tried medications to feel better, often with disappointing results. Medications may not eliminate your symptoms and don't teach your brain and body to make permanent changes. Medications don't help you learn to quiet your mind or to be calm without them.

Unfortunately for sufferers of anxiety, many doctors are unfamiliar with treatments other than medication. Other approaches like nutritional changes and acupuncture can have disappointing results as well.

## **WHAT CAN BIOFEEDBACK DO?**

Biofeedback and neurofeedback has been proven to greatly reduce or even eliminate anxiety symptoms. For people taking medication, biofeedback can help lessen reliance on medicines. In some cases people are able to stop taking anxiety medication entirely. Consider the experiences of three patients who sought the Biofeedback Solution from Center for Brain.



**52-year-old Cecily** had suffered from depression and anxiety since her late 20s following a car accident. She was taking medications for depression and sleep, but over time these didn't help. Doctors ran out of ideas, and her anxiety surged. Cecily became increasingly fearful and anxious of everything in her life, stopped participating in normal activities, and felt completely overwhelmed. An intensive and comprehensive intervention of biofeedback therapy, an adjustment of her hormones and acupuncture broke her cycle of anxiety and depression. Today she is sleeping without medication and living a calm and peaceful life.

**24-year-old Brett** had become so paralyzed by panic attacks that he had been unable to work or drive for two years. He was on heavy-duty mood stabilizers, an antipsychotic medication and other drugs. The medications helped somewhat but not enough for him to function. After one month of biofeedback sessions 3-4 times per week his panic attacks and extreme anxiety diminished and he was able to drive again. Now that he knows how to calm himself he reports feeling "completely normal."

**Melissa, 47**, had anxiety so severe that she was unable to drive, couldn't pay attention to anything and was afraid to leave her house. She took numerous medications for anxiety and sleep but she did not get better. At the time she came to Center for Brain she had been suffering extreme anxiety for a solid year with very little relief. After a month of biofeedback she began feeling much calmer and was sleeping better. She started leaving the house and was even able to get and keep a job. Following three months of treatment she appeared in our office bright, cheerful and engaging without any anxiety symptoms.

### WHY CAN'T YOU SIMPLY TALK YOURSELF OUT OF ANXIETY?

People who don't understand anxiety may tell you to calm down and not let things bother you. If it were that easy, you'd already do it, right? When you have anxiety, the parts of your brain that are supposed to keep you calm aren't working very well.

As a result, anxiety sufferers are often overwhelmed, exhausted, and feel the people around them don't understand. You can't talk yourself out of an entrenched emotional pattern.

### CAN YOU LEARN TO BE CALMER?

Absolutely! Biofeedback is one of the most powerful technologies in the world for reducing anxiety and panic attacks. It helps the brain change the stuck patterns that cause the anxiety. While everyone experiences anxious moments, with chronic anxiety, your brain gets stuck in that state, and it's difficult to change it.

Biofeedback worked for 65-year-old Jacob who developed severe agoraphobia (fear of leaving the house). Antidepressants didn't help. Either did Valium, other calming medications and even daily medical marijuana. He suffered through eight months of non-stop anxiety. He fantasized about "walking in front of a bus" rather than go on living the way he was. Center for Brain provided biofeedback services to him at home, five times a week for two weeks. Within ten days he had stopped the medical marijuana. Over the course of three months he significantly reduced his other medications and once again was able to leave his house.

*"We've developed a unique comprehensive program to help those with chronic Anxiety and Depression to change their life. It helps your brain to manage mood and anxiety successfully."*

Michael Cohen, President and Founder, Center for Brain

### HOW DOES BIOFEEDBACK WORK?

Biofeedback training helps in changing brain patterns. For example, neuro-biofeedback measures the brain's rhythms. It rewards you when you make healthy patterns. With repeated training, the brain and body learn to maintain those healthier patterns. Correcting anxiety with biofeedback takes practice and reinforcement. The more your brain learns how to be calm through biofeedback, the more it becomes a normal state in everyday life.

*"With biofeedback training, you learn to moderate your response to stress so anxiety occurs less frequently and is less intense and debilitating if it does happen. Biofeedback helps you calm the over-reactive patterns that make life more difficult and allows you to take charge of your life again."*

Michael Cohen, President and Founder, Center for Brain

We also offer other tools that can be helpful with anxiety, and we encourage our clients to try different methods to see which work best. Some of these tools, such as heart rate variability training, can even be used at home.



By Michael Cohen, Founder, Center for Brain

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

[www.CenterforBrain.com](http://www.CenterforBrain.com)

## Worried about your MEMORY?

Memory loss starts in the brain. Neurofeedback is an effective medication-free method that helps retrain and rebalance circuits in the brain to help you get sharper.

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# If You're Suffering From Nerve Problems In The Arms And Legs, You Must Read This Immediately!

By Richard A. Reiner, D.C.

**N**umbness, tingling and pain is an extremely annoying problem. It may come and go...interrupt your sleep...and even makes your arms and legs feel weak. Maybe you've even been to other doctors and they claim all your tests indicate you should feel fine.

**IF YOU READ NOTHING ELSE, READ THIS:** More than 20 million Americans suffer from peripheral neuropathy, a problem caused by damage to the nerves that supply your arms and legs. This painful condition interferes with your body's ability to transmit messages to your muscles, skin, joints or internal organs. If ignored or mistreated, neuropathy can lead to irreversible health conditions. Its time to get help by someone trained to correct the major cause of peripheral neuropathy. Read the following facts;



## **MORE PILLS ARE NOT THE SOLUTION:**

A common treatment for many nerve problems is to take some pills and "wait and see." While this may be necessary for temporary relief of severe symptoms, using them long term is no way to live. Some of the more common drugs given include pain pills, anti-seizure medications and anti-depressants—all of which have serious side effects.

## **THE LIKELY CAUSE OF YOUR PROBLEM:**

Our practice has been helping people with neuropathy and nerve problems for over 30 years. Often neuropathy is caused by a degenerating spine pressing on the nerve roots. This can happen in any of the vertebral joints from the neck down to the tailbone. The good news is that chiropractic treatments have proven effective in helping to remove the pressure on the nerves. By using gentle techniques, I'm able to release the pressure that has built up on the nerve and the symptoms go away. What this means is that you could soon be enjoying life... without those agonizing and aggravating nerve problems.





**COULD THIS BE YOUR SOLUTION?** It's time for you to find out if chiropractic will be your neuropathy solution. We want to turn your disabilities into possibilities.

**HERE'S WHAT OUR PATIENTS HAVE TO SAY:** *"I woke up one morning with numbness in right hand. Dr. Reiner told me that I must have slept wrong and pinched a nerve in my neck, causing the numbness in my hand. After a treatment, it loosened up my neck and arm, and the numbness was gone."* – Loni D. *"I recently relocated to the area and chose Dr. Reiner because of location, and I'm glad I did. He takes his time and explains everything. I had burning pain going down my legs, especially after playing golf. His treatments made my recovery so much faster than I ever expected. I highly recommend him."* – Ronald R.

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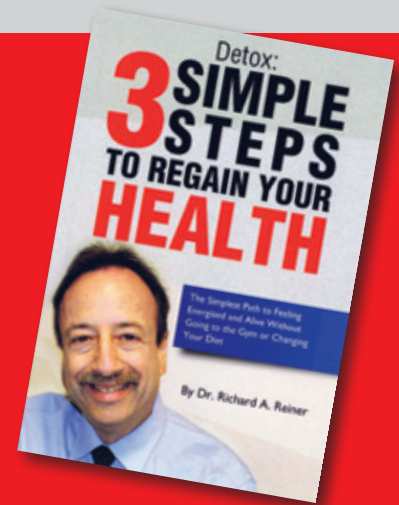
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THE PATIENT AND ANY OTHER PERSON RESPONSIBLE FOR PAYMENT HAS A RIGHT TO REFUSE TO PAY, CANCEL PAYMENT, OR BE REIMBURSED FOR PAYMENT FOR OTHER SERVICE, EXAMINATION, OR TREATMENT THAT IS PERFORMED AS A RESULT OF AND WITHIN 72 HOURS OF RESPONDING TO ADVERTISEMENT FOR THE FREE, DISCOUNTED FEE, REDUCED FEE SERVICE, EXAMINATION, OR TREATMENT. DUE TO FEDERAL AND STATE REGULATIONS, MEDICARE/MEDICAID PATIENTS ARE NOT ELIGIBLE FOR THIS OFFER.





## Could Your Diet Be Causing Your Insomnia?

Insomnia is one of the most common sleep disorders, with chronic insomnia affecting one person in ten. While there can be several reasons why people suffer from insomnia, scientists have discovered that what we eat plays a significant part in our ability to sleep well.

### What is insomnia?

Insomnia is a sleep disorder wherein people are unable to sleep long enough to allow them to awake refreshed. For some, insomnia manifests by being unable to get to sleep at all, while others are able to sleep soon after retiring, but then wake after only a few hours and find they cannot return to sleep. Common symptoms of insomnia are lethargy, irritability and an inability to concentrate. However, insomnia can also have more serious effects, such as suppressing the immune system to make people more vulnerable to infections, as well as increasing the risk of high blood pressure, heart disease and Type 2 diabetes.

### Causes of insomnia

Stress and anxiety are often the major causes of insomnia, but food and drink have been found to cause insomnia too. Beverages that contain caffeine, such as cola, coffee and, to a lesser extent, tea, can act as stimulants, producing adrenaline

that will keep you awake, whilst a heavy alcohol intake will force your body to work harder to detoxify, inhibiting your ability to reach a restful level of sleep.

Mealtimes may also be playing a part in your inability to sleep well. Going to bed soon after eating a large meal, or even soon after snacking, can cause indigestion, heartburn and acid reflux. Spicy foods, hot foods and even meals that have been high in fat will also cause these digestive problems.

### What to eat and drink to sleep well

What you eat can impact upon your ability to sleep just as much as when you eat. If your evening meal does not contain any protein, your body will find it more difficult to produce the amino acid tryptophan. Tryptophan helps to boost serotonin levels in the brain, which is then turned into the sleep-inducing hormone melatonin. If your diet lacks protein, introduce protein-rich foods such as fish and lean white meat, nuts and seeds and dairy products.

However, the body's need for protein does not mean that you should overdose on foods that will provide it in order to sleep well. Too much protein

will have the opposite effect, because your body will increase its levels of the tyrosine amino acid that will encourage the production of adrenaline, a stimulant. Your body also needs carbohydrates because these trigger an insulin release, which helps tryptophan and serotonin to be produced. Balance protein with good carbs that are kind to your waistline, such as wholewheat pasta, whole-meal bread and brown rice.

### Old wives' tales

A glass of warm milk is an old-fashioned remedy for insomnia, but it is one that has a basis in fact, because all dairy products provide the body with calcium and magnesium, which help the muscles to relax. A glass of warm milk will, more importantly, boost the levels of serotonin in the brain. Other beverages that may be beneficial for sleep include herbal teas, particularly chamomile tea.

Whether you are an occasional insomniac or suffer from chronic insomnia, science has proved that what you eat has a direct effect on your ability to sleep. Make small changes in your diet to improve your chances of being able to get to sleep quickly and to stay asleep, so that you wake feeling refreshed and ready for the day ahead.



# Seniors Seek Freedom from Lung Disease with Stem Cells

By Maren Auxier

In the United States, we place the utmost value on independence and freedom, so much so that many young men and women have sacrificed their lives for it. The word independence has a different meaning to different people. For some, it means not living under the thumb of an oppressive government. For others, it means being able to share a thought or opinion openly. For senior citizens, it might mean being able to drive to the store and run errands, or even being able to live in their own home. As we age, day-to-day activities often become more difficult, especially for those suffering from debilitating lung disease. However, lung disease does not have to mean a loss of independence.

Living independently as a senior requires coming up with a game plan and taking steps that preserve self-sufficiency. Some steps that seniors can take are: de-cluttering the house to avoid trips and falls, installing grab bars or handrails in the restrooms, using non-slip mats in the shower, and making sure that the things they use on a daily basis are easily accessible. Family members of seniors also play a key role in preserving their independence. For seniors who live alone, frequent check-ins are important, as well as carpooling and going for walks with family members or friends. Exercises like walking and stretching help prevent falls and promote healthy lung function. Although fear of injury may

seem daunting, it's imperative to keep moving to improve overall health. Sometimes independence just requires approaching life in a little bit of a different way. Many need help managing their activities and assistance in completing their everyday tasks. Someone coined the phrase, "asking for help doesn't mean you've failed, it just means that you're not in it alone." This sentiment describes the essence of senior independence, particularly when it comes to lung disease.

It has been reported that 15 percent of seniors suffer from some form of lung disease. One third of that 15 percent suffer from severe respiratory problems, according to the U.S. Centers for Disease Control and Prevention. Dr. Norman Edelman, a senior medical advisor to the American Lung Association, commented, "There are a huge number of Americans that experience lung obstruction. It's a major problem; it's the third leading cause of death in the United States." Oxygen is one of the building blocks of life, and without the ability to breathe, independence is impossible.

Today, new medical advancements are providing people with chronic lung disease options that were once not thought possible. A clinic in the United States, the Lung Institute, has helped lung disease sufferers using stem cell therapy. The procedure is a minimally-invasive, three day outpatient treat-



Freedom means something different to the 15 percent of seniors suffering from lung disease.

ment that harnesses the natural healing ability of the stem cells that already exist in the body. Stem cells are harvested from the patient's own fat, blood or bone marrow, and then reintroduced into the body. According to the Lung Institute's website, [www.LungInstitute.com](http://www.LungInstitute.com), the treatment slows the progression of the disease, restores lung function and reduces inflammation. They claim to have completed over 800 treatments over the last two years, and most

patients report an improved quality of life after undergoing treatment.

There are many fears and doubts that come along with aging, particularly for those suffering from lung disease. These fears, however, do not have to become reality, and living a free and unencumbered life with lung disease is certainly possible. With medical advancements like stem cell therapy, freedom is within reach.

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](http://lunginstitute.com/health) to find out if these new treatments are right for you.

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# Ronna Clements Top 7 Secrets For Improving Energy

By Ronna L. Clements,  
Natural Health & Wellness Innovator

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 individuals 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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## How Doctors Choose Surgeons

By David A. Goldman MD

**W**hen it's time to have an elective surgical procedure how would you choose a surgeon? Most people will ask friends and family, others may do their own internet research. When I needed a hernia repair, I did what all other doctors do – I asked another doctor. Not just any doctor, but in this case the residents who worked with all the doctors in the department of surgery. When a family member needed surgery, I called and spoke to one of the scrub nurses at the local surgery center. While top degrees and awards certainly contain value, there is not always a direct correlation with surgical skill. Scrub nurses, OR technicians, and residents are in unique positions to compare surgeons not on a one-time basis, but on an annual day-in day-out experience. Surgical representatives are often the best because they survey hundreds of doctors within a large geography (and yes, I have relied on the advice of surgical reps many times for my family members).

This is not to downplay the value of resumes, accolades, internet research, and word of mouth. If a personal associate of yours had an excellent experience with a surgeon, you should absolutely trust their opinion. In southern Florida, the population is continually changing, with new patients relocating here every day. In some cases you may not know whom to see for care. Remember that there are multiple sources available for you to check.

So what occurred in my situation? I selected a surgeon based on the advice of residents and fellows who worked with all general surgeons. I had minimal postoperative discomfort and was extremely satisfied with the end result. Of note, a colleague sought out a “renowned” surgeon for the same procedure and had significant pain. When he developed a hernia on the opposite side he saw my surgeon. He couldn't believe how much better the experience was.

In summary, there are many ways to select a surgeon. But, if in doubt, do what the doctors do.



DAVID A. GOLDMAN

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

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

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

Dr. Goldman speaks English and Spanish.

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# IT'S HOT EVERYWHERE IN JULY

Brent Myers



**H**ave you noticed that Summer has arrived? If you haven't, just wait, you will. This is how I can usually tell that our wonderful south Florida Summer has come: when I bathe, get dressed, walk outside the house thirty feet to my car and when I get in – I feel like someone has rubbed a glazed doughnut all over my face.

Is it just me? I doubt it.

But don't misunderstand my description for complaining. Several years ago I learned a very valuable lesson that has had a profound spiritual impact on my life. There was a July Summer day that I was grumbling about how hot and humid it was and wondering aloud how nice it must be in another part of the country. At that moment, a wise man looked at me and said, "Brent... it's hot *everywhere* in July."

Wow!! Simple, but so true!

He wasn't providing a meteorological analysis of the climate zones of the United States, but instead he was telling me: "Be content."

Too many times in our lives we look at our circumstances and wish things were better – or at least different. But spiritually speaking, we need to learn to be content with the life that God has given us – even if it stinks (for right now.)

St. Paul wrote these words: *"I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want."* (Philippians 4:11-12)

Paul was sharing the reality of his life – that he had learned to be content. Whether he was poor or rich – regardless of the circumstances of his life – he was content. Oh, and just for a frame of reference... Paul wrote these words while in prison in ancient Rome!

But before we say to ourselves, "Well, that was the great St. Paul and I could never do that." Let's read a bit further: *"I can do all this through him who gives me strength."* (Philippians 4:13) Do you see that?! Paul couldn't do it on his own either!! He understood that his contentment in life – even in prison – came because Jesus Christ enabled him to deal with it.

So the next time life gives you a bad turn or the next time you find yourself complaining... seek to be content. Try to find the reality of the situation you are in – that God is doing something for a bigger purpose than yourself and He will get you through it. Learn to be content.

Socrates is credited with saying: "He who is not contented with what he has, would not be contented with what he would like to have."

Why? Because it's hot everywhere in July.



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