

S O U T H F L O R I D A ' S

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

September 2015

South Palm Beach Edition - Monthly



**FREE**



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**Why Women  
LOSE THEIR HAIR**

**How America's  
Change-Leading  
GENERATION  
HAS REDESIGNED AGING**

**ALZHEIMER'S  
PREVENTION  
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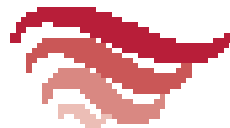
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# contents **September 2015**

- 6 How America's Change-Leading Generation Has Redesigned Aging
- 8 Why Women Lose Their Hair
- 10 Why do I have Uveitis?
- 12 Wanda's Cosmetics & Fragrances, Helping You Leave a Lasting Impression
- 14 What Is CBD and the Medical Treatment It Provides
- 16 What Is Multiple Sclerosis?
- 18 Is Your Qi Imbalanced? How Acupuncture Corrects Functional Flow and Increases Weight Loss
- 20 Alzheimer's Prevention. How Close Are We?
- 22 ????????????????
- 24 Feng Shui For Life
- 26 Help Your Kids Maintain a Healthy Energy Balance
- 27 Yoga Month. 10 Reasons to Practice Yoga
- 28 I Bumped My Head... How Do I Put an Ice Pack on My Brain?
- 30 Common Myths About Your Eyes
- 30 One Another

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## How America's CHANGE-LEADING GENERATION has redesigned aging

America's baby boomers  
first came on the scene  
in 1946.  
They've been turning  
the world on its  
head ever since.

**K**nown as the country's greatest generation for leading change, baby boomers make up roughly 26 percent of the United States' total population – at about 78 million people. Over the years they've reinvented almost everything about the way America lives – from the music we listen to, to the cars we drive, to the technology we rely upon, to the way we age.

The oldest baby boomers have already begun crossing the threshold into their golden years – and as expected, they're redesigning what's on the other side.

Never known as an understated generation, baby boomers have already made it clear that they won't be fading quietly into retirement. On the contrary, they're all about staying active and engaged. Chronologically they may be aging, but their spirits aren't. So whether it's finding a new career, rock-climbing, volunteering, adventure travel or online dating, baby boomers are embracing life's second act with gusto.

More than any generation before them, baby boomers have adopted lifestyles that help them stay healthy and fit. And they're embracing modern

## **5** trending facts about today's hearing aids:



technologies that enable them to stay connected to the world around them and involved in it. An important way in which active baby boomers are keeping up their youthful pace is by taking care of their hearing.

This generation understands that in order to fully enjoy the experiences of life, you need to stay connected to it. So rather than deny a hearing loss and suffer the negative social, cognitive and professional consequences that inevitably result from leaving it unaddressed, baby boomers are increasingly dealing with hearing loss head on.

Boomers in their 40s, 50s and 60s are getting their hearing tested. And they're benefitting from the technological revolution taking place in the hearing aid marketplace. Simply put, the generation has caught onto the fact that today's state-of-the-art hearing aids are highly effective, sleek and sophisticated wearable electronics that can help them stay actively connected to life – not to mention to all their other prized electronics.

America's baby boomers have been shaking the place up for decades. It's no wonder, then, that they're now redesigning the golden years. For more information on hearing loss, visit HearUSA at [www.HearUSA.com](http://www.HearUSA.com).

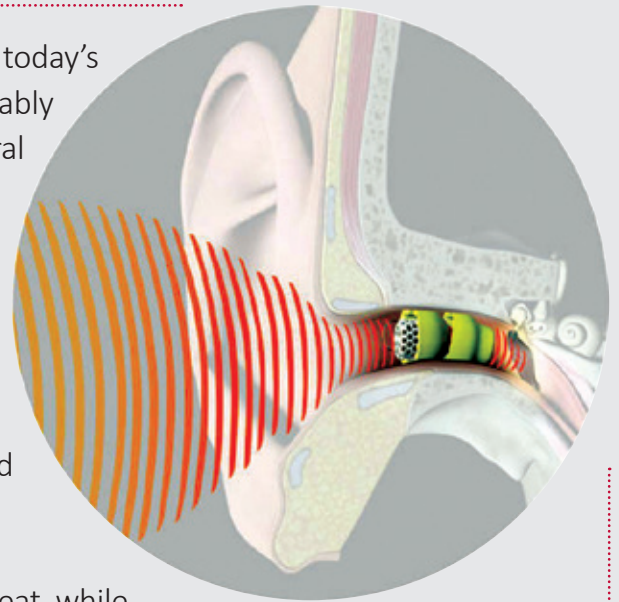
**1.** They're virtually invisible. Many of today's hearing aids sit discreetly and comfortably inside the ear canal, providing both natural sound quality, and discreet and easy use.

**2.** They automatically adjust to all kinds of soundscapes. Recent technological advances with directional microphones have made hearing aids far more versatile than ever before – and in a broad range of sound environments.

**3.** You can enjoy water sports and sweat while wearing them. Waterproof digital hearing aids have arrived. This feature is built into some newly designed hearing aids for those concerned about water, humidity and dust. This feature suits the active lifestyles of swimmers, skiers, snowboarders, intensive sports enthusiasts and anyone working in dusty, demanding environments.

**4.** They work with smartphones, home entertainment systems and other prized electronics. Wireless, digital hearing aids are now the norm. That means seamless connectivity – directly into your hearing aid(s) at volumes that are just right for you – from your smartphone, MP3 player, television and other high-tech gadgets.

**5.** 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 in the morning. It's super convenient – and there's no more fumbling with small batteries.



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# 5 REASONS

# Why Women LOSE THEIR HAIR

By Alan J. Bauman, M.D.



**H**ere's a fact that many people probably don't know: by the age of 50, roughly half of all women experience some form of hair loss.

That's right – half. While most people tend to think of hair loss as a man's problem, the reality is that women are almost just as likely as men to lose their hair. But wait, you say, I don't see bald women walking around... how is this possible?

Genetic hair loss is “expressed” in women differently than men. While many women can experience significant hair loss, they do not typically “go bald.” That is an important factor in diagnosing and treating female pattern hair loss versus male pattern hair loss. The main difference between male and female pattern hair loss is the fact that female hair loss occurs more diffusely over the affected areas of the scalp, leaving some follicles unscathed while severely miniaturizing others.

In early cases, male pattern hair loss can be diagnosed “from across the room” as hairlines recede and the traditional crown bald spot appears. This is in stark contrast to most women, where coverage is often maintained even as the quantity and quality of hair in the affected area decreases to 50% of normal. It has been shown that without a close examination or measurement, the early stages of hair loss are often underestimated, missed and perhaps dismissed by physicians. The subtle signs and symptoms of decreased ponytail volume, excessive shedding, widening part-lines, decreased frontal or temporal coverage requiring more creative hairstyling, etc. if ignored can lead to a larger cosmetic issue that may be more difficult to address later on.

Genetics and other factors determine the time of onset, speed and severity of loss over time. Female hair loss can be mild or severe, and there are a variety of factors at work that determine how a woman's hair will change over time. Hair loss can start at any age – teens, twenties, thirties, forties, and a woman's risk goes up after menopause. Some women may see accelerations of hair loss after pregnancy, weight loss, starting certain medications, etc. and then continue slowly, but the problem almost always gets worse without treatment.

When men experience hair loss, some decide to deal with it by shaving it off and moving on like Bruce Willis or Vin Diesel. Unfortunately for women, there isn't a similar socially-acceptable option. Female pattern baldness often causes a great deal of anxiety and embarrassment in women – it's also associated with a higher risk of depression and social withdrawal as styling options become more limited and cumbersome.

There are a number of reasons why women experience hair thinning, as I'll discuss below, but it's important for women to realize that this condition is quite common and they're not alone. It's estimated that 30 million US women suffer from hair loss – and that's a very conservative estimate. The real number is probably two to three times higher.



Also important – there are treatments that can help! From FDA approved minoxidil to FUE microsurgical hair transplants, special marine-derived supplements, FDA-cleared low level laser therapy devices (like LaserCap, newly cleared by the FDA), prostaglandin analogs, and platelet-rich plasma (PRP) therapy.

There are also genetic tests available that can predict a woman's hair loss risk later in life and a scientific measuring tool called HairCheck that can help professionals accurately measure, analyze and track the amount of hair in various areas of the scalp over time. This can help monitor hair loss or hair regrowth from treatments over time.

### HERE ARE FIVE REASONS WHY WOMEN LOSE THEIR HAIR:

**Genetics** – There are hundreds of genes that regulate hair growth. Just like men, women too can inherit “the hair loss gene” amongst other hair characteristics that make hair loss more significant. After puberty, the hereditary hair loss genes can take over – causing a gradual and progressive miniaturization of hair follicles. As our hair ages, the follicle function diminishes in proportion to hereditary risk. What Can You Do? — If you're young, get tested to see if you're at risk later in life. If you're already experiencing hair loss, consult with a board-certified hair restoration physician right away and get a HairCheck measurement in the at-risk areas. Regardless of how far along your hair loss is, there are medical treatments that can help. A typical multi-therapy approach will utilize minoxidil, low level laser therapy and nutritional supplements – but additional measures like PRP, prostaglandin analogs and NeoGraft FUE hair transplant surgery may also be used depending on the person's individual case.

**Hormonal Changes** – At various times in a woman's life, hormone levels change - birth control pills, childbirth, menopause, hormone replacement therapy, etc. – and this may be associated with hair loss. Recent scientific studies suggest that some women may be genetically predisposed to be sensitive to androgens (even small levels), which are known to trigger hair loss in men. In addition, many physicians report that anti-androgen treatments are helpful in cases of female hair loss. What Can You Do? — Genetic testing, called HairDX, is now available from select doctors to determine if a woman may be “Highly Androgen Sensitive,” which increases her likelihood of responding to certain off-label treatments like finasteride. Other treatments like compounded minoxidil Formula 82M, PRP with BioD, and low level laser therapy may also be used in combination.

**Diet** – Our follicles need certain types and amounts of nutrients to produce healthy hair, so women who engage in unhealthy dieting (such as crash di-

ets) or have nutritional deficiencies – particularly in calories, protein, iron, zinc, fatty acid or vitamins B or C - are at risk of a short-term hair loss condition known as ‘telogen effluvium.’ This risk is compounded if the woman is already genetically predisposed to hair loss. What Can You Do? — Eat a healthy diet, rich with hair “super foods” like salmon, dark green vegetables, nuts, beans, poultry, low-fat dairy, etc. Also consider taking a pharmaceutical-grade biotin supplement (like BaumanMD “Super Biotin”) or a marine-derived supplement like Viviscal Professional, both of which support healthier hair.

**Health** – Ill health can also have an impact on a woman's hair. Weight loss, thyroid, PCOS or other hormone disorders, stress and other health-related issues can cause hair loss. Additionally, certain medications may also cause hair loss, such as: oral acne medications with retinoids, antidepressants, birth control, anti-hypertensives, cholesterol-lowering statin drugs, steroids, and more. What Can You Do? — Patients should never discontinue a prescribed medical treatment just because of its potential hair loss side effects. However, such patients should consult a board-certified hair restoration physician to consider getting started on multi-therapy program that can combat these side effects, such as prescription minoxidil, nutritionals and physician-recommended low level laser therapy devices.

**Physical Damage** – Women who wear hair extensions, braids and tight ponytails can cause lasting physical harm to their hair follicles, resulting in a type of permanent hair loss known as traction alopecia, a form of scarring alopecia. Additionally, using harsh excessive heat and chemicals like keratin treatments, bleaches and dyes, blow dryers and flat irons, and over-zealous or harsh combing of hair when wet puts the hair strands themselves at risk of damage and breakage. What Can You Do? — Avoid long-term use of heavy hair extensions or use intermittently only. Over time, these are especially harmful to hair follicles and most stylists will underestimate their potential for damage until it's too late. Women with weak hair should also try to scale back on the other harmful styling practices (e.g., chemical or heat straightening) as much as possible. They can also incorporate dimethicone-based hair conditioners and thermal protection conditioners to minimize damage and use nutritional supplements like biotin and Viviscal Pro to help boost the strength of hair fibers.

The most important part of combatting female hair loss and hair thinning is having a complete medical evaluation by a board-certified Hair Restoration Physician who specializes in accurate diagnosis, effective treatments and scientific tracking measurements to correctly address the problem.

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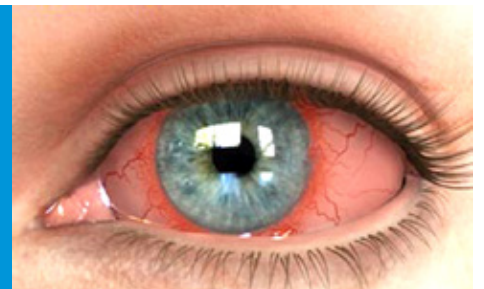
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By Lauren R. Rosecan, M.D., Ph.D., F.A.C.S.

# WHY DO I HAVE UVEITIS?

**U**VEITIS is inflammation of the uvea, which is made up of the iris, ciliary body and choroid. Together, these form the middle layer of the eye between the retina and the sclera (white of the eye).



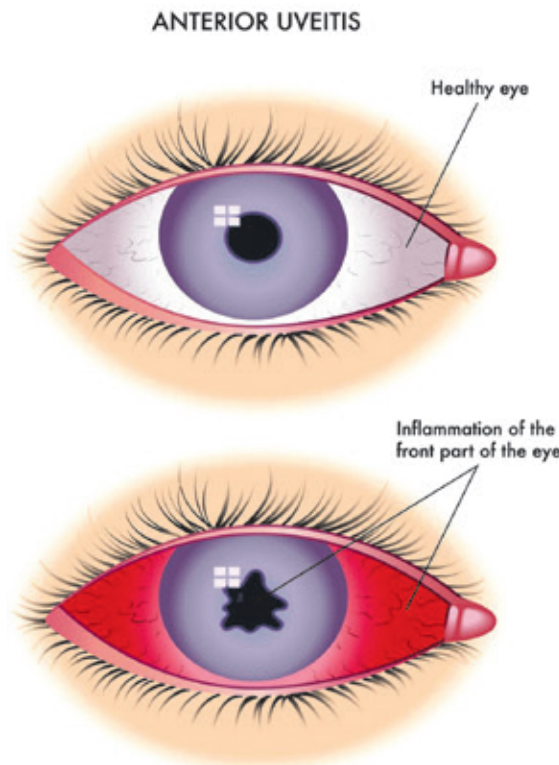
The eye is shaped like a tennis ball, with three different layers of tissue surrounding the central gel-filled cavity, which is called the vitreous. The innermost layer is the retina, which senses light and helps to send images to your brain. The outermost layer is the sclera, the strong white wall of the eye. The middle layer between the sclera and retina is called the uvea.

The uvea contains many blood vessels — the veins, arteries and capillaries — that carry blood to and from the eye. Because the uvea nourishes many important parts of the eye (such as the retina), inflammation of the uvea can damage your sight.

*There are several types of uveitis, defined by the part of the eye where it occurs.*

- **Iritis affects the front of your eye. Also called anterior uveitis, this is the most common type of uveitis. Iritis usually develops suddenly and may last six to eight weeks. Some types of anterior uveitis can be chronic or recurrent.**
- **If the uvea is inflamed in the middle or intermediate region of the eye, it is called pars planitis (or intermediate uveitis). Episodes of pars planitis can last between a few weeks to years. The disease goes through cycles of getting better, then worse.**

- **Posterior uveitis affects the back parts of your eye. Posterior uveitis can develop slowly and often lasts for many years.**
- **Panuveitis occurs when all layers of the uvea are inflamed.**



## UVEITIS CAUSES

The specific cause of uveitis often remains unknown. In some cases, however, it can be associated with other disease or infection in the body.

*Uveitis may be associated with:*

- **A virus, such as shingles, mumps or herpes simplex;**
- **Systemic inflammatory diseases;**
- **A result of injury to the eye; or**
- **Rarely, a fungus, such as histoplasmosis or a parasite, such as toxoplasmosis.**

If you smoke, stop. Studies have shown that smoking contributes to the likelihood of developing uveitis.

## UVEITIS SYMPTOMS

Uveitis may develop suddenly with eye redness and pain, or with a painless blurring of your vision. In addition to red eye and eye pain, other symptoms of uveitis may include light sensitivity, blurred vision, decreased vision and floaters. There may also be a whitish area (called a hypopyon) obscuring the lower part of the iris.

A case of simple "red eye" may in fact be a serious problem such as uveitis. If your eye becomes red or painful, you should be examined and treated by an ophthalmologist .

**UVEITIS DIAGNOSIS**

A careful eye examination by an ophthalmologist is extremely important when symptoms occur. Inflammation inside the eye can permanently affect sight or even lead to blindness if it is not treated.

Your ophthalmologist will examine the inside of your eye. He or she may order blood tests, skin tests or X-rays to help make the diagnosis.

Since uveitis can be associated with disease in other parts of the body, your ophthalmologist will want to know about your overall health. He or she may want to consult with your primary care physician or other medical specialists. However, in approximately 40 to 60 percent of cases, no associated disease can be identified.

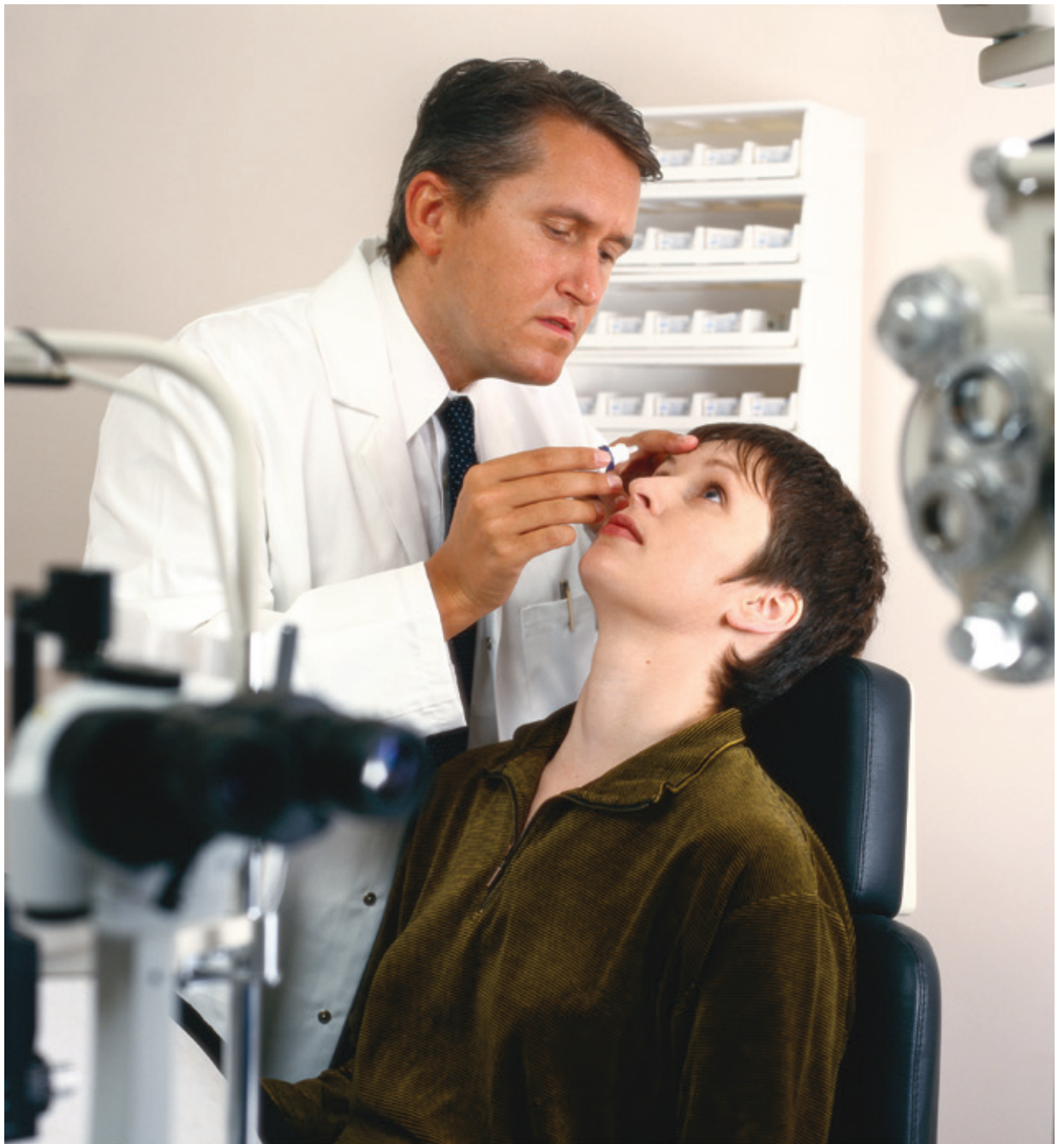
**UVEITIS TREATMENT**

Uveitis is a serious eye condition that may scar the eye. It needs to be treated as soon as possible. Eyedrops, especially corticosteroids and pupil dilators, can reduce inflammation and pain. For more severe inflammation, oral medication or injections may be necessary.

*If left untreated, uveitis may lead to:*

- **Glaucoma** (increased pressure in the eye);
- **Cataract** (clouding of the eye's natural lens);
- **Neovascularization** (growth of new, abnormal blood vessels); or
- Damage to the retina, including **retinal detachment**, damage to the optic nerve or both.

These complications may also need treatment with eye drops, conventional surgery or laser surgery. If you have a "red eye" that does not clear up quickly, contact your ophthalmologist.



# The Retina Institute of Florida

## Lauren R. Rosecan

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

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# Wanda's Cosmetics & Fragrances, helping you leave a lasting impression



**A**t Wanda's Cosmetics and Fragrances, you'll learn makeup application techniques that will transform you from a plain Jane to a sophisticated beauty. Offering the latest makeup trends and this season's hottest looks, colors and techniques, our team will help you achieve your ideal goal. Our expert team of makeup artist can help you choose the perfect shades of foundation, eye color, blush, bronzer and lipstick to bring out your natural beauty. We also offer a full line of fragrances perfect for leaving a lasting impression. Wanda's Cosmetics and Fragrances offers free makeovers with any one of her talented makeup artists! The Big Apple Flea Market offers a wide variety of beauty, health and wellness merchants for all your needs!

Come take a bite out of The Big Apple and don't forget to stop by and pick up your discount coupons at the Market office for additional savings!



## Common Makeup- Mistakes

### WEARING THE WRONG SHADE OF FOUNDATION

We all do it one point or another, and it's an easy fix. Choose two shades that come closest to your skin tone, apply each your jaw line, and then go outside in natural light and look in a mirror. Your best color will disappear into your own skin color, leaving a natural look.

### APPLYING MAKEUP TO DRY SKIN

This is a huge no-no. Applying makeup to dry skin will accentuate flakiness, fine lines and wrinkles. It is also difficult for foundation to blend into dry skin, without moisturized skin makeup will sit atop of skin and appear caked on. Instead exfoliate weekly and use a rich moisturizer after. Daily use a moisturizer prior to make up application will give you a youthful glow.

### CHOOSING THE WRONG SHADE OF BLUSH

Blushes should complement your natural blush tone. The best blush results from consulting a professional makeup artist to find your perfect shades. Remember if you choose a bolder lip, pair that with a subtler shade of blush.

### APPLYING TOO MUCH BRONZER

The over-liberal application of bronzer as one of the biggest makeup blunders, this can result in the dreaded orange look or deep set browns that appear unnatural. Instead of applying bronzer all over the face, focus on highlighting the temples, forehead, nose and neck.

### USING DIRTY BRUSHES OR MAKE-UP APPLICATORS

Applying makeup with a dirty brush or old sponge will lead to a ashy look and endless breakouts no matter your age. For a fresh face look keep your

tools clean and new. Wash tools with a mild shampoo or instant brush cleaner and replace sponges regularly.

**WEARING THE SAME MAKEUP EACH SEASON**

Finding that your eye makeup keeps running now that the season has changed? Switch over formulas during spring and summer to water-proof pencils and mascaras as well as cream eye shadows to stop your makeup from melting away.

**WEARING THE SAME FOUNDATION YEAR ROUND**

Much like your color cosmetics, your foundation needs to be switched up during the summer months. You have a summer wardrobe and winter wardrobe, the same applies to your face.

**NOT TESTING MAKEUP**

You wouldn't just hold up a pair of jeans to see if they fit, you must try them on. The same holds true for makeup. You can't trust the appearance of makeup in the bottle. Liquid products oxidize on the skin and in the air, changing the color, texture, and appearance on your skin.

**APPLYING TOO MUCH POWDER**

We have all experienced the dreaded oily face as the day progresses. However, powdering throughout the day to absorb oil will only lead to a heavy and cakey makeup appearance. Instead, use blot tissue to absorb excess oil and leave your face and makeup looking fresh.

**OVER-EXAGGERATING EYEBROWS**

Bold brows are in. They are a perfect way to frame your face and highlight your eyes but only if the color and shape suits your face, hair and skin color. Often women with thin eyebrows try to create a fuller brow with a pencil that's too darker, and this can look very harsh. If you are a brunette, try



a shade lighter than your natural color, and for blondes and redheads, go a shade darker.

**GETTING STUCK IN A RUT**

We all have one staple product we have worn for years and won't give up! We buy it time and time again, but it could be holding you back from updating your look. Trust one of our makeup artists to help you choose an updated texture, tone, or hue that will bring your favorite qualities of the old faithful without dating the vibrant youthful you.

Get the latest makeup application tips and tricks at The Big Apple Flea Market at Wanda's Cosmetics and Fragrances located at 5283 West Atlantic Avenue, Delray Beach, just west of Military Trail. Visit Wanda's Cosmetics and Fragrances for all your beauty, hair and nail needs!

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# What is CBD

## and the medical treatment it provides:

**CANABIDIOL**—CBD—is a cannabis compound that has significant medical benefits, but does not make people feel “stoned” and can actually counteract the psycho activity of THC. The fact that CBD-rich cannabis is non-psychoactive makes it an appealing option for patients looking for relief from inflammation, pain, anxiety, psychosis, seizures, spasms, and other conditions without disconcerting feelings of lethargy or dysphoria.



**S**cientific and clinical research—much of it sponsored by the US government—underscores CBD’s potential as a treatment for a wide range of conditions, including arthritis, diabetes, alcoholism, MS, chronic pain, schizophrenia, PTSD, depression, antibiotic-resistant infections, epilepsy, and other neurological disorders. CBD has demonstrable neuroprotective and neurogenic effects, and its anti-cancer properties are currently being investigated at several academic research centers in the United States and elsewhere.

Extensive preclinical research—much of it sponsored by the U.S. government—indicates

that CBD has potent anti-tumoral, antioxidant, anti-spasmodic, anti-psychotic, anti-convulsive, and neuroprotective properties. CBD directly activates serotonin receptors, causing an anti-depressant effect, as well.

**Here are five facts that you should know about this unique compound:**

**1. CBD is a key ingredient in cannabis**

CBD is one of over 60 compounds found in cannabis that belong to a class of molecules called cannabinoids. Of these compounds, CBD and THC are usually present in the highest concentrations, and are therefore the most recognized and studied.

CBD and THC levels tend to vary among different plants. Marijuana grown for recreational purposes often contains more THC than CBD.

However, by using selective breeding techniques, cannabis breeders have managed to create varieties with high levels of CBD and next to zero levels of THC. These strains are rare but have become more popular in recent years.

**2. CBD is non-psychoactive**

Unlike THC, CBD does NOT cause a high. While this makes CBD a poor choice for recreational users, it gives the chemical a significant advantage as a medicine, since health professionals prefer treatments with minimal side effects.

CBD is non-psychoactive because it does not act on the same pathways as THC. These pathways, called CB1 receptors, are highly concentrated in the brain and are responsible for the mind-altering effects of THC.

A 2011 review published in Current Drug Safety concludes that CBD “does not interfere with several psychomotor and psychological functions.” The authors add that several studies suggest that CBD is “well tolerated and safe” even at high doses.

**3. CBD has a wide range of medical benefits**

Although CBD and THC act on different pathways of the body, they seem to have many of the same medical benefits. According to a 2013 review published in the British Journal of Clinical Pharmacology, studies have found CBD to possess the following medical properties:

MEDICAL PROPERTIES OF CBD	EFFECTS
Antiemetic	Reduces nausea and vomiting
Anticonvulsant	Suppresses seizure activity
Antipsychotic	Combats psychosis disorders
Anti-inflammatory	Combats inflammatory disorders
Anti-oxidant	Combats neurodegenerative disorders
Anti-tumoral/Anti-cancer	Combats tumor and cancer cells
Anxiolytic/Anti-depressant	Combats anxiety and depression disorders

Unfortunately, most of this evidence comes from animals, since very few studies on CBD have been carried out in human patients.

But a pharmaceutical version of CBD was recently developed by a drug company based in the UK. The company, GW Pharmaceuticals, is now funding clinical trials on CBD as a treatment for schizophrenia and certain types of epilepsy.

Likewise, a team of researchers at the California Pacific Medical Center, led by Dr. Sean McAllister, has stated that they hope to begin trials on CBD as a breast cancer therapy.

**4. CBD reduces the negative effects of THC**

CBD seems to offer natural protection against the marijuana high. Numerous studies suggest that CBD acts to reduce the intoxicating effects of THC, such as memory impairment and paranoia.

CBD also appears to counteract the sleep-inducing effects of THC, which may explain why some strains of cannabis are known to increase alertness.

**5. CBD is legal in the US and many other countries:**

If you live in the US, you can legally purchase and consume Cannabidiol in any state.

Cannabidiol from industrial hemp also has the added benefit of having virtually no THC. This is why it’s not possible to get “high” from CBD.

In Fact various government agencies are taking notice to the clinical research supporting the medical benefits of CBD. The U.S. Food and Drug Administration recently approved a request to trial a pharmaceutical version of CBD in children with rare forms of epilepsy. The drug is made by GW Pharmaceuticals and is called Epidiolex.

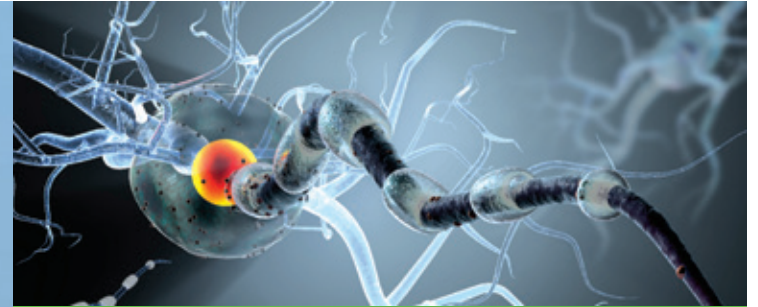
According to the company, the drug consists of “more than 98 percent CBD, trace quantities of some other cannabinoids, and zero THC.” GW Pharmaceuticals makes another cannabis-based drug called Sativex, which has been approved in over 24 countries for treating multiple sclerosis.

We at Vapor Rocket are not medical doctors, we do pride ourselves on working closely with treating medical physicians, scientists, and leading researchers in the CBD field to ensure we provide our patients with the highest quality CBD to treat identified medical conditions. Owner Jeff Mandell has 20 years experience in medical underwriting and is an advisor to the board of directors for the Miami Beach Community Health Centers. If you are interested in using CBD for treatment of ailment we recommend you consult your doctor to make sure it’s right for you. If you have further questions about CBD or request that we work with your medical professional please contact our knowledgeable staff at **561-200-0122**.



# What Is

# MULTIPLE SCLEROSIS?



**M**ULTIPLE SCLEROSIS (MS) involves an immune-mediated process in which an abnormal response of the body's immune system is directed against the central nervous system which is made up of the brain, spinal cord and optic nerves. The exact antigen — or target that the immune cells are sensitized to attack — remains unknown, which is why MS is considered by many experts to be “immune-mediated” rather than “autoimmune.”

Within the central nervous system, the immune system attacks myelin — the fatty substance that surrounds and insulates the nerve fibers — as well as the nerve fibers themselves. Myelin is a primary target of the immune attack in MS.

- The damaged myelin forms scar tissue (sclerosis), which gives the disease its name.
- When any part of the myelin sheath or nerve fiber is damaged or destroyed, nerve impulses traveling to and from the brain and spinal cord are distorted or interrupted, producing a wide variety of symptoms.
- The disease is thought to be triggered in a genetically susceptible individual by a combination of one or more environmental factors.
- People with MS typically experience one of four disease courses, which can be mild, moderate or severe.



While the cause of MS is still not known, scientists believe that the interaction of several different factors may be involved. To answer this important question, studies are ongoing in the areas of immunology (the science of the body's immune system), epidemiology (the study of patterns of disease in the population) and genetics. Scientists are also studying infectious agents that may play a role.

**IMMUNOLOGIC FACTORS**

In recent years, researchers have been able to identify which immune cells are mounting the attack, some of the factors that cause them to attack, and some of the sites (receptors) on the attacking cells that appear to be attracted to the myelin to begin the destructive process.

**ENVIRONMENTAL FACTORS**

MS is known to occur more frequently in areas that are farther from the equator. Epidemiologists — scientists who study disease patterns — are looking at variations in geography, demographics, genetics, infectious causes and migration patterns in an effort to understand why.

Studies have shown that people born in an area with a high risk of MS who then move to an area with a lower risk before the age of 15 assume the risk of their new area. Such data suggest that exposure to some environmental agent before puberty may predispose a person to develop MS later on.

Growing evidence suggests that vitamin D plays an important role. People who live closer to the equator are exposed to greater amounts of sunlight year-round. As a result, they tend to have higher levels of naturally-produced vitamin D, which is thought to support the immune function and may help protect against immune-mediated diseases like MS. The evidence is also growing that smoking plays an important role in MS.

**INFECTIOUS FACTORS**

Since initial exposure to numerous viruses, bacteria and other microbes occurs during childhood, and since viruses are well-recognized as causes of demyelination and inflammation, it is possible that a virus or other infectious agent is the triggering factor in MS. More than a dozen viruses and bacteria have been or are being investigated to determine if they are involved in the development of MS, but none have been definitively proven to trigger MS.

**GENETIC FACTORS**

While MS is not hereditary, having a first-degree relative such as a parent or sibling with MS does significantly increase an individual's risk of



developing the disease. Studies have shown that there is a higher prevalence of certain genes in populations with higher rates of MS.

**TREATMENT**

If symptoms interfere with everyday activities, physical therapy can address these issues. Therapists evaluate and address the body's ability to move and function with particular emphasis on walking and mobility, strength, balance, posture, fatigue and pain. Treatment may include an exercise program, gait training as well as training in the use of mobility aids such as canes, walkers or

wheelchairs. The goal is to promote safety, achieve and maintain optimal functioning, and prevent unnecessary complications. A speech therapist can also provide evaluation and treatment of speech and swallowing difficulties as well as problems with thinking and memory.

MS is thought to affect more than 2.3 million people worldwide. While the disease is not contagious or directly inherited, epidemiologists have identified factors in the distribution of MS around the world that may eventually help determine what causes the disease.



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# Is Your Qi Imbalanced?

## How Acupuncture Corrects Functional Flow and Increases Weight Loss



**P**atients have long touted the effectiveness of acupuncture for weight loss, and the scientific community finally agrees. Acupuncture for weight loss has often been questioned as to whether it is scientifically valid even though millions have had benefit from the effects of acupuncture for weight loss. However a recent meta-analysis in the International Journal of Obesity proved that weight loss can be obtained without the side effects of the anti-obesity medication using instead Traditional Chinese Medicine (TCM). Acupuncture and Chinese herbal medicine are the two chief components of TCM.

The primary outcomes of the research used changes in body weight, changes in body mass index (BMI), changes in waist and hip circumference, and changes in body fat percentage to verify the results of the research. It was also revealed that the acupuncture trials had more benefit than placebo and lifestyle modification.

Many patients coming to Dr. Meng often ask if the benefits of acupuncture for weight loss have a long lasting effect. Researchers have confirmed that the relapse of weight gain was more common in the control groups than in the Chinese herbal medicine or acupuncture treatment groups.

### Sounds great, but how does it work?

Acupuncture works by addressing imbalances in your body, and correcting them removes the impediments to lose weight. This is why; it is not surprising that the research has shown the weight loss from acupuncture to be of benefit for the longer term.

Some people have a qi (pronounced chi) imbalance. Qi is the body's energy, if you have too little qi, then it is hard for you to lose weight. Qi also circulates in the body, and stress can lead to the slowing of this circulation, also called qi stagnation.

Correcting these imbalances will lead to more energy and an increased in your ability to take off pounds. Dr. Meng is trained in determining the correct imbalance in your body and addressing it.

**It's powerful, it's a little mysterious, and it is safe.**

As stated above, there is science behind the effectiveness of acupuncture and how it assists with weight loss by correcting functional imbalances. Once the imbalance is corrected, the treatments help to boost metabolism. Acupuncture has also been shown to stimulate the brain and to release neurochemicals and hormones. This helps you relax, and gives you more energy. Also, for many, poor digestion and constipation lead to weight gain, which acupuncture is great at addressing.

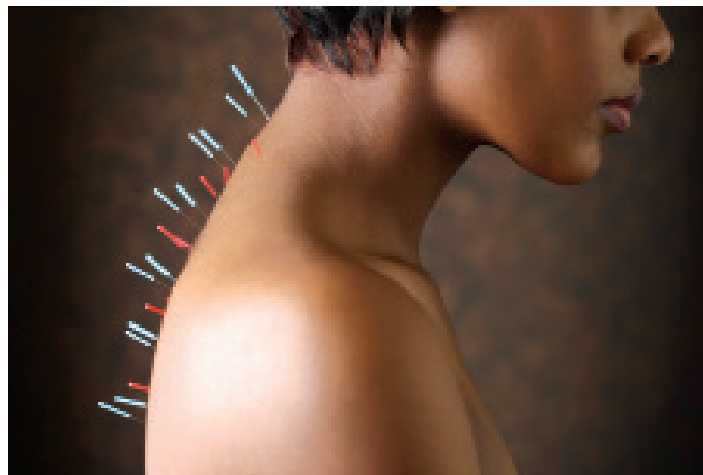
Any side effects from the acupuncture and Chinese herbal medicine in the treatment of acupuncture are negligible when compared to modern pharmaceuticals.

*The same acupuncture points and the same Chinese herbal medicines have been used for over 2000 years for weight loss and they have never have been taken off the market.*

**Pulling it all together to improve qi and achieve the best results.**

Acupuncture is only a part of a weight loss plan. After determining what the root cause of your imbalances, Dr. Meng develops an individualized plan that includes acupuncture points and herbs that together will maximize weight loss. The herbal therapy, specially developed by Dr. Meng, works to assist the functions of the acupuncture and is especially important for detoxing the body. The herbs work all day long, and are critical for achieving the best results.

In addition to strengthening digestive and waste systems, all Dr. Meng's Weight Loss Program acupuncture treatments reduce stress and anxiety, which is critical for weight loss. Stress works against weight in several ways. Stress reduces the functioning of the internal organs, which in turn reduces the functioning of the body's digestive and waste elimination abilities. Stress also triggers the fat cells to essentially open up; resulting in increased size and number. Many people also tend to snack or eat something to make them feel better when they're feeling stressed and of course this results in weight gain.



Derived from TCM, Dr. Meng's weight loss program not only helps with weight loss and stress, but also improves sleep, increases energy, and promotes an overall sense of well-being. All this is accomplished by using a combination of acupuncture, herbal formulas, and food therapy.

From a Western perspective, Dr. Meng's Weight Loss Program will help to lower cholesterol, lower blood pressure, stabilize blood sugar levels, reduce stress, and improves blood circulation.

If you are interested in learning more about your qi and the roll acupuncture can have in achieving weight loss goals, call Meng's Acupuncture Medical Center at **561-656-0717** for a free consultation.



**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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# ALZHEIMER'S PREVENTION

## HOW CLOSE ARE WE?

**A**lzheimer's disease is an irreversible, progressive brain disease that slowly destroys the memory, causes a decline in the ability to perform routine tasks, disorientation, difficulty in learning, loss of language skills, impairment in judgment, and personality changes. We can all agree that this is a very accurate description of what occurs. In our society at present we typically just refer to it as Dementia or Old Age Forgetfulness, and though it is tied into the aging process it is not normal.

Alzheimer's disease has two hallmark characteristics that occur in the brain. One being an accumulation of a protein called Beta Amyloid, which form into something we refer to as senile plaques. The other is an accumulation of a protein called Tau, which forms into something we refer to as neurofibrillary tangles. These two proteins which form the plaques and tangles in a person's brain who has Alzheimer's disease are the two destructive forces that ultimately are killing the neurons and causing the damage.

Historically we would only be able to confirm the diagnosis of Alzheimer's disease upon autopsy. However recent scientific advancements now enable us to diagnose the disease before a person actually has any symptoms of the disease through the use of specialized tests to measure for Biomarkers within a person's body, PET CT's utilizing a new tracer and specialized CSF analysis are two such biomarkers. This is of significance because it allows us to accurately tell if the process has already started even though one is not noticing the effects of the disease!

If we in fact can diagnose the disease before one suffers any losses it enables us to try to treat the disease proactively and hopefully prevent one from having full blown Alzheimer's disease all together. This is precisely what several pharmaceutical companies are researching at the present time. The hope is that it is diagnosed while one is fully functioning; treat it with a new medication to prevent the two plaques from forming in the brain or removing them, thus halting the progress of this disease ahead of time. That sounds like a treatment and prevention strategy!



These same companies are also currently testing these disease modifying medications on individuals who currently have Alzheimer's Type Dementia with hopes of halting the progress of the disease. For any questions regarding these advancements or to see if you would qualify for possible participation in one of these ground breaking trials please call our office and schedule a free screening, (561) 209-2400.





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# Is Using Your Insurance Coverage Too Costly?



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Our world class physicians and medical team administer care for our patients around the clock – in the emergency rooms at Boca Raton Regional Hospital and Delray Medical Center, admitting and coordinating patient care in both the hospital and rehabilitation facilities, and overseeing their care at home.

We all want and deserve a physician and health care team who knows us and our families on a personal level, caring for us as we travel on life's journey.

Glades Medical Group takes pride in caring above and beyond other practices, treating patients as members of an extended family. We do everything possible to accommodate visiting family members who have fallen ill while “home for the holidays or vacation” – because it happens, and why should they have to wait for hours in an ER with strangers?

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Our laboratory services are state of the art. We offer a variety of special testing for your well being. Our lab being on-site is an added convenience for all of our patients. The majority of our lab tests are done same day as your office visit. Our physicians can discuss the range of lab tests that are available including minerals, vitamin levels and lipid profiles. We encourage our patients to be a full partner in their own health care and include them in planning patients’ preventative care needs as well as their ongoing care.

**DR. MONTALVAN** is board certified in Internal Medicine and completed his internship and residency training in Mt. Vernon Hospital, Mt. Vernon, New York.

He has a broad medical background in Occupational Medicine, Emergency Medicine in Newark, NJ and NY, also is a consulting Toxicologist and a member of the Fellowship Program at Hackensack University Medical Center, Hackensack, New Jersey.

Dr. Montalvan had his own Internal Medicine practice for over fifteen years in Rochelle Park, New Jersey and admitted to renowned Hackensack University Medical Center.

Dr. Montalvan lives in Boca Raton and has three children – twin daughters and a son. He is an associate clinical professor at Florida Atlantic University Schmidt School of Medicine, Boca Raton campus. Dr. Montalvan is fluent in English and Spanish. He is a strong proponent of healthy living and is dedicated to providing full-service medical care to his patients.



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# Feng Shui

By Juli Edwards

*For Life*

**F**eng Shui is the ancient practice of wind and water. It is a fun and inspiring way to explore different ideas to improve your life; bringing in greatness. Juli Edwards, owner of Healthy Life Salon in Boca Raton, can provide you with a Feng Shui Chart. Juli has been practicing Feng Shui since 2009. She has devised two different types of Feng Shui Charts. The first one is called a Feng Shui Full Analysis. This is discovering the correct placement of objects and furniture in your home or office as well as implementing complimentary colors and shapes that will truly enhance your well being. It will also significantly reduce accidents. When the Chi (auspicious energy) is able to flow and nourish a space, wonderful things happen. Clearing the clutter and freeing up the walkways in your space are a few simple ways to allow the Chi to flow. Getting rid of old, broken or worn out objects and removing electronics and appliances not being used are some other great ways to clear stagnant energy and replace it with auspicious energy. Having your Feng Shui Full Analysis Chart done is an excellent way to get complete with your life. It will open doors to new adventures and enjoyment. With good Feng Shui, you can achieve financial security, improve self esteem, and ultimately increase your quality of life. Juli Edwards will help you fine tune your home and provide many ideas to correct the inauspicious areas of your space to bring in divine energy. Using the correct colors and shapes in each area of your bagua chart will become the focus. A Full Analysis takes about two weeks to complete including (2) three hour home visits. Many times information that will be shared may be applied immediately however some may take months for a individual to complete. Patience and persistence are good practices and will reward you greatly. When the Chi is flowing, fantastic things happen. Less accidents occur. Wealth is acquired. Peace and Love abound. A Full Analysis is \$500 and includes square footage up to 2500. Additional fees will be applied for a space larger than 2500 square feet. Additional fees will also apply when more than one person is living or working in the space being analyzed. A chart of each person will be done separately. With good Feng Shui practice, ever changing energy is most desirable. Ebb and Flow becomes the natural process. A free flowing life becomes effortless.





Feng Shui can also be applied to the body, face, and hair. This is a Feng Shui Personal Profile. Each individual has their own element. Each element is unique. The five Feng Shui elements are metal, water, fire, wood, and earth. Each element has a place on the yin and yang symbol. Each has a desirable direction. Each has a variety of colors. Each has its own shape. When the personal chart is done, the individual will receive an interpretation of their chart done by Juli Edwards. Each analysis will include the information for the best colors, shapes, and personal element. Several examples will be shared to enhance your well being and immediately boost your confidence and style. Extraordinary things happen when this information is applied regularly. A Feng Shui personal profile is \$100 and it includes a haircut and style (in harmony with your chart) and will be done by Juli Edwards. Experience the benefits of this pertinent and life changing information! Get yourself aligned with

your greatness and your natural beauty. Long or thick hair may have additional fees. Human Hair Extensions and other services may be recommended but are not included in the price. Treat yourself to a Full Feng Shui Analysis or simply explore your Feng Shui Personal chart with Juli Edwards in Healthy Life Salon. Get to know yourself better to immediately improve areas of your life that you did not know were possible. Feel the freedom to be yourself and express yourself everyday with your new information about you!

Healthy Life Salon is located in downtown Boca Raton across from the Royal Palm Plaza. Free parking right in front or across the street in the free parking garage makes this newly renovated space easily accessible. Appointments can be made by calling **561-891-7527**. Healthy Life Salon is open Wednesday through Saturday 11-6pm. Later evening times are available by appointment.



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# Underlying Reasons for Limb Swelling

By Alyssa Parker

**M**any people may experience complications after an operation due to the significant amount of trauma your body endures. Whether it's cancer related, non-cancer related, or a minor surgery, patients may develop post-operative symptoms such as swelling in a limb or a particular area of the body. Swelling in the limb which may appear to be temporary can later lead to chronic swelling known as lymphedema.

## How the Lymphatic System Works

What does edema have to do with your lymphatic system? The lymphatic system serves as one of the body's main highways. Through its network of vessels and ducts, it works as a filtration system for body fluid entering into the blood stream. This fluid is referred to as "lymph" fluid, which is the interstitial fluid consisting of proteins, wastes, and a collection of white blood cells. The kidneys, skin, lungs, or intestines then eliminate the wastes that have been filtered out of the lymphatic vessels.

## What is Lymphedema?

Lymphedema is a degenerative condition which means it will only get worse over time without treatment. There is no cure for Lymphedema. Once a lymph node has been damaged, your lymphatic can become compromised. Over the years, as you get older, you may incur irreversible damage to the lymphatic system through medical procedures, injuries, or infection. Examples include cancer radiation, surgical lymph node removal, joint replacements, scarring of the lymphatic vessels through reoccurring infections i.e. cellulitis, or other health problems relating to gall bladder, kidneys, intestines, or reproductive organs. When an obstruction has occurred, a blockage in the lymph nodes can occur. The limb begins to swell with fluid because the lymphatic system is blocked/impaired, unable to move the fluid back into the circulatory system.

## Compression Pump Treatment

One recognized treatment is using a compression pump. This is a safe and effective way to assist your body's lymphatic system in moving the lymph fluid which has accumulated in the limb and can cause painful swelling, non-healing wounds,



burniness, and discomfort decreasing your mobility. The compression pump is a gentle massaging technique that compresses in a rhythmic cycle, similar to that of a normally functioning lymphatic system that has not been damaged.

## Possible Symptoms of Lymphedema

- Swelling in your legs or arms
- A feeling of heaviness or tightness
- A restricted range of motion
- Aching or discomfort
- Recurring infection/cellulitis
- Hardening or thickening of the skin on your arms or legs

It is important to rule out other causes of edema including nutritional issues, allergies and reactions to medication you may be on. True Lymphedema should not be treated with Diuretics as they draw from the Venous system not the Lymphatic system. Removing fluid from the body in this fashion takes away the wastes' only means of transport and can lead to serious recurrent infections or cellulitis since the lymph waste is now trapped in the limb and has no place to go. If symptoms return when you cease Diuretics, you should be asking questions and seeing a specialist immediately. This is where choosing a physician experienced in recognizing and treating Lymphedema is critical.

## Some Good Questions to Ask Your Physician Include:

- Does my family have a history of swelling (Hereditary Lymphedema)?
- Stammer's sign present?
- Pitting (push your finger into your skin and count how long it takes to return) or skin hardening?
- Hemosiderin staining (port wine skin stains or "red socks") appear from the ankles down?
- Traumatic injury or surgery potentially damaging Lymph nodes (Hip replacements, etc)?
- Radiation to Lymph areas?



## Specialists in Acute Wound Care

Remember, ANY swelling is an indication of an overloaded Lymphatic system. Acute Wound Care, LLC is a highly focused local provider of wound products and compression pumps working with select area physicians highly versed in this condition. For more information and articles on this topic, Google "Acute Wound Care," visit [www.AcuteWoundCare.com](http://www.AcuteWoundCare.com), or call 239-949-4412 and speak with a specialist. Remember, nothing beats flavor than an educated patient.

## ACUTE WOUND CARE

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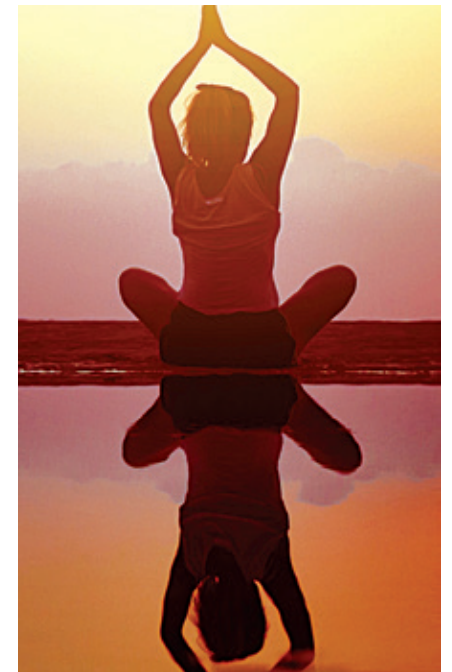
and speak with a specialist.

# **yogamonth** 10 Reasons to practice Yoga

- 1. STRESS RELIEF:** Yoga reduces the physical effects of stress on the body. By encouraging relaxation, yoga helps to lower the levels of the stress hormone cortisol. Related benefits include lowering blood pressure and heart rate, improving digestion and boosting the immune system as well as easing symptoms of conditions such as anxiety, depression, fatigue, asthma and insomnia.
  - 2. PAIN RELIEF:** Yoga can ease pain. Studies have demonstrated that practicing yoga asanas (postures), meditation or a combination of the two, reduced pain for people with conditions such as cancer, multiple sclerosis, auto-immune diseases and hypertension as well as arthritis, back and neck pain, and other chronic conditions. Some practitioners report that even emotional pain can be eased through the practice of yoga.
  - 3. BETTER BREATHING:** Yoga teaches people to take slower, deeper breaths. This helps to improve lung function, trigger the body's relaxation response and increase the amount of oxygen available to the body.
  - 4. FLEXIBILITY:** Yoga helps to improve flexibility and mobility, increasing range of movement and reducing aches and pains. Many people can't touch their toes during their first yoga class. Gradually they begin to use the correct muscles. Over time, the ligaments, tendons and muscles lengthen, increasing elasticity, making more poses possible. Yoga also helps to improve body alignment resulting in better posture and helping to relieve back, neck, joint and muscle problems.
- Yoga isn't just a physical exercise program. It is a scientific system designed to generate greater clarity and harmony in life. With a regular practice, individuals often notice a stronger, slimmer and more flexible body, in addition to a mentally sharper, more patient and relaxed sense of self.
- Many health and fitness programs are difficult to maintain because they are rooted in an overall negative attitude - that you are inadequate and need to "fix" yourself. Negativity is a lousy motivator. Yoga, on the other hand, meets you exactly where you are and does not judge. By practicing yoga you have the opportunity to improve your health with a positive, non-forceful approach.
- A regular yoga practice is a journey to a healthier body and happier life. Give it a try today!
- 5. INCREASED STRENGTH:** Yoga asanas (postures) use every muscle in the body, helping to increase strength literally from head to toe. And, while these postures strengthen the body, they also provide an additional benefit of helping to relieve muscular tension.
  - 6. WEIGHT MANAGEMENT:** Yoga (even less vigorous styles) can aid weight control efforts by reducing the cortisol levels as well as by burning excess calories and reducing stress. Yoga also encourages healthy eating habits and provides a heightened sense of well-being and self-esteem.
  - 7. IMPROVED CIRCULATION:** Yoga helps to improve circulation and, as a result of various poses, more efficiently moves oxygenated blood to the body's cells.
  - 8. CARDIOVASCULAR CONDITIONING:** Even gentle yoga practice can provide cardiovascular benefits by lowering resting heart rate, increasing endurance and improving oxygen uptake during exercise.
  - 9. FOCUS ON THE PRESENT:** Yoga helps us to focus on the present, to become more aware and to help create mind body health. It opens the way to improved concentration, coordination, reaction time and memory.
  - 10. INNER PEACE:** The meditative aspects of yoga help many to reach a deeper, more spiritual and more satisfying place in their lives. Many who begin to practice for other reasons have reported this to be a key reason that yoga has become an essential part of their daily lives.

## September is National Yoga Month.

For Free Yoga Classes and Events visit: [www.yogamonth.org](http://www.yogamonth.org)



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A regular yoga practice is a journey to a healthier body and happier life. Give it a try today!

Text courtesy of Yoga Alliance.

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# I BUMPED MY HEAD...

## How Do I Put an Ice Pack on My Brain?

By Renee Chillcott, LMHC



Concussions are getting more and more attention these days and as the focus on NFL football players experiencing residual effects of concussions many years later is making headlines, youth sports officials are taking action. More knowledge is being given to referees and parents about the risk and symptoms and more physicians and ER's are screening and testing for concussions as well. But what is the treatment?

First, what is a concussion? As seen in countless Saturday morning cartoons, a concussion is most often caused by a sudden, direct blow or bump to the head. The brain is made of soft tissue. It is cushioned by spinal fluid and encased in the protective shell of the skull. When a person sustains a concussion, the impact can jolt the brain. Sometimes, it literally causes it to move around in the head. Traumatic brain injuries can cause bruising, damage to the blood vessels, and injury to the nerves. The result? The brain doesn't function normally. If a concussion has occurred, vision may be disturbed, equilibrium may be lost, or unconsciousness may occur, but doesn't have to. In short, the brain is confused. That's why cartoon characters often saw stars.

### What activities/injuries can cause a concussion?

- Fights
- Falls
- Playground injuries
- Car Accidents/Whiplash
- Bike Accidents/Skateboarding/Roller Skating
- Any sport or activity such as football, boxing, hockey, soccer, skiing, or snowboarding
- Even water sports can cause concussions, and more...

### Who is most at risk?

- Infants
- Kids
- Teens
- Adults
- Elderly

According to the Mayo Clinic, the treatment for a concussion is rest, and if a headache occurs, a pain reliever is recommended. But what if one has been evaluated, diagnosed, and rested, but still having symptoms?

### Here's an example of what we see in our office:

*Jessica is a 12-year-old who, while at soccer practice one day, struck the ball with her head the wrong way, which resulted in a convulsion. Mom and Dad promptly took her to be evaluated where she was scanned, examined, and diagnosed with a concussion. She instantly had a headache after striking the ball, and she was told to rest and take pain relievers. The headache persisted, and she was set up on hospital homebound (home school for medical reasons) for the remainder of her school year. The headache was relentless, and it made sleep difficult. Mom and*

*Dad tried everything, and they took her everywhere. She went to the top-notch hospitals and saw the leading neurologists. The solution was a cocktail of medications prescribed so that she could sleep and function, although they did very little to reduce the pain. The headache continued, non-stop for almost 12 months before she walked into my office.*

From our point of view, a concussion is like a bruised muscle or sprained joint: upon initial impact or injury, there's swelling. The body does this to promote healing. Just like a sprained wrist, this swelling is uncomfortable. So, if a wrist is sprained, does one just rest and see if the swelling goes down? According to the Mayo clinic, in addition to rest, elevation of the area, and taking anti-inflammatory medications, it is also recommended to add ice therapy. Cold therapy closes capillaries and reduces blood flow (swelling), as well as relieves discomfort. But, how does one apply an ice pack to the brain?

Neurofeedback acts as an ice pack for the brain. Through neuron reorganization, blood flow is affected, and there's less chance of inflammation

to persist over time. We also recommend natural anti-inflammatory supplements such as Turmeric and Omega-3's to reduce inflammation.

*That brings us back to Jessica. The inflammation in her brain that was supposed to "go down" or reduce with rest and medication, had not reduced and was, instead, causing interference and pain. With just two Neurofeedback sessions, she was experiencing periods of time without a headache. This was the first time in 12 months. However, because the inflammation had remained for a prolonged period of time, it would take several more repetitive sessions before she would experience consistent relief from the headache as well as improved mental ability and restored school performance.*

**What are some of the signs of a concussion?**

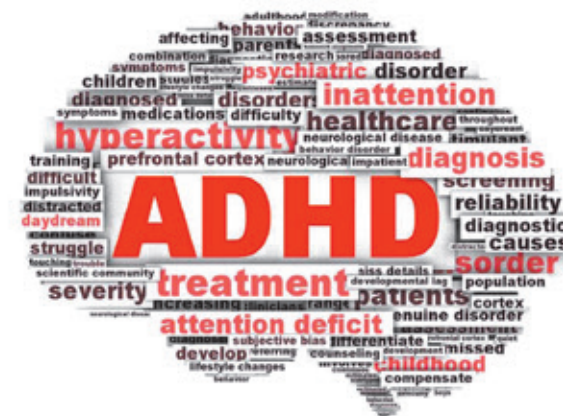
- confusion or feeling dazed
- clumsiness
- slurred speech
- nausea or vomiting
- headache
- balance problems or dizziness
- blurred vision
- sensitivity to light
- sensitivity to noise
- sluggishness
- ringing in ears
- behavior or personality changes
- concentration difficulties
- memory loss

Prevention is, of course, the best course of action when it comes to concussions. Wearing protective gear and being taught how to properly engage in head impact sports can help reduce the incidence of concussions. Neurofeedback immediately following an impact can also help prevent further injury to the brain or residual effects from the impact.



**Neurofeedback for ADD/ADHD**

- ADD/ADHD is one of the most common neurodevelopmental disorders of childhood, and can persist through adolescence and adulthood.
- Those diagnosed can display a number of symptoms including: inattention, hyperactivity, and impulsivity.
- In the brain, ADD/ADHD often displays as too many slow or too many fast neurons firing, particularly in the frontal and/or central lobes.
- Processing issues — auditory, visual, and/or sensory — can cause Attention and Focus problems.



**Research shows that Neurofeedback is a successful alternative for treatment of ADD/ADHD.**

Attention and Focus problems are brain related. Neurofeedback allows people to work directly on the issue by training the brain to become calmer, more focused, and less impulsive.

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**What are the signs that a concussion needs further treatment?**

- continuation of the above symptoms
- decrease in school performance or a drop in grades
- difficulty with sleep or persistent change in sleep pattern
- no longer being good at something that once came naturally (ex: "I was a good speller, now I can't spell well at all.")
- difficulty with short term memory or odd behavior while performing easy tasks

In our experience, we have found that immediate Neurofeedback (after evaluation from a medical physician, if needed) for a concussion can significantly reduce the amount of treatment needed. One or two sessions may be all that is needed to help reduce the swelling and prevent impairment. So, be sure to call your local Neurofeedback practitioner after any head injury or mild concussion.

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# Common Myths About Your Eyes

By David A. Goldman MD

**J**ust because something is a common belief doesn't make it true. A lot of things you have probably heard about your vision turn out to be false. Here are five common myths that have no basis in science.

## **Sitting too close to the TV will ruin your eyes**

Your mom may have warned you that you would ruin your eyes forever if you sat too close to the television or if you watched too much of it. Unfortunately for mom, that's not true. Watching televisions, including LCDs and flat screens, can't cause your eyes any physical harm. The same is true for using the computer too much or watching 3-D movies. Your eyes may feel more tired if you sit too close to the TV or spend a lot of time working at the computer or watching 3-D movies, but you can fix that by giving your eyes a rest.

## **Your vision will get worse if you read in the dark**

Reading in dim light may be harder, but it doesn't damage your eyes. Remember that for centuries people read and worked by candlelight or gas lamps that offered far less light than electric lighting. Having good light will prevent eye fatigue and make reading easier, though.

## **Wearing glasses makes your eyes dependent on them**

Eyeglasses correct blurry vision. You may want to wear your glasses more often so that you can see



clearly, but your glasses aren't changing your eyes so that they become dependent on your eye-glasses. You're just getting used to seeing things more clearly. Similarly, wearing glasses with the wrong prescription won't ruin your eyes. You just won't see as clearly as you would with the proper prescription.

## **Only boys are color blind**

Color blindness, also known as color deficiency, occurs when you are unable to see colors in a certain way. Most commonly, color blindness happens when a person cannot distinguish between certain colors, usually between greens and reds, and occasionally blues. While males are much more likely to develop color blindness, females can also have the problem.

## **Eating carrots will make your eyesight sharper**

Carrots are a good food for healthy eyesight because they contain vitamin A, a nutrient important to your eyes. However, a balanced diet can contain lots of foods that offer similar benefits. In any case, eating a lot of carrots won't help you see better unless you suffer from vitamin A deficiency, which is rare in the U.S. Also, eating too many carrots can be its own problem, causing your skin to turn yellow.



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## DAVID A. GOLDMAN

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

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

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

Dr. Goldman speaks English and Spanish.



## One Another

It doesn't take much effort to hear of all the turmoil going on in our nation and around the world. It's quite frightening at times to think about where this all might end up. But if we're honest with one another, we really shouldn't be surprised. Conflict between people has existed since Cain and Abel – and it's not getting any better.

That is probably why God gave us so many instructions in how to get along with one another in the Bible.

Did you know that the phrase “one another” is used 100 times in the New Testament alone? Did you know that nearly half of those are given to those who call themselves Christ followers and over half are written by the apostle Paul? About one third of them deal with unity; another one third deal with love; and a good balance of the rest deal with humility.

So what are some of these great reminders of how to treat one another?

- Love one another (John 13:34, others)**
- Accept one another (Romans 15:7)**
- Forgive one another (Colossians 3:13)**
- Don't complain against one another (James 4:11)**
- Be at peace with one another (Mark 9:50)**

- Serve one another (Galatians 5:13)**
- Regard one another as more important than yourself (Philippians 2:3)**
- Don't judge one another (Romans 14:13)**
- Encourage one another (1 Thessalonians 5:11)**
- Pray for one another (James 5:16)**

Can you imagine – just for a moment – what the world would be like if we could just do these simple ten things... TEN... that's just ten percent of the total number of “one anothers” in the New Testament. If we just did ten percent of what we're asked... think about how different the world would be – think about how the headlines might read differently.

But words alone cannot change people; action is required. James, the half-brother of Jesus, says this: *“be doers of the word, and not hearers only, deceiving yourselves. For if anyone is a hearer of the word and not a doer, he is like a man who looks intently at his natural face in a mirror... and at once forgets what he was like. But the one who acts, he will be blessed in his doing.” James 1:22-25, ESV*

So if you want to change the world... if you want to see more good and less bad in the world... if you want to make a difference... then start with the person in the mirror and do the “one anothers”.

Brent Myers

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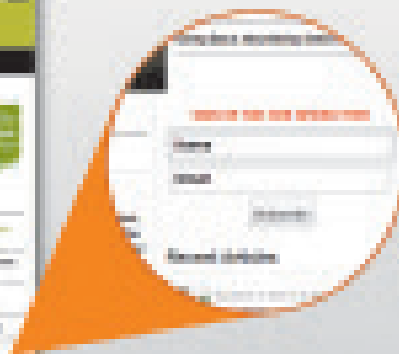
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