

SOUTH FLORIDA'S

Health & Wellness[®] MAGAZINE

September 2016

North Palm Beach Edition - Monthly

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FREE



**Anatomy of an
UNDETECTABLE
HAIR TRANSPLANT**

**Chronic Daily
MIGRAINE HEADACHES –
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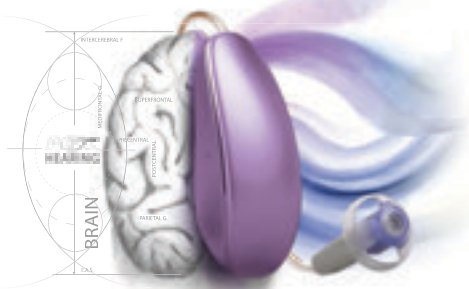
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Anatomy of an Undetectable Hair Transplant

By Dr. Alan J. Bauman

It is every patient's goal is to have their hair restored in a way that is safe, comfortable but most importantly, undetectable. Thankfully, today, minimally-invasive hair transplant techniques like NeoGraft FUE and ARTAS Robotic System, the use of small grafts called follicular units along with careful artistic design makes this absolutely possible.

Further evidence of undetectable hair transplants comes from a survey conducted by the International Society of Hair Restoration Surgery (ISHRS), which found that 60% of participants failed to correctly spot a hair transplant.

Whether you are concealing your hair restoration procedure from your clients, co-workers, friends or family, there are a few key components to your 'stealth surgery' that cannot be ignored.

DONOR AREA

How a surgeon handles your Donor Area, where the grafts are harvested, impacts your recovery time, as well as how well your procedure remains 'hidden' from a casual observer, or even your hairstylist.

FUE, or Follicular Unit Extraction, is a less-invasive method of harvesting hair follicles and "follicular units" individually, eliminating the traditional linear or 'strip' harvest approach to transplantation. This meticulous process has been made more efficient through robotics, semi-automatic devices and well-trained surgical teams. The first robotic hair transplant harvesting system, called ARTAS, recently became available and was initially used by some doctors who had difficulty performing FUE manually. Other hand-held surgical devices, like NeoGraft FUE, help doctors to perform a hair transplant surgery with remarkable precision. FUE is an effective surgical option for patients that allows for a quicker, more comfortable recovery, less post-op activity restrictions, as well as avoiding the telltale linear scar associated with traditional linear strip-harvest hair transplants.

Following a FUE harvest, the tiny (~0.8mm) round incisions which are left where follicles were removed contract significantly within one day and, once healed, leave no visible signs of a hair transplant when viewed at a social distance, even with short hair. For large harvests, your surgeon will typically trim a large area at the back of the scalp, however, for women and also for men who have longer hair and want to keep a consistent appearance during the recovery process, you can request a 'stealth shave,' which can be easily hidden with about an inch of hair.

Here is a closer look at these two advanced FUE techniques:

NEOGRAFT FUE:

The FDA-approved NeoGraft FUE machine is used to extract individual permanent hair follicles from the donor area at the back of the patient's scalp – which are then implanted into the bald areas of the scalp. This means no scalpels, sutures, or

staples for the patient. It also replaces the older "strip harvest" method of hair transplantation, which removes a large strip from the back of the patient's scalp, resulting in a long linear scar. The FUE procedure has been available for several years, but prior to the NeoGraft machine, it was too time-consuming and expensive for most patients to utilize. Now that the process is more automated by NeoGraft, surgeons can perform the "Cadillac" of hair transplants in considerably less time, and at less expense for patients.

ARTAS ROBOTIC SYSTEM:

The FDA-cleared ARTAS robot is a state-of-the-art medical device that assists in hair transplant surgery by helping to safely and effectively extract intact hair follicles for transplantation using the FUE technique. The robot's precision allows patients to benefit from an unprecedented level of safety; efficacy and comfort during their hair transplant procedure. The innovative ARTAS robotic FUE system uses advanced digital imaging to map and analyze the hair in natural groupings on the scalp. The system features precision robotics, utilizing stereovision sensors to detect and analyze follicular units—calculating density, exit-angles, orientation and location and proceed with harvesting based on the algorithms programmed by the surgeon.

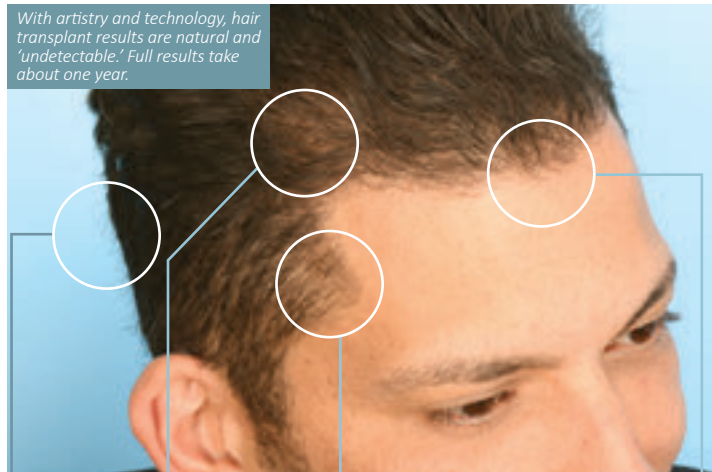
RECIPIENT AREA

A surgeon's meticulous, artistic approach is critical in the hairline or 'Recipient Area' in order to assure that each follicle's angle, orientation and position will deliver a 100% natural and undetectable result when grown in. Careful planning and execution of the feathery, contoured shape and age-appropriate location of the hairline design is important as well as the advanced surgical instruments, lighting and magnification and highly trained staff to help complete the procedure.



Dr. Bauman's patient before hairline transplant.

Twenty-four hours after transplantation. Visible crusting in the transplant zone will flake off in about one week.



With artistry and technology, hair transplant results are natural and 'undetectable.' Full results take about one year.

"FUE"-style donor harvesting leaves NO linear scar.

The density was enhanced behind the hairline at the temples to blend with pre-existing hair.

An appropriate artistic "Temporal Point" enhancement was performed based on hairline proportions.

Central hairline density was restored with natural angle, orientation & positioning of hair follicles.

Because modern hair transplants utilize Follicular Units, many as small as a single hair follicle, the results can look 100% natural, never "pluggy."

Not only should you look for a surgeon with the technical skills, but also a significant amount of artistic ability, which is also needed in order to recreate the natural patterns of hair growth such as cowlicks in the crown and achieve natural looking hairline results. Before choosing a surgeon, study their before-and-after photos and read patient

testimonials, as these are some of the best tools available for evaluating a surgeon's artistic ability.

perform a hair transplant. As with other medical specialties, hair restoration even has its own board-certification. Before choosing a surgeon, it is important to know their qualifications, visit the clinic, read reviews, ask for before-and-after pictures and most importantly, ask questions. Not only should you look for a surgeon with the technical skills, but also a significant amount of artistry, which is also needed in order to recreate the natural patterns of hair growth and achieve realistic looking results.

POST-OP COMMITMENT

New, less-invasive technology has made recovery faster and easier; most patients are able to resume regular activities within just a few days following surgery. However it is important for patients to understand that the process doesn't end with the surgery. Follow up care and commitment is necessary to ensure optimal results. Some of the regimens that may be used in conjunction with a hair transplant may include Platelet Rich Plasma (PRP), which assists with wound healing and graft yield, and low level laser therapy, which helps stimulate rapid recovery and healthy hair growth. It is essential to follow your doctor's post-op instructions carefully and thoroughly, to ensure the best long-term results.

In closing, it is important to note that when selecting a hair transplant surgeon, it is important to make an informed and educated choice. Many hair loss patients are unaware of the qualifications, training and expertise needed to properly

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 exciting Hair Loss Studies. Please visit www.844GETHAIR.COM for more details.

Dr. Bauman's tips for keeping your hair transplant a secret:

- Select minimally invasive NeoGraft FUE or ARTAS Robotic System as your treatment – which leaves no telltale linear scarring, no stitches to be removed, and offers a shorter, more comfortable recovery.
- Prior to your procedure, grow your hair to more than one inch in the Donor Area. This allows you to easily conceal the 'stealth-shave.'
- Wear a bandana or hat for one week following your surgery to cover the transplanted areas until the scabs flake off.
- Use healing treatments (like hyperbaric oxygen, low level laser therapy, healing mist sprays, topical PRP, etc.) to accelerate skin recovery.
- Choose a surgeon and staff who can create an aesthetically natural and undetectable hairline. It is important to consult a hair transplant doctor who is certified in hair restoration by the American Board of Hair Restoration Surgery, recommended by the American Hair Loss Association and routinely attends the International Society of Hair Restoration Surgery Annual Scientific Meetings.



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Laser Liposuction

Laser Liposuction has been around for many years and should have made traditional liposuction obsolete by now, however many physicians are still performing traditional liposuction for several reasons. It can be performed under general anesthesia, and there is no large investment involved as there is with a laser technology. When a patient is put under general anesthesia, the trauma that is caused during the procedure only becomes evident after we wake up. We consider liposuction to be surgery and we expect to have post-surgical consequences which include pain, bruising, swelling, and downtime for several weeks if not more. No pain, no gain right? Not necessarily.

LASER LIPOSUCTION HAS MANY ADVANTAGES OVER TRADITIONAL LIPOSUCTION.

Less Downtime

With traditional liposuction, a cannula is forced under the skin to manually break up the tissue. This movement and force can cause trauma that is comparable to an impact that is felt by a severe car crash. However, the laser fiber that is used during the laser liposuction, replaces this technique and gently melts the fat without the abrupt force. Since we only create a tiny incision that is 1.5mm in size there is minimal scarring. Although swelling and bruising and pain can occur it is minimized. We do not use drains or even stitches and patients are fully ambulatory after the procedure.

Flexible Fiber

Laser liposuction is performed with a laser that uses a fiber that is as small as the stem of an ink pen. It is flexible in nature so it allows for more precise angles and movements to target the hard to reach areas such as the area surrounding the rib cage. As I've seen in many cases, clients who visit me after liposuction performed years prior, there is often a fat bulge that runs along the ribcage because it cannot be reached safely without the possibility of puncturing a lung. So physicians usually steer clear of that area to avoid the risks. With the small flexible laser fiber, we can safely reach those similar types of areas with only minimal risk involved.

Less Risk

Since we are able to locally anesthetize the patient without putting them under, the risks that are associated with general anesthesia are eliminated. There is minimal risk of blood clots compared to traditional liposuction since patient are up and about immediately after surgery. Also, the patients are able to drive home if narcotic prescription medica-

tions are not taken. In most cases, patients choose not to take any.

Skin Tightening

After traditional liposuction, the fat is removed and then what? Loose hanging skin is left? That is exactly what can happen. If you are a young individual then chances are you will have good skin retraction, but with laser liposuction we are able to use a specific wavelength once the fat is removed that is very effective for skin tightening. The skin tightening will continue to improve for up to six months after the procedure.

Even Results

With manual disruption of fat cells, it is not possible to evenly break up the fat. Often times there are ripples that are left under the skin. By using a laser to melt the fat cells, we can keep treating the area until all the fat is evenly melted and dislodged, thereby achieving more even and precise results. In order to assess whether or not a patient is a candidate, a complimentary consultation is recommended.



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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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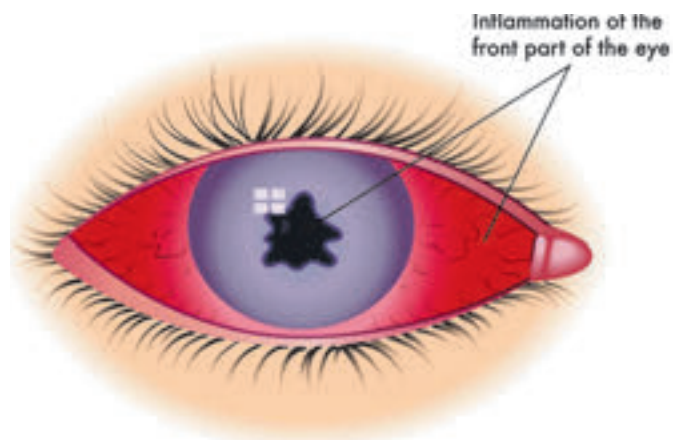
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WHY DO I HAVE UVEITIS?

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

UVEITIS 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.

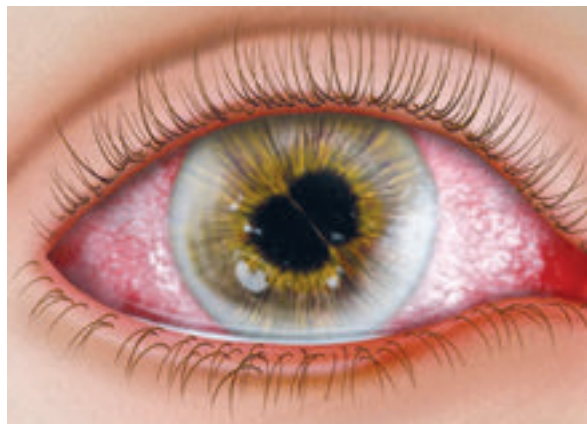
If you smoke, stop. Studies have shown that smoking contributes to the likelihood of developing uveitis.

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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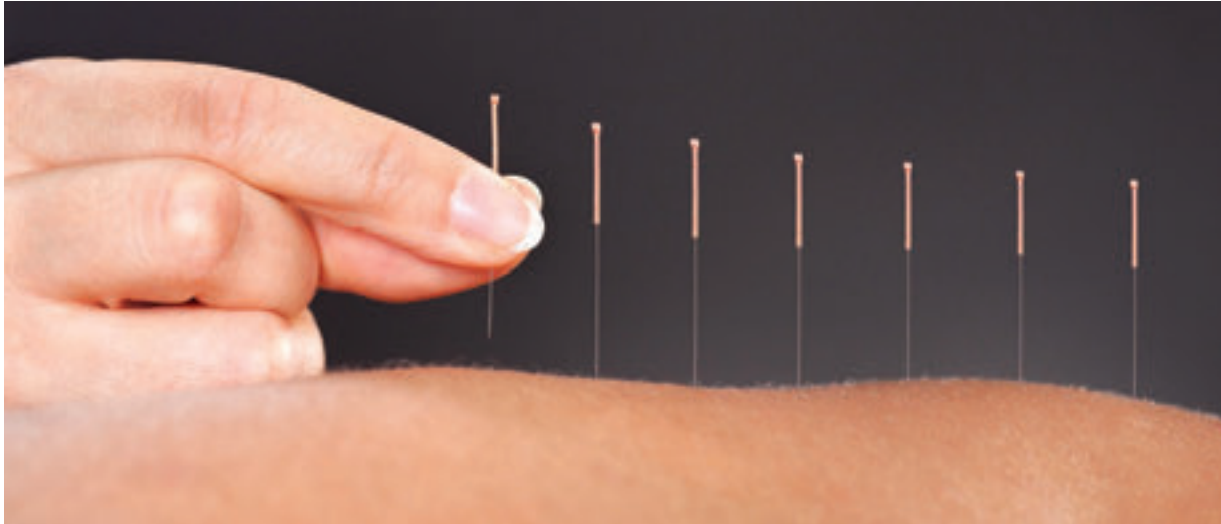
Scientific Research finds **ACUPUNCTURE** is Effective for **WEIGHT LOSS**



Everyone is looking for the secret to weight loss, without falling victim to the latest gimmicks. With so many different opinions about how to lose weight, it can be difficult to tell what will really work.

Fortunately there is a technique for weight loss that has been tested for centuries: acupuncture.

This technique is safe, sound and reliable. And, even more exciting, using acupuncture for weight loss helps you lose weight in several different ways.



IS THERE PROOF THAT ACUPUNCTURE HELPS WITH WEIGHT LOSS?

Yes. In one study by Professor Sabina Lim, at the East-West Medical Research Institute at Kyung Hee University in Seoul, South Korea, researchers found that acupuncture resulted in about a 6% reduction in body mass index (BMI) over 8 weeks. For a 200lb person that is 12 lbs of fat loss without any other diet or exercise changes.

Researchers continue to study the effectiveness of acupuncture for weight loss, and the results are promising.

HOW DOES ACUPUNCTURE HELP WITH WEIGHT LOSS?

There are three primary ways that acupuncture can help with weight loss.

First of all, acupuncture helps balance hormones. Acupuncture can increase endorphins, which reduce cravings and generally make you feel more positive. This can help reduce binge eating.

It also decreases the hormones that contribute to weight gain. Both leptin and insulin levels dropped with acupuncture. Leptin regulates fat storage and metabolism and stimulates the feeling of being full. Insulin regulates carbohydrate and fat metabolism and the absorption of glucose from the blood. Acupuncture actually reduces the hormones that lead to overeating.

But if leptin stimulates the feeling of being full, why is it good to have reduced levels? Like insulin-resistance, cells can become immune to the effects of leptin when the levels are too high. Many obese people have excessively high levels

of leptin. When your leptin level is high, you can no longer tell when to stop eating. Restoring balance to leptin levels may help to reduce leptin-resistance, making it easier to stop eating before you overeat.

The third way that acupuncture helps with weight loss is by reducing stress. Cortisol, the stress hormone, can affect weight in several ways. It disrupts digestion, contributes to depression and escalates your “fight or flight” response. If you feel overwhelmed, you are more likely to binge for emotional reasons and to assume you have no time to prepare healthy meals.

And finally, acupuncture can aid digestion. According to Traditional Chinese Medicine (TCM), the spleen is responsible for digestion.

Disharmony and imbalance in the spleen can lead to fatigue, slow metabolism, water retention, loose stools, and a feeling of heaviness. The liver is responsible for the flow of Qi, blood and emotions. Disharmony in your liver can lead to cravings and compulsive eating.

By balancing your organ system, you support weight loss both physically and psychologically.

At Meng’s Acupuncture and Medical Center, Dr. Meng has successfully helping her clients lose weight with a comprehensive and individualized approach blending nutrition, Chinese herbal medicine and acupuncture. To learn more about Dr. Meng’s weight loss program call the office at



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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Saving Teeth: Determining If Teeth Should Be Treated or Replaced

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

Patients every day face the decision of whether or not to have teeth treated or removed. The choice can be difficult from an emotional viewpoint as well as a functional one. In many cases, the tooth or teeth in question are not causing any pain. What may not be understood is the potential long term damage that can be caused by keeping a hopeless tooth in the mouth. A number of research articles have demonstrated the considerable impact maintaining a hopeless tooth can have on adjacent teeth and bone. It has been shown that this situation can lead to a 10x greater chance of losing a neighboring tooth and possibly increasing the cost of treatment. Understanding some basic criteria may help determine if you should consider treating or replacing a tooth in question.



In many cases, a patient is made aware of a tooth issue when a cavity develops. In some instances the issue can be corrected with a small filling. In other cases, more extensive dental work may be involved. It may be advisable to have a periodontal evaluation of the teeth being considered for treatment to be sure the surrounding bone and tissue are strong enough to maintain your investment for a good period of time. This would be similar to determining if the foundation was solid prior to building a new home. A common sense approach can be used to help make these decisions. For example, no one would want to invest in new furniture or carpets in a home that was burning down. A periodontal evaluation helps determine if the surrounding bone and gum are sufficient to support the teeth being examined.



Periodontal Evaluation:

A periodontal evaluation includes determining how much gum and bone support remains around the teeth. The painless examination typically includes reviewing a current set of dental x-rays, measuring the “gum pockets” and “gum loss” around the teeth, checking for tooth mobility and considering the amount of healthy root that remains in the bone. These parameters can help predict the prognosis of the teeth in question. There is no hard and fast rule that will give a black and white answer, but these indicators can help reveal the health of the tooth’s foundation. This information, along with the extent of the cavity present in the tooth, can be weighed together in the decision as to treat or replace the tooth.

A simple example might be a tooth requiring significant dental work that has a short root, significant bone loss, deep “gum pockets” and is loose. Clearly, this may not be the best candidate for extensive dental work as the prognosis for keeping the tooth a long time is poor. In addition, the mobility of the tooth will likely help destroy the bone in the area more rapidly, potentially condemning the adjacent tooth as well. In this situation, removing the tooth and replacing it may be a better and more cost effective option.

Compare this to a tooth with a small cavity, no bone loss, no mobility and slight gum inflammation. In this case, the tooth seemingly could be treated in a fairly conservative manner and be retained with a good prognosis.

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, dental implants, regenerate supporting bone and treat periodontal disease without the use of traditional surgical procedures. Additionally, Dr. Cohen is certified in Pinhole Gum Rejuvenation, which is a scalpel and suture free procedure to treat gum recession with immediate results.

Dr. Cohen uses in-office, state of the art 3D CT imaging to develop the least invasive dental implant and bone regeneration treatment options. Dr. Cohen and his facility are state certified to perform both IV and Oral Sedation procedures. Botox® and Dermal Fillers are also utilized to enhance patients' cosmetic outcomes.

Dr. Cohen 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. Dr. Cohen is a member of the American College of Maxillofacial Implantology and the American Academy of Facial Esthetics. In addition, he has been awarded Fellowship in the American College of Dentists, International College of Dentists and the Pierre Fauchard Academy.



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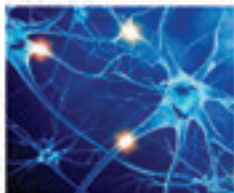
Tired of weekly doctor's visits and dealing with pain until your next appointment? Are you looking for a proven, natural, non-invasive and drug-free alternative to aid with your health conditions? Look no further, the DENAS PCM6 device is available to you at the Denas Pain Relief Store. This device is designed to address pain, promote energy, and speed up healing using a natural pain-free approach. The DENAS PCM 6 device can take care of those issues helping you repair, heal and restore naturally.



DENAS PCM 6 is a superior advanced SCENAR device that is a compact portable solution that fits in your hand at home or on the go. No special medical education is required for effective use of the device. Denas technology helps you overcome acute or chronic health issues and restore body's lost functions from conditions that started years ago. The DENAS PCM 6 has many natural healing capabilities without the use of drugs.

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The DENAS device uses a mild electrical signal that's placed over a person's skin on areas of pain. The dermal nerve receptors in the skin send these signals through the central nervous system to the brain. The neuro-electrical impulse mirrors the body's natural nerve signal so the body accepts it as organic and natural which explains the rapid and effective results. The brain reacts by releasing neuropeptides natural healing and regulatory substances, including some of the strongest known painkillers such as endorphins. It differs from TENS machines, because it encourages the body to heal itself, whereas TENS uses electrical signals to temporarily block pain signals from reaching the brain.



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While the FDA has approved SCENAR for muscle re-education, biofeedback, and the treatment of pain. Russian physicians have long used SCENAR to treat virtually all organ systems: musculo-skeletal, nervous, digestive, pulmonary and cardiovascular.



With over forty years of published research and proven results in hospitals and clinics throughout Russia, Europe, and the United Kingdom. Russian experience demonstrates SCENAR effectiveness in close to 90% of all patients treated, with full healing noted in two out of every three patients, and significant improvement and recovery in the rest. DENAS SCENAR is now available so you can enjoy the benefits of this affordable pain relief device that is Drug free, safe & effective.

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Oxford Medical Instruments (OMI) PEMF Therapy System is an affordable home use and professional device. This system utilizes the same pulsed electromagnetic field technology as the more expensive systems like the Medithera, QRS, Berner and IMRS2000 and is just as effective at a fraction of the cost thus saving you thousands of dollars over the other PEMF companies that pay MLM distributors high sales commissions. (OMI) PEMF Therapy Systems are available as a Full Body Mat, PulsePad or Therapy Ring.

The Benefits of PEMF

Many research studies have demonstrated that magnetic fields have the potential to reduce the sensations sensed by the nerve cells and eventually ward off pain. The damaged nerve cells can repair itself when in influence of magnetic fields.

Magnetic fields can reduce pain equivalent to 10 milligrams of morphine. They even have the potential to target pain in specific areas. Whether it is at a local level or any organ of the body or the entire body, magnetic fields can significantly reduce the pain levels in the body. Use of magnetic fields for treating pain can effectively reduce the level of medications.



Magnetic fields just don't come in contact with the damaged cells and heal the pain. They even reduce the swelling associated with the pain. Swelling needs to be treated or else it can cause the natural chemicals accumulate near the damaged cells and can increase the levels of acidity in the area. Magnetic fields also improve the circulation in the area and help in flushing out the excess chemical mediators from the area to be treated. Poor blood flow can also cause pain in the body. Magnetic fields can treat this condition too, by enhancing the circulation of blood.

Magnetic fields are also known to stimulate the acupuncture meridians and are even more beneficial than the therapy itself. They can stimulate the endorphins & bring about hormonal changes in the body. Magnetic fields cause a lot of activities occur simultaneously at the cellular levels within the body. However, even the body decides the activity that needs to take place immediately and ignores the rest. The body decides what needs to happen within the body and what not during the healing process.

The magnetic fields offer several benefits to the body during the treatment process. They reduce the muscle tension, stimulate the immune system, improve circulation, improve the cell function, detoxify the body, improve sleep, enhance the rate of nutrient uptake, balance the endocrine systems, balance acupuncture meridians, reduce stress, reduce inflammation and also regenerate tissues within the body.

For more information about The OMI PEMF Systems and the DENAS PCM 6 call Coach Jimmy K and staff at 503-395-4142



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Written by Mary Ann Gilbert, Au.D., Whittier Hearing Center
Submitted by Dana Luzon, Au.D., Audiology & Hearing Aids of the Palm Beaches

A SOLUTION BASED APPROACH TO GETTING HEARING AIDS

The biggest mistake people make is buying a hearing aid instead of buying better hearing.

I have been helping people find solutions for their hearing problems and communication issues for more than 30 years, and I have seen hundreds of people who are unhappy with their hearing aids. The most common complaints I hear, day in and day out, are that they cannot change the batteries; they pick up too much background noise; they are not comfortable to wear; or they just don't help. In 9 out of 10 cases, I find that the person simply bought a hearing aid — they never thought about what they really wanted and needed it to do. They focused on the hearing aid, not on the communication problems they needed it to solve.





When you go shopping for a car, you think a lot about how you will use that car. If you haul stuff around a lot, you want to choose a truck, not a sports car. You choose the car based on what you need it to do. Once you figure that out, then you can worry about how big a truck you need or what color you want, but the first consideration is how you will use the automobile.

Doesn't your hearing deserve at least as much consideration? Before you start looking at the size or brand of the hearing aids, you must first figure out what you need them to do. Do you just need them for watching TV at home, or do you go to live plays? Do you go to lots of meetings and lectures? Do you use a cell phone a lot and need to get rid of that annoying Bluetooth stuck in your ear? Do you have lots of doctor appointments and can't hear what the doctor says to you? Is your family small or large? How big are your family gatherings and how often do they happen? How often do you go to restaurants to eat? Do you live in your own home or in an assisted living facility?

How much trouble are you having in each of these situations? Are the communication problems starting to really impact your relationships with your spouse, family, and friends? Are you still part of the conversation, or are you sitting on the outside watching and smiling and laughing when everyone else laughs, even though you did not hear the joke?

As you can see, there are many different problems that hearing loss can present depending on the degree of loss and your lifestyle. What you really want is for those problems to go away or be significantly reduced. So the first step in getting help for your hearing should be making a list of the top three or four problems that your hearing loss/communication problems are causing and then discussing what is the best treatment for you to make resolve those problems. When you take this solution-focused approach to getting hearing aids, you will be much more likely to get something you can and will use and that will restore the quality of life you want.



**Dana Luzon,
Au. D. , FAA,
Doctor of Audiology**

Originally from Southern NJ, Dana Luzon received her undergraduate degree in Speech Pathology and Audiology from the Richard Stockton College of NJ, and continued on to receive her Doctorate of Audiology at Salus University's residential program. Her varied clinical experiences throughout her doctoral studies include: VA hospitals, rehabilitation clinics, ENT and private practice settings. Her professional interests include: audiologic rehabilitation and progressive tinnitus devices. Her interests in the field outside of the clinic include: Humanitarian Audiology, and Audiology Awareness. Dr. Luzon currently lives in West Palm Beach, FL.



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CHRONIC DAILY MIGRAINE HEADACHES – FINDING A SOLUTION



Migraine headaches are among the most debilitating and dreadful neurological problems that exist. They may not be fatal, but the effect on someone's quality of life can be dramatic. Imagine having days where the sight of light cripples you. Imagine having terrible nausea, and a constant pounding in your head so bad that you wish that someone would just cut the darn thing off your neck. Imagine that pain lasting for hours or even days at a time.

You probably already know that feeling, and you've almost certainly been in the same room as someone going through a migraine attack. Fortunately, most people experience a migraine on rare occasion. However, there are those among us that experience these terrible headaches several times a month, and others even experience them on a DAILY basis.

This is the typical life of a chronic migraine patient in my office. If you are a chronic headache patient you have probably seen several headache specialists. You have probably seen the best neurologists that the Mayo Clinic and Cleveland Clinic have to offer, and have been through every MRI and brain scan available. You've tried several different medication regimens, altered your diets, and spend your life in fear of triggers like meat, wine, and sometimes caffeine.

You may have even tried alternative therapies like acupuncture and conventional chiropractic with no change.

When patients finally sit down and speak with me, they've usually been suffering for years. They are burned out from trying to find an answer to their headaches and they're skeptical that anything can ever help. After all, if the best headache specialists in the world couldn't cure them, who can?

LESS FOCUS ON CURE, MORE FOCUS ON CAUSE

When most people walk into a doctor's office with an ailment, what they are most often searching for is a cure. Though migraines are terribly common, and have been around for centuries, a cure has been elusive for the millions of patients suffering on a daily basis.

Cures have mainly focused on medication treatment. There's no doubt that medications have helped millions of people. However, there are many more like you that suffer daily, and medications have actually made you worse through rebound headaches.

While medications can be effective in making some of the pain and symptoms go away, it often ignores what is CAUSING the condition for a chronic headache sufferer.

THE CAUSE THAT MOST DOCTORS MISS

If you have been to multiple specialists and still suffer with chronic headaches, then it usually means that the doctor might not be looking at the cause of the problem. The most common area that most doctors miss is the very top of the neck just underneath the skull. This area is called the craniocervical junction.

When the head shifts abnormally on top of the neck, it can affect the way spinal fluid moves in your brain. This spinal fluid is responsible for maintaining a constant pressure in the brain as well as clearing toxic proteins that are a result of normal brain metabolism.

When fluid circulates abnormally in the brain, it can change the amount of pressure in the skull and it can allow inflammation to linger in the brain. This combination of abnormal fluid movement and inflammation is a known trigger for headaches, but is missed in most conventional exam and imaging.

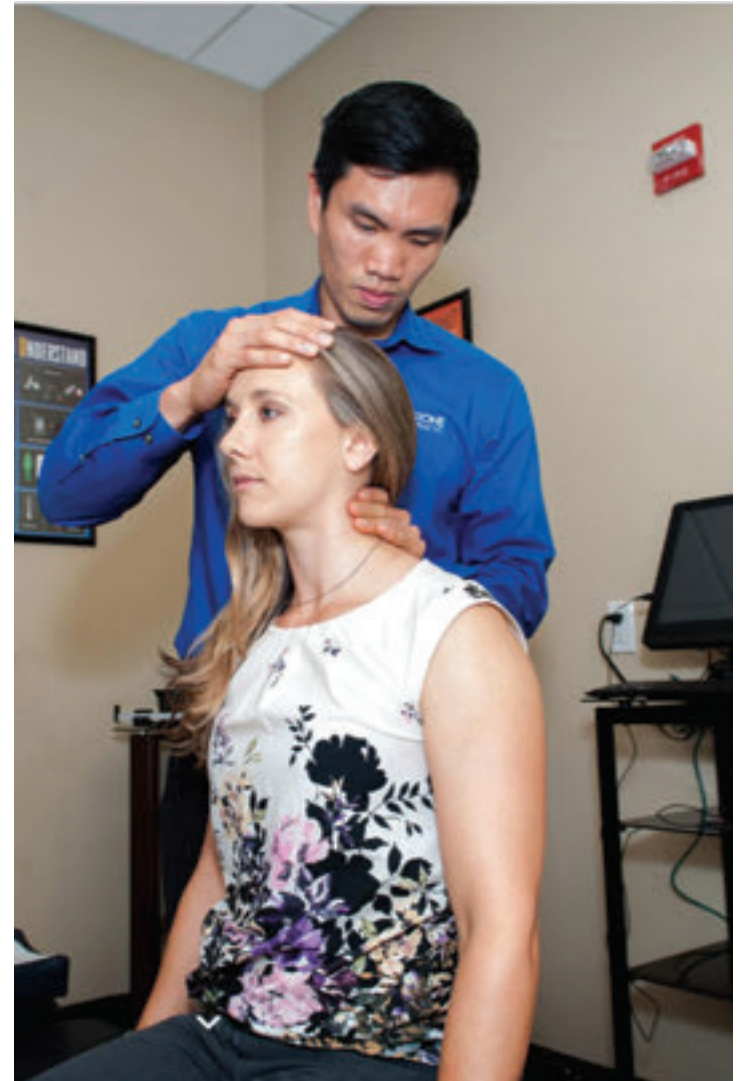
While drugs can shut the pain off, you cannot fight a mechanical problem by putting chemicals into the body. If you want to fix the problem, you have to fix the cause which is the abnormal positioning of the head and neck.

NON-INVASIVE CORRECTION

In our office we utilize the NUCCA procedure for Structural Correction. It involves utilizing a lot of precision instead of a lot of force. When you use a lot of precision, you can be very exacting which means you don't need to have your neck cracked, popped, or manipulated to get the desired result.

When the head gets repositioned, it opens the vessels and channels necessary to allow for spinal fluid to move normally again. This allows the brain to drain properly and the body to function normally again.

Because while headaches are one of the most common ailments we know of, it is never a sign of normal function.



DR. JONATHAN CHUNG is a Doctor of Chiropractic who focuses on Structural Correction and is primarily concerned with Structural Shifts of the spine. He graduated from the University of Central Florida with a B.S. in Microbiology and Molecular Biology. Dr. Chung then went on and received his doctorate from Life University's College of Chiropractic. Dr. Chung is certified in pediatrics from the International Chiropractic Pediatric Association, and is a Structural Chiropractic Researcher who has been published in scientific peer-reviewed journals. Read more from Dr. Chung at chiropractorwellington.com/blog



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Underlying Reasons for Limb Swelling

By Alyssa Parker



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



Many 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.

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, heaviness, 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 Venus 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.

Compression pump 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, heaviness, and discomfort decreasing your mobility.



SOME GOOD QUESTIONS TO ASK YOUR PHYSICIAN INCLUDE:

- Does my family have a history of swelling (Hereditary Lymphedema)?
- Stemmer'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, or call **239-949-4412** and speak with a specialist. Remember, nothing heals faster than an educated patient.

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DOES YOUR CHILD REALLY HAVE ADHD?

By Mike Cohen, Director
Center for Brain

Here's a bold statement that might surprise you.

Not every child who fidgets, has trouble paying attention or struggles in school has ADHD. In fact, *50 percent of children wearing this label also have a learning disability that might have been overlooked – something I see regularly in my practice.*

This incomplete diagnosis is why many children on medications do poorly academically, despite being intelligent and even seeming calmer in school. Many attention problems are a byproduct of learning issues that frustrate the child and cause them to act out or have trouble staying focused.

Just because your child responds positively to stimulant medication doesn't mean an ADHD diagnosis is correct. Stimulant medications improve focus for just about anyone – even people without ADHD. However, medications can't overcome processing and learning issues – and they don't teach your child how to pay better attention.

**No parent wants to medicate a child unnecessarily, so what's a parent to do?
How can you find out what's really going on?**

New technology at Center for Brain eliminates the guessing game. It identifies which brain issues, if any, are at play so they can be treated:



Is the problem an inability to pay attention or is it a processing issue that affects language, reading, math or processing speed?

STEP ONE: The Brain Map

We first conduct a brain map, called a Connectivity Map, at our Jupiter office, created from a specialized EEG. The raw data are processed for a report which we review in depth with the parents.

We can tell from this map if the child truly has ADHD, has a learning disability, has some of both or none of these, making it possible to target treatment, where indicated. The map identifies specific areas of the brain that are poorly connected or poorly organized and are likely to be impacting the child's ability to process information.

(Parents of our clients frequently exclaim that this report describes their child's behaviors and struggles perfectly).

STEP TWO: Once we've learned from the map the cause of the attention, behavior or learning problem, we customize an advanced neurofeedback program to train your child's brain.

Remember that academic problems are brain issues, not a lack of desire or ability in the child to do well.

Neurofeedback technology is used to promote changes in the way neurons in the brain fire. A new type of neurofeedback called MCT (multivariate coherence training) is even more effective than traditional neurofeedback. MCT was co-developed by Dr. Robert Coben*. It hyper-targets and gently encourages those connections to improve, often doing so surprisingly fast.

Step 2 involves 15 sessions of MCT neurofeedback training, typically two or three sessions per week, targeted to the specific brain connectivity issues identified from analysis of the brain map.

STEP THREE:

Re-evaluate changes, assess progress

After 15 neurofeedback sessions, we conduct a second brain map to see where physical changes have occurred and to summarize parent feedback. We identify areas, if any, that may need additional training.

WHY THIS SYSTEM WORKS

Research shows that there must be functional connections between key areas of the brain in order for attention and learning to take place easily. Without them, certain subject areas – and school in general – become a nightmare and an enormous frustration for the child.

Malfunctioning connections can result in issues with attention, dyslexia and other reading problems, dyscalculia (difficulty with math) and/or processing problems. Furthermore, the resulting frustration can often look like ADHD.

In one study, children treated twice a week for 20 sessions with individually-tailored neurofeedback based on a Connectivity Map enhanced their reading scores an average of 1.2 grade levels! The control group showed no improvement.

SUCCESS STORIES

A 13-year-old boy who had been diagnosed with ADHD began doing his homework by himself - and without reminders - after undergoing 15 sessions of MCT neurofeedback. He had required one-on-one homework assistance for years from his mother.

A 12-year-old girl who had never been able to do math, struggled with writing, and who suffered from chronic headaches, began thinking up ideas more easily for writing assignments after five sessions. Two sessions later she earned the highest math grade in her academic history. Her headaches significantly decreased and her energy increased.

One 8-year-old girl with attention problems and severe learning disabilities had an intense dislike for math and reading. After seven sessions she started doing math for fun. After 10 sessions she began reading for pleasure. Her mother even discovered her in bed one night with a flashlight reading under the covers!

We know you have a lot of questions. That's why we offer a free, no-obligation consultation.

Once we meet you and your child and understand your situation better, we can discuss if this new technology is a good treatment option. At the very least, with a Connectivity Map you'll have a much clearer idea of what's really happening with your child.

To learn more or to book an appointment, call us at **(561)744-7616**.

ABOUT CENTER FOR BRAIN

Center for Brain is staffed by a team of compassionate professionals whose mission is to enhance the lives of people suffering from a variety of conditions that can be significantly improved with the help of neurofeedback and other brain technologies.



Michael Cohen, Director
Center for Brain
Michael Cohen is one of the leading experts in brain biofeedback. For more than 20 years he has worked with clients, taught courses and provided consulting to MD's and mental

health professionals around the world to help incorporate new biofeedback technologies that help individuals adapt and strengthen their nervous system through neuroplasticity. This helps sleep, mood, attention and neurological function.

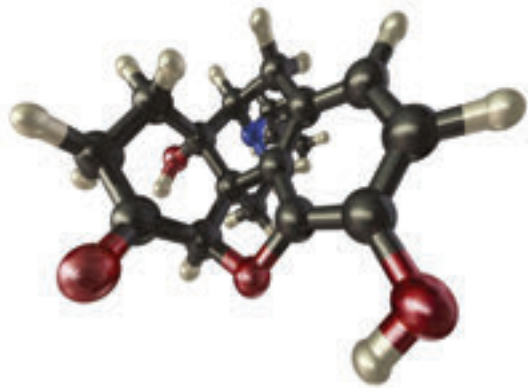
***Robert Coben, Ph.D.**, developer of the application of the Connectivity Map to learning and processing issues, as well as the application of MCT neurofeedback for it, is Director and Chief Neuropsychologist of NeuroRehabilitation and Neuropsychological Services at Integrated Neuroscience Services in Fayetteville, Arkansas. He is an affiliated researcher of New York University Medical Center.



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LOW DOSE NALTREXONE

Naltrexone (available in 50mg and 100mg) is an FDA-approved drug used to treat patients with alcohol dependence. It works by blocking opioid receptors 24 hours a day and thereby taking the euphoria (fun) out of drinking.

Low Dose Naltrexone is usually only 0.5 to 4.5 mg per day, hence the name Low Dose Naltrexone (LDN). LDN only blocks opioid receptors 6 hours a day. Your body responds by making more endorphins which then land on the opioid receptors once the 6 hour blockade ends. That is how LDN works for difficult to treat chronic pain such as fibromyalgia. It is also used to treat autoimmune diseases. Autoimmune disease is where your body's

What is LDN?

immune system mistakenly identifies a part of your body as foreign and attacks it. Some examples of auto immune disease are multiple sclerosis, lupus, inflammatory bowel disease, rheumatoid arthritis, Hashimoto's Disease, etc. One part of an immune response to something identified as foreign is the activation of toll-like receptors (TLR) which leads to production of pro-inflammatory cytokines, which results in inflammation. LDN blocks TLR which prevents inflammation. Every drug has two forms, each a mirror image of the other (levo & dextro). For most drugs, only one isomer offers a therapeutic effect. Both of naltrexone's isomers have a therapeutic effect which is why LDN has so many uses. Levo naltrexone blocks the mu and kappa opioid receptors and dextro naltrexone blocks the TLR. LDN requires a prescription and is available from compounding pharmacies which will work with your doctor to help find the individualized dose to suit your needs.

A BRIEF HISTORY OF LDN

One of the biggest contributions to medicine in the 20th century was the discovery of receptors in our bodies. Naltrexone – an opiate antagonist – was theorized in the 1940's, but it wasn't until 1984 that naltrexone received its first recognition in receptor-based therapy. Its official use was for treatment of addiction to opiates. A year later, in New York City, a doctor named Dr. Bernard Bihari published the first reported immunological effects of LDN. Dr. Bihari's research was initially with a small group of patients with HIV/AIDS, which results in a weakened immune system and greater susceptibility to infection. In the control group of the patients that received a placebo, approximately 31% of the patients had developed an opportunistic infection during the trial. In contrast, none of the 22 patients of the experimental group who received LDN, developed any opportunistic infections. Over





LDN works for difficult to treat chronic pain such as fibromyalgia. It is also used to treat autoimmune diseases. Autoimmune disease is where your body's immune system mistakenly identifies a part of your body as foreign and attacks it. Some examples of auto immune disease are multiple sclerosis, lupus, inflammatory bowel disease, rheumatoid arthritis, Hashimoto's Disease, etc.

the next few years, Dr. Bihari expanded his research trial with a larger amount of patients and contributed to the plethora of knowledge about using LDN therapy to treat a number of conditions, including cancer and autoimmune diseases. Today, there are more prescribers and pharmacists who know about LDN therapy.

LDN THERAPY

Currently, prescribers and patients can obtain LDN from compounding pharmacies to meet their dosing needs. Research shows success in using LDN therapy to treat a plethora of diseases including cancer. There are cases of LDN combined with alpha lipoic acid or high doses of Vitamin D which have resulted in shrinkage of cancerous tumors and sometimes complete remission after several years of treatment. For more information about LDN and cancer please visit: www.medicorcancer.com. The most common side effects of LDN are sleep disturbances, including vivid dreams.

Side effects only affect about 6% of patients and can normally be alleviated by taking LDN in the morning, as opposed to taking it at bedtime. If you think LDN could help you, talk to your compounding pharmacist or prescriber about LDN, and visit the website of the LDN Research Trust: www.ldnresearchtrust.org. On this website, you can find a list of doctors who prescribe LDN, a list of pharmacists who compound LDN, a list of diseases LDN has been used to treat with success, and much more information. You can also order the recently-published book entitled, "The LDN Book" edited by Linda Elsegood, who shares her LDN story in the book's preface. LDN helped Linda's

multiple sclerosis so much that she started the LDN Research Trust (a registered charity in the United Kingdom run solely by volunteers) to get the word out about LDN so more people could be helped by this amazing drug. Each chapter of The LDN Book is written by a different prescriber on their area of expertise using LDN. The LDN Book is available from our pharmacy, the publisher (Chelsea Green Publishing www.chelsea-green.com) and Amazon. There is an LDN page on facebook called "Got Endorphins?" with posts of people who are actually taking LDN and other posts of people with questions about LDN. These people exchange ideas and stories about their experiences with LDN.

About the Authors: This story was written by Rick Upson RPh, Owner and Pharmacist in Charge, Palm Beach Compounding Pharmacy, Jupiter, Florida. www.palmbeachcompounding.com We have been compounding high quality medications for people and their pets since 2004. With the invaluable assistance of Elizabeth Montgomery, owner of the law firm of Elizabeth A. Montgomery, P.A. (www.elizabethmontgomerylaw.com) www.jupitercollectionsattorney.com and Louis Schobel Pharmacy Intern, NSU College of Pharmacy.

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- Decreased Motion
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- Dizziness (Vertigo)
- Dowager's Hump
- Fatigue
- Fibromy Algia
- Golfer's Elbow
- Headaches
- Hearing Issues
- Itchiness
- Low Back Pain
- Mid Back pain
- Migraine Headaches
- Muscle Spasm
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Do holistic approaches like Hypnosis and the Emotional Freedom Technique really WORK TO REDUCE WEIGHT?

Even though weight gain is not thought of as a disease, overeating and obesity can contribute to a number of serious health problems, including type II diabetes, stroke, various kinds of cancer, and heart disease. Maintaining a healthy weight is a key contributor to overall health.



A holistic weight-loss program helps you discover and release the underlying causes of your weight problem. Why do you eat more than you should? How can you make better choices and eat in a healthier way? How can you get motivated to exercise? What factors—physical, psychological, social—are inhibiting your diet and exercise program?

Most diets fail to address the most important aspect about weight loss and that is stress. If it was just the food that was an issue, you could easily reduce your intake and lose all the weight. According to Dr. Pamela Peeke, a professor of medicine at the University of Maryland who has studied nutrition and hormones, **“elevated cortisol levels during stress trigger an uncontrollable appetite.”**

With a combination of Hypnosis and the Emotional Freedom Technique (EFT) we are able to release the feeling of stress and uncover the reasons for overeating and address the triggers that cause the weight gain. We create a personalized plan to change the beliefs and contributing behaviors to weight gain.

In a study published in the Journal of Clinical Psychology 1), regarding the effectiveness of using Hypnosis for Weight Loss, Participants were 17-67 year olds who completed a behavioral treatment for weight management either with or without the addition of hypnosis. Results show that, at the end of the 9-week program, both interventions resulted in significant weight reduction. However, at 8-month and 2-year follow-ups, the hypnosis subjects showed significant additional weight loss, while those in the behavioral-treatment-only group exhibited little further change. More subjects who used hypnosis also achieved and maintained their personal weight goals.

In a study published in the Journal of Consulting and Clinical Psychology (2), the effects of hypnosis in weight loss was investigated for 60 females at least 20% overweight and not involved in other treatment.

There were two experimental groups (hypnosis with and without audiotapes) and a control group. The groups were assessed immediately after treatment and at 6-month follow-up. Ability to be hypnotized, use of audiotapes, and other variables were not predictive of weight loss. But, when the follow-up was conducted it was found that hypnosis was more effective with results of 17 pounds lost in the group that was hypnotized versus a 1/2 pound lost for the group that was not hypnotized.

WHAT IS HYPNOSIS?

Hypnosis is a natural state of relaxation and focused attention, and, even though it is 100% natural and normal, it remains one of the most fascinating phenomena of the human mind. You have actually experienced the hypnotic state if you have driven home safe and sound but don't remember part of the journey.

Your subconscious mind took over and got you safely home. The subconscious mind holds all the programming that helps you operate in your daily life. With hypnosis and the Emotional Freedom Technique we can access the subconscious mind and install new programming to over-ride past ineffective programming so that you feel more confident, sleep better, exercise more, eat less, give up bad habits like smoking or eating junk food, and become more relaxed in communications and take the steps to succeed in your career.

The Emotional Freedom Technique (EFT) is based on Ancient Chinese Acupressure power points in the body and we tap on these points to release negative emotions stored in the mind and body and get startling results. EFT is very effective in reducing stress and anxiety as reported in The Journal of Nervous and Mental Disease. After a 30-minute EFT tapping session, the EFT participants showed statistically significant improvements in anxiety, depression, and the overall severity of symptoms.

The Emotional Freedom Technique has been used effectively to reduce cravings and addictions, release grief, anger, procrastination, feelings of failure, symptoms of illness, and to release emotional trauma. Each client is taught the EFT tapping protocol and is able to apply it in the moment of stress, anxiety or life event.

In a research study conducted by Dawson Church, PhD, participants found their craving levels dropping by 83% within 20 minutes while applying the EFT protocol. In a few rare cases, this simple procedure has also collapsed the overall addiction.

EFTs long-term successes are due to its ability to address an important cause of addictions: the need to tranquilize the anxiety caused by underlying emotions like anger, fear, and guilt. EFT helps reduce the intensity of the emotionally troubling memories that underlie many of addictive behaviors. Once they're resolved, the need to tranquilize with addictive substances often goes away.

Bolocofsky, David N.: Spinler, Dwayne; Coulthard-Morris, Linda (1985). "Effectiveness of hypnosis as an adjunct to behavioral weight management." Journal of Clinical Psychology, 41 (1), 35-41.

Cochrane, Gordon: Friesen, J. (1986). "Hypnotherapy in weight loss treatment." Journal of Consulting and Clinical Psychology, 54, 489-492.

Sherry Hardt is the President of Healing Power Within, LLC and is an expert in Hypnosis, the Emotional Freedom Technique, and Leadership Development. She is a Certified Hypnotherapist, AAMET Emotional Freedom Technique Level 3 Practitioner.

Certified as a Global Career Development Facilitator, and Certified Professional in Human Resources. Sherry has 22 years of experience in the Human Resource Management field and a Bachelor's Degree in Psychology.



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Little-Known VA PENSION Can Be a LIFE-SAVER

Written By Thomas Gregory – U.S. Navy Veteran



Established in 1952 under Title 38 of the United States Code, Congress created two types of benefits for war Veterans and their survivors within the Department of Veteran Affairs. The first is “compensation for service-related disability or death” and second, “a pension for non-service connected disability or death”. A little-known VA pension, which falls under the non-service connected section of Title 38, is called **Aid & Attendance**. The **Aid & Attendance** Pension pays for a caregiver to assist with activities of daily living such as meal preparation, bathing, dressing/undressing, transportation, light-house keeping, laundry and various others.

If you are a war veteran or surviving spouse of a war veteran 65 years of age or older, who served 90 days or more on active duty, with one of those days occurring during a declared period of war, you may qualify for Aid & Attendance. In addition to the war service requirements, to qualify, you must have the medical need (i.e. assist with activities of daily living) and meet certain financial requirements. In general, Aid & Attendance is intended to pay for homecare or assisted living care and in some rare cases, independent living facilities. This significant monthly benefit can pay as much as \$25,000 per year toward your care. Very few war veterans know about this benefit and even fewer surviving spouses are aware of this help available from the VA.

There are approximately 600,000 war veterans currently living in Florida that are 65 years of age or older. If we include surviving spouses of war veterans, the number is easily in excess of one million. Conservative estimates indicate that at least 25% of these veterans and spouses would qualify for Aid & Attendance Pension, if they only knew it existed. Maybe that's you.



If you are veteran of foreign war or the surviving spouse of a war veteran, and you feel you may qualify, please **call Attorney Andrew Curtis at 561-998-6039** and his staff will review your situation with you and determine if you qualify.

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Common Myths About Your Eyes

By David A. Goldman MD

Just 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.



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”.

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Andrew Curtis is an attorney whose practice concentrates in the areas of trusts, estates, and elder law. He is a graduate of some of the top universities in the country. He devotes his time to estate planning for the middle class, charging moderate fees, and then getting referrals from happy clients.

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