

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

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

June 2017

South Palm Beach Edition - Monthly

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PARENTS HEALTH THROUGH  
MEDICATION COMPLIANCE**

**LOSING YOUR HAIR?  
CHECK YOUR MEDICINE CABINET**

**MORE PEOPLE  
LIVING WITH CANCER**

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**AVOID  
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# Ensuring our Parents Health Through Medication Compliance

By Dr. David Steinberg, Pharmacist

As the baby boomer generation ages and medications become more numerous, children and family members are charged with caring for the loved ones. This task comes not only with much stress but also with many questions. The questions often range from “Who will administer the medication when I’m not there?” “Is there a risk of my family member taking too many pills?” “How can I be sure that my family member is taking the same amount of medications he was taking at the long term care facility?” These are just a couple of questions that we get at the pharmacy when we consult with family members and patients. As patients increase the number medications taken along with an increase to the number of physicians, the rise of medications errors is inevitable. Patients rely on family members or homecare givers to ensure compliance. We can do more. Every extra precaution or measure is well worth it when it comes to our family member. Our pharmacy has a unique system to mitigate medication errors such as over-medication and under-medication. We use, what is commonly called in the industry, a “bingo card.” It is becoming the industry gold standard and not only ensures medication compliance but puts the family at ease. It is a unit dose system where the patient’s medications are divided into morning, afternoon, evening and bedtime. Each time slot has its own cell allowing the patient to know if the medicine was taken or not. It eliminates counting pills, filling pillboxes, and remembering doses. As a pharmacist, I hope to reduce common and preventable errors and help everyone live healthier lives. Please call TrustedMedRx with any questions at 561-613-6209 or 855-9EZ-MEDS.

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# More People Living with Cancer

*The evolution of cancer treatment over the last 40 years has resulted in better outcomes for patients; today more people are living with cancer than ever before.*

Cancer is an illness unlike any other. Many people mistakenly believe that cancer refers to one disease that occurs in many different parts of the body, but, in reality, cancer is not just one disease. The term “cancer” is the general name for a group of over 100 diseases in which abnormal cells begin to grow uncontrollably. No matter what type it is, cancer is the result of a malfunction in the genetic mechanisms that control and regulate cell growth. Cancer can affect blood, bones and over 60 different organs of the human body.

Through research, we have learned that each person’s cancer is actually a unique disease because every tumor or malignancy has its own distinctive DNA. This discovery has resulted in many new and highly-effective targeted treatments and immunotherapies that are based on a patient’s unique genetic profile. Genetic sequencing of a patient’s tumor can help identify which drugs or treatments will be most effective for that individual.

## DAMAGE TO DNA RESULTS IN CANCER

DNA is the genetic material that makes up every cell. When DNA becomes damaged or changed, it produces mutations in genes that affect normal cell growth and division. Gene mutations can be inherited from a parent, or, more commonly, acquired during a person’s lifetime due to environmental factors, such as ultraviolet radiation from the sun or cigarette smoking. Other mutations occur for still unknown reasons, resulting in various types of cancer.

In addition to unregulated cell growth, when a cancer occurs it means there is also a failure in the immune system’s ability to recognize these abnormal cells and destroy them. When normal cells become old or damaged, they die and are replaced with new cells. However, the growth of cancer cells is different from normal cell growth. Instead of dying, cancer cells continue to grow and form more abnormal cells. Cancer cells can also invade other tissues, something that normal cells cannot do.

## HOW EFFECTIVE IS CANCER TREATMENT TODAY?

There have been remarkable advances in the treatment of cancer, especially over the past two decades. Today, millions of people are surviving cancer and most

oncologists feel that cancer is becoming more like a chronic disease, such as diabetes or hypertension. In other words, even though no cure has been found yet, the disease is something that can be managed and people can live with cancer for many years.

Early detection and diagnosis, as well as advances, such as immunotherapy and targeted treatments, most of which are available in pill form, are making it possible to live with cancer and continue to have a good quality of life; some of these newer treatments have actually produced virtual cures for many types of cancer.

## WORLD-CLASS CANCER CARE CLOSE TO HOME

Florida Cancer Specialists & Research Institute (FCS) has put together a network of expert, board-certified physicians who bring world-class cancer treatments to local communities, both large and small, across the state. With nearly 100 locations, FCS is the largest independent oncology/ hematology group in the United States. That status puts the practice on the leading edge of clinical trial research and gives FCS physicians access to the newest, most innovative treatments.

## CLINICAL TRIALS LEAD TO TOMORROW’S TREATMENTS AND CURES

Through a strategic partnership with Sarah Cannon, one of the world’s leading clinical trial organizations, FCS offers more access to national clinical trials than any other oncology practice in Florida. In 2016, 84% of all new cancer drugs were studied in clinical trials with FCS participation, prior to approval.

In addition to a robust clinical research program, Florida Cancer Specialists offers a number of services, such as an in-house specialty pharmacy, an in-house hematopathology lab and financial counselors at every location.



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# Losing Your Hair? Check Your Medicine Cabinet

By Dr. Alan J. Bauman, Hair Loss Specialist



**Y**our doctor says you need them to stay healthy, but could your prescription medications be causing your hair to fall out? Many prescription drugs are notorious for weakening hair follicles and hair loss is often listed as a possible side effect.

## DRUG-INDUCED HAIR LOSS

Like any other type of hair loss, drug-induced hair loss can have a detrimental affect on your confidence and self-esteem. Thankfully, in most cases, the hair loss issue resolves once the medication is discontinued. For some patients who are on certain medications for the long term or who are also experiencing hereditary hair loss, otherwise known as male or female pattern hair loss, the battle for a full, healthy head of hair may become slightly tougher to fight.

The type of drug, dosage and underlying conditions may influence the severity of hair loss and the prognosis. Some drugs, like chemotherapy

agents, cause immediate hair loss beginning within a weeks of taking the medication. However, the most common types of drug-induced hair changes like shedding, loss of volume, coverage or shine, etc. typically become noticeable a few months after starting the medication.

## COMMON CULPRITS

Some of the most common culprits you may find in your medicine cabinet include: anti-cholesterol medications—especially statins, blood pressure lowering medications like beta-blockers, mood modulators such as antidepressants or anti-anxiety drugs, and hormones like thyroid, testosterone or birth control.

But there are a host of other medications that have been linked with hair loss. Here are a few main categories:

- Acne medications containing vitamin A or retinoids
- Antibiotics and antifungal drugs
- Antidepressants
- Birth control pills
- Anticlotting drugs
- Chemotherapy and drugs that treat breast and other cancers
- Cholesterol-lowering drugs, especially statins
- Drugs that suppress the immune system
- Epilepsy drugs or anticonvulsants
- High blood pressure medications or anti-hypertensives such as beta-blockers, ACE inhibitors, and some diuretics
- Hormone replacement therapy, especially testosterone
- Mood stabilizers
- Non-steroidal anti-inflammatory drugs or NSAIDs
- Parkinson's disease drugs
- Steroids
- Thyroid medications and natural thyroid replacement
- Bariatric or "weight loss" drugs

## CHEMOTHERAPY AND HAIR LOSS

Hair loss can be quite scary or even devastating for chemotherapy patients. Chemotherapy is designed to save your life by targeting fast growing cancer cells in your body. Unfortunately, chemotherapy drugs don't distinguish between cancer cells and other rapidly growing cells in your body such as those found in hair follicles. While every cancer drug is different and has different effects on different people, chemotherapy drugs may cause significant hair loss on your scalp, eyebrows, eyelashes as well as the rest of your body. Most chemotherapy causes temporary hair loss, but some chemotherapy medications are known to cause more hair loss more quickly and can



also have a high likelihood of causing permanent damage to your hair follicles. Cold cap therapy or scalp cooling systems can help decrease hair fall from chemotherapy but not all oncologists are “on board” with the treatment.

Most chemo patients are focused on the treatment of their cancer—and rightly so. However, many want to continue to live a ‘normal’ life and not ‘give a face to the disease’—meaning, they want to maintain a healthy appearance to their coworkers, family, friends or others, and not necessarily discuss their health situation. Your health is your business, so you should have the option of discussing it (or not) with whom you choose. Today’s modern hair restoration and hair replacement options like “CNC” 3D-printed cranial prosthetics are significantly different than the medical wigs of the past. Many cranial prosthetics can be totally or partially covered by health insurance.

**TREATING OPTIONS**

Instead of your general dermatologist, it is always recommended to seek the advice and the evaluation of a qualified, experienced and

ABHRS-certified hair restoration physician who can work with your other health care providers in order to help you diagnose and track your hair loss condition. Good communication with the doctor who prescribed the medication is also imperative to find out if the dosage can be reduced or stopped or if an alternative medication with fewer hair loss side effects could be substituted. When hair loss is due to a medication you are taking, it is likely that hair growth will return to normal once the medication is discontinued. Even if the medications cannot be discontinued or reduced, treatments can still be very effective. Scientific HairCheck measurements can accurately track changes in hair growth in order to determine whether hair loss is stable, getting worse or improving--well before these changes are noticeable to the naked eye. Treatments such as prescription Formula 82M compounded minoxidil, non-chemical PRP Platelet Rich Plasma, targeted nutraceuticals, and non-chemical no-side-effect low level laser therapy for hair regrowth are often used to help rejuvenate hair that has thinned out due to medications.

**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 20,000 hair loss patients and performed nearly 7,000 hair transplant procedures. An international lecturer and frequent faculty member of major medical conferences, Dr. Bauman was recently named one of the top 5 transformative CEO's in Forbes Magazine. His 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.



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

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- Low-level laser therapy is a non-chemical side effect-free option for hair regrowth by increasing energy production in the skin and hair follicle cells.
- PRP Platelet Rich Plasma uses your own blood platelets to stimulate hair growth.
- Some of the best food choices for healthy hair include salmon, which is loaded with omega-3 fatty acid, dark green vegetables for vitamins A and C, and Nuts, which are a terrific source of zinc, which can prevent hair shedding.
- New “scalp makeovers” are available to treat various hair and scalp problems, including thinning. Treatments range from sebum-regulating topical serums to scalp steaming and massage, moisturizing lotions and hair boosting dermal patches.



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By Aaron Rosenblatt, MD

# AVOID BACK AND SPINE SURGERIES!!!



**B**ack surgeries can fail for a devastatingly simple reason; the operation was not the right treatment, because the surgeon never pinpointed the source of the pain. As a result, patients may be just as miserable as they were before, or worse off. Unfortunately a desperate number choose to try surgery again. This is usually the wrong decision as well and this should be avoided. Statistics show also that by two years after a patient's first surgery, about 8% of patients have had another operation and by 10 years after, the rate jumps to 20%, an analysis of Washington State hospital data found.

There is no one best way to treat everyone. But the chance of finding relief for ongoing pain unquestionably lies in understanding what has gone wrong. This is not an easy task. Then seeing the most appropriate specialist for your problem and asking the right questions is quite important. With back problems, perhaps more than with any other medical condition, getting the best care at the utmost importance. The most important doctor you can see, at this point, is an Interventional Pain Management Specialists like Dr. Aaron Rosenblatt. A well qualified and certified doctor like him can evaluate a patient completely. He will order the appropriate scans and or test needed in order to come up with a plan to properly diagnose and the treat the issues **WITHOUT SURGERY**.

Once all of the appropriate tests are done Dr. Rosenblatt can see what diagnostics need to be completed in his state-of-the-art pain management facility. That's why it's critical to have a thorough workup. To get a sense of the cause of your pain X-rays and MRI/CT scans can be helpful but just because these scan say you have a disc problem here and or an arthritic problem there does not mean that this is where your pain is generated from.

As an interventionalist, Dr. Rosenblatt will take this information and set up diagnostic tests within his office to properly pinpoint the exact regions of the spine which require any type of treatment. Without these diagnostic tests, the wrong diagnoses can be made and then ineffective treatment with

surgery becomes likely. That's because high-tech images routinely uncover bulging discs and other "abnormalities." Dr. Rosenblatt will use this information and interventional techniques to avoid surgery.

Trouble is, many findings on scans often have nothing to do with what's hurting. If you take 100 people off the street and give them MRI's or Cat Scans, 33% of them, even if they had no back pain whatsoever, would have obvious structural problems. Data also points out that less the 5% of all patients who experience back pain will **EVER** require surgery but, unfortunately, a much higher percent of patients wind up with an operation. We will help avoid this situation.

Here's the real problem... Patients tend to think of back surgery as the **BIG CURE** or consider it the treatment that will work successfully. Sometimes, in our desperation to get our lives back, it may seem like a good idea to jump over those less invasive procedures and go right to the big one. This is rarely true.

Dr. Rosenblatt says, "Per my experience, it is rarely the case that a patient I see in my office will ever require surgery for pain. I also see too many patients who have already had 1 or more back surgeries without any relief." Surgery should **NEVER** be seen as worth trying for pain. This approach usually fails to help patients overcome their pain and now their spines are complicated and worse off due to after effect of surgery.

If a doctor recommends an operation, get a second opinion as soon as possible. A good surgeon should understand that you need to be comfortable with any decision and prior to having a surgery other opinions are necessary. For a truly useful second look, Dr. Rosenblatt can fully evaluate this situation and give what options exist.

Dr. Rosenblatt explains, "There have been too many times where patients were scheduled for one type of surgery and something totally different was causing their pain. Specifically, issues with sacroiliac

joints, hips and other regions of the body can mimic pain which would also **NOT** require surgery."

Dr. Rosenblatt continues, "I'm always trying to help a patient fully understand what is causing them a pain issue. This is usually pinpointed easily, diagnosed properly and then treated successfully without the need for any type of surgery."

Avoiding surgery is our number one goal to help to treat a growing older and active community. At Dr. Rosenblatt's beautiful freestanding interventional pain management building in Delray Beach, FL, he serves at the medical director and is board certified. Every patient is evaluated by Dr. Rosenblatt himself and a comprehensive treatment plan is always tailor made for each individual. Patients are **NOT** seen by PA's (physician assistants) or NP's (nurse practitioners). You will see the doctor at each and every visit. Dr. Aaron Rosenblatt specializes in performing Interventional Pain Management procedures and also in the field of Physical Medicine and Rehabilitation. His knowledge encompasses each region of the body which can cause pain. He runs on time and does not make patients wait hours in his office to see him. He is not only a pleasure to talk to regarding pain issues, but also enjoys every day topics such as sports, movies, entertainment and current events. Please look forward to more articles about Dr. Aaron Rosenblatt and the vast number of procedures he performs to help people with all types of pain. His main focus is to help individuals avoid surgery, eliminate pain medications and to ultimately feel much better on a daily basis and enjoy life!

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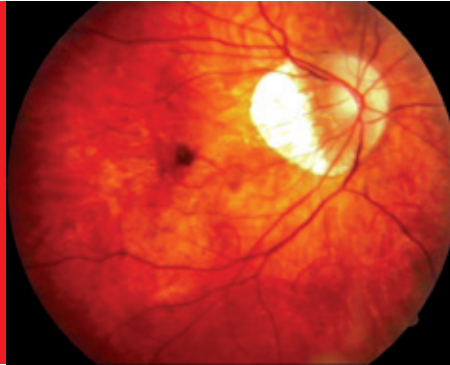




# CHOROIDAL NEOVASCULAR MEMBRANES

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

**D**iabetic retinopathy, the most common diabetic eye disease, occurs when blood vessels in the retina change. Sometimes these vessels swell and leak fluid or even close off completely. In other cases, abnormal new blood vessels grow on the surface of the retina.



Choroidal Neovascular membranes (CNVM) are new blood vessels that grow beneath the retina and disrupt vision. These blood vessels grow in an area called the choroid, the area between the retina and the sclera (the white part of your eye). The choroid supplies oxygen and nutrients to the eye. CNVM occur when new blood vessels start to grow in the choroid and break through the barrier between the choroid and the retina. When CNVM leak in the retina, they cause vision loss.

CNVM are associated with many serious eye diseases, most commonly wet age-related macular degeneration. In addition, CNVM are found in patients with histoplasmosis, eye trauma and myopic macular degeneration, an eye disease in patients who are extremely nearsighted.

## CHOROIDAL NEOVASCULAR MEMBRANES SYMPTOMS

If you have CNVM, you may experience painless vision loss. You may notice blank spots in your vision, especially your central vision. Your vision may be distorted, so that straight lines appear bent, crooked or irregular.

## WHO IS AT RISK FOR CHOROIDAL NEOVASCULAR MEMBRANES?

Because wet age-related macular degeneration accounts for most patients with CNVM, they are most commonly found in people age 50 and older, with the risk growing with age.

However, people with risk factors for different eye diseases or who experience eye trauma may develop CNVM at a younger age.

## CHOROIDAL NEOVASCULAR MEMBRANES DIAGNOSIS

If your ophthalmologist suspects you may have CNVM, he or she will take special photographs of your eye

using fluorescein angiography and optical coherence tomography (OCT).

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

OCT scanning is an imaging technique that creates a cross-section picture of your retina, which helps in detecting abnormal blood vessels.

## CHOROIDAL NEOVASCULAR MEMBRANES TREATMENT

Treatment of CNVM may vary depending on the underlying disease. Treatment for CNVM includes anti-VEGF treatment or/and thermal laser treatment. Depending on the progress of your disease, you may receive with one or more of these treatments.

## ANTI-VEGF TREATMENT

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

Your ophthalmologist administers the anti-VEGF drug directly to your eye in an outpatient procedure. Before the procedure, your ophthalmologist will clean your eye to prevent infection and will use an anesthetic to

numb your eye with a very fine needle. You may receive multiple anti-VEGF injections over the course of many months. Repeat anti-VEGF treatments are often needed for continued benefit.

## THERMAL LASER TREATMENT

Another form of treatment for CNVM is with thermal laser therapy. Laser treatment is usually done as an outpatient procedure in the doctor's office or at the hospital.

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

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

Usually the abnormal blood vessels are destroyed by laser treatment. However, patients who receive this laser procedure often need a re-treatment within three to five years.



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**Lauren R. Rosecan**

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

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# Connection Between Food and Your Physical & Mental Health

**W**hat's for dinner? This question is coming up in regards to mental health. More research is finding that a nutritious diet isn't just good for the body; it's great for the mind, too. Recent studies have shown the risk of depression increases about 80% when you compare teens with the lowest-quality diet, to those who eat a higher-quality, whole-foods diet.

Sadhguru, yogi, mystic and the foremost authority on yoga and Mark Hyman, American physician and bestselling author, explore the connection between the food that we eat and our physical and mental health, as well as possible approaches to change our food system.

**Mark Hyman:** One of the questions that came from the audience is about the connection between our mind, our mood, our emotional state, our mental health, and the food we eat. Everything from ADD to bipolar disease, to depression could be linked to that. So, what is the connection between our body and our mind?

**Sadhguru:** The yogic system does not identify body and mind as two different entities. Your brains are part of your body. It is just that what we generally refer to as mind is a certain amount of memory and intelligence. Between the rest of the body and the brain, which has more memory, which has more intelligence? If you look at it carefully, your body's memory goes back millions of years. It clearly remembers how your forefathers were. The mind cannot claim that kind of memory. When it comes to intelligence, what is happening in a single molecule of DNA is so complex that your whole brain cannot figure it out.

In the yogic system, there is a physical body and there is a mental body. There is an intelligence and memory running right across the body. People generally think the brain is everything just because it handles the thought process. And because of this separation of body and mind, a large number of people in the West are taking antidepressants at some point in their life.

The type of food we eat has a huge impact on the mind. An average American is said to consume 200 pounds of meat per year. If you bring it down to 50 pounds, you will see 75% of the people will not need antidepressants anymore. Meat is a good food to survive if you are out in the desert or the jungle. If you are lost somewhere, a piece of meat will keep you going, because it provides concentrated nourishment. But it should not be a daily food that you eat when there are other choices.

There are many ways to look at this. One thing is animals have the intelligence to know in the last few moments that they are going to get killed, no matter how cunningly or how scientifically you do it. Any animal that has the capacity to express some kind of emotion will always grasp when it is going to be killed.

Suppose all of you come to know right now that at the end of this day, you are going to get slaughtered. Imagine the struggle that you would go through, the burst of chemical reactions within you. An animal goes through at least some fraction of that. This means when you kill an animal, the negative acids and whatever other chemicals are in the meat. When you consume the meat, it creates unnecessary levels of mental fluctuations.

If you put people who are on antidepressants on a conscious vegetarian diet, in about three months' time, most of them will not need their medication anymore.

For most of those who have become mentally ill, the illness has been cultivated – there is nothing pathologically wrong with them. Such a large percentage of people cannot be mentally sick unless



Sadhguru

we are culturing it within our social fabric. We should never let commercial forces determine the quality of our lives. Commerce is there to serve humanity. But right now, we have structured the economic engine across the world in such a way that human beings are here to serve the economic and commercial process.

It is not in the hands of the politicians and policy-makers alone. If everyone realizes their physical and particularly their mental health improves when they change what they eat and how they eat, we will also change the politicians.

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**SEVERE DOSAGE**  
Weight 90-125 lb = 3 x 50mg Pills  
Weight 126-175 lb = 3 x 75mg Pills  
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# Are There Any **New Technologies For Fat Reduction?**



It is interesting to watch technology as it continues to evolve. Many of my patients are up to date with what is trending in aesthetic technology. There is a new exciting technology that melts and tightens skin simultaneously without downtime.

COOLSCULPTING® has been a good fat reduction treatment for many of my patients. It is a way to non-invasively destroy fat cells by freezing fat, however it takes about 1 hour per area and depending on the patient, it could take up to 4 to 6 hours in one day! Also, the cost of CoolSculpting® is pretty much equivalent to liposuction.

A newer technology has just been FDA approved for the same application of destroying fat cells non-invasively, but it uses heat. It's called SculpSure™ by Cynosure®. SculpSure™ is a laser device that uses a 1060 nm wavelength to target fat cells and destroy them without any incisions.

Unlike CoolSculpting®, SculpSure™ takes less time, the treatment areas are much larger and there is no downtime. One treatment takes only 25 minutes and there have been no reported side effects.



### TARGET

Selective wavelength to target fat cells below the dermis.

### DISPURT

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### ELIMINATE

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**BEFORE** SculpSure™



**AFTER** SculpSure™

SculpSure™ is a breakthrough non-invasive body contouring treatment for fat that has been unresponsive to diet and exercise.

- 25 minute treatment
- Clinically proven to permanently reduce fat
- Customized treatment sessions to achieve the look you want

The treatments applicators are placed on the skin and a balance of laser wavelength with cold is projected to the fat layer, making it hot enough to achieve the right temperatures to destroy fat cells, but cold enough to be comfortable. The destroyed cells are disposed of by the body's lymphatic system.

The results are seen in 6-8 weeks and most people require just 1 treatment. Another major advantage and game changer is the skin tightening effects of this laser.

So in summary, SculpSure™ is less expensive, takes less time and tightens skin very effectively. I'm very excited and happy to share this information!



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# NEUROFEEDBACK

## IS AN EFFECTIVE AND SAFE WAY TO TREAT ADHD/ADD FOR ALL AGES!

By Renee Chillcott, LMHC

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.

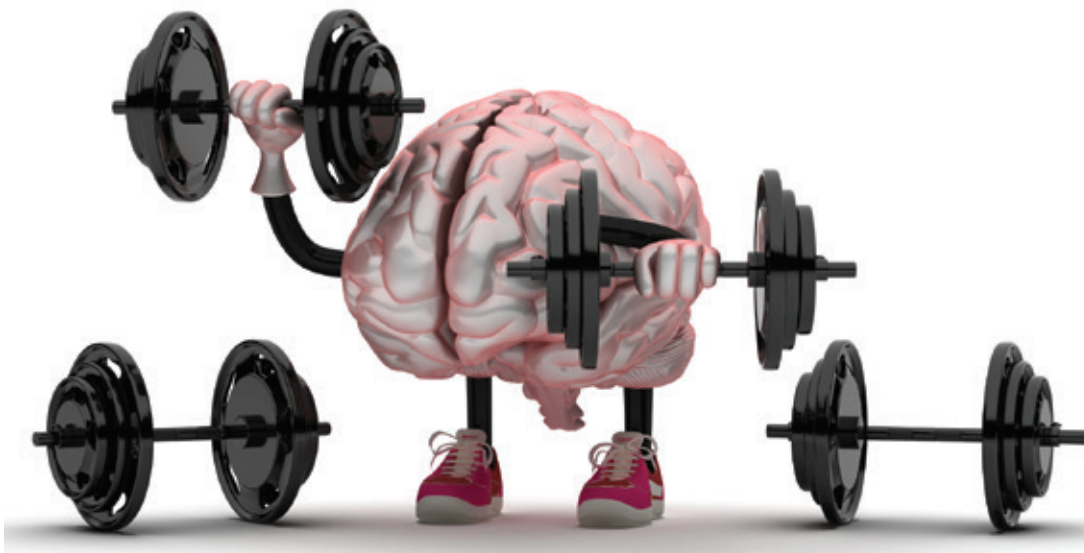
### YOU MAY ALREADY KNOW THAT...

- 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.

### WHY TRAIN YOUR BRAIN?

Mental clarity improves when you operate a calmer, more efficient brain. As you learn to slow down “inner chatter” or activate a “sleepy” brain, you become more effective at responding to stress and adapt more readily to different situations, both psychologically and physically. Homework time is smoother and quicker, assignments are more easily remembered, completed and turned in, behavior improves, and mood swings and depression often lift.

Neurofeedback has been shown to be of remarkable value with school-age children who experience focus and learning problems. Through brain training, children can learn to better concentrate on schoolwork, increase their frustration tolerance level, and are less prone to be overwhelmed with sensory overload while seated in a noisy classroom. With their thoughts more organized, they can focus more clearly on what others say to them and can begin to develop friendships and learn effectively.



### WHAT IS NEUROFEEDBACK?

Neurofeedback, also known as EEG biofeedback, has been studied and practiced since the late 60's. It is exercise for your brain by allowing you to see the frequencies produced by different parts of your brain in real-time and then through visual and auditory feedback, teaches the brain to better regulate itself. Neurofeedback can be used to help detect, stimulate, and/or inhibit activity in the brain safely and without medication. It can help restore a wider “range of motion” in brain states, much like physical therapy does for the body.

While the client sits comfortably watching a movie or pictures appear on the screen (a calm and focused state), the EEG equipment measures the frequency or speed at which electrical activity moves in the areas where electrodes have been placed. This information is sent to the

therapist's computer. The therapist is then able to determine what frequencies are out of balance. For example, when the EEG shows that you are making too many “slow” or “sleepy” waves (delta/theta) or too many “fast” waves (high beta), the therapist adjusts a reward band to encourage more balanced activity. This encouragement or “reward” happens through visual recognition of the changes on the screen and the auditory reinforcement of “beeps”.

It is important to understand that the neurofeedback approach does not magically “cure” or “fix” anything. We teach and guide your brain to produce frequencies which help it relax and/or focus. We provide the brain with gentle “challenges” and encouragement in a user-friendly, stress-free format so it learns to regulate or shift to healthier states more smoothly on its own at the appropriate time.



## HOW DOES A “BEEP” OR SOUND TRAIN MY BRAIN TO WORK BETTER?

The auditory or sound reward that corresponds to an increase or decrease in desired brainwave activity is able to affect the brain on a neurological level. Auditory reward stimulates auditory pathways, impacts the vestibular system, and has many connections to the reticular activating system, which modulates wakefulness and attention. These systems operate in our brains without conscious effort. Therefore, neurofeedback teaches your brain through automated learning with little or no behavioral effort. Another way to say this is that neurofeedback involves operant conditioning or learning. This type of learning teaches us through a reinforced reward system. The auditory reward (beep) is delivered on a schedule of reinforcement that promotes optimal learning; not too hard and not too easy. This schedule of reinforcement or reward provides just the right amount of resistance to evoke a positive learning pattern.

## WHAT ARE THE TYPES OF CONDITIONS NEUROFEEDBACK HELPS?

Symptoms of these conditions, among others, can improve through neurofeedback training:

**Anxiety • Sleep disorders • Depression**  
**ADD/ADHD • Sensory processing disorder**  
**Bipolar disorder • Seizure disorders**  
**Auditory/visual processing**  
**Chronic pain/Fibromyalgia • Migraines/headaches**  
**Traumatic brain injuries • Stroke**  
**Cognitive decline • Peak performance**  
**Oppositional defiant disorder**  
**Rages/mood swings**  
**Attention/focus/concentration**  
**Reactive attachment disorder**  
**Autism/Asperger’s • Learning disabilities**  
**Obsessive compulsive disorder**

## HOW MANY SESSIONS ARE NEEDED TO BEGIN SEEING RESULTS?

As the brain learns, you will see the changes. However, everyone learns at different speeds, so it cannot be determined how quickly someone will learn. On average, children take about 10-20 sessions to see changes and we can discuss what to expect during the intake appointment. For adults changes are usually noticed within 10 sessions. Total treatment is an average of 40 sessions, however we individualize treatment – some people need more and some less.

## NEUROFEEDBACK AND MEDICATION

As your brain begins to work more efficiently, medications also work better. For those who cannot take or are only marginally responsive to medication, neurofeedback can offer an alternative or supportive role to drug therapy by stimulating



or inhibiting brain activity at the same basic neurological level as medication. Eventually with training, many people find they are able to reduce the dosages or cease taking some prescription medications, but only after careful consultation and planning with the prescribing physician. For this reason, neurofeedback practitioners advocate consistent communication between clients and their physicians during training and encourage discussion of their neurofeedback experience with therapists and doctors so accommodations can be made as training progresses.

## WHAT IS A QEEG (QUANTITATIVE EEG) OR BRAIN MAP AND DO I NEED ONE?

The QEEG is a quantitative EEG. It’s also called a brain map and does just that...it gives us a map of what is going on with the entire brain at one time. We attach electrodes to the whole head, 19 spots, and then record the brain waves with his eyes open for 5 minutes and with his eyes closed for 10 minutes. This recording is then sent to Advanced Psychological Services in North Carolina to be read and analyzed. They are able to give us a summary of significant findings as well as a full report that shows the results of analyzing the data several different ways. The brain activity is not only compared by individual locations over the entire head, but we can also look at connections,

symmetry, how different parts are communicating and all of this data is compared to a database of peers (same sex, handedness and age). It can help us see what areas need to be addressed more efficiently than just training spot by spot.

We don’t always need this data to make improvements in symptoms but we do recommend it in certain situations. A QEEG can also be helpful information when diagnosing and/or trying to decide the best medication/supplement recommendations.

## HOW DO I GET STARTED?

Getting started is easy, just give us a call. The Brain and Wellness Center staff will answer all of your questions, and help you get scheduled. If you are wondering what services are best for you? We can help determine that at the time of the intake, in a telephone consultation, or you can schedule a face to face consultation and see our facility. Call, email or message us today!

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### Renee Chillcott, LMHC

Renee Chillcott is a Licensed Mental Health Counselor that has been practicing Neurofeedback training since 2005. Renee attended The University of Central Florida where she received her Bachelor of Arts Degree in Psychology in 1995. She then went on to complete her Master’s Degree in Mental Health Counseling with Nova Southeastern University in 2001. She has been a mental counselor in a variety of settings including Outpatient Treatment Agencies, Alternative Education Settings, and Private Practice. Renee received her license in Mental Health Counseling in 2004. Renee decided to enter the field of Neurofeedback because there was very little information made available to people/parents about alternatives to medication. Through the use of Neurofeedback she saw more significant and permanent changes in not only her clients, but also her own family and herself. This inspired her to become the owner/operator of The Wellness Center, located in Boca Raton. At The Wellness Center, adults, teens, children and families enjoy a variety of services from multiple providers. Neurofeedback, Brain Mapping, Acupuncture, Nutritional Counseling, Learning Programs, and counseling are among a few of the services offered.



# CUTTING EDGE TECHNOLOGY USED TO **TREAT NECK PAIN** IN PROFESSIONAL ATHLETES, THE US AIR FORCE, & THE US NAVY – IT IS NOW AVAILABLE IN PALM BEACH COUNTY

**T**HE HUMAN HEAD WEIGHS approximately 11 lbs, significantly larger than the 8 lbs so famously quoted in the movie, “Jerry Maguire”. Your neck’s main job is to hold up/support the head. Mind this is no easy feat. The head must be able to move from side to side and up and down simultaneously. The neck itself forms a conduit for the spinal cord, carries blood vessels to and from the head, and contains passageways for air and food. This is quite a complex system of engineering. No wonder our necks can cause such systematic pain and discomfort. 70% of individuals experience neck pain that interferes with life functioning at least once in their lifetime.



Neck pain can be debilitating. Pain can radiate from the neck to the back down the arms and sometimes even down to the hips and legs. Neck pain can create chronic and intense headaches. The neck itself can become stiff with a decreased range of motion where pain is often worsened with movement.

Traditional treatments frequently create temporary relief for neck pain sufferers but long-term restoration of neck function and pain relief is infrequent. “The MCU (Multi-Cervical Unit) is changing the way we treat and cure debilitating neck pain” explains Dr. Marc Weinberg of the Active Health Center, “Multi-cervical unit (MCU) is designed to increase cervical range of motion and strength in order to restore neck function.”

Prior to the MCU, it was nearly impossible to objectively diagnose muscle dysfunction and weakness. Because other examination methods like CT scans, X-rays, and nerve testing have been unable to detect functional muscle weakness, accurate strengthening of these delicate injuries has often been called “the missing link” in neck pain treatment. The MCU is so valuable because it offers a more reliable diagnosis of strength and motion, and then uses those findings to customize and target the treatment using the same machine. Research reveals that patients who are treated

with the MCU typically experience far better success rates with more permanent relief than those who opt for traditional therapies alone. It is a priceless asset in the diagnosis and treatment of neck pain.

The MCU is the most comprehensive cervical spine evaluation and rehabilitation system in the world. It provides a thorough and objective evaluation of the cervical spine (the neck) and its related muscles. It then prescribes a series of neck-strengthening exercises to resolve the underlying cause of your neck pain. Unlike massage, acupuncture and decompression, which do nothing to strengthen muscles, the MCU offers a restorative approach.

#### Here’s how it works:

- The MCU is a digital system that evaluates and records the patient’s cervical spine movement and isometric strength. Evaluations take about 45 minutes to perform.
- The patient’s strength and range of motion is accessed, and a report is generated.

- The MCU recommends a therapy program precisely tailored to suit the patient’s needs
- Strengthening sessions last 20-30 minutes and are conducted 3 times per week for only 6-12 weeks

The amazing part of the MCU, it can detect the presence of weakness in any neck muscle group. It can pinpoint the location and then strengthen the muscle(s) thereby allowing the inflamed tissues, like bulging or herniated discs, swollen facet joints, overused muscles and even areas of stenosis to “quiet down” and heal, thus alleviating neck pain. Along with a thorough examination, the MCU can also determine if neck weakness is not the cause of your neck pain and is a comprehensive evaluation to help determine if the MCU treatment will be beneficial to each patient.

In Fact, Medical Research shows that 75% of people with chronic neck pain, from any cause, will get significant relief of their pain simply by strengthening their neck with the Multi-Cervical Unit.

If you or someone you love has suffered from neck or upper back pain, contact the team at Active Health Center for an evaluation to see if the MCU treatment is right for you.

#### MCU offers Effective Testing and Treatment for:

- **General and Chronic Neck Pain**
- **Whiplash Associated Disorders**
- **Muscle Tension headache**
- **Cervical Disc Conditions**
- **Sports Related Injuries**
- **Job/Posture dysfunctions**

#### THE MCU CAN TREAT:

- **Neck pain**
- **Headaches**
- **Dizziness from the neck**
- **Upper back pain**
- **Arm numbness, tingling, burning.**



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# Question: How can I tell if my friend has a PROBLEM WITH ALCOHOL OR DRUGS?

## PHYSICAL SIGNS OF SUBSTANCE USE MAY INCLUDE

- Change in sleep patterns or appetite
- Weight loss or weight gain
- Eyes that are bloodshot
- Pupils that are smaller or larger than normal
- Shakes and/or tremors
- Slurred speech
- Impaired coordination
- Unusual smells on breath, body, or clothing

## BEHAVIORAL SIGNS OF SUBSTANCE USE MAY INCLUDE:

- Decreased motivation
- Loss of interest in extracurricular activities
- Drop in attendance or performance at work or school
- Financial problems or an unusual need for money
- Engaging in secretive or suspicious behavior
- Sudden changes in relationships

## PSYCHOLOGICAL SIGNS OF SUBSTANCE USE MAY INCLUDE:

- Unexplained change in personality or attitude
- Sudden mood changes
- Periods of unusual hyperactivity or agitation
- Appearing fearful, withdrawn, anxious, or paranoid with no apparent cause

Furthermore, if you're loved one is compulsively seeking and using drugs or alcohol despite negative consequences, such as loss of job, debt, family problems, or physical problems brought on by their use, then he or she is most likely addicted.

Being a friend or family member of someone abusing alcohol or substances can be extremely difficult. At times, it may feel so overwhelming that it may seem easier to ignore the problem. In the long run, minimizing or denying your loved one's use will inevitably be damaging to you, other family members, and the person you are concerned about.

The first step to helping your loved one is learning more about the disease of addiction. You may

want to either talk to a member of AA, NA, Al-Anon or Nar-Anon, or speak with a professional to help better understand your friend or family member's behavior. If your loved one is willing to take the next step, suggest an assessment by an addictions professional to help them understand their options and receive the care that they need.

Addiction is one of the leading causes of preventable death in America. So when you talk to your loved one about their drinking or substance use, you may be literally saving a life.



**ORIGINS OF HOPE**  
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 Atlantis, FL 33462  
**(888) 508-0388**  
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[gmorin@originsofhope.com](mailto:gmorin@originsofhope.com)



# Would You Invest \$37

## to Find Out if there's a Way to Get You Pain-Free and Healthy Again?

*even if you've been frustrated before...*

Dear friend,

Almost 35 years ago at the age of 5, I started having headaches, which later turned in to migraines. My parents took me to specialists after specialists. They ordered CAT scans, MRI's and performed several tests. I was put on powerful medication, which offered little to no relief.

There were days that I couldn't get out of bed, due to debilitating migraines. I had to be in a dark quiet room, praying to God that the pounding in my head would stop. Like so many people suffering with migraines, I settle into the idea that this was something I was going to live with for the rest of my life.

God had other plans... I found a NUCCA doctor that helped me. This doctor did a unique exam and was focused on looking for the cause of the migraine. He took some special 3D x-rays and performed a complete nervous system evaluation. I later received my first adjustment. The adjustment was so gentle that it left me very skeptical at first. I felt no difference for the first few weeks, my migraines actually increased. This NUCCA doctor did such an amazing job explaining the process that I kept going to see him. Am I glad I did! Within 3 months, my migraines started going away. I had more energy, clearer thinking and felt like I literally got my life back. This made such a profound difference in my life that I decided to dedicate my life to help others experience the same quality of life that I was giving through NUCCA care. And that's how it happened

Let me tell you what happened to my wife Taina. When we met, she had crippling back pain. Being a nurse, she is on her feet all day. She had such horrible back pain that it was a real challenge getting out of bed. She also suffered with dysmenorrhea since 13 y/o. She had seen many specialists concerning her painful menses and was on muscle relaxers for her back pain.



After getting under NUCCA care, the back pain improved immediately, and now nearly 10 years later, no more dysmenorrhea. That seems like a small thing, but it makes a huge difference to her.

My boys, Matthieu & Miles were both adjusted within minutes after birth. Neither one of them was in pain; I simply adjusted them to keep them healthy... as with all the children I care for in my office.

You see, it's not normal for kids to have ear infections, asthma, allergies, headaches or a number of other illnesses we clear up in our office everyday.

For the last 4 years, people from Boca Raton and the surrounding area have come to see me with

their headaches and migraine problems. They also come to me with their:

- Tinnitus (ringing in the ears)
- Chronic pain
- Neck pain
- Shoulder/Arm Pain
- Whiplash from car accidents
- Backaches
- Numbness in limbs
- Athletic injuries

*Just to name a few*

**Here's what some of my patients had to say:**

*"My headaches, migraines and dizziness have been crippling and debilitating. I no longer enjoyed life and missed running around and playing with*





*my wife and children...This technique is the most amazing thing I have ever experienced after being told by doctors that I was going to have to deal with the pain for the rest of my life” – (Bob)*

*“No more neck or hand pain!” – (Mary)*

*“For the last 5 years I have suffered with neck pain, headaches, and numbness in arms and hands, all the result of an auto accident. I have seen my family doctor, orthopedist, neurologist, and pain management – all without success. After only three visits with Dr. Jean-Pierre my pain was reduced and I stopped taking medication. I am now 100% symptom free. The treatments are completely painless and I look forward to waking up in the morning. Dr. Jean-Pierre saved my life.”*  
– (Doug G.)

I’m blessed that people often thank me for helping them with their health problems, but I can’t really take the credit. I’ve never healed anyone of anything. What I do is perform a specific and gentle Atlas adjustment to remove nerve pressure, and the body responds by **healing itself**. Of course, all people respond differently to care, but we get terrific results. It’s as simple as that!

Chiropractic is probably the most misunderstood health care profession there is. It is about working with, and enhancing the body’s natural healing abilities. Chiropractors find and remove interference in the nerve system, which allows the body to respond better. As misunderstood

as it is, the studies speak for themselves, like the Virginia study that showed that over 95% of patients who saw a chiropractor were satisfied with their results. That’s just incredible!

With Obama Care in place everyone is now insured, but we have found that their benefits are greatly reduced with ridiculously high deductibles. That’s where chiropractic comes in. A seven-year study compared costs of people seeing medical providers vs. alternative providers (like chiropractors). Overall the patients seeing alternative providers had 60% less hospitalizations, 59% less days in the hospital, 62% less outpatient surgeries, and 85% less costs for prescription drugs.

**Special offer** – Nothing compares to a life free of nagging symptoms masked and sometimes complicated under the expensive haze of medication. Be one of the first 20 people to call and schedule a new patient exam (by June 30<sup>th</sup>, 2017) you’ll receive that entire exam for \$37. That’s with x-rays, postural analysis, paraspinal thermal imaging, and there’s no hidden fees. But again, there’s only 20 of these slots, so don’t miss out (by law, this offer excludes Medicare/Medicaid beneficiaries).

**Great care at a great fee** – Surely you can see the value in my offer in light of my credentials. I’m a graduate from Barry University with a degree in Sports Medicine. I received my Doctor of Chiropractic Degree from Logan University. I’ve been

taking care of seniors to day old babies in NY and Boca Raton since 2007. I just have this special offer to help more people who need care.

Our office is both friendly and warm and we try our best to make you feel at home. We have a wonderful service, at an exceptional fee. Our office is called **UPPER CERVICAL INSTITUTE OF FL** and it is at 7301A West Palmetto Park Road Suite 304B, Boca Raton, FL 33433. Our phone number is **561-409-3594**. Call me today for an appointment. We can help you. Thank you and God Bless.



**Dr. Gregory Jean-Pierre, D.C., ATC**  
**Chiropractor for the Entire Family**

P.S. When accompanied by the first, I am also offering the second family member this same examination for only \$17.

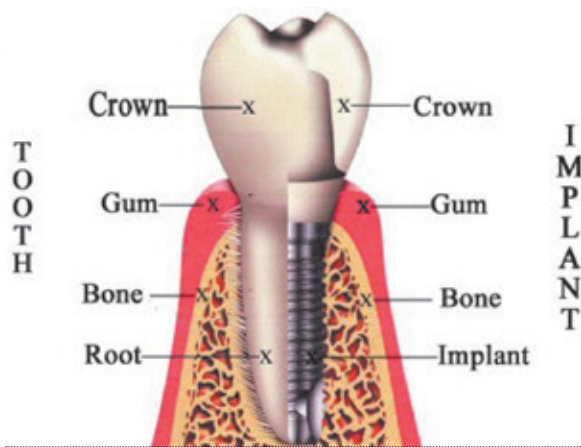
P.P.S. Can you imagine not having to wait at a doctor’s office? Well, your time is as valuable as mine. That’s why we have a no-wait policy. You will be seen within minutes of your appointment.

\*P.P.P.S. I want to be clear that no one (including me) can ever guarantee a cure for any condition. Of course, all people respond differently to care.



# AM I A CANDIDATE FOR IMMEDIATE DENTAL IMPLANTS?

**M**any of our patients start their consultation for dental implants very confused from the numerous advertisements they have read. Often times, patients are not clear exactly what a dental implant consists of or how it can be used to help replace a missing tooth or teeth.



## THE BASICS:

Teeth consist of 2 parts: the **Crown**- the part you see when you smile and chew with and the **Root**-the part in the bone and under the gums that gives support. When teeth need to be removed and replaced (this can be due to a number of factors such as decay or bone loss), one option is to use a dental implant. An implant is often referred to as a “root placement”. When the entire tooth is extracted, the crown and root are removed. This leaves an empty space or socket in the bone where the old root used to live. An implant or “new root” can ultimately be placed in the site of the socket and over time the bone in the area can “glue” itself to this implant. Typically, this gluing can take around 3-6 months. Once this occurs, a new crown can be cemented onto the implant to complete the process of replacing the tooth.

Traditionally, when a tooth is removed, a bone graft is placed in the extraction socket to aid in regrowing bone in the site. After a period of healing, an implant is placed into the area with the newly formed bone acting as a support structure for this new root. Three to Six months after the implant has been placed into the area, a crown can usually be attached to complete the process.

## IMMEDIATE DENTAL IMPLANTS:

A more advanced technique that can be utilized involves placing the dental implant into the tooth extraction site at the time the tooth is removed. This can be very tricky as variations in bone anatomy,

shape and hardness can impact the stability and position your surgeon can place the implant. On the positive side, research has shown that placing an implant at the time of tooth extraction may help preserve the jaw bone structure around the implant area. In addition, fewer procedures may be needed if the implant is able to be inserted in the same appointment.

Due to the additional complexity of this procedure, we find the use of a 3D x-ray (CT scan) of the mouth area to be critical to helping decide if the use of immediate implant placement is appropriate in each individual case. Having an in-depth knowledge of the anatomy, including location of the nerves and sinuses, can help identify the safest and least invasive approach.

No tooth replacement site is the same and success can vary patient to patient and site to site. In some situations, such as areas of significant infection, the traditional approach to implant placement may be a better option. The more information your surgeon has regarding the areas being considered for treatment can help increase success and assist with determining the best approach for your individualized needs.



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

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



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

*The focus of his interests are conservative approaches to treating gum, bone and tooth loss. He utilizes advanced techniques including the use of the Periolase Dental Laser (LANAP procedure) to help save teeth, 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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**T**he future of the facial is here! CooLifting is a simple, fast and effective treatment that dramatically reduces wrinkles and rejuvenates treated areas in just 5 minutes. CooLifting is designed to treat facial wrinkles, in both the expression zones and the gravitational zones: eyes outline, forehead, frown, cheeks and lips' zone.

The reduction of wrinkles has been the cornerstone of aesthetics for many years. Until now, treatments combined long sessions with little result or invasive treatments met with marginal changes. CooLifting has changed the rules of the game offering a simple, fast and effective treatment that dramatically decreases the appearance of wrinkles, activates collagen production and is completely non-invasive.

The process is simple, CooLifting is a new facial that combines a controlled spray of carbon dioxide and a blend of hyaluronic acid and botanicals to generate beautiful results with no downtime, no injections, and no pain.

### FREQUENTLY ASKED QUESTIONS

- **How long will it take to see results?**

There is an immediate luminosity to the skin. You will also notice a lifting/tightening effect within 12-24 hours of the facial. Clients who sign up for a package of four facials, followed by monthly follow-ups, will see substantial improvement over time.

- **Is there any maintenance required after a treatment?**

Post-treatment, you can return to your regular skin care regimen, with a good moisturizer followed by a mineral sunscreen. These guidelines also apply if you get CooLifting "maintenance" facials.

- **Can people with sensitive skin be treated with CooLifting?**

Yes. CooLifting can be used on all skin types or degrees of pigmentation.

- **Is it ok to use CooLifting after microneedling?**  
CooLifting can be used in conjunction with microneedling, chemical peels, microdermabrasion, and other procedures to reduce the redness and inflammation caused by these procedures.

- **Is there any downtime after a treatment?**  
There is NO downtime after CooLifting. In fact, it's a perfect "Red Carpet" facial before a special event like a black tie dinner, wedding, or class reunion.

**Palm Beach Complexions RX**  
**Teresa Dulong Owner/Medical Esthetician**  
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 West Palm Beach, FL 33401  
 561-305-5353  
[www.palmbeachcomplexionsrx.com](http://www.palmbeachcomplexionsrx.com)



*Five minute facial that leaves skin looking and feeling tighter and firmer*

*Only system that combines a proprietary HA serum and CO2 spray*

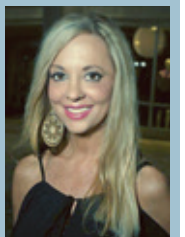
*Works as a stand alone facial or can be combined with other treatments for great results*

In the comfortable, private and relaxed environment at Palm Beach Complexions Rx, we guarantee you the visible difference in skin health and restoration.

By combining both beauty and science, we can help our clients restore a beautiful complexion while enhancing each individual's personal appearance.

We combine personalized aesthetic services with the credibility of Teresa Dulong. She is a highly experienced licensed medical esthetician with over 25 years of experience. She will provide you with a wide range of medical aesthetics and beauty options including skin care services and products.

We look forward to helping you look beautiful, feel beautiful, and rediscover the natural youthful look.



-Teresa

# What is CBD

## AND THE MEDICAL TREATMENT IT PROVIDES?

Jeff Mandall, owner of Vapor Rocket, South Florida CBD, and an advisor to the board of directors for Miami Beach Community Health Centers is the local expert about CBD and its use. He prides himself in working with area medical providers to educate and facilitate treatment of patients with a multitude of different health problems. We went straight to the expert to get our questions answered and here's what we learned:



**C**ANNABIDIOL—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.

Scientific 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, however, 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. If you are interested in using CBD for treatment of an ailment, we recommend you consult your doctor to make sure it’s right for you.

South Florida CBD provides top of the line, high quality organic botanical oils, waxes, and pastes that offer numerous medicinal benefits. With no prescription required, our product captures the highest concentration of cannabidiol available, a chemical compound that triggers and modules receptors in the brain to offer the following benefits: Anti-seizure, Easing chronic pain, Psychological Health Benefits, Anti-inflammatory properties. If you have further questions about CBD or request that we work with your medical professional, please contact South Florida CBD knowledgeable staff at **561-200-0122**.



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



# KEEP YOUR HEARING AIDS DRY in the Summer Months

Written by Dr. John O'Day, Au.D. Presented by Dr. Dana Luzon, Au.D., FAAA



**M**ost hearing aid repairs are due to moisture and earwax accumulating in the hearing aid. The vast majority of these repairs are preventable. Hearing aids are simple to care for. It's important to clean your instruments every day, either before you put them in your ears every morning or when you removed them at night. Your Audiologist can instruct you on how best to clean your particular hearing aid model, and will give you some small tools to brush the aid and clean ear wax from the sound bore and vent hole. **Dr. Dana Luzon**, Board Certified Doctor of Audiology with Audiology and Hearing Aids of the Palm Beaches recommends scheduled maintenance at the office every 3-6 months for a check up on the health of your devices. You do not need to clean your hearing aid with water or any chemical cleaning solution. Always use a dry cloth or tissue to wipe down your hearing aids.

To best protect your instruments from humidity or moisture, use a DRY-AID kit or Electronic Dryer such as PerfectDryLUX or a Zephyr. These kits remove moisture that has accumulated in the instrument (from perspiration, humidity, etc.) and can extend the life of your hearing aids. Electronic dry-aid kits as well as small dry jars are available for purchase from your Audiologist. Electronic dry aids include a germicidal light that kills most bacteria and other germs, desiccants to absorb moisture, and fans to circulate air through the internal components of the hearing aids. Dry jars use the desiccant beads to draw out moisture the hearing aid has accumulated throughout the day and are typically less costly.

Avoid dropping your hearing instruments on hard surfaces; the shock can damage the receiver or other miniature electronic components. Keep your instruments in their case or your dry aid kit when they're not in your ears. It is common for hearing aids to get lost when they're put in a pocket or purse without their designated case. It's also not uncommon for dogs to chew on hearing aids left lying out, so keep them in a protective case to prevent damage to your devices.

Preventive maintenance is the key to longer lasting hearing aids. Well maintained hearing aids can last four to five year, so a little maintenance will go a long way!

To purchase a Dry Aid Kit, please call Audiology and Hearing Aids of the Palm Beaches at **(561) 627-3552** and schedule an appointment with Dr. Luzon. We look forward to being your home for hearing healthcare.

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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# ACUPUNCTURE: The New Facelift?

## WHAT IS SKIN REJUVENATING ACUPUNCTURE?

Skin Rejuvenating Acupuncture is an effective, safe, non-surgical treatment to reduce the signs of aging. It is a great natural alternative to Botox. It is based on the principles of Chinese Medicine which has been around for thousands of years. It involves the insertion of very thin disposable needles just under the skin's surface on the face and body where needed to balance energy and encourage healing.

This specific, very shallow insertion creates tiny "micro-traumas" on the skin's surface which stimulates your production of elastin and collagen, which is critical to anti-aging. It also increases oxygen and blood circulation to the skin. This combination helps fill in fine lines and give firmness and tone to the skin for a healthy, glowing complexion.

Acupuncture has been used for thousands of years to treat many conditions and illnesses. The effectiveness of acupuncture has been related to the manipulation of the energy points on the body to balance and to remove blockages in the meridians (energetic pathways), in order to achieve health and to prevent diseases.

Skin Rejuvenation Acupuncture has attracted great attention in the last few years, especially in the big cities like New York City and Los Angeles. It used to be a treatment only for the rich and famous in Hollywood, but now everyone wants the royal treatment.

A 1996 report in the international journal of Clinical Acupuncture reported that among 300 cases treated with acupuncture for skin rejuvenation, 90% has marked effects with one course of treatment. The effects included: more

delicate skin, improvement of elasticity of facial muscles and tone, brighter complexion, and overall rejuvenation.

## HOW DOES IT WORK?

A practitioner specializing in Cosmetic Acupuncture is able to utilize the meridians that either end or begin at the face to stimulate and balance the energy and at the same time, treat the underlying factors that contribute to the aging process. This involves the insertion of hair-thin disposable needles just under the skin at specific areas on the face and body. The needles are inserted into the energy pathways or meridians to improve the flow of Qi (energy inherent in all living things). As the flow of energy improves a greater amount of energy and blood are circulated to the face, oxygenating, firming and toning the skin to diminish fine lines and improve overall skin tone.





### **WHAT ARE THE BENEFITS OF SKIN REJUVENATING ACUPUNCTURE?**

Skin Rejuvenating Acupuncture may take 5 to 10 years off the appearance of your skin. It helps to eliminate fine lines and makes the deeper lines look softer. It also firms and tones the skin to help reduce sagging along the jaw line and drooping eyelids.

### **OTHER BENEFITS INCLUDE:**

- Improves muscle tone
- Increases circulation and oxygenation of the skin
- Tightens the pores
- Helps reduce acne outbreaks
- Nourishes the skin for a healthy natural more radiant glow
- Brightens the skin to reduce dull complexions
- Minimizes fine lines
- Increases collagen and elastin production
- Evens facial color and tone
- Increases lymph circulation Leaves skin refreshed and rejuvenated.

### **WHY CHOOSE SKIN REJUVENATING ACUPUNCTURE OVER A FACE LIFT?**

While not a replacement for surgery, acupuncture is an excellent alternative for someone who does not want to undergo a surgical procedure. Skin rejuvenating acupuncture is a much more subtle procedure (which can be a good thing) and does not have the risks involved with surgery. It is also far less expensive than plastic surgery and is virtually painless and has no side effects or risk of disfigurement. Surgery may have an extended recovery period with swelling and discoloration.

### **WHO SHOULD NOT HAVE SKIN REJUVENATING ACUPUNCTURE?**

There are various cautions including bleeding disorders, persons on blood thinners or persons with hypersensitivity or untreated high blood pressure. In such cases, our non-needle technique would be the preferred treatment.

### **DOES IT REALLY MAKE A DIFFERENCE?**

Skin Rejuvenating Acupuncture has been performed for thousands of years in China. As early as the Sung Dynasty (960 A D – 1270 AD) acupuncture was performed on the Empress and Emperor's concubines. For centuries, the Chinese have known that beauty radiates from the inside

out. If the internal body is nourished and the energy and blood are flowing smoothly, the external body will reveal this radiance. A study in 1996 in the International Journal of Clinical Acupuncture reported that among 300 cases treated with Skin Rejuvenating Acupuncture, 90% reported marked effects with one course of treatment. The effects included: the skin becoming more delicate and fair, improvement of the elasticity of facial muscles and leveling of wrinkles, a bright complexion and overall rejuvenation.

Call us at Meng's Acupuncture Center Medical Center to setup your appointment to look younger today **561-656-0717**.



Dr. Meng, MD (China), AP, received her medical degree from the prestigious Shandong University in China and has also completed several advanced training courses in oriental medicine from well-respected TCM hospitals in China. She has over 18 years of experience as a doctor of Chinese medicine. She has owned and operated Meng's Acupuncture Medical Center since 2007.

**LOSE WEIGHT,  
REDUCE STRESS,  
ACHIEVE OPTIMUM HEALTH**

Call Today for Details and Schedule Your  
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4060 PGA Blvd., Suite 202,  
Palm Beach Gardens

# Relax

By William H. Stager, DO, MS, MPH, FAAFP, FAAMA, FAAO, FACOPF dist.

**W**e all deal with stress every day and we hear about it everywhere. Friends and family, at work or play, on TV or movies, books or news: everybody's talking about stress. So what are we doing about it?

First, let's define stress. Many years ago, Dr. Hans Selye, perhaps the most famous physician to research stress and its affects on us, had a fairly simple definition for stress. He defined stress as simply our response to change. Think about it: how do we respond to change? Implicit in this statement is the neutrality of the words "response" and "change". The change can be big or little, labeled good or bad or otherwise, but it's we who provide the labels and we who choose the response. And we usually respond in response to our labels! So who's responsible for how we view the change and how we respond to it? We are!

I'm sure we are all familiar with examples of the ability of our minds to convince us that something is either good or bad and therefore doable or not. Our parents got us to do things or eat food, for instance, that we didn't like, but managed to, after various forms of creative convincing. And we still do this, more or less, every day of our lives.

We all are living examples of how the body affects the mind and the mind affects the body. It's often a basic truth that when we feel good we act good and when we feel bad we act bad. For example, you know that when you are nervous or worried about something, symptoms appear in your body, such as upset stomach, restlessness, headache, and so on. And the opposite is true: physical symptoms such as pain or illness can affect us emotionally and get us down, even depressed. So how we label changes and how we respond to them is our choice, and we can choose health and happiness.

Some incredible evidence has resulted from the large number of research projects over the years directed at the body-mind connections. A partial list of conditions that have been scientifically

proven to be affected by positive attitude techniques includes: • **allergies and allergic skin reactions** • **asthma** • **anxiety** • **depression** • **digestive symptoms such as nausea, vomiting, constipation and stomach ulcers** • **heart pain and arrhythmias** • **high blood pressure** • **infertility** • **insomnia** • **pain of all types** • **pms**.

I took a course with Dr. David Cheek years ago, who was then one of the best known physicians and researchers in the field of clinical hypnosis. He told us and demonstrated to us how he and other physicians had discovered and documented that people remembered everything while under anesthesia for surgery, and that with the proper suggestions, bleeding, side effects and healing times and responses were all significantly and positively shortened. The power of the mind is such that I have witnessed films of women having c-sections with no anesthesia, only hypnosis!

Many years ago, I had the good fortune to meet Dr. Herbert Benson, the founder of the Mind/Body Institute in Boston, Mass. He is an associate professor at Harvard Medical School, and has done much of the ground-breaking research on bridging the affects of mind and body in science and medicine. He has written several books, hundreds of research papers, lectured internationally, and many of you may have heard of him or seen him on TV. His book: "The Relaxation Response", addresses exactly what we have been discussing here.

He condenses the whole relaxation response to stress or change to two simple steps: **1)** a sound or word or phrase or prayer, repeated silently or aloud, and **2)** a passive attitude, i.e., not worrying or thinking about any other thoughts or distractions, but always returning to one's relaxed center of focus.

That's it! Whatever your beliefs, culture, language or religion, you choose the word or phrase, and

repeat it gently and relaxedly for about twenty minutes at a time. You can sit or stand or walk, you can be in any environment. Just repeat your positive word or phrase in a relaxed and focused manner, without following any other thoughts that may come in. The results are tangible and reproducible and have been the subject of hundreds of research projects. Historically, this remarkable subject has been expressed for thousands of years in every culture and religion.

My practice of **Osteopathic Manipulative Treatment (OMT)** focuses on relieving pain and dysfunction of many kinds. All our patients report a relaxation response as well, as the pain lessens, the body and mind relax, as the body and mind relax, the pain lessens, and so on!

I urge you all to do this, to learn to be focused and relaxed, and share it with everyone you know. Imagine the results!



**William H. Stager, DO, MS, MPH, FAAFP, FAAMA, FAAO, FACOPF dist.**

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# Limb Swelling:

## Medicare Approved Treatment Options

By Alyssa Parker

Pneumatic compression devices are one of the most highly recommended treatments for limb swelling and are a Medicare approved treatment option. Dating back to the 1960's pneumatic compression pumps have been used for the treatment of limb swelling due to acute and chronic conditions. In most cases compression pumps are used for swelling associated with lymphedema as well as venous insufficiency. Limb swelling left untreated without a clinical diagnosis and lack of proper treatment may lead to a variety of problems.

Patient's with Venous Insufficiency who experience severe and persistent edema overtime can lead to trapped protein-rich fluid also referred to as secondary lymphedema. The lower region of the leg becomes permanently swollen and may start to harden. Due to poor circulation and protein-rich fluid buildup wounds may become chronic and appear more frequently. Common signs and symptoms that occur are fluid accumulation in a limb, a feeling of heaviness or tightness, thickening of the skin, pain or redness, or chronic ulcers in the affected limb.

### How does compression therapy work?

A compression device is used for both acute care (short term in the hospital) as well as chronic care (long term in the home). The compression pump increases blood flow and lymphatic flow. By increasing the circulation in the affected limb many painful symptoms will be alleviated. When compression treatment is used on a limb the excess fluid is removed and worked back into the lymphatic system the natural way. For patients with chronic ulcers using a compression device will help heal the wound from the inside out, by increasing the circulation in the return of the blood from the heart. The heart delivers oxygen rich blood back to the legs and the tissue.

The pneumatic sequential compression relieves the pain and pressure in the swollen area and reduces the size of the limb. The sequential inflation of the chambers, of the sleeve around the affected limb, begins distal (lower region of the limb furthest from attachment) to proximal (area of attachment to the body) naturally mimicking your bodies lymph return while stimulating the blood flow in the legs.

### What causes limb swelling?

There can be many different causes for limb swelling, however, two of the most common diseases for chronic limb swelling are Lymphedema and Venous insufficiency. After having a surgical procedure cancer or non-cancer



related (example hysterectomy or gallbladder removal) it may take months or years for Lymphedema to manifest because of its slow progression. It is imperative that Lymphedema is treated quick and effectively, regardless of the severity. Complications dramatically decrease when treatment is started in the earliest stage of Lymphedema.

Chronic venous insufficiency is another condition that causes swelling in the legs along with open wounds. CVI occurs when the valves in the veins that normally channel the blood to the heart become damaged which then leads to pooling of the blood in the lower extremities.

Discoloration of the skin, referred to as hemosiderin staining, is identified by a reddish staining of the lower limb. Poor circulation may cause shallow wounds to develop due to the stagnant blood that would normally return to the heart. Symptoms vary but may include swelling, aching, itching or burning, varicose veins, infection, chronic venous ulcer, and decreased mobility.

Is a Compression Device the right treatment for me? Using a compression device is a great treatment option for patients who have tried compression stocking, elevation, diuretics, and massage with little or no relief. It's also a treatment option for individuals who have chronic venous ulcers. When compression stockings get worn out or stretched over time; many patients aren't receiving the needed compression. When using a compression pump the pressure is locked in, ensuring that you're getting the appropriate amount of pressure each treatment.

Diuretics may be useless and harmful over time if your edema (swelling) is a symptom of chronic venous insufficiency or lymphedema. Diuretics draw fluid from your venous system that your body must have in order to balance the continual fluid deposit from your arterial capillaries; if the needed interstitial fluid is not present because you are taking a diuretic, this will only aggravate your lymphatic system which may lead to additional

fluid retention and additional swelling. Also, using a pneumatic compression device may help the prevention of blood clotting along with deep vein thrombosis or those individuals who are at risk for it.

If you or someone you love suffers from limb swelling it is important to keep a few things in mind. If any of the following apply, seeking medical advice is recommended.

- Family history of edema, venous insufficiency, or lymphedema
- Pitting or skin hardening: push your finger into your skin and count how long it takes to return
- Hemosiderin staining: "red socks" appear from the ankles down
- Traumatic injury or surgery potentially damaging your circulatory system (knee replacement etc.)
- Radiation exposure

For patients who many have Chronic venous insufficiency a test called a vascular or duplex ultrasound may be used to examine the blood circulation in your legs.

The compression pump is approved by Medicare and covered by many commercial insurers; Actual coverage varies with individual commercial insurance policies. 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.



### ACUTE WOUND CARE

For more information and articles on this topic, Google "Acute Wound Care" or visit [www.AcuteWoundCare.com](http://www.AcuteWoundCare.com) or call and speak with a specialist.

**toll free 855-949-4325(HEAL)**





## How Doctors Choose Surgeons

By David A. Goldman MD

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

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

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

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



DAVID A. GOLDMAN

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

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

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

Dr. Goldman speaks English and Spanish.

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Brent Myers

## You Deserve a BREAK TODAY...

**I** know it's ironic to quote a famous fast-food chain advertisement in a health and wellness magazine, but on this one – they got it right!

They understood one of the most overlooked principles of our health: the need for rest. (How they recommend fulfilling that need, and what many others think is where we differ...)

Most studies indicate that we operate at our best when we have sufficient rest. Our bodies were not created to be able to go without stopping and taking a break. We were designed to wear down, be refreshed, and go again. Rest is important for all areas of our lives...

**PHYSICALLY.** Sleep and metabolism are controlled by the same area of the brain. Sleep releases hormones that control appetite. Researchers at the University of Chicago found that dieters who were well rested lost more fat. And a 2010 study found that C-reactive protein, which is associated with heart attack risk, was higher in people who got six or fewer hours of sleep a night.

**EMOTIONALLY.** Sleep and stress have similar effects on your cardiovascular stress. Being well rested can reduce stress levels and improve your overall health.

**MENTALLY.** Lack of sleep can make it difficult for you to concentrate and retain information. When you sleep, your brain goes through all the activities and impressions of the day which is important for memory formation.

But what's most interesting about rest, is that God knew the importance of rest long before the golden arches recommended it. God created us with the need for rest; He modeled it and even commanded it.

### *His Model*

“By the seventh day God had finished the work he had been doing; so on the seventh day he *rested* from all his work. Then God blessed the seventh day and made it holy, because on it he *rested* from all the work of creating that he had done.” (Genesis 2:2-3, NIV)

God didn't NEED rest. But he CHOSE to rest – giving us an example to follow. Think about this: if the Creator of the heavens and earth and the Sustainer of all living things was able to rest, then I think I could carve out some time to make sure I'm resting, too.

### *His Command*

“Remember the Sabbath day by keeping it holy. 9 Six days you shall labor and do all your

work, 10 but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. 11 For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.” (Exodus 20:8-11)

This, by the way, is in the Ten Commandments. Consider this: of all the possible things God could tell us to do – if you pared them down to the “top ten”, most of us would start with the Ten Commandments. And one of the top ten things God tells us to do is: REST.

As God's creation, He knows us better than we know ourselves. He designed us and put us together so He knows exactly what we need. And with all that knowledge and wisdom, what does He tell us to do? Rest.

We should be working hard to make sure that we rest daily (getting a good night's sleep); rest weekly (taking at least one day off from work); and rest annually (retreating for an extended time of refreshment).



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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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