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Health & Wellness[®]

MAGAZINE

November 2017

South Palm Beach Edition - Monthly

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THAT GROW ON YOU**

**CULTIVATING GRATITUDE:
THE FOUNDATION FOR
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**TRUSTS ARE NOT JUST
FOR THE WEALTHY**

**PAIN MANAGEMENT
FOR FACET JOINT PAIN:
RADIOFREQUENCY (RF)
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ANDREW CURTIS, ESQ**

- LLM in Taxation New York University Law School 1986
- JD Georgetown University Law School 1983
- MBA University of Michigan 1978
- BS Cornell University 1977

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.

Revocable Living Trust

ATTENTION SENIORS:

- Why Forbes Magazine says that the middle class may need living trusts
- Why a will may not avoid probate
- How a living trust may avoid probate
- Why you may have probate in more than one state if you own out-of-state real property
- How a trust may protect your child's inheritance from divorce
- How a trust may protect your child's inheritance from sons-in-law and daughters-in-law

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Weight 126-175 lb = 3 x 50mg Pills
Weight 175 lb+ = 3 x 75mg Pills
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Weight 90-125 lb = 3 x 50mg Pills
Weight 126-175 lb = 3 x 75mg Pills
Weight 175 lb+ = 3 x 100mg Pills
Recommended for Cancer, Liver Disease, Kidney Disease, Epilepsy, Parkinsons, Schizophrenia, RSD, Huntingtons, Multiple Sclerosis, Lupus.



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by Andrew M. Curtis, ESQ



TRUSTS ARE NOT JUST FOR THE WEALTHY



Perhaps the most common misconception among the general public concerning the areas of wills and trusts is the notion that if a couple owns less than \$5,000,000.00 in assets, that they don't need a revocable living trust. This is a false notion. For example, I recently had a fellow come to my office whose mother has just died. All she owned was a \$50,000.00 condo, and had a will, which read "I leave my condo to my child". What could be more simple and clearer than that? Well, believe it or not, the child had to go through probate before he could get the condo, and the legal fee was \$2,000.00. A revocable living trust could have avoided this.

Another reason for having a revocable living trust is to protect against incapacity. In the trust, you designate who would manage

your assets in the event,, let's say, you get Alzheimer's disease. Without a trust, court proceedings might well be necessary, and a stranger could even be designated by the court to manage your affairs.

Further, once the decision is made to have a trust, the trust can in effect allow you to "rule from the grave"! with your assets distributed the same way you would have done as if you were still alive. For example, most wills simply say that on a person's death that his or her children inherit equally. However, think about it – once your child inherits your money, he or she is completely free to leave it to whomever he or she wants, such as a boyfriend, spouse, or other non-blood relatives. So let's say your daughter dies 5 years after you, and leaves the inheritance she got from you to her husband. Even if you like her husband, this could prove



to be a bad result, because the husband could remarry and the new spouse could have children from a previous marriage, and now all of a sudden your hard earned money is going to support kids you never knew. Further, if you leave your assets to your son in a regular will, his wife could divorce him and take the money. A Solution is to leave you assets to your children in a lifetime trust. They could each use the money for their normal living, but would be protected, and upon death, the remaining assets would pass to the child's children, (your grandchildren), or if none, to the child's siblings, not to some stranger.

Another place where trusts are extremely useful is in second marriage situations. If you simply leave your assets to your new spouse, he or she is free to leave the assets to his or her children, and not to yours, once

you pass on. Instead, a trust could be used, so that your assets would be available to care for your spouse after you die, but upon the spouse's subsequent death, the assets would pass to your children, not theirs. Don't assume your spouse will, follow your wishes, because after you die, his or her relationship with your children could change with the passage of time.

Another use of a trust is to manage assets inherited by children who are not good with money. You could provide that the child would get only the income from his or her inheritance, for example.

Trusts can also be used to protect your children's inheritance in the event they go bankrupt, divorce, or face a lawsuit.. And for persons with handicapped children, a "supple-

mental needs trust" can be utilized, to make sure the government simply doesn't take the disabled child's, inheritance as reimbursement for goverment benefits, and to make sure the child does not lose such benefits.

Thus, there are many reasons why a trust may be advisable for even a person of modest means.

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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LUNG CANCER UPDATE

According to the American Cancer Society, lung cancer is the leading cause of cancer deaths in the United States. More people die of lung cancer in a year than from breast, prostate, colon, and pancreatic cancer combined. Lung cancer is the second most common cancer in both men and women – it ranks just behind prostate and breast cancer, respectively.

EARLY DETECTION SAVES LIVES

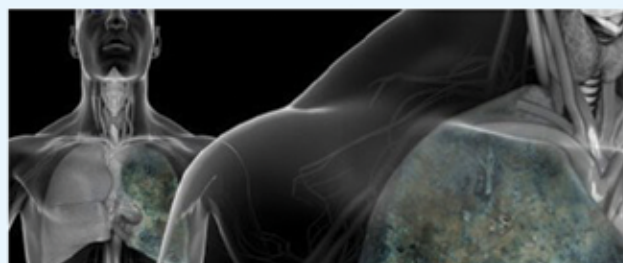
Although there have been some real advances in the treatment of lung cancer, the average five-year survival rate for lung cancer in the U.S. is only 16.3%, unless it is detected early. If the disease is detected early, while it is still localized within the lungs, the five-year survival rate soars to 52.6%, nearly three times greater. The bad news is that only about 15% of all lung cancer cases are diagnosed at an early stage. Why? Because often in the early stages there are no real symptoms. That is one of the reasons why regular screenings are so important – especially if you are a current smoker or if you have ever been a heavy smoker for longer than 15 to 20 years.

A study published in 2011 found that through the use of low dose spiral CT scans of the chest, lung cancer can often be detected in its early stages before it becomes incurable, or even before a patient is showing symptoms. This type of screening can detect early stage cancers that cannot be seen on traditional chest x-rays. Check with your physician to see if you could benefit from a CT lung scan.

IMPROVEMENTS IN THE TREATMENT OF LUNG CANCER

Many advances in the treatment of lung cancer have occurred in the past decade, including the development of medications known as targeted therapies, which interfere with certain processes that cancer cells use to grow and spread, and immunotherapies, a type of targeted therapy that boosts the body's immune system to fight cancer. These drugs have given oncologists many more options in treating lung cancer and have made treatment more effective and safer for patients.

Newer immunotherapy treatments have significantly improved survival rates for some lung cancer patients. A recent study, presented at the American Association for Cancer Research (AACR) Annual Meeting in April 2017, demonstrated that, for a small subset of patients, immunotherapy can work for a very long time.



About 85% of all cases of lung cancer occur in people who are smokers or have smoked in the past. The remaining 15% of cases occur in non-smokers, for reasons not yet fully understood.

LUNG CANCER RESEARCH INVESTIGATES MANY POSSIBILITIES

Many clinical trials are looking at newer combinations of chemotherapy drugs to determine which are the most effective. Especially important for older patients who may have other health problems, doctors are studying these combinations to discover if treatment outcomes can be further improved. Sometimes, chemotherapy is used in combination with certain targeted therapies, which has been shown to improve survival rates.

With some types of lung cancer, research has shown that receiving chemotherapy before radiation or surgery may actually be helpful. Chemotherapy may shrink the tumor, making it easier to remove it with surgery. It may also increase the effectiveness of radiation, and it can destroy hidden cancer cells at the earliest possible time.

One of the more recent areas of lung cancer research focuses on creating cancer vaccines. Cancer vaccine research involves triggering the immune system to recognize and attack cancer cells without harming normal cells. Unlike common vaccines that are used to prevent diseases such as mumps or measles, cancer vaccines are used to treat, not prevent, lung cancer. Although the research in this area is showing some promise, vaccines are only available in clinical trials at this time.

There is still much research needed to develop even more effective treatments for lung cancer; however, today more people are surviving the disease than ever before.

World-Class Cancer Treatment 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.

Florida Cancer Specialists treats patients with all types of cancer, and offers a number of services, such as an in-house specialty pharmacy, an in-house pathology lab and financial counselors at every location, that deliver the most advanced and personalized care in your local community.



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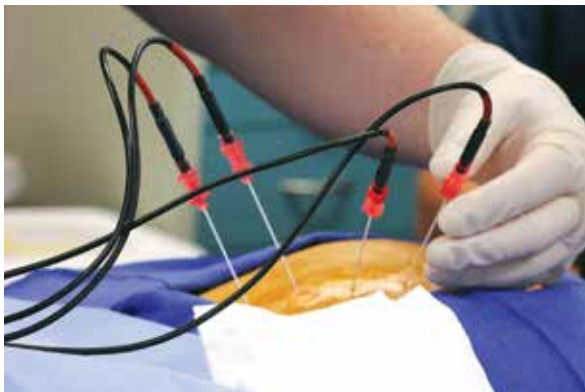
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Neck (cervical), mid back (thoracic) and low back (lumbar) pain are common ailments which can be acute or chronic. This may be debilitating and stop people from their usual activities of daily living. As many do not know, this pain from the spine can easily be treated by a qualified Interventional Pain Management Specialists, like Dr. Aaron Rosenblatt. Aaron Rosenblatt, MD is a board certified medical specialist whose brand new state-of-the-art facility is located conveniently in the heart of Delray Beach, FL. He has been successfully treating patients in south Florida now for over 12 years. Patients also come from all over the country to see Dr. Rosenblatt due to his expertise in spine pain, joint pain (knee, hip, shoulder, wrist and ankle) and their treatment options. Spine pain from arthritis of the neck, mid back and low back are the most common pain syndrome he sees among his patients and he wants to spread awareness how this issue can be treated.

Before a RF rhizotomy is performed, the pain generating facet joint nerves have been identified by means of a diagnostic injection, such as a facet joint or medial branch nerve block. Other tests may include MRI. Since the medial branch nerves do not control neck or low back muscles, it is not harmful to disrupt or turn off their ability to send signals to the brain conceived as pain.



Pain Management for Facet Joint Pain: Radiofrequency (RF) Ablation/Rhizotomy



By Aaron Rosenblatt, MD

RF ablation is a precisely targeted injection that works by creating energy to destroy a facet joint's medial branch nerve. Relief from pain and related symptoms may last a year or longer. However, the medial branch nerve root regenerates (grows back) and facet joint pain may come back in years time. Results vary from patient to patient. For example, if there is instability at the segment where the RF neurotomy is performed, pain relief and its duration is less.

BASIC FACET JOINT ANATOMY

Each vertebra in the cervical (neck), thoracic (chest), and lumbar (low back) has two sets of facet joints at the back of the spine. One pair faces upward and one downward with a joint on the left and right sides of the vertebra. Facet joints are hinge-like and link vertebrae together. Each facet joint is innervated by a medial branch nerve. The medial branch nerves control sensation to the facet joint. These nerves DO NOT control sensations or muscles in your arms or legs and therefore are safe to treat.

What to Expect During and After the Procedure
The procedure is performed in a sterile setting similar to an outpatient procedure suite.

Your injection site is cleaned and draped. Skin numbing medication is injected and given time to take effect.

Dr. Rosenblatt uses fluoroscopic guidance (real time x-ray) to guide the needle electrode beside the medial branch nerve. Through the electrode, mild electrical current (radiofrequency) stimulates the medial branch nerve. As the electrode is energized, the nerve is changed so the patient's arthritic spine pain will improve.

After the procedure, the patient is moved to the recovery area where our medical staff continues to monitor you if needed.

You may be discharged home following your RF ablation. Our medical staff provides you with written aftercare and home instructions.

BENEFITS OF RADIOFREQUENCY ABLATION INCLUDE:

- Pain relief for up to 2 years
- Significant and longer lasting pain relief compared to steroid injections
- Low complication and morbidity rates
- Appreciable pain relief compared to surgery: Nearly half of back pain sufferers are not helped by surgery
- Greater range of motion
- Lower or no use of analgesics (pain meds)
- Improved quality of life
- No significant recovery time

Dr. Rosenblatt explains, "This procedure is so valuable to help people of all ages virtually eliminate their arthritic spine pain. It is great for neck and lumbar spine. It has saved people from requiring spine surgery. It is simple to perform and provides life changing relief."

In Dr. Rosenblatt's beautiful freestanding interventional pain management building in Delray Beach, FL, thousands of individuals have been able to benefit from this technique. Dr. Rosenblatt has been performing this procedure for more than 15 years with great success. 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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Holiday Gift Ideas That Grow on You

By Dr. Alan J. Bauman, MD, ABHRS Board-Certified Hair Restoration Physician



As we come into the holiday season, it's likely you'll find yourself looking for fresh and creative gift ideas for the special people in your life. Now, if you're like me, then you likely feel that the best gifts for "someone who has everything" are the kind of gifts that your special someone probably wouldn't buy for himself or herself.

So allow me to make an unconventional suggestion: How about giving the gift of **hair** this year?

Yes, you read that correctly. Hair. You see, as a physician specializing in Hair Restoration, I can attest to the fact that many patients are reluctant to pursue the many hair loss treatment options available simply because they either don't know the many options or they don't want to seem vain. This is especially true of male patients, but can be true of female patients as well. It's just human nature.

And it's not about vanity. Studies have shown that people who suffer from hair loss are more likely to experience social anxiety and a drop in self-esteem that can lead to depression and a whole slew of related health problems. When you think about it, it's kind of silly that we are more likely to give someone the gift of a new sweater, tie or dress than we are to give a hair treatment that will make them feel better about themselves no matter what they wear...and have that gift give for the rest of their lives!

So, let me offer some gift ideas that can really make a difference in the lives of your loved ones.

HAIR AND SCALP CONSULTATION

Of course, every patient is unique, so the only way to be certain which treatment option will work best is to schedule a consultation with a board certified Hair Restoration Physician. This can also make a splendid gift for a loved one. During the consultation, the physician will carefully examine the scalp to assess its overall health, and can actually measure the number of hairs per square inch (this is known as Hair Mass Index, or HMI). Your physician will also inquire about your family's history with hair loss, your diet, and any other factors that may impact a patient's hair growth before recommending a course of treatment. This first step is probably the biggest hurdle one must overcome before seeking treatment, so why not help them overcome it by gifting it to them?

(\$250)

SCALP TREATMENTS

Scalp treatments are to the scalp like facials for the face! Both relaxing and therapeutic, this ninety-minute scalp and hair pampering session includes a variety of soothing treatments done in our private med-spa room. We start with a deep manual scalp massage and then you will enjoy a specialized steam treatment for the scalp followed by a patented massage device that gently increases blood flow throughout your scalp. Additionally, your pampering session will include an all-natural mask treatment that contains specialized plant cells and minerals as well as essential oils for optimum scalp health and hair beauty. Professional blow dry and hair styling will be done. You can treat your special someone to one scalp treatment or a series of treatments.

(price range \$250-\$800)

PRP TREATMENTS FOR HAIR (\$2500-\$3000)

For men or women with thinning hair, Platelet-Rich Plasma (PRP) treatments have been shown to be effective in activating dormant follicles and stimulating hair growth. The technique uses your body's own growth factors which are concentrated from your own blood and applied to the scalp using a virtually painless, minimally-invasive technique. What's best is that PRP treatments are not time-intensive, and can usually be administered in about one and a half hours at our office.

(price range \$2500-\$3000)

LASER THERAPY FOR HAIR REGROWTH/ LASER CAP THERAPY

Another option to help regrow hair is low-level laser therapy. The wavelength and specific power of low-level lasers have been shown to create a healthy, favorable environment for the follicles in order to stimulate hair growth and maintain hair thickness. The best part of all is that it's discreet.



For example, in addition to in-office treatments, Bauman Medical also offers a portable, battery-powered device that can be worn under a baseball cap, or just about any kind of hat, without anyone even realizing that you are undergoing treatment.
(price range \$800-\$3000)

FUE HAIR RESTORATION

FUE stands for “Follicular Unit Extraction,” which is the modern gold standard for hair transplantation. This process harvests healthy hair follicles one at a time from a donor area in the back of the head using a minimally-invasive technique. The follicles are then transplanted into the areas of need. FUE is a virtually painless procedure, and the results are exceptionally natural. The use of the ARTAS robotic assisted FUE system allows for an incredible level of accuracy, precision and efficiency of graft harvesting. FUE hair transplants are done in-office, and the procedure usually takes several hours through out the day, depending on how many follicles are being transplanted. Because the procedure is minimally invasive (requiring no stitches or staples and leaves no telltale linear scar) it requires very little downtime. There is no better way to restore a receding hairline, temple or to fill in that shiny bald spot on the top of head.

(price range \$5000 and up)

EYELASHES/EYEBROWS OR BEARD/MUSTACHE

Combating baldness is not the only reason why someone on your list might appreciate hair transplants. These same follicle-grafting techniques can be also used to augment eyelashes and eyebrows, as well as beards and mustaches. Follicular unit hair transplants can also be used to repopulate sparse or barren areas caused by scars or burns. I’ve found that many patients simply don’t know what kind of options are available

to them, and most I’ve treated admit that they would have come to me sooner if they had!
(price range \$5000 and up)

CNC 3D HAIR PROSTHESIS

Unfortunately, not all hair loss can be reversed or treated with transplantation. However, the technology behind hair replacement has continued to increase exponentially over the past two decades, and it’s quite remarkable what options are available today.

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(price range \$5000 and up)

Nobody wants to suffer hair loss and many people don’t have to. Today, there are treatments available for virtually every kind of hair loss. I have seen firsthand how hair restoration can improve a patient’s confidence and overall quality of life. For me, that’s one of the greatest gifts you can give someone.

HAPPY HOLIDAYS!

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



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

the Top 5 Transformative CEO's in Forbes. 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.

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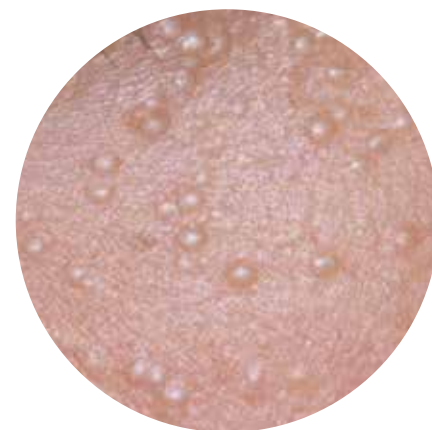
By Elissa S. Norton, MD, FAAD

Have you ever woken up in the morning and noticed a new “friend,” “barnacle” or “gift” on your skin? What are these pesky growths and what can we do about them? While Dr. Norton recommends having a full body skin examination once yearly to screen for skin cancer, the good news is that not everything new is bad! There are a variety of benign skin growths that we commonly encounter on a routine basis. If they are bothersome, most times these “friends” and “barnacles” can be easily treated. Here are a few of the most common non-cancerous skin problems:

SEBORRHEIC KERATOSES – these frequently seen lesions appear as thickened warty or greasy growths. They range in color from white to black; however, most are tan or brown. Sometimes, if a seborrheic keratosis gets caught on clothing or accidentally scratched, it may bleed a little bit. In that case, see your board certified dermatologist and they may be able to remove it.



MILIA – a milium cyst is a tiny, white bump that typically appears on the face. Milia develop when tiny skin flakes become trapped in small pockets near the surface of the skin rather than exfoliating naturally. Milia can develop at any age and are common among newborns.



CHERRY ANGIOMAS – these look like red moles, although it is really the collection of small blood vessels inside the skin that give them their red appearance. Up to 50% of adults have them, most commonly on the chest, stomach, or back.



SKIN TAGS – they are an outpouching or growth of skin often located around necks, under arms, and on eyelids. If you want to sound fancy, the technical name for them is acrochordon!



These benign skin conditions can typically be treated in-office by your dermatologist in a number of ways. As they say – don't try these at home! It's simply more pleasant and cleaner to schedule a visit. Your dermatologist may employ:

- Quick removal with sterile surgical scissors and local numbing agent
- Cryotherapy using liquid nitrogen to freeze off growths
- Hyfrecation, which heats tissue for removal
- Simple extraction with lancet and comedone extracor
- Facials

With Thanksgiving upon us, let us be thankful for all benign things, and for the fact that many of these "barnacles" and "gifts" can be returned!

The American Academy of Dermatology recommends a yearly skin cancer screening. This information is intended as entertainment and should not be used for diagnosis. See Dr. Elissa Norton, Board Certified Dermatologist, for evaluation of your skin lesions.

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Elissa Schwartzfarb Norton MD, FAAD, is a native of Boca Raton, where she graduated as Valedictorian from Spanish River High School. She completed her undergraduate education at the Massachusetts Institute of Technology, and graduate research at Harvard University. She was awarded a merit scholarship to attend the University of Miami School of Medicine, where she was inducted into the elite Alpha Omega Alpha Medical Honor society. Dr. Norton has received numerous awards including the Women's Dermatologic Society Mentorship award, American Society for Dermatologic Surgery Preceptorship award, and the award for Outstanding Contribution to Medical Student Teaching. Dr. Norton enjoys all aspects of dermatology including medical dermatology for all ages, cutaneous surgery, and cosmetic dermatology. Her passion for skin health and her personalized approach to patient care have made her a favorite in South Florida.

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WHAT IS MACULAR TELANGIECTASIA?

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

MACULAR TELANGIECTASIA (MacTel) is a disease affecting the macula, causing loss of central vision. MacTel develops when there are problems with the tiny blood vessels around the fovea.

There are two types of MacTel, and each affects the blood vessels differently.

TYPE 1 MACTEL

In Type 1 MacTel, the blood vessels become dilated. This forms tiny aneurysms, causing swelling and damaging macular cells. The disease almost always occurs in one eye, which differentiates it from Type 2.

TYPE 2 MACTEL

The most common form is Type 2 MacTel. The tiny blood vessels around the fovea leak, become dilated (widen), or both. In some cases, new blood vessels form under the retina and they can also break or leak. Fluid from leaking blood vessels causes the macula to swell or thicken. This is a condition called macular edema, which affects your central vision. Also, scar tissue can sometimes form over the macula and the fovea, causing loss of detail vision. Type 2 affects both eyes but not necessarily with the same severity.

Macular Telangiectasia Symptoms

In the early stages, people with MacTel will have no symptoms.

As the disease progresses, you may have blurring, distorted vision, and loss of central vision. You may need brighter light to read or perform other functions. Loss of central vision progresses over a period of 10 – 20 years. Macular telangiectasia does not affect side vision and does not usually cause total blindness.

Because MacTel has no early symptoms, it is important to get regular eye exams. This allows your ophthalmologist to detect any macular problems as early as possible.

Who Is At Risk for Macular Telangiectasia?

Type 2 MacTel happens most often in middle-aged adults. Both men and women are equally affected. If you have diabetes or hypertension, you may be at increased risk. The disease seems to run in some families, so there may be a genetic predisposition. This is not yet completely understood. In most cases, there is no known cause for the disease if found.

Type 1 MacTel is associated with Coat's disease. This is a rare eye disorder present from birth, and is found almost entirely in males. Type 1 MacTel is usually diagnosed around age 40.

Macular Telangiectasia Diagnosis

Your ophthalmologist may find small, fine crystals in the center of your macula. This is a sign of macular telangiectasia.

First, your eye doctor will perform a thorough assessment of your vision. This will include testing with an Amsler grid to detect any wavy or dark areas in your central vision. The doctor will then dilate (widen) your pupils using eye drops. They will examine your eyes with an ophthalmoscope. This device allows him or her to see the retina and other areas at the back of the eye.

If your ophthalmologist suspects you have MacTel, he or she usually will take special photographs of your eye. The doctor will take them using optical coherence tomography (OCT) and fluorescein angiography (FA).

OCT scanning uses light waves to make images of the underlying structure of the retina. These images show the thickness of the retina. They can help your ophthalmologist detect swelling and abnormal blood vessels.

During FA, a vegetable-based dye is injected into a vein in your arm. The dye travels throughout the body, including your eyes. FA captures images of your retinal blood vessels as the dye passes through them. The dye highlights abnormal areas. Fluorescein angiography is often repeated occasionally, especially if vision is worsening.

Macular Telangiectasia Treatment

Over the years, researchers have studied many MacTel treatments. None have proven to significantly improve vision. Since the disease has a relatively good prognosis, most patients may not need treatment.

In certain cases, laser treatments may help seal leaking vessels. This treatment is less preferred because of potential harmful secondary effects. In other instances, ophthalmologists may treat MacTel with injections of steroids or other medicines.

One serious complication of MacTel is the growth of abnormal blood vessels under the retina. This is called choroidal neovascularization. Injections of a drug called vascular endothelial growth factor inhibitors (anti-VEGF) may help.

Anti-VEGF medicine targets a chemical in your eye that causes abnormal blood vessels to grow under the retina. That chemical is called vascular endothelial growth



factor, or VEGF. These injections reduce the growth of abnormal blood vessels, slow leakage, and help reduce swelling. In some cases, this treatment may even improve your vision.

Unfortunately, sometimes treatment does not appear to offer much benefit. Clinical studies are underway to better understand the disease and identify potential useful treatments.

Low vision aids can help people with MacTel make the most of their remaining vision.



The Retina Institute of Florida

Lauren R. Rosecan

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

The Retina Institute of Florida with four offices conveniently located in Palm Beach and Martin Counties.

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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:



CANNABIDIOL—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**.



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Healthy Holiday Eating

By Jeannie Gedeon, MPH, RDN/LDN, CAP/ICADC



The holidays are upon us with 6 weeks of temptations from the end of November to the beginning of January, with well-wishers who leave plates of cookies at the office or drop by with gooey treats like fudge or cheese balls as holiday gifts. The result: Many gain a substantial amount of weight during the holidays, but this year you can eat well, drink in moderation, and be merry without making the scale your enemy.

Every year for the past 3½ decades, Americans have gained weight. Two groundbreaking studies from 2000 affirmed the phenomenon of holiday weight gain: Researchers at the USDA Human Nutrition Research Center on Aging discovered that 51% of annual weight gain occurs during the holiday season, which is believed to be an important contributor to our nation's obesity epidemic.¹ A National Institutes of Health study also showed that holiday weight gain is usually not lost during the spring or summer months. Therefore, winter weight gain significantly contributes to increases in body weight that frequently occur during adulthood.² **The best fitness strategy is to avoid gaining in the first place.**

Avoiding Temptations

Are you really hungry? Or are you just craving what is before you? Be conscious and determine

whether or not you have real physical hunger. Don't just eat for the sake of eating. Yes, food is there, but that does not mean you are compelled to eat it (but if that's your philosophy, the mountain is there too, so climb it!). Follow these eating and exercise strategies to keep fitness a priority this season – you can feel virtuous watching others scarf down the stuff you know you don't really want or need.

■ **Don't skip meals.** Becoming overly hungry just sets you up for overeating. Make time for a light, fiber-rich breakfast and lunch (including carbohydrate, protein, and fat) to keep you comfortable until dinner and help avoid over-consuming food later in the day.

■ **Eat your daily requirements of healthy foods before indulging in extras.** If you haven't had at least 2 servings of fruit and 3 servings of vegetables today, pass up the bowl of potato chips and go for crudités or blend up a smoothie.

■ **Veg out, don't pig out.** Go for the whole palette of colors found in produce to get the full range of antioxidants, phytochemicals, and a good dose of fiber. Have at least 1 serving of green leafy vegetables and 1 in the red, yellow, and orange group each day, and a good source of Vitamin C fruit to keep colds at bay.

■ **Cook low-fat at home.** Roast instead of frying, add water or broth instead of fat. Bake with whole grains, and switch from oil or shortening to applesauce. Make vegetarian legume-based entrees at least once a week.

■ **Monitor your food intake with a food journal.** Or have a friend help keep you on track.

■ **Don't stock up on seasonal treats.** They'll be everywhere you turn, so keep them out of the house. If you have to have a candy cane, chances are there will be one at your next stop.

At the Party

■ **Plan ahead.** When visiting loved ones and you know the food perils that await, bring along a healthy, low-fat alternative, like a veggie-based dish, and let the natural flavors sing out. Don't hide them under gobs of butter, cream, cheese, or marshmallows. Steam veggies lightly (this method also keeps them colorful) and season greens with lemon juice and herbs, or orange veggies with apple cider and cinnamon. Bringing a nutritious dish will be appreciated by health-conscious party-goers, and this way you know there will be something healthy to eat.

■ **Prioritize your plate.** Survey all the offerings. You don't have to try all of the options on the table – choose the foods you love, and feel free to sample some new foods.

■ **Make only one trip to the buffet.** When you have filled your plate, station yourself away from the buffet table to prevent nibbling.

■ **Be satisfied with small amounts.** You've heard it before: *The first taste is as good as it gets.* Have one cookie instead of one of each kind.

■ **Skip the cheese cubes, buffalo wings, and other fried foods.** Fill half your plate with salad and raw vegetables, and the other half with spoonfuls of low-calorie, energizing foods, like shrimp with a lemon squirt or cocktail sauce. Keep meat servings to a total of 3 ounces, and skip the gravy.

■ **Pause between sampling.** Make sure you still have room for more. If you go on to the dessert table, pick the healthiest choice, like an oatmeal cookie instead of a slab of cheesecake. Then dance the night away.

■ **Keep hydrated, but go easy on the alcohol, as it adds 150 calories per drink.** Try sparkling water with a twist, seltzer and fruit juice, or vegetable juice cocktail with a dash of hot sauce and a celery stick.

■ **Instead of noshing, give hugs to your loved ones!**



Holiday Fitness

Exercise boosts mood, feelings of self-esteem, body image, and alertness. It also relieves stress, which often escalates during the holidays with added demands of shopping, entertaining, parties, baking, etc. Working out is a great social opportunity – better than the social pastime called “snacking” – and it keeps cravings in check. It also improves sleep patterns, and of course, improves general fitness by increasing fat loss, lowering blood pressure, and strengthening immunity.

■ **Don’t take a vacation from exercise.** Sure, you have tons of commitments and you’re stressed for time, but you’ll be more productive and energized if you take exercise breaks. Consider a brisk walk, taking the kids to the beach, or getting into the winter mood by heading to the ice skating rink.

■ **Change your clothes rack back into the treadmill it once was.** Then use it.

■ **Get out your yoga mat, take the dog for a walk, and notice the joy you feel in moving your body!**

1. Nutr Rev 2000;58(12):378-9.]
2. N Eng J Med 2000;342(12):861-7.

Have a Compassionate Holiday: Save a Turkey

Do a turkey a favor and have a vegetarian or vegan holiday celebration. For ethical and health reasons, vegetarians don’t eat animals, including beef, poultry, pork, lamb, and fish. In addition to meat, vegans don’t eat animal products like milk, eggs, and cheese, or any foods that contain these ingredients.

A plant-based vegan feast will do far less damage nutritionally than the traditional Thanksgiving meat-based meal, as it cuts out a good deal of fat, sodium and all of the cholesterol, since cholesterol is found only in animal foods. Best of all, serving a cruelty-free holiday dinner will honor the animals customarily used as ingredients – a gentler way to gather with loved ones in the spirit of giving thanks for our lives, health, and happiness.

Here are some tips to avoid ruffling feathers this holiday:

- Try a delicious “faux” turkey by checking out Gardein, Field Roast, Trader Joe’s, and Tofurkey products in your store’s freezer section. Or update your main dish style with squash stuffed with legumes (beans, lentils) and veggies.
- Make holiday gravy and stuffing using vegetable broth instead of meat-based broth.
- Soy, almond, and coconut milk (unsweetened) are great swaps for milk in soup, mashed potatoes, pumpkin pie filling, cookies, and other baked goods recipes.
- Replace butter with margarine (Earth Balance has buttery spread and shortening versions) and eggs with egg replacer for your cooking and baking.
- Search online for seasonal vegan recipes that offer compassionate alternatives to the conventional turkey dinner. All your faves can be found, including soups, breads, stuffing, candied yams, pumpkin and pecan pies.



Adopt-A-Turkey

Thirty years ago Farm Sanctuary, an organization that rescues mistreated, abused, and neglected farm animals, challenged the traditional Thanksgiving dinner with an event that celebrated and cultivated kindness, encouraging people to “adopt” turkeys instead of eating them. This “first Thanksgiving” has grown into an organized movement in which sponsorships help fund the rescue of animals and provide care for them at various sanctuaries, as well as educate and advocate for farm animals everywhere.

To save even more lives this year, you can adopt a turkey with any farm animal sanctuary in the US that has adoption programs, including Farm Sanctuary, Woodstock Farm Animal Sanctuary, Lewis Oliver Farm Sanctuary, and others. And for the ultimate cool, original holiday gift of compassion, you can adopt farm animals for your loved ones and yourself, including cows, pigs, goats, sheep, alpacas, peacocks, ducks, geese, turkeys, and chickens by visiting <https://www.vegan.com/farm-sanctuaries>, then visit your new adoptee on your next vacation.



Jeannie Gedeon is a nutrition therapist who specializes in counseling for eating, body image and weight issues and is an expert in the treatment of eating disorders. She is a Florida Licensed Dietitian/Nutritionist (LDN) and Registered Dietitian/Nutritionist (RDN), the national credential by the Commission on Dietetic Registration/Academy of Nutrition and Dietetics since 1994. In addition, Jeannie is an addictions counselor (CAP/ICADC).

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GAINSWave **is a Revolutionary** **New Therapy** **that Treats** **Erectile Dysfunction (ED)**

WHAT CAUSES ED?

As men age, the vessels in the penis weaken, contract and fill with micro-plaque just as they do elsewhere in the body. This prohibits men from achieving an erection or decreases the firmness of a man's erection. At the same time, the penis decreases in sensitivity, making it harder to achieve a pleasurable orgasm. Finally, the time necessary between orgasm and the ability to achieve an erection (the refractory time) increases. The bottom line is that most erectile dysfunction is a result of poor blood flow, known as vasculogenic ED.

COMMON TREATMENT FOR ED:

As many as 50% of men experience some form of ED by the age of 50. For many years men with ED have resorted to oral ED medications to relieve their symptoms. Oral medications for ED can be an effective temporary relief of the symptoms of ED, they don't target the root cause of most patients' ED, they can often bring unwanted side effects, and they can fail to work up to 50% of the time in some men.

Expensive oral medications such as Viagra and Cialis may cause unwanted side effects, such as nasal congestion, headaches, upset stomach, vision changes, facial flushing, and dizziness. They also have to be taken before intercourse limiting spontaneity. Finally, there are many men with cardiovascular disease who are not candidates for treatment with these medications.

Depending on the severity of ED, The Journal of Urology reported oral ED medications may only yield up to a 27% effective rate in those with severe ED. This leads patients with more severe ED to invasive treatments like penile injections, where medication is injected directly into the penis before intercourse. This again limits spontaneity and chronically drains the wallet.

WHY MEDICATE WHEN YOU CAN CURE?

Introducing the only Erectile Dysfunction Treatment that treats the underlying cause of ED, GAINSWave is revolutionary, non-invasive and heals the underlying causes of ED. GAINSWave uses FDA-cleared, scientifically proven non-invasive technology that uses Acoustic Pressure Waves to stimulate cellular metabolism, enhance blood circulation and stimulate tissue regeneration creating new blood vessels in treated areas. GAINSWave is about regenerative medicine – helping men return to their younger, healthier selves, and enabling a spontaneous, active sex life.

SCIENTIFICALLY PROVEN RESULTS

There are over 40 clinical studies showing GAINSWave technology to be effective in treating ED. Patients are reporting great improvements to their sexual health, including:

- Longer lasting erections
- More Spontaneous erections
- Fuller Erections
- Relief from symptoms of Erectile Dysfunction and Peyronie's Disease
- Enhanced sensitivity
- Improved sexual performance
- Decreased recovery time between orgasms



- 100% SAFE
- Non-invasive
- No Down Time
- No Side Effects
- Painless
- 20-30 minutes per session
- Over 80% Patient Satisfaction

IS IT SAFE?

Yes. This is an FDA cleared technology that originally developed in Europe and is used worldwide. GAINSWave uses state-of-the-art technology that has extensive applications including orthopedic medicine, urology, and anti-aging treatments and wound healing. While a specific indication for treating ED has not yet been granted, we know that it is only a matter of time given the extraordinary success. In clinical practice, over a 79% of the men who utilize this treatment report improvement in symptoms related to ED. We have even seen improvements in those men who have lost functioning after some forms of prostate surgery. GAINSWave has virtually no risks or side effects and no downtime. This therapy has been used extensively in Europe for over 10-15 years, but is relatively new to the U.S. for erectile dysfunction.

HOW TO GET STARTED

Dr. Erickson, takes on each case with individualized care. Return to the sexually confident and active man you were before suffering from erectile dysfunction. Some men in their 40's and early 50's even find it helpful for reinvigorating their sex life and improving their performance to levels they enjoyed in their 20's.

Contact Dr. Erickson for a private consultation today, **561-807-9132**.

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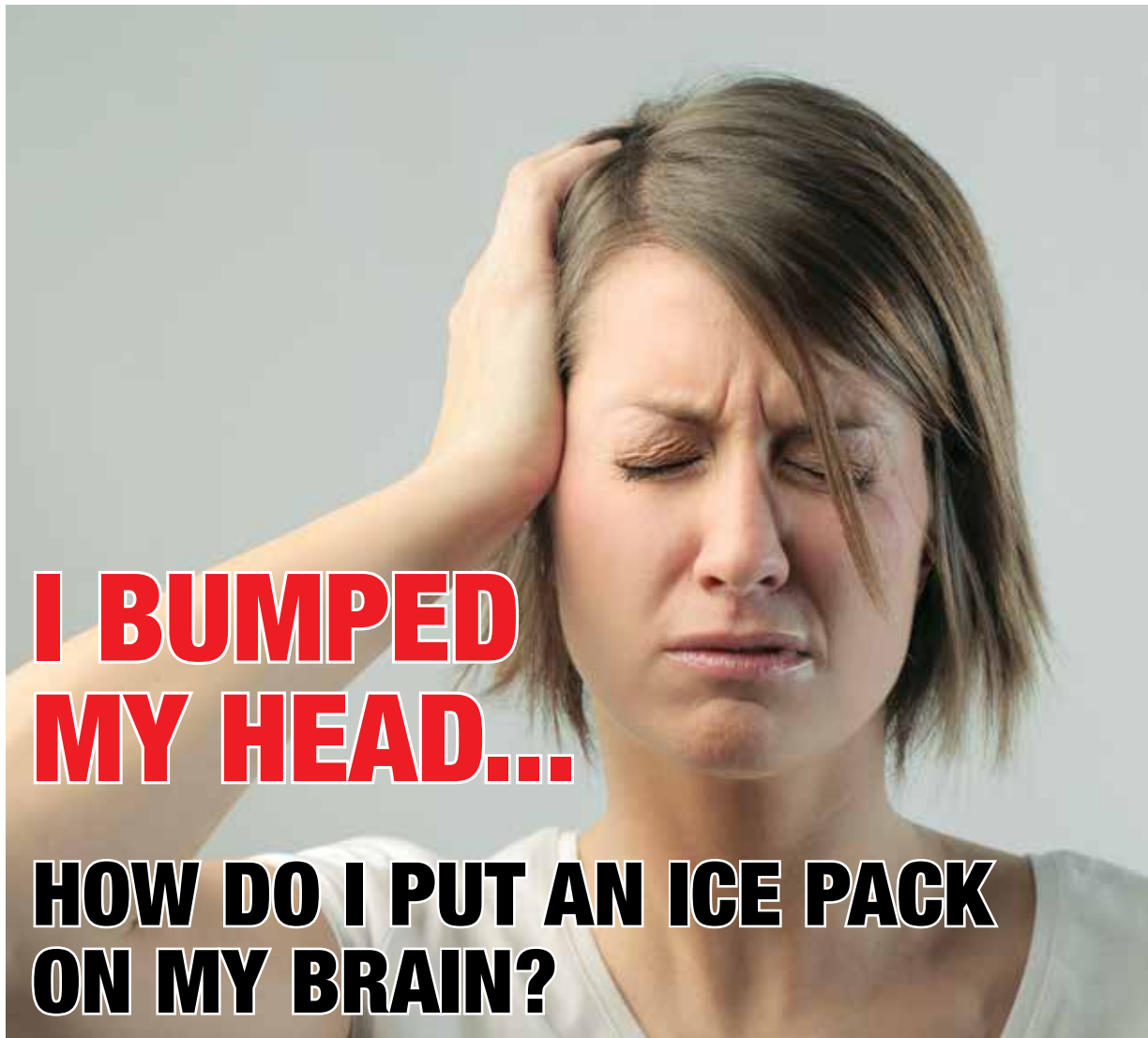
CLINICAL RESEARCH

"Multinational clinical trials demonstrated it is a safe, effective and well-tolerated treatment for erectile dysfunction (ED) which includes men who do not respond to type-5 (PDE-5) inhibitor (Viagra)."
– *Urology Times*, Oct 1, 2015

"Treatment is effective even in patients with severe erectile dysfunction (ED) who are PDE5i non-responders."
– *The Journal of Urology*, May 2016

"This treated shows a possible cure in some (ED) patients."
– *The Scandinavian Journal of Urology*

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By Renee Chillcott, LMHC

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

First, what is a concussion? As seen in countless Saturday morning cartoons, a concussion is most often caused by a sudden, direct blow or bump to the head. The brain is made of soft tissue. It is cushioned by spinal fluid and encased in the protective shell of the skull. When a person sustains a concussion, the impact can jolt the brain. Sometimes, it literally causes it to move around in the head. Traumatic brain injuries can cause bruising, damage to the blood vessels, and injury to the nerves. The result? The brain doesn't function normally. If a concussion has

occurred, vision may be disturbed, equilibrium may be lost, or unconsciousness may occur, but doesn't have to. In short, the brain is confused. That's why cartoon characters often saw stars.

What activities/injuries can cause a concussion?

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

Who is most at risk?

- Infants
- Kids
- Teens
- Adults
- Elderly

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

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

Jessica is a 12-year-old who, while at soccer practice one day, struck the ball with her head the wrong way, which resulted in a convulsion. Mom and Dad promptly took her to be evaluated where she was scanned, examined, and diagnosed with a concussion. She instantly had a headache after striking the ball, and she was told to rest and take pain relievers. The headache persisted, and she was set up on hospital home-bound (home school for medical reasons) for the remainder of her school year. The headache was relentless, and it made sleep difficult. Mom and Dad tried everything, and they took her everywhere. She went to the top-notch hospitals and saw the leading neurologists. The solution was a cocktail of medications prescribed so that she could sleep and function, although they did very little to reduce the pain. The headache continued, non-stop for almost 12 months before she walked into my office.

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



Neurofeedback acts as an ice pack for the brain. Through neuron reorganization, blood flow is affected, and there's less chance of inflammation to persist over time. We also recommend natural anti-inflammatory supplements such as Turmeric and Omega-3's to reduce inflammation.

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

WHAT ARE SOME OF THE SIGNS OF A CONCUSSION?

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

Prevention is, of course, the best course of action when it comes to concussions. Wearing protective



gear and being taught how to properly engage in head impact sports can help reduce the incidence of concussions. Neurofeedback immediately following an impact can also help prevent further injury to the brain or residual effects from the impact.

WHAT ARE THE SIGNS THAT A CONCUSSION NEEDS FURTHER TREATMENT?

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

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

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! Brain and Wellness Center, 7301 W. Palmetto Park Rd., Suite 102A, Boca Raton, FL 33433. **(561) 206-2706**, e-mail us at **info@bocabraincenter.com**, or text us at **(561) 206-2706** or visit our website at **www.BocaBrainCenter.com**.




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 Brain and Wellness Center, located in Boca Raton. At The Brain and 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.

References: <http://www.webmd.com/brain/concussion-traumatic-brain-injury-symptoms-causes-treatments>
<http://www.mayoclinic.org/diseases-conditions/concussion/basics/definition/con-20019272>

Research: <http://www.isnr.net/neurofeedback-info/mtbi.cfm>



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- Rediscover enjoyment in eating

Jeannie is a nutrition therapist who specializes in counseling for eating, body image and weight issues and is an expert in the treatment of eating disorders.

Jeannie Gedeon, MPH, RDN/LDN, CAP/ICADC
Delray Beach & West Palm Beach offices
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November is 'Diabetes Awareness' Month!

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YOUR PATH TO BECOMING CLINICALLY NON-DIABETIC

There is No Cure for Type 2 Diabetes – however; it CAN be reversed!

The 'Help Your Diabetes®' (HYD®) Program will reverse Type 2 Diabetes and have the patient clinically non-diabetic and off all or most medication in as little as 2 to 6 months! (HYD® Licensed by Magnum Health Management, LLC.)

'Taking care of your health' should be your priority this Holiday Season!

Type 2 Diabetes is a growing problem that is not going away! Sedentary lifestyle, lack of regular exercise, diet loaded with convenient fast food, sugary drinks and a new generation of couch potatoes who spend increasingly more time on the smartphone means that now more than ever, Type 2 Diabetes is on the rise. Unless we take the ball and run with it as a matter of urgency, it will overtake us all...

Stop by our kiosk in the **Town Center Mall of Boca Raton** to check your A1C on-the-spot, with the Siemens A1C Hemoglobin Analyzer- standard equipment in all our 'walk-in' Clinics. An **A1C** test measures the average amount of sugar in your blood over the past 90 days and gives you an indication as to how well your blood sugar is being controlled over time. You will find out immediately if you are in the Normal, Pre-diabetic or Diabetic range, and you'll receive a print-out in 5 minutes. Our medical professionals will discuss which **HYD®** program would be appropriate for you. Only \$49.95.

If you are one of 27 million Americans with Type 2 Diabetes or 1 of 86 million Americans diagnosed 'Pre-Diabetic (ADA) the **HYD®** program will have you **clinically non-diabetic and off most – or all diabetes medications in 2 to 6 months when you commit to the program.**

Check your A1C on the spot

Medical Schools train student doctors how to manage Type 2 Diabetes. As Primary Care Physicians they prescribe medications to lower your **A1C** and as the symptoms worsen you are often referred to a **Diabetes Specialist** who may prescribe additional or different medications; along with diet and exercise – increasing the dosage and/or varying the drugs over time.

Drugs prescribed to treat Type 2 Diabetes just manage the symptoms by lowering A1C and blood sugar, but can do little to prevent this horrific disease from progressing and in many cases leading to neuropathy, loss of eyesight, amputation of limbs or to kidney failure; which necessitates harmful dialysis for the rest of **life**.

Drug manufacturers must by law, disclose the potential dangerous side effects from all medications prescribed to treat **Type 2 Diabetes**.

Their drug's long-term effect is potentially as dangerous to the patient as is the disease! Diabetes drugs are also very expensive for the patient, earning pharmaceutical manufacturers a whopping \$200 billion annually.

Help Your Diabetes® 'HYD®' is the patent-pending, Type 2 Diabetes Reversal Program founded by **Dr. J. Murray Hockings, D.C., D. P Sc.**, a member of The American Diabetes Association (ADA).

An internationally acclaimed author and spokesman; Dr. Hockings has been helping **thousands of patients reverse their Type 2 Diabetes**, lose weight via proven natural methods, drop their blood sugar readings, enjoy an improved quality of life, and get them off medications — which only serve to manage symptoms and cannot reverse them.

Testimonials from hundreds of satisfied patients attest to the successful reversal of Type 2 Diabetes under the **Help Your Diabetes®** program. (See our website at www.helpyourdiabetes.com).

Each HYD® plan includes the following:

The HYD® program includes regular mild exercise, a healthy diet – foods to eat and enjoy – and those to avoid, the proprietary blend of nutritional supplements developed by Dr. Hockings, weekly nutritious appetizing menus plus hundreds of delicious recipes with the appropriate shopping lists.; plus

- Comprehensive, full spectrum lab analysis
- Unlimited one-on-one weekly support over the phone or by email seven days a week with our Dallas office
- Exclusive online membership in the HYD® website
- An online forum to get questions answered, share success stories, find new recipes, etc.
- Weekly training videos
- A Monthly newsletter
- Group training calls 3 days a week

Help Your Diabetes® Official Spokesman:

The official spokesman for the Help Your Diabetes® program is Emmy and Golden Globe nominated actor, **Corbin Bernsen**, best known for his role as

divorce attorney Arnie Becker on the NBC drama series **L.A. Law** and star of such films as **Major League**.

Noticeable improvement in as little as one week!

HYD® patients will notice an improvement after just one week, reverse their Type 2 Diabetes quickly and safely, lose excess weight, need far less or no medications, regain energy and enjoy improved quality and vitality in their daily life.

FAMILY DOCTOR'S ENDORSEMENT

Dr. Kenneth Power, M.D. a family doctor in Maumee, Ohio, with 18 years of experience, has recommended the Help Your Diabetes® program to his patients: "The success I've had with the program has been overwhelming. I've had multiple patients come through now and each tend to have a different success rate, but overall, it's been phenomenal.

Patients see results right away. I was surprised at how quickly their blood sugar readings improved, usually within just the first couple of weeks. Their health's improving, their blood sugars are dropping and I feel comfortable just after the first several weeks with getting them off at least half of their medication!

HYD® Consultation at your home – No Problem!

Patients who prefer to meet with an **HYD® highly qualified Consultant** in the comfort and privacy of their own home at any convenient time; day or evening, simply call **561-506-2569** to arrange for a free, no-obligation, home visit.

Highly-affordable – available discrete financing options;

HYD® offers discrete Financing Options that are immediately available. They provide you peace of mind knowing that your lifestyle will not change on your path to reversal of your Type 2 Diabetes. Call for a free, no obligation consultation with the Clinic Director at our Boca Raton location. He will determine with you, which HYD® plan is most appropriate based on the severity of your Type 2 Diabetes.

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TOP 5 WAYS TO HEAR BETTER FOR THE HOLIDAYS

By: Dana Luzon, Au.D., FAAA, Board-Certified Doctor of Audiology



As the holidays approach, social gatherings, entertainment, and time with family become far more prominent. This time of year is about connecting with what helps you embrace and celebrate the holidays. But if you have a hearing impairment or other communication issues, connecting can be difficult, both for you and your loved ones and friends. Here are my five favorite tips for hearing happy this holiday season.

1. Work out your ears — and your brain. Research shows that musicians are better able to pick out voices amid background noise than people who don't play music, but it is possible for anyone to learn these skills. When listening to music, the natural inclination is to pay attention to fluctuations of notes, which improves some aspects of hearing and helps to differentiate certain vocal tones from other sounds. Just be careful with the volume setting when listening to music on earbuds, and listen to music at an acceptable level.

2. Dine strategically. Don't let fear of hearing loss disrupt your social skills; loss of consistent communication with others affects hearing, but remaining social sharpens those skills. Don't be afraid to remind family that you have difficulty hearing, and try sitting at the end of the table so there are fewer conversations to follow. Dining in a smaller group also helps you focus in on a conversation.

3. Have your hearing aids serviced. Make an appointment to get your hearing equipment checked and cleaned prior to gatherings. Often, small adjustments or software installations can make a difference in how you hear.

4. Pack your accessories. If there's no time to schedule a cleaning before your holiday gathering, pack extra batteries, a cleaning kit for your aids, or even an extra set of hearing aids to stay prepared.

5. Consider investing in new technology. If you were fit for your hearing aids a few years ago, there may be a much more advanced option available now. Even today's base model may offer significant improvements in acoustics and features over higher-end models from a few years ago. These advances could make a huge difference in your life without putting pressure on your wallet.

Hearing testing is simple and painless. At Audiology & Hearing Aids of the Palm Beaches, we take a concierge approach to hearing care. We work closely with you to make sure we meet all of your hearing healthcare needs. If you are diagnosed with hearing loss, we work with you and your family to set goals for your hearing treatment. We follow your progress during a 75-day retraining period to make sure you are comfortable with how you are hearing and to make sure those devices are meeting your listening needs. Included with the treatment plan are three years of office visits, a three-year manufacturer warranty including loss insurance, free batteries for the life of the devices, and a home for your hearing healthcare.

Most people see hearing devices as a simple retail purchase: all you need to do is buy hearing aids, possibly even off the shelf. But hearing devices by themselves are not effective — they are not calibrated automatically. Put simply, they are not "one size fits all." The full benefits of a hearing aid require a trained professional to set up the aid, teach you how to use it, and customize it specifically for you and the listening environments that are most important to you. Hearing loss is a health problem; it requires a healthcare professional to treat it. Integrating your devices with your lifestyle is essential to achieving better hearing, and a doctor of audiology is the most qualified, trained professional to do this. Investment in better hearing should be measured by the results you experience every day.

Come in to Audiology & Hearing Aids of the Palm Beaches, and we will have you hearing better this holiday season! Just because hearing loss is common doesn't mean it shouldn't be treated as soon as possible. Why wait to improve your quality of life, be engaged in group and family conversation, and love the way you hear this year? For more information on improving your hearing for the holidays, contact Audiology & Hearing Aids of the Palm Beaches.

Dana Luzon, Au. D. , FAAA, Doctor of Audiology

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



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Plastic surgery and injectables like Botox or fillers are not the only answer; there are natural alternatives. And the best part is, the answer to aging beautifully isn't costly like cosmetic procedures. For countless individuals, **cosmetic acupuncture** is the solution.

HOW ACUPUNCTURE WORKS TO REJUVENATE SKIN

Acupuncture has of course been around for centuries, providing the Yin and Yang properties to release the flow of Qi (energy, pronounced chee) to pathways and vital organs for peak health and wellness. When the tiny flexible needles are placed strategically in the dermal layer of the face or neck area (depending on your concerns), the stimulation brings notable contour along with brightness and a youthful glow.

You will first have an advanced evaluation to see which channels are blocked in your body that may be exacerbating facial wrinkles, age spots, acne, laxity, dark circles or other areas of concern. Many times the symptoms that show signs of aging on the face are brought on by blocked energy and inflammatory responses in our internal organs. The acupuncture needles will be placed strategically in specific areas on your face and neck in need of rejuvenation.

Living in a culture that's so focused on healthy living through diet and exercise, it's hard to imagine why so many individuals are willing to fill their faces with painful synthetic injections full of toxins. The ideal solution and natural alternative is to utilize the micro-circulation technique through increasing the Qi and Xue (energy and blood-flow), which creates the youthful luminosity that most people want to achieve. As the flow of energy improves, a greater amount of vitality and blood are circulated into the face, oxygenating, firming and toning the skin to diminish fine lines and improve overall skin and muscle tone.

Cosmetic Acupuncture is an effective, safe, non-surgical treatment to reduce the signs of aging. Celebrities and the elite have been getting acupuncture facials for the past 20 plus years now, but even more notable is that the treatment has been growing in popularity by the general population that realizes the toxic-free effectiveness of the method. That is why cosmetic acupuncture is on the rise.

As more and more people are living longer, the quest for beautiful, healthy skin is a standard part of wellness and looking your best throughout the aging process. Moisturizers and serums will plump the superficial component of the skin, but when you desire real change in your tone, muscle support, and fine lines, potions will never be able to improve your facial contour.



BENEFITS OF COSMETIC ACUPUNCTURE

- **Cost effective**
- **No Harsh toxins**
- **Takes 5 to 10 years off of your appearance**
- **Eliminate fine lines**
- **Deep lines appear softer**
- **Firms and tones skin**
- **Reduces sagging jaw line**
- **Reduces hooded eyelids**
- **Decreases rosacea**
- **Improves muscle tone**
- **Increases circulation and oxygenation of the skin**
- **Tightens the pores**
- **Helps to reduce acne**
- **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**

COSMETIC ACUPUNCTURE'S HISTORY OF RESULTS

In 6000 BC, acupuncture originated in China. Instead of needles, at that time they utilized tiny hair-thin bones. Cosmetic Acupuncture for skin rejuvenating purposes has been the treatment of choice for thousands of years in China.

As early as the Sung Dynasty (960 AD – 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.

Several years ago, a study was conducted in the International Journal of Clinical Acupuncture, which reported that among 300 cases treated with Skin Rejuvenating Acupuncture, 90% reported marked effects with one course of treatment. The results 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.

Trusting your delicate face in the hands of a practitioner can be intimidating, that's why when you chose to have cosmetic acupuncture, it's imperative to see an experienced licensed Acupuncture Physician and Doctor of Oriental Medicine.

For over 20 years, Dr. Yanhong Meng has been practicing acupuncture. She is a licensed Acupuncture Physician and Doctor of Oriental Medicine. Dr. Meng graduated from Shan Dong Traditional Chinese Medicine University in 1996. In 1996, Dr. Meng began practicing at the Shan Dong Lai Wu Traditional Chinese Medicine Hospital, and for three years worked under the direct guidance of Dr. Gu Dao Xia, the inventor of Acupuncture Point Nutritional Injection Therapy.

Dr. Meng attended Shen Yang Western University from 1999-2001, where she deepened her knowledge of Traditional Chinese Medicine (TCM) Theory and Practical application in

conjunction with Western Medicine. In 2002, Dr. Meng completed a rigorous clinical rotation at the Beijing Traditional Chinese Medicine University.

Also, from 2002-2004, Dr. Meng operated a TCM Clinic in Dublin, Ireland. After moving to the United States, Dr. Meng graduated with honors from The Atlantic Institute of Oriental Medicine in 2007, where she received her Masters in Oriental Medicine. Since 2007 she has owned and operated Meng's Acupuncture Medical Center in Palm Beach Gardens, Florida.

If you want to look younger, please call Meng's Acupuncture Medical Center today at (561) 656-0717.

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

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“Gratitude turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity...it makes sense of our past, brings peace for today, and creates a vision for tomorrow.” – Melody Beattie



SCARCITY: THE “NEVER ENOUGH” BELIEF

Do you ever toss & turn at night, when it is time to go to sleep, with your mind racing of all of things you did not accomplish? Do you ever wake up in the middle of the night with your mind full of all the things on your ever growing to do list? Or do you wake up in the morning already stressed about the day ahead, or start your day by saying “there isn’t enough time” or “I wish there was more time in the day”?

The scarcity mindset feeds itself on beliefs of lack, be it time, money, love, connection, joy or possessions. Oftentimes, we can spend majority of our time assessing how much we have, or don’t have, or how much we want, & then compare it to how much everyone else has, wants or needs. However, this constant calculating & comparison becomes self-defeating for a couple of reasons. In a nutshell, we are flooded with media driven images & versions of unattainable perfection, or we create our own fictional story of how great someone else has it. From these images, a mindset of scarcity is shaped & it reshapes our overall belief system.

In my work over the years, I have seen an overwhelming amount of comparisons, shame & even disengagement that alter one’s own self-beliefs. More importantly, I see such a desire to eliminate the fear & take bold, courageous action. It is your choice, & it’s a simple question really: Do I want to be feel miserable, stuck & fearful, or do I want to choose to do something about it & shift my attitude?

“People are about as happy, or unhappy, as they make their minds to be.” – Abraham Lincoln

WHAT YOU THINK IS WHAT YOU GET

Your happiness & life are not determined by circumstances, or external acts; they are formed from the inside out. Your mind is a powerful & adaptable tool, & it can be programmed to think a specific way, including (but not limited to) the images created by your imagination & the language with which you speak to yourself. The subconscious mind only responds to mental images, & it becomes the blueprint to carry out “the plan”. For example, worrying is the programming of an image you do not want. When we imagine the worst, the subconscious

mind cannot distinguish real versus imagined, & acts to fulfill the imagined situation. As Buddha is quoted as saying, “The mind is everything. What you think, you become. What you feel, you attract. What you imagine, you create”.

As we work to eliminate negative, limiting beliefs based in the mindset of scarcity, you begin to mentally draw up new blueprints for your subconscious mind to accept & act upon.

FOSTERING GRATITUDE AS A HABIT

Your attitude is the way in which you look at life. This can have a tremendous effect on not only your mind, but your body, as well as the way your mind & body connect & perform. Life is full of habits. In fact, some studies indicate that 98% of what we do is habit. As we work to create new habits of gratitude, we must first eliminate the old habits based in scarcity, or not enough. The reality is, the events that occur in your life are purely neutral, & you have the ability to choose if you see them as positive or negative.

Working together we begin to change the perspective you have on life, yourself, as well as your own specific circumstances. This shift in thought changes the lenses with which you look upon your life & the world around you. Identifying & eliminating any fears, shame or comparisons you may have allows your mind to open up & accept the good all around you. As you form the habit of gratitude, it allows you to look at what is good in a situation, person or place. Of course, in those not so great moments or situations, you also change, & will begin to ask yourself what lessons can be learned. Overtime, you become more aware of all the good in your life & your focus naturally moves that way.

ATTITUDE OF GRATITUDE

An attitude of gratitude is both the foundation of the Law of Attraction & also the catalyst of further success. However, it is sadly often the most neglected part too, which can lead to a lack of attracting what you desire. Vision boards,



affirmations & focusing on what you want to attract are all well & good, but it is not where the transformation occurs. The basis of successfully attracting more good into your life is to focus on the good you already have in it, even if that list seems short to you. This is the key, because by doing this, you bring them to your attention, focus on them & therefore bring more of it into your life. As a wise anonymous person said, "Gratitude is not the result of things that happen to us; it is an attitude we cultivate by practice."

"When you arise in the morning, think of what a precious privilege it is to be alive—to breathe, to think, to enjoy, to love." - Marcus Aurelius

No matter what habits you want to change, what your goals are or what you want to attract more if in your life; it all starts with eliminating the mindset of scarcity & the habit of "never enough" thinking. From there we can begin to form your template for gratitude & cultivating abundance of whatever you desire into your life.



Laura King and Larissa Brazier,
Performance Coaching

Laura King has been helping people heal their minds and bodies for 18 years. Using her unique combination of Hypnotherapy, Neuro-Linguistic Programming (NLP) and Life Coaching, Laura is able to help individuals with even the most difficult of issues to create positive and lasting change. Laura's technique helps individuals at all levels of development to improve their quality of life. Laura is sought after by Olympians, leading edge CEO's, public figures, professional athletes, prominent physicians, award-winning trainers and parents.

Larissa Brazier is a Certified Health Coach & Consulting Hypnotist, Larissa's primary goal is to help others striving to live healthier & happier lives. Creating positive, lasting changes in others' lives, though the utilization of multiple methods that facilitate & assist with the healing process by strengthening the mind body connection. Applying lots of tried & true, insider tools that will allow you to transform your mind, body, spirit & life in every way.



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PAIN, STRESS, FOCUS, WEIGHT LOSS AND DISCOMFORT? HEAT UP AND RELAX!!

By: Tracy A. McDonough, MSW, LMT/Founder of HEALING MOMENTS



Regardless of who you are, chances are you have symptoms relating to one or all of the above. Do you know there are enjoyable, easy alternatives to medicines and/or just dealing with it?

Our body is the perfect machine and has the ability to correct many of these issues if put in the right environment. This means that yes eating healthy, daily movement or exercise and not smoking is very important and key to a healthy happy life, however, there are other things you can incorporate into your life that are easy, enjoyable and relatively affordable. One of these is INFRARED SAUNA.

FULL SPECTRUM INFRARED SAUNA

Infrared Sauna uses wavelengths of light to heat the body at the core not by heating the room. The three wavelengths near, mid and far all effect the body at different depths, far being the most intense. Infrared light is the part of the sun's spectrum that can penetrate to the core of the body producing the soothing, warm, nourishing feeling we love from sitting in the sun. The healing part of this is the detoxification that occurs from producing the rise in core temperature and sweat at the cellular level where most of our toxins exist. The ideal temperature in an infrared sauna is between 100 and 130 degrees Fahrenheit making it comfortable for people who cannot tolerate the high temperatures in a regular sauna. According to Sunlighten, one of the leading infrared sauna manufacturers, some of the health

benefits that are derived from treating yourself to infrared sauna sessions are:

- **Detoxification** – an infrared sauna generates a sweat 7X more detoxifying than a traditional sauna. Infrared has the ability to detox the liver is said to help release heavy metals.
- **Relaxation** – a peaceful, relaxing environment with music and soothing lighting
- **Weight Loss** – studies have shown that hundreds of calories can be burned in one 30-minute session!!
- **Heart Health** – infrared shown to reduce both systolic and diastolic blood pressure
- **Pain Relief** – Studies show therapeutic benefits for arthritis and other painful conditions
- **Anti-Aging** – Improves skin appearance from deep sweat
- **Cell Health/Immunity (full spectrum)** – aids in cell health, muscle recovery and overall immune response
- **Wound Healing (full spectrum)** – Infrared helps to heal wounds faster and minimize scarring

Benefits begin after the first session. Relaxation is immediate and often pain reduction is as well. For long term benefits, visits 1-3 times a week is recommended. Here at Healing Moments, upon arriving for a session, clients are given a glass of hydrogen & antioxidant rich, restructured alkaline water to drink immediately and one to take with you for your session. A bamboo charcoal wrap is provided which helps to draw out toxins and

allow clients to be comfortable. Pandora plays gentle relaxing music and clients have the option of which clinical program they would like to use or a “quick start program” is available. Once the 30-45 minute session is up a shower is available to rinse sweat and toxins away. It is an amazing way to decrease pain, enjoy relaxation or meditation time, detoxify and improve cardiovascular health! Sessions in a full spectrum Infrared Sauna have proven benefits, are less expensive than other treatments and are worth a try!



Tracy A. McDonough, MSW,
LMT/Founder of HEALING MOMENTS

HEALING MOMENTS INTEGRATIVE & HOLISTIC WELLNESS

is a luxurious wellness boutique located at 3200 N Federal Highway in Boca Raton Florida. Tracy McDonough, it's Founder and Visionary created a boutique style sanctuary where her clients would experience compassion and healing. She has been a Licensed Massage Therapist and Reiki Practitioner for over 20 years. Her Masters is in Social Work, she teaches Meditation, is a Certified Health Coach and has been a Post-Surgery Specialist for Plastic Surgeons for the past 8 years. She describes her specialty as Post Surgery treatment but her passion is prevention and holistic treatment for an array of conditions and disease including cancer, heart disease and stress induced conditions. Her menu includes Massage, Manual & Mechanical Lymphatic Drainage, BEMER therapy, Infrared Sauna and Vibrational Healing.



Healing Moments
Integrative & Holistic Wellness

3200 North Federal Highway
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(561)931-2187

Ultimate Cryotherapy



Hmmm. Let's see what is on TV tonight. Shark Tank is always a good watch. Wonder what weird businesses they are going to have in the tank. What is this? Cryotherapy? Never heard of it, but it looks interesting. So, you get in a chamber and get hit with -240 degree gas to take away pain and inflammation, that definitely sounds intriguing, but I wonder if it really works. I had been working out for 35 years and was a power lifter and bodybuilder. I had also taken martial arts and played many years of tackle football when I was younger. Basically, I had beaten up my body pretty bad over many years and was looking for anything that would help with my recovery from workouts and my arthritis pain. So, two days after seeing the show I made an

appointment at a cryotherapy place in my area and went in. I did four sessions over the next two weeks and I was amazed that my arthritis pain went from about an 8 to a 3 in pain level when I worked out. I also noticed I was sleeping better at night and had a lot more energy after the sessions. Needless to say, I am still doing cryotherapy sessions a year and a half later but the difference is I am doing them in my own salon. I had always been into health and fitness so it was a natural move for me to open up my own facility. We have been open now for a year and have been helping people like myself feel better and live a more active life.


So, for those of you who don't know what cryotherapy is, it was invented in 1978 in Japan to treat arthritic patients. It has come to the US and is being used by almost all major athletes to recover from training and games. Some of the people using it are, LeBron James, Tony Robbins, Floyd Mayweather, Christiano Ronaldo, Dallas Cowboys, Denver Nuggets, Denver Broncos, The Rockets, The Knicks, The Spurs, and the list goes on and on. Cryotherapy is done in a stand up chamber which you get into and liquid nitrogen is converted to a gas and surrounds your body. The temperature in the chamber gets down to -240 degrees which tricks your mind into survival mode. I know it sounds extremely cold but since it is a dry gas it is very tolerable and very safe with no side effects. The body metabolism increases to try to get back to homeostasis and all kinds of beneficial enzymes, anti inflammatory cytokines and a wealth of other good nutrients are released to preserve your organs and tissue. When you step out of the chamber that good, nutrient and oxygen rich blood is circulated through your body and helps to speed up recovery


and repairs of any injuries you may have. The sub zero temperatures also take away inflammation in your joints, tendons, and soft tissue which helps to relieve the pain. The body also releases endorphins and adrenaline in the process which gives you increased energy and a feeling of well being and can burn up to 800 calories in the process. Some other benefits that have been reported is that it builds your immune system like cold plunges or cold showers do. It restores the collagen in your skin to reduce wrinkles and brings nutrient rich blood to the surface to give you younger healthier looking skin. It has been used to treat skin conditions such as Psoriasis and Eczema and people have reported that it works to reduce cellulite.

As you can see, cryotherapy is helping a lot of different people with different problems. So, whether you have back pain, tennis elbow, arthritis, or need a boost to your system for training or overall well being, cryotherapy can help you. Was it coincidence or fate that made me watch the Shark Tank that night? I don't know which it was but I am glad I put it on because it changed my life. Come on in and give it a chance. It helped me and I know it can help you as well.



Ultimate Cryotherapy and Wellness Inc
101 Plaza Real South, Suite B
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www.UltimateCryotherapy.com
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How Doctors Choose Surgeons

By David A. Goldman MD

When 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.

561-630-7120 | www.goldmaneye.com

Developing Discipline



Here's a question for you: What is one thing in your life that you are not doing, that if you started doing on a regular basis would make a tremendous positive difference in your life?

Here's a follow-up question: **WHY ARE YOU NOT DOING IT?**

Answer: most of us are not doing it because we lack discipline.

In ancient times there was once a king named Solomon. The Bible says that he was the wisest man who ever lived. People would come from miles to hear his wisdom and we are fortunate because many of his wisdom is collected in the book of Proverbs in the Old Testament.

In Proverbs 28:25 Solomon says, "A person without self-control is like a house with its doors and windows knocked out." Discipline is pretty important, huh?

You see this virtue of discipline touches every fiber of our lives. Discipline is the indispensable tool to making your life work: our life, our health, our happiness, our wealth, our family life, our success is all rooted in our discipline. Discipline helps us to get to where we want to go.

You ask any great athlete and they will tell you about the importance of discipline. You ask any successful business man or woman and they will tell you about the importance of discipline. You ask any accomplished musician, actor, writer, salesperson or leader and they will tell you about the importance of discipline.

Spiritually speaking, the same is true: our relationship with God is largely determined by our discipline. You ask any godly man or godly woman and

they will tell you about the importance of discipline. Spiritual discipline is the habit of making wise decisions and then living in alignment with them. Our behavior needs to be in alignment with our thinking and that takes discipline.

Prov. 10:17 says, *"People who accept discipline are on the pathway to life, but those who ignore correction will go astray."* NLT

Here are three "Disciplines of Being Disciplined".

1. Persistence – "Never Give Up"

Prov. 12:24 "Work hard and become a leader; be lazy and become a slave." Discipline always starts from within; we grow and develop our self-discipline by growing and changing our attitude towards it.

2. Advance Decision Making – "Say No Now"

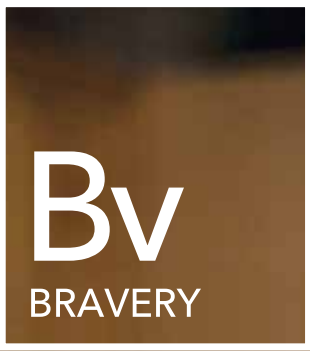
Prov. 13:16 says, "A wise man thinks ahead, a fool doesn't and even brags about it." Be prepared in advance to make the right choices. Don't wait until it's too late.

3. Delayed Gratification – "Putting Pain before Pleasure"

You do the difficult now in order to enjoy the benefits later. The Apostle Paul reminds us that, "No discipline is enjoyable while it is happening--it is painful! But afterward there will be a quiet harvest of right living for those who are trained in this way." Heb. 12:11 NLT

So... let me ask you: What is one thing in your life that you are not doing, that if you started doing on a regular basis would make a tremendous positive difference in your life? And why are you not doing it?

Dr. Ray Underwood



Bravery. A powerful element in fighting cancer.

When Pamela Klein discovered she had a rare form of lung cancer, being around for her family was all that mattered. After learning the survival rates for her specific cancer, she knew more had to be done. Pamela’s doctor referred her to Florida Cancer Specialists where she was put on a targeted therapy trial. In 2016, 84% of the cancer drugs approved for use in the U.S. were studied in clinical trials at Florida Cancer Specialists prior to approval. Within months of her treatment, Pamela’s health dramatically improved, proving when hope and science join forces, great outcomes happen.

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