

SOUTH FLORIDA'S

Health & Wellness[®] MAGAZINE

December 2017

South Palm Beach Edition - Monthly



FREE

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SKINCARE ABCS

**FACT OR FICTION:
SIX MINUTE HAIR GROWTH...?**

**THE HEALTHY WAY TO
EAT AND GET FIT IN 2018**

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LAW OFFICE OF 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.

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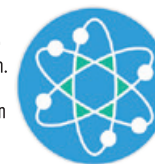
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- Multiple Sclerosis • Schizophrenia • Crohns Disease • Insomnia
- Digestion • Bone Density • Cramps • Arthritis

CBD DOSING



MILD DOSAGE

Weight 2-25 lb = 2mg (10mg Daily Max)
Weight 26-75 lb = 4mg (28mg Daily Max)
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Child & Adult Use, Aches & Pain Relief, Sporting Activity Regeneration, Sore Joints, Everyday Health, Multi-Vitamin, Analgesic, Anti-Inflammatory.



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Weight 126-175 lb = 3 x 50mg Pills
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SEVERE DOSAGE

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 Dr. David Steinberg,
Pharmacist

Ensuring our Parents Health Through Medication Compliance

As the baby boomer generation ages and medications become more numerous, children and family members are charged with caring for the loved ones. This task comes not only with much stress but also with many questions. The questions often range from “Who will administer the medication when I’m not there?” “Is there a risk of my family member taking too many pills?” “How can I be sure that my family member is taking the same amount of medications he was taking

at the long term care facility?” These are just a couple of questions that we get at the pharmacy when we consult with family members and patients. As patients increase the number medications taken along with an increase to the number of physicians, the rise of medications errors is inevitable. Patients rely on family members or homecare givers to ensure compliance. We can do more. Every extra precaution or measure is well worth it when it comes to our family member. Our pharmacy has a unique system to mitigate medication errors such as over-medication and under-medication. We use, what is commonly called in the industry, a “bingo card.” It is becoming the industry gold standard and not only ensures medication compliance but puts the family at ease. It is a unit dose system where the patient’s medications are

divided into morning, afternoon, evening and bedtime. Each time slot has its own cell allowing the patient to know if the medicine was taken or not. It eliminates counting pills, filling pillboxes, and remembering doses. As a pharmacist, I hope to reduce common and preventable errors and help everyone live healthier lives. Please call TrustedMedRx with any questions at **561-613-6209** or **855-9EZ-MEDS**.



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Yes.
Dr. Alan Bauman
prescribes the latest for
hair regrowth, CapillusRX,
that treats hair loss in
just six minutes a day.

For some, the idea of laser beams conjure up images of epic SciFi battle scenes. For others, lasers in medicine mean skin resurfacing or perhaps even hair removal. Today we see “lasers for hair regrowth” advertised in magazines, on TV and in our Facebook newsfeeds. Are these treatments for hair loss for real or is it just a gimmick... another bogus ‘snake oil’ treatment? How can lasers affect hair follicles or other parts of the body? Who is a candidate for laser hair therapy? Are there any side effects? What are the limitations of laser treatments for hair loss? How do I choose the best laser? How can I measure laser therapy results?

Fact or Fiction: Six Minute Hair Growth....?

LOW LEVEL LASERS EXPLAINED

Far below the power required to blast away cancer cells, kill hair follicles – or evil aliens, for that matter – “Low Level Laser Therapy” is the use of non-cutting, non-burning or ‘cold’ lasers that impart energy to living cells without damaging them. Since their discovery in the 1960’s, low-level lasers have been proven to be an effective drug-free way to help heal wounds, relieve pain, increase circulation, decrease inflammation and provide a host of benefits to the human body and now we know why.

HOW DO LASERS HELP PREVENT BALDNESS?

First, it’s important to realize that all hair loss is not the same. “Alopecia,” the broad medical term for hair loss, can mean a huge variety of different medical conditions that decrease or eliminate hair follicle function causing everything from increased shedding to extensive baldness. When hair follicles, the mini-organs under the skin that produce your visible hair fibers, “fail,” there could be a wide range of causes which require accurate diagnosis and treatment by a hair loss specialist. If hair follicles are weakening, producing thinner, shorter and wispier hair, laser therapy may be an excellent non-drug, no side-effect option to improve hair growth. When low level laser energy is consistently applied with the correct power and regimen, improvements in hair growth can be easily measured and eventually felt and seen.

WHAT LASER DEVICE IS RIGHT FOR ME?

Today, laser hair therapy devices come in all shapes, sizes and costs. There are large, in-office devices, at-home portable caps,

helmet and dome-shaped devices as well as the consumer laser brushes, combs and “band” lasers. Each device may have different types or a combinations of light sources (laser and non-laser), numbers of laser diodes, types of laser diodes, areas of coverage, treatment times as well as other factors that impact use such as comfort, size, weight, cord vs. cordless, etc. With so many laser devices FDA-cleared for hair regrowth in men and women, how can patients choose which device will work best? For our patients at Bauman Medical, we recommend exclusively devices that meet the following criteria:

1. “Pure” laser (no LEDs or non-laser light sources)
2. Over 200 laser diodes for maximum coverage
3. Cordless, rechargeable for portability and ease of use
4. FDA-cleared for hair growth in men and women
5. Hands-free (no movement or readjustment during treatment required)
6. Discreet (fits under a standard baseball or other cap/hat for easy compliance)

The easiest way to understand the benefit of a “good quality” laser is the difference between watering your front lawn with a watering can versus an automatic sprinkler system... both theoretically can work, but one method requires significantly less time, effort and energy. When searching for laser device, know that like most electronic equipment (TV, stereo, car, etc.) you get what you pay for in terms of power, effectiveness and durability. A quality laser will last you a long time, and because it’s a one-time expense, laser therapy is actually your least



Female before and 12 months after laser therapy with a portable, hands-free laser device

costly hair loss treatment over the long-run. Therefore, it's recommended to "stretch" a little when making this kind of long-term investment in your hair's health and also make sure you measure and track your results over time with a qualified medical professional.

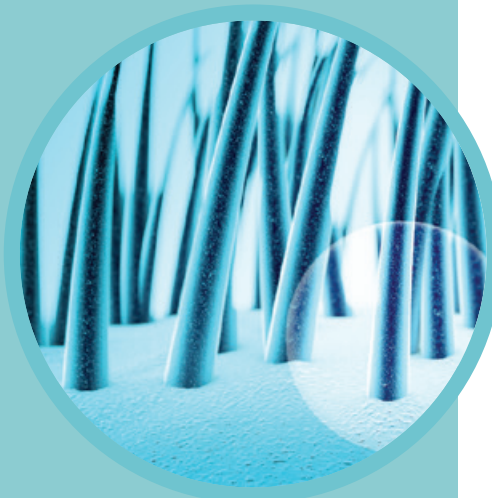
HOW DO I KNOW MY LASER IS WORKING TO HELP HAIR GROWTH?

Knowing what treatment will work best requires an accurate diagnosis, effective treatment regimen, compliance with the regimen and routine follow-up

tracking measurements. This is most easily accomplished with an in-office visit and consultation with board-certified Hair Restoration Surgeon like Dr. Alan J. Bauman, MD, ABHRS. During your initial consultation, scientific HairCheck measurements are obtained from several different areas of the scalp to benchmark your baseline as well as track your progress over time from treatment. At Bauman Medical, after your initial consultation, all follow-up HairCheck measurements are performed as a courtesy to all of our patients at no-charge!

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# of lasers	224		312
Full coverage	Yes		Yes
FDA-cleared	Yes		Yes
Portable	Yes		Yes
Rechargeable	Yes		Yes
Cordless	Yes		Yes
Hands-Free	Yes		Yes
Assembled in USA	Yes		Yes
Physician-Only	Yes		Yes
Flexible Fit	No		Yes
Manuf. Warranty	Lifetime		5-Year
Treatment Time	30-min every other day		6-min every day
Price	\$2999		\$3499



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



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

was recently named one of 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.

Hair Loss Study Candidates Needed!

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FOCUS ON PANCREATIC CANCER

Located behind the stomach, the pancreas is a glandular organ about six inches long that has two major functions: to produce enzymes (digestive juices) that help in the digestion process and to produce hormones, such as insulin, that help control blood sugar levels. The pancreas has an essential role in converting the food we eat into fuel.

Pancreatic cancer occurs when cells in the pancreas begin to grow out of control. One of the reasons pancreatic cancer is so deadly is that it is usually not detected until it is in the later stages. Early detection of pancreatic cancer is very difficult because the disease does not cause many signs or symptoms that are easily noticed in the early stages. Some of the more common symptoms of pancreatic cancer include:

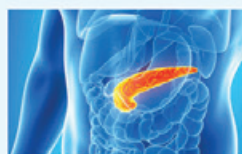
- Jaundice (yellowing of the skin and whites of the eyes)
- Light-colored stools
- Dark urine
- Weight loss for no reason
- Loss of appetite
- Feeling very tired
- Pain in the upper or middle abdomen and back

While these symptoms can be attributed to other causes, it is recommended that you consult your physician if you experience any of these indications.

The incidence of pancreatic cancer is relatively small; however, it is considered an extremely difficult cancer to successfully treat and potentially cure, primarily because it is often detected at a late stage. Because the pancreas is deep inside the body, early tumors usually can't be seen or felt during routine physical exams; plus, most people usually have no symptoms until the cancer has already spread to other organs. According to the American Cancer Society, factors that can affect the chance of recovery from pancreatic cancer include whether or not the tumor can be removed by surgery, the size of the tumor, whether or not it has spread outside the pancreas to nearby tissues, and the patient's general health.

RISK FACTORS

Almost all pancreatic patients are over the age of 45; in fact, the average is 71 at the time of diagnosis, as reported by the American Cancer Society. Men are at a slightly higher risk than women; however, it is speculated that this may be due to the fact that more men smoke than women.



Pancreatic cancer accounts for about 3% of all cancers in the US and about 7% of all cancer deaths, according to the American Cancer Society.

African Americans are also at slightly more risk than Caucasians for reasons that are not clear, but may be due in part to other risk factors, such as a higher rate of diabetes.

Risk factors such as age, race and gender can't be changed; however, other risk factors can be lessened by lifestyle choices, such as not smoking and maintaining a healthy weight. Approximately 20% to 30% of pancreatic cancers are thought to be caused by cigarette smoking and the risk of having pancreatic cancer is twice as high for smokers compared to non-smokers.

Family history is another risk factor for pancreatic cancer. It is thought that about 10% of pancreatic cancer is due to inherited genetic mutations. For people who may have a family history of pancreatic cancer, hereditary breast or ovarian cancer due to BRCA1 or BRCA2 gene mutation, or Lynch Syndrome (hereditary non-polyposis colorectal cancer), it is best to consult with your physician regarding genetic testing or endoscopic ultrasound.

IMPROVING TREATMENT

A variety of treatments are used in pancreatic cancer involving surgery, ablation, radiation therapy and chemotherapy, to name a few. There are a number of clinical trials that seek to develop new treatments, including immunotherapy treatments. Immunotherapy drugs, which utilize the body's immune system to fight cancer, have worked against some of the most lethal cancers, such as melanoma and late-stage lung cancer. Difficult to treat with conventional drugs, pancreatic cancer also has proven to be resistant to initial immunotherapy approaches. Pancreatic tumors are usually surrounded by a tough, fibrous capsule that is difficult for drugs to penetrate. This protective covering also wards off the immune system's T cells, which attack foreign intruders, such as cancer cells, within the body. However, researchers are continuing to test immunotherapy combinations and devising innovative strategies that they hope will bring greater understanding of how to effectively treat these tumors.

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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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**.



www.southfloridacbd.com

By Elissa S. Norton, MD, FAAD

can cause redness and flaking, if you start off slow, you can minimize side effects. Start by applying a retinoid every third night, and after a few weeks, ramp up to every other night or every night as tolerated. Another method for an easy transition is to start with an over-the-counter preparation containing retinol. Retinol is a gentler version and a perfect gateway. The skin becomes accustomed to retinol and then better suited to graduate to a prescription-strength retinoid.

Other tips for using Vitamin A derivatives: apply at night because retinoids are inactivated by sunlight. A little will go a long way; often a small dollop will do. And don't forget to wear your sunscreen, which leads us to the letter B....



A

An effective anti-aging skincare regimen should incorporate Vitamin A derivatives, commonly known as retinol and retinoids. These ingredients are hands-down the gold standard when it comes to preventing and reversing the signs of maturing skin. Vitamin A derivatives work by increasing skin turnover and stimulating collagen production, thereby creating a firmer, smoother and more even-toned complexion.

Many people are afraid to start a retinoid for fear of irritation. Although it's true that retinoids

B

Broad-spectrum sunscreen is a must on the checklist of good skin health. The words "broad-spectrum" indicate that there is coverage against the damaging effects of both UVA and UVB. UVA rays are the "Aging" rays that can prematurely age your skin, causing wrinkles and age spots, and can pass through window glass. UVB rays are the "Burning" rays that are the primary cause of sunburn and are blocked by window glass.

Many people are under the impression that they only need to apply sunscreen for a day at the beach or during their tennis or golf

game. This couldn't be farther from the truth! An effective skin care regimen includes daily sunscreen, in order to protect against ambient sun during every day activities such as driving in the car, running in and out of stores during errands, walking our pets, and more.

There are many elegant facial sunscreen products available today. Many are combined with moisturizers for extra hydration, some have a tint to provide all-over coverage, and others are combined with antioxidants, which leads us to letter C....

C Vitamin C, and other antioxidants such as resveratrol, coenzyme Q-10, coffee berry extract, green tea flavonoids, and vitamin E, are key in the battle against fine lines and wrinkles. These precious molecules soak up free radicals before they can cause DNA damage and chew up collagen. Free radicals are caused not only by the sun, but also by other environmental insults such as pollution and cigarette smoke. In addition to scavenging free radicals, antioxidants can help calm irritation, which may help those who are rosacea and acne prone.



Classically, antioxidants are applied as the first step in the morning, before your sunscreen. Many antioxidants, however, are being incorporated into nighttime preparations as well, a tribute to the powerful effect these molecules have on nourishing and preserving youthful skin.

There you have it, a primer on healthy skin care! Vitamin A derivatives, backed by decades of science, combined with Broad-spectrum sunscreen and Vitamin C antioxidants, are a winning combination for beautiful skin. Simply remember your ABCs, and then go spend your time on more important tasks on the shopping list- like shoes. Sandals, flats, pumps, boots..... what's a girl to do?!



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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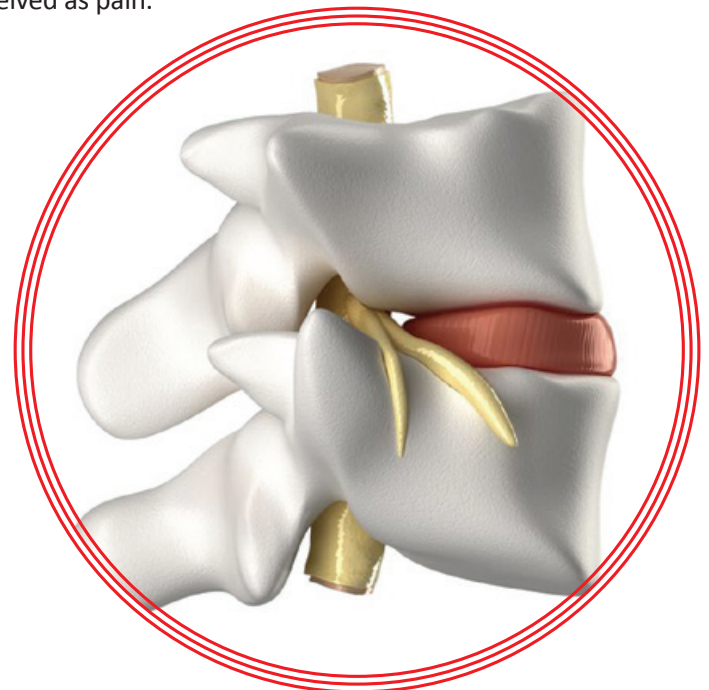
By Aaron Rosenblatt, MD

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



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.



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

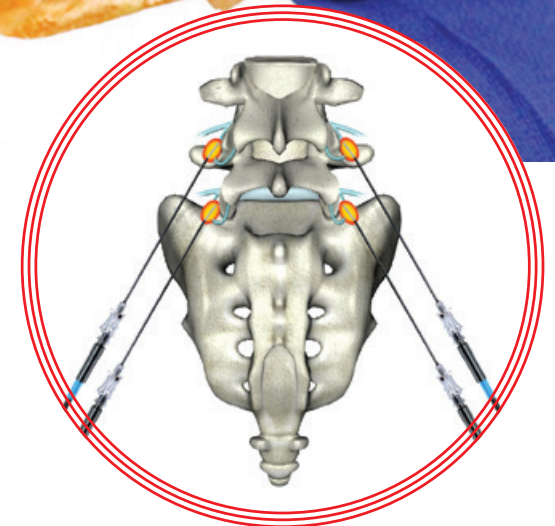
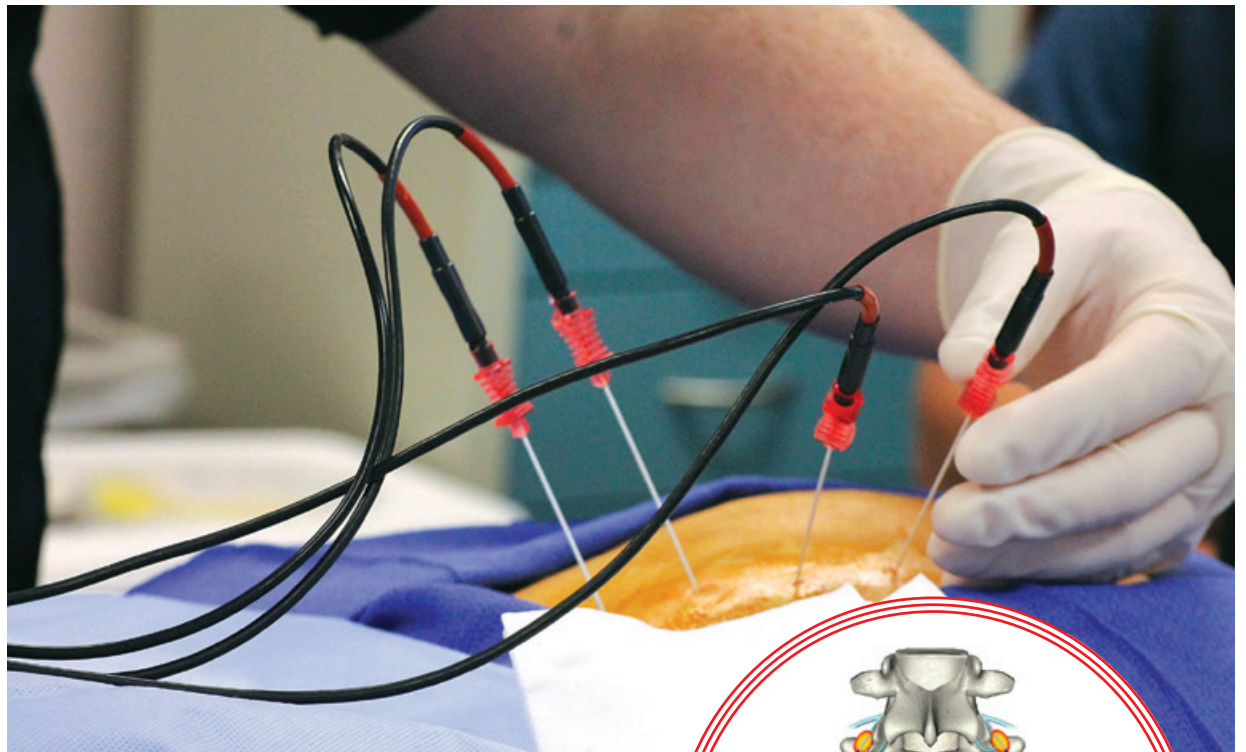
The procedure is performed in a sterile setting similar to an outpatient procedure suite.

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!

Early Pain Treatment CAN PREVENT Prolonged Suffering!



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HELP YOUR DIABETES® (HYD)

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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 that spend increasingly 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 **Town Center Mall 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 pre-diabetic, the severity of your condition and you'll get a print-out in 5 minutes. Our medical professionals will discuss which **HYD®** program would be appropriate for you. Only \$19.95.



HYD® Kiosk at Town Center Mall

If you are one of 27 million Americans with Type 2 Diabetes or one 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.**

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 often refer patients 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.



Check your A1C on the spot

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).



Dr. J. Murray Hockings

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 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*
- A Personally designed work-out regimen*

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**.



Corbin Bernsen

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



Dr. Kenneth Power, M.D.

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's 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 by then!"

HIGHLY-AFFORDABLE; FINANCING AVAILABLE;

HYD® offers 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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WHAT IS BELL'S PALSY?

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

BELL'S PALSY is a nerve problem that affects the muscles of your face. It causes weakness or partial paralysis of the muscles on one side of your face. With Bell's palsy, your eyelid may not close properly and your smile may seem uneven.

Bell's palsy usually affects adults only. It is more likely to happen to people who have diabetes, are pregnant, or have a family history of Bell's palsy.



WHAT CAUSES BELL'S PALSY?

Generally, it is not known what causes Bell's palsy. However, doctors believe it may be due to one or more of these problems:

- problems in your body's immune system (how it fights disease)
- reduced blood flow to a nerve that goes to your face (the 7th cranial nerve)
- infection from a virus, causing swelling of the facial nerves

BELL'S PALSY SYMPTOMS

Bell's palsy symptoms can appear all of a sudden. You may notice that you cannot smile on one side of your face. You may have trouble speaking clearly, and you may lose feeling in your face. You may have some facial pain just before or as it becomes weakened or partially paralyzed.

Your eyes may become dry and you may have blurry vision. One eye may not close completely, and it may feel irritated.

Bell's Palsy Symptoms

Inability to furrow brow

Drooping eyelid & cannot close eye

No muscle tone in cheek

Drooping mouth & cannot smile or pucker lips



You might not be able to taste food as well as you could before. Also, you could have hearing problems, such as having things sound distorted or unusual.

Tell your primary care doctor or ophthalmologist if any of your symptoms get worse.

If you have symptoms on both sides of your face, you may have something other than Bell's palsy. If your symptoms do not improve in a few weeks, your ophthalmologist may recommend an MRI. An MRI is a scan that provides images of tissue inside the body.

HOW LONG DO BELL'S PALSY SYMPTOMS LAST?

For about 8 out of 10 people, symptoms of Bell's palsy start to improve in about 3 weeks. Symptoms should be nearly gone in about 2–3 months.

Some symptoms may remain, such as a small amount of facial paralysis or reduced movement on one side of your face. For about 2 out of 10 people, Bell's palsy symptoms never go away.

Your ophthalmologist can tell you how to relieve uncomfortable eye-related symptoms with Bell's palsy.

BELL'S PALSY TREATMENT

There is no treatment for Bell's palsy. In most cases, it goes away on its own in a few weeks. However, your ophthalmologist can help manage the symptoms affecting your eye. Eye drops or other lubricants provide relief if you cannot fully shut your eye.

In some cases, corticosteroids, antiviral drugs or other medicine may be prescribed to help you heal from Bell's palsy.



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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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.

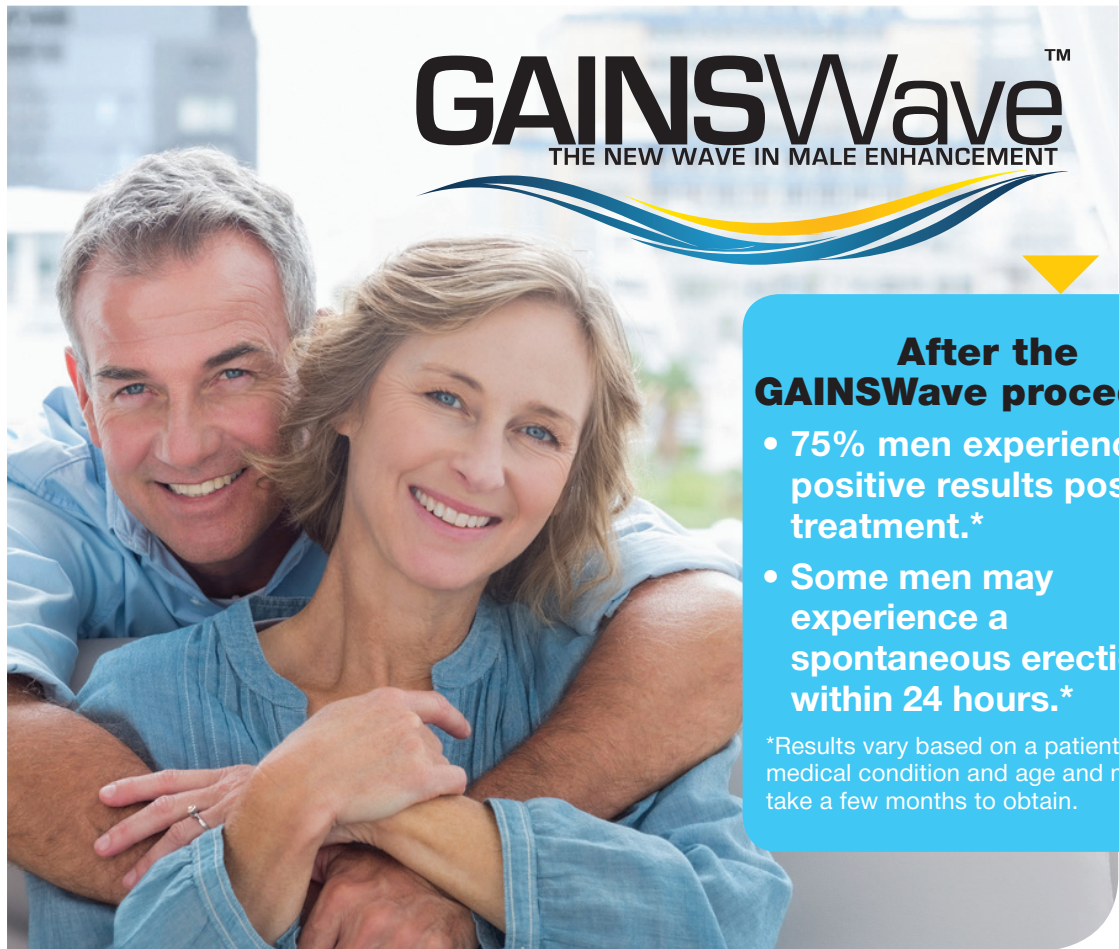
WHY MEDICATE WHEN YOU CAN CURE?

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



After the GAINSWave procedure:

- 75% men experience positive results post treatment.*
- Some men may experience a spontaneous erection within 24 hours.*

*Results vary based on a patient’s medical condition and age and may take a few months to obtain.

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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75% of men with ED who have received the GAINSWave procedure saw a reversal of their condition, and gave up taking oral ED medications. Nearly 75% of men receiving GAINSWave have reported positive results and improved sexual performance. The majority of patients with ED reported an improvement of their condition and gave up taking oral ED medications.

The Healthy Way To Eat and Get Fit In 2018

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



While nutrition, fitness, and weight goals top the list of most common New Year resolutions, plans are often scrapped by the second week of January. Your best bet for getting to a healthy weight – and staying there – is to kick the diet mentality.

Cultivating good intentions is not easy – many people have unrealistic expectations, such as deciding to change eating patterns all at once or severely cutting calories for quick weight loss, which leads to deprivation-driven eating and may leave you feeling like you've failed. New eating patterns take time to achieve, especially when there is a long history of less-than-optimal eating habits.

Your sure-fire plan for success in 2018:

1. Receive expert guidance from a Registered Dietitian/Nutritionist. An RDN is a food and nutrition expert who has met national academic and professional requirements including a) earned a bachelor's and/or master's degree with course work approved by the Academy of Nutrition and Dietetics' Accreditation Council for Education in Nutrition and Dietetics (ACEND);

b) completed at least 1,200 hours of supervised practice in clinical dietetics, community dietetics, and food-systems management. Your nutrition professional should also be an LDN (Licensed Dietitian Nutritionist), which means they are licensed to work in the State of Florida. RDN/LDNs maintain certification with substantial continuing education that is verified by these national and state licensing organizations. There are staggering amounts of erroneous nutrition information out there: To protect your health and investment, take care to hire an RDN/LDN with these legally-defined national and state credentials.

2. Think long-term. If you want to achieve your goals this time, get in the mindset of making a permanent life improvement rather than a temporary conviction. Having a detailed plan and monitoring your progress will increase your success rate. Goals should be reasonable and focused. Expect that obstacles, setbacks, and triggers will happen, such as not liking the diet you chose, plateaus, or having some kind of negative stress surface. Strategize for,

modify, and cope with what isn't working and what gets in your way, rather than going back to the old habits.

3. Focus on a healthier lifestyle. People who change their attitudes and feelings about food and exercise are the ones who keep nutrition and fitness goals long-term. When food has too much power over your life and self-image, too much thought is spent on eating, food, body, and weight (and you have more interesting things to think about!).

4. Nourish your body with carbohydrate, protein, and fat at each meal. Because of the different rates of digestion and absorption of these nutrients, this combination lengthens feelings of satiety (fullness) and avoids feelings of deprivation and the urge to overeat.

5. Always eat breakfast. It prevents drops in blood sugar levels, which lead to poor food choices later in the day. Breakfast also jump starts your metabolism and helps start the day feeling like you're taking care of yourself, setting a positive tone for the day.

6. Never restrict. This includes cutting too many calories, as well as skipping meals and snacks, which slows metabolism and leads to preoccupation with food. The best plan to get the metabolism furnace burning is to eat every 3 hours, making sure not to let more than 4 hours go by without eating. Undereating and waiting too long can zap energy and lead to overeating: To avoid this cycle, you need to feel comfortable and satisfied, not starving!

7. Eat your favorite foods in moderation. If you tell yourself you can never have cheesecake or French fries again, what happens? You have to have it! Find a way to work favorite foods into your diet, think proportion, and savor without guilt – *having an occasional treat is not a character flaw.*

8. Keep a food journal. Monitor your food intake by writing down when, what and how much you eat. With a tangible record of your food intake, it's pretty easy to see where improvements can be made and helps you learn from experience.

9. Make fitness a permanent part of your life. Exercise is the strongest predictor of ability to lose excess weight, increase fitness, and maintain it. Commit to a combination of strength training and aerobic exercise to build muscle and optimize metabolism. Support the incentive by choosing activities you love (or at least look forward to). Keep in mind that exercise reduces stress and releases endorphins that make you feel better – which make you more likely to do other things to take care of yourself, such as eating nutritious foods.



10. Give yourself time. You didn't become overweight overnight. Countless studies show that to keep excess weight off permanently, you should aim to lose no more than an average of 1 to 2 pounds/week. If you lose too quickly, your body will balk and try to recoup the loss (think homeostasis). Managing healthy weight, like any lasting habit, takes time. Devote time to health and fitness and your body will respond.

11. Reward yourself. As you attain your goals, indulge yourself just a little – buy the book you've been wanting to read, take a mini-vacation. Rewarding yourself with positive reinforcements will strengthen your resolve and increase your momentum.



Holiday Menu Comparison: Choose the Healthy Way to Fill Your Holiday Plate

During holiday gatherings we often encounter many more food and drink options that we rarely see during the rest of the year. Making smart food choices will prevent overindulging and

derailing your health and fitness plans. Notice the similarities and differences of 2 holiday menus below to see where a few small changes could make a big impact:

Traditional Holiday Dinner	Healthy Holiday Dinner
Appetizers	
3 pigs in blankets crudites with dip 4 crackers with 2 oz. of cheese handful of mixed nuts 1 pre-dinner cocktail	crudites with fat-free yogurt dip corn chips with bean dip and salsa handful of Concord grapes 1 light beer or wine spritzer
Dinner	
croissant 1 cup salad with ranch dressing 3 oz. light and 3 oz. dark roasted turkey with skin ½-cup stuffing ½-cup mashed potato ½-cup gravy ½-cup candied sweet potato with marshmallow topping ½-cup string bean casserole ¼-cup cranberry sauce 2 glasses white wine	1 cup salad with low-calorie dressing 3 oz. skinless roasted turkey breast 1/3-cup stuffing 1/3-cup white potatoes mashed with nonfat sour cream and chives ¼-cup defatted gravy 1/3-cup steamed sweet potatoes flavored with apple cider and cinnamon ¾-cup roasted mixed vegetables ¼-cup light cranberry sauce 1 glass white wine
Dessert	
1 sliver pumpkin pie and pecan pie, each with a dollop of whipped cream	pumpkin pie filling in custard cup ½-cup Indian (corn) pudding
Total Nutrition	
4,027 calories 355g carbohydrate 127g protein 204g fat 17g fiber 5,965 mg sodium 478 mg cholesterol	1,080 calories 175g carbohydrate 50g protein 11g fat 18g fiber 1,417mg sodium 92mg cholesterol

Remember that a holiday meal may have more food options than what you regularly eat for dinner, so it is OK to have more than your standard dinner. Considering most people should eat at least 1,800 calories a day, if you eat a light

breakfast and lunch, you won't go much over. To ensure that you stay in caloric maintenance, take a pre-dinner hike and/or post-dinner walk. Post-meal, resume your healthy holiday food and fitness game plan.



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).

25 Seabreeze Avenue, Delray Beach
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DEAR BRAIN.... PLEASE BE QUIET SO THAT I CAN SLEEP!!



SLEEP should be one of our most precious commodities, but for some people, the struggle of falling asleep and/or staying asleep and feeling rested can be a fruitless effort. Why does this happen? And what can you do?

You've tried everything from sleeping medication, natural teas to lavender baths and soft music but nothing seems to make sleeping any easier. There is help. Neurofeedback (Brain Biofeedback) teaches your brain how to shift into sleep patterns. Sleep is the one brain state or emotional state that we cannot fake. An anxious person can try really hard to be calm; a depressed person can try really hard to be upbeat; and a distracted person can try really hard to focus and concentrate; and they may be successful for a moment or two, but sleep cannot be altered by trying. It usually seems like the harder we try, the worse it becomes. It is in this purest brain state, the sleep state, that Neurofeedback can be most successful.

FIRST, HOW DO WE DEFINE SLEEP?

Sleep is defined as a naturally recurring state of mind characterized by altered consciousness, relatively inhibited sensory activity, inhibition of nearly all voluntary muscles, and reduced interactions with surroundings.

During sleep, most systems in an animal are in an anabolic state, building up the immune, nervous, skeletal, and muscular systems. The internal circadian clock promotes sleep daily at night in humans.

Interruption in the circadian clock or sleep cycle can cause multiple sleep disorders such as:

- Insomnia
- Nightmares
- REM Behavior Disorder
- Sleep Talking
- Sleepwalking
- Circadian Rhythm Sleep Disorders
- Delayed Phase Sleep Disorder
- Non-24 Sleep Wake Disorder
- Shift Work Disorder
- Excessive Sleepiness
- Extreme Sleepiness
- Narcolepsy and Cataplexy

WHAT ARE BRAIN STATES/NEURON PATTERNS?

The neuron is the basic working unit of the brain; a specialized cell designed to transmit information to other nerve cells, muscle, or gland cells through electric pulses. These electric pulses make up a Neuron firing pattern that can be measured through EEG (electroencephalogram) to determine the speed of the neurons firing and the amount firing at that speed. We give these speeds different names based on the role they play in the brain. DELTA waves are very slow waves that promote sleep and calmness; THETA waves are a little faster, also play a role in calming, and make us sleepy; ALPHA waves are a bit faster and are essential for feeling calm and introspective; BETA waves are alert/awake "get work done" waves; and HIGH BETA waves are very fast, stress, anxiety, reaction waves. It is normal for the human brain to shift through these stages automatically, effortlessly and without notice. If the brain is "stuck" in a pattern or has an imbalance of neuron firing, there will be issues. So, for example, if a brain is stuck in a HIGH BETA state, it will not be noticed in stressful situations but will be noticed as an inability to shift into a healthy sleep pattern.

Neurofeedback teaches the brain how to shift through the brain states, thus improving functioning such as sleep.

WHAT IS A NORMAL SLEEP PATTERN?

In order to experience a "good" night's sleep and to wake feeling renewed and refreshed, our brains must follow a certain pattern of Neuron firing. The internal circadian clock is profoundly influenced by changes in light, since these are its main clues about what time it is. Therefore, as the sun goes down, our brains are signaled that it is time to sleep and we begin to wind down and produce ALPHA (calm) waves. By around 9 pm melatonin secretion starts and our brains shift into a THETA (sleepy) state, by around 10:30 bowel movements are suppressed and we are relaxed enough to go to bed and shift into a DELTA (sleep) state, and by 2:00 am we are in our deepest sleep state. As we sleep, we move in and out of sleep and waking states, easily shifting back to a sleep state, and not noticing that we awoke at all. After 6:00 am, our blood pressure starts to raise and melatonin secretion stops and we shift out of our sleep state to the THETA (sleepy but awake) state and then to a BETA (awake/alert) state to get the day going.

WHAT IS CAUSING ME TO HAVE A BAD SLEEP PATTERN?

There are several interruptions in this pattern that can lead us to an altered sleep pattern and thus cause a SLEEP DISORDER. Most over the counter or prescription sleep aids aim at calming the brain so that you can sleep. But interference in your sleep pattern can be a result of any imbalance in neuron

firing. There may be too many slow neurons or not enough awake/alert neurons firing in your brain. Targeting the specific pattern in your brain that needs adjusting is what Neurofeedback can do.

WHAT IF I HAVE ALWAYS HAD TROUBLE SLEEPING? EVEN AS A BABY?

Neuron Patterns can be inherited. Although this is a genetic, inherited, or biological pre-disposition, it can also be changed, balanced, and improved through Neurofeedback.

HOW LONG SHOULD I BE SLEEPING?

Children need many hours of sleep per day in order to develop and function properly: up to 18 hours for newborn babies, with a declining rate as a child ages. Early in 2015, after a two-year study, the National Sleep Foundation in the US announced newly revised recommendations as shown in the table below.

AGE AND CONDITION	SLEEP NEEDS
Newborns (0–3 months)	14 to 17 hours
Infants (4–11 months)	12 to 15 hours
Toddlers (1–2 years)	11 to 14 hours
Preschoolers (3–5 years)	10 to 13 hours
School-age children (6–13 years)	9 to 11 hours
Teenagers (14–17 years)	8 to 10 hours
Adults (18–64 years)	7 to 9 hours
Older Adults (65 years and over)	7 to 8 hours

HOW DOES NEUROFEEDBACK WORK?

Neurofeedback, also known as EEG biofeedback, has been studied and practiced since the late 60’s. It is exercise for your brain; allowing you to see the frequencies produced by different parts of your brain in real-time and then through visual and auditory feedback, teaches the brain to better regulate itself. Neurofeedback can be used to help

detect, stimulate, and/or inhibit activity in the brain safely and without medication. It can help restore a wider “range of motion” in brain states, much like physical therapy does for the body. This allows you to be more “flexible” in stressful situations.

WHAT DO I HAVE TO DO?

While the client sits comfortably watching a movie or pictures appear on the screen (a calm and focused state), the EEG equipment measures the frequency or speed at which electrical activity moves in the areas where electrodes have been placed. This information is sent to the therapist’s computer. The therapist is then able to determine what frequencies are out of balance. The therapist adjusts a reward band to encourage more balanced activity and this encouragement or “reward” happens through an auditory reinforcement of “beeps” and sometimes through visual reinforcement of changes on the screen.

WHAT OTHER CONDITIONS CAN AFFECT SLEEP AND BE HELPED BY NEUROFEEDBACK?

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

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.

Merry Christmas and Happy New Year!

Health & Wellness MAGAZINE

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COMBATING HOLIDAY STRESS: Become More EMOTIONALLY INTELLIGENT

During the time in between Thanksgiving and the New Year many people have a predisposition to feel overwhelmed and/or over committed, worried about finances with gift giving, the abundance of food/alcohol/sweets leading to over indulgence and weight gain, or maybe tension with specific family members. These triggers can often overlap as well. This can create a conflict in one’s mind, as we are generally taught throughout our lives that it is supposed to be a time of joy and celebration. In fact, various studies show an astounding percentage of people find this time of year to be extremely to very stressful. However, the truth is, it does not have to be. You can learn how to enjoy the holidays, which allows you to dedicate more time and energy into creating peaceful memories filled with joy.



THERE ARE TWO PARTS TO STRESS: THEIR STIMULUS & YOUR RESPONSE

It is important to know that it is not what is actually happening around you that is making you feel upset, uncomfortable or stressed out, it is how you respond to it internally. We generally learn through life to believe the holidays are a happy, joyous time of year, we have a tendency to react negatively to what is going on around us.

So, although we are generally conditioned to believe this should be “the most wonderful time of the year”, we have a predisposition to react to what is happening, or the actions/words of others. You cannot change what other people do or say, or how they treat you, but you can alter how you perceive it and therefore how you react and respond to it, as well as how you treat yourself.

*No one can drive you crazy...
unless you give them
the keys to the car.*

EMOTIONAL INTELLIGENCE

Emotional Intelligence is the ability to recognize one’s emotions, as well as the emotions of others, detect specific feelings, classify them accurately, employ emotional information to redirect thinking and behavior, and master and/or fine-tune one’s own emotions to change your response(s), diminish negative feelings and stress, and/or achieve goals. The fundamentals of positive emotional intelligence for personal competence are self-awareness and self-management, and the foundations for social competence are social awareness and relationship management.

Personal Competence: Self-Awareness & Self-Management

Self-awareness is your ability to accurately recognize your emotions as they happen and understand your general tendencies for responding to different people and situations. After you have a greater self-awareness, you can use your awareness of your emotions to choose how you react, along with what you say and do. This then gives you the ability to positively direct reactions, behavior and emotions.

Low Emotional Intelligence	High Emotional Intelligence
Aggressive Demanding Egotistical Bossy Confrontational	Assertive Ambitious Driving Strong willed Decisive
Glib Selfish Impulsive	Enthusiastic Sociable Persuasive
Resistance to Change Passive Unresponsive Slow	Patient Stable Predictable Consistent
Critical Picky Fussy Perfectionistic	Detailed Careful Meticulous Neat

Social Competence:

Social Awareness & Relationship Management:

Via your own self-awareness and self-management, your social awareness also begins to transform, allowing you to relate to other people for specific purposes over time. As this shift begins to occur, your ability to have greater relationship management activates and develops.

TAKE BACK THE JOY

Hypnosis can help you take the time to take care of yourself during this holiday season, as well as help you become more emotionally intelligent. Using hypnosis & NLP, we can work together to change your thoughts, and therefore your reactions related to the events or people around you as you enhance your emotional intelligence. You can learn to relax, look at things differently and handle them in happier, healthier ways all while taking care of yourself too!

Let's enhance your ability to enjoy this upcoming holiday season, eliminate any undesired or unpleasant feelings/emotions, and create new internal emotional awareness and strategies. Together we can do the work to you to keep calm, confident, outwardly focused, acting assertive when necessary, all while standing up for and taking care of yourself. Take back the keys to your happiness and take a giant leap forward to creating wonderful memories that will last a lifetime!



Laura King and Larissa Brazier
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At Summit Hypnosis and Wellness, we believe in an integrated approach to life, health, healing and performance in order to enhance your overall quality of life. We focus on reversing the effects of emotional, physical, nutritional & chemical stresses through hypnosis, nutrition, life & performance coaching. We combine a multitude of modalities to personalize each session, which provides a multitude of benefits within each custom-tailored session. We look forward to helping you on your path to happiness & health!

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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
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PEYRONIE'S DISEASE

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GO BEYOND MEDICATION – TREAT THE ROOT CAUSE

Simply Men's Health is a leader in men's health and a pioneer in the field of regenerative medicine. They were the first to introduce Acoustic Pressure Wave therapy in South Florida, and now Simply Men's Health is revolutionizing the field of men's health by introducing the state-of-the-art procedure called, RejuvaEnhancement®. This method helps to reverse the inevitable aging process and treat Peyronie's disease and restore penis size.

WHAT ARE REGENERATIVE MEDICINE AND THE REJUVAENHANCEMENT® PROCEDURE?

Regenerative medicine, rather than treating symptoms, shifts the body into a healing and restoration state by providing the body with stem cells (the building blocks), growth factors and platelets that stimulate the body's natural healing process.

THE POWER OF STEM CELLS?

Stem cells have the potential to differentiate into many different types of cells and can serve as an internal repair system and can replace damaged or worn out tissue. Pluripotent stem cells, derived

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HOW TO GET STARTED?

At Simply Men's Health, we respect your time and privacy. You receive individualized care with our experienced staff of physicians. We pinpoint the exact cause of your issues and create a customized treatment plan. With the advent of Regenerative medicine, penile issues and the inevitable part of aging are no longer an issue. Simply Men's Health's innovative approach of regenerative medicine can restore you to a healthier, younger you! They also treat men's hair loss, allowing people to regrow their own hair with their exclusive RejuvaHair® Amniotic Stem Cell therapy.



WHAT OUR PATIENTS ARE SAYING?

"I've been coming to Simply Men's Health for several months, but I never told my girlfriend. After my second treatment, my girlfriend remarked that my penis was getting bigger."

Anthony Z.

"I am in my 70's and have diabetes, high cholesterol and had my prostate cancer and my prostate removed several years ago. I had tried everything. After my very first treatment, my penis size increased in both length and girth. Now after about six months, the results have been amazing. The RejuvaEnhancement® procedure is remarkable. I feel like Superman."

E.M.



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How You Can **LOOK YEARS YOUNGER** with a Natural Alternative

Me 2 Beauty & Wellness

As we age, the pursuit of beautiful, healthy skin can be somewhat disappointing. Creams will hydrate the outer most layer of the skin, but when you want to change your muscle tone and more profound wrinkles, serums will never be able to recontour the facial muscles and lift your sagging skin. Plastic surgery and injectables work, but there are natural alternatives that cost less, are not created from toxins, and are very effective at long-term lifting and facial restructuring.



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At Me2Beauty & Wellness, you will receive the ultimate therapeutic facial experience.

Many clients rave about the ability to look 5 to 10 years younger with the 100% natural and beneficial healthy results of microcurrent technology.

Microcurrent facials promote deep cellular renewal, increased collagen production, a healthy glow, and optimal regeneration of muscle fibers. The Me2Beauty difference rests in the hands of the expert skills of Ileana Moreno.


ILEANA MORENO


An innovator and leader in the beauty industry for over 20 years now, Ileana has worked with many celebrities like Jennifer Lopez, Victoria's Secret Models and others. She's known for her "face-transforming" facials, perfect brow designs and take-ten-years off microcurrent facials. Her skincare advice has been written about in magazines like NewBeauty, W, Vogue, Boca Raton Magazine and Boca Life. She also teaches and consults for aestheticians, spas, and doctors.

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THE CORNEA

By David A. Goldman MD



Although people may have heard the word ‘cornea’ in reference to the eye, many are unaware of what it really refers to. While diseases such as glaucoma and macular degeneration affect the back of the eye, the cornea is in the front of the eye.

In fact, the cornea is the most anterior structure of the eye. It is the clear part responsible for much of the focusing of light waves which enter the eye. When patients place contact lenses on their eye, they are placing them on their corneas. When patients develop an abrasion (scratch) or infectious ulcer of the eye, it is typically in the cornea.

The cornea consists of several layers, but it is simplest to break it down into three: epithelium,

stroma, and endothelium. The epithelium is the superficial outer layer of cells. When a scratch occurs on the cornea, the epithelium acts quickly to fill in the scratch. In cases of severe dry eye, tiny dried out “holes” can also appear in the epithelium.

The stroma is the central portion of the cornea, and comprises the bulk of it. It provides the majority of structural support to the cornea. When patients undergo LASIK surgery, it is the stroma that is affected. In LASIK, a laser creates a flap within the stroma. That flap is then lifted and a laser then reshapes the cornea under the flap. For patients who are myopic (nearsighted), the laser flattens the center of the cornea. For patients who are hyperopic (farsighted), the laser removes tissue in a circular pattern to steepen the cornea. The endothelium is

the most posterior layer of the cornea. Consisting of a layer of cells, these endothelial cells work as microscopic pumps to pump fluid out of the cornea to keep it clear. As we age the number of endothelial cells decline. Typically this is asymptomatic. In conditions such as Fuchs Dystrophy, however, patients are born with a lower number of endothelial cells and at some point may require surgery. Fortunately, the surgical options have improved greatly – less than ten years ago a new procedure was developed called DSAEK. In the past, corneal swelling which did not respond to topical eye drops required a full thickness corneal transplant. With the DSAEK procedure, solely the posterior layer of cells is transplanted. With this newer technique, vision can be restored in weeks instead of months.

This is not to say that a full thickness corneal transplant does not have its place in eye care. Conditions such as keratoconus, where the cornea becomes irregularly cone shaped, and scars of the cornea can significantly limit visual acuity. In these cases, replacing all layers of the cornea can work well to restore vision. In many cases, laser vision correction can be performed over a corneal transplant so that the patient can see well without glasses.

While problems of the cornea, whether inherited or environmental, can significantly disturb vision, there are multiple procedures available to improve vision. As opposed to posterior eye pathology such as glaucoma and macular degeneration, the overwhelming majority of vision problems related to the cornea can be fixed.



DAVID A. GOLDMAN

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

Dr. Goldman received his Bachelor of Arts cum laude and with distinction in all subjects from Cornell University and Doctor of Medicine with distinction in research from the Tufts School of Medicine. This

was followed by a medical internship at Mt. Sinai – Cabrini Medical Center in New York City. He then completed his residency and cornea fellowship at the Bascom Palmer Eye Institute in Miami, Florida. Throughout his training, he received multiple awards including 2nd place in the American College of Eye Surgeons Bloomberg memorial national cataract competition, nomination for the Ophthalmology Times writer’s award program, 2006 Paul Kayser International Scholar, and the American Society of Cataract and Refractive Surgery (ASCRS) research award in 2005, 2006, and 2007. Dr. Goldman currently serves as councilor from ASCRS to the American Academy of Ophthalmology. In addition to serving

as an examiner for board certification, Dr. Goldman also serves on committees to revise maintenance of certification exams for current ophthalmologists.

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

Dr. Goldman speaks English and Spanish.

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THE ARRIVAL

Do you ever find yourself in what seems like a hopeless situation? Is your life so hectic that you wish for just a moment of peace? Do you wish you laughed more, stopped to smell the roses, and enjoyed life more easily? Are relationships in your life broken – do you long for love?

If you answered “yes” to any of the above, then I have the answer for you. If you answered “no” then still read this article, commit it to memory, and bring it back to mind when need it.

Here is the answer: Christmas. Christmas is the season in which we can find all of the things we want (and need): hope, peace, joy, and love.

Many times Christmas is referred to as the Advent Season. In simplest terms, “advent” means “arrival”. But when speaking of Christmas, what exactly has arrived?. Sure, we celebrate the arrival of a baby born to a virgin in a small village in the Middle East. The baby’s name? Jesus.

But the arrival of Jesus means a lot more than just another birth. You see Christmas is the season when we celebrate the arrival of hope, peace, joy, and love because Jesus brings all those things in a relationship with Him.

We can have hope in a relationship with Jesus. No matter what may come, we anchor ourselves to the truth of Who Jesus is and what He’s done for us. The Scriptures remind us of the hope Jesus brings: “The people who walked in darkness have seen a great light; those who dwelt in a land of deep darkness, on them has light shone.” And we see it fulfilled: “She will bear a son, and you shall call his name Jesus, for he will save his people from their sins.”

Matthew 1:21

We can know peace because of the life we can have in Him. The prophets of old wrote: “For to us a child is born, to us a son is given; and the government shall be upon his shoulder, and his name shall be called Wonderful Counselor, Mighty God, Everlasting Father, (the) Prince of Peace”. Isaiah 9:6 And on the night in which Jesus was born, the angels proclaimed: “Glory to God in highest heaven, and peace on earth to those with whom God is pleased.” Luke 2:14

We can have joy in an abundant life in Christ. The angels also said: “Fear not, for behold, I bring you good news of great joy that will be for all the people. For unto you is born this day in the city of David a Savior, who is Christ the Lord.” Luke 2:8-14

And we can experience an unconditional love that never runs out. “For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life. For God did not send his Son into the world to condemn the world, but in order that the world might be saved through him.” John 3:16-17

So during this Advent Season as we celebrate The Arrival, think about all that means for us in our daily lives. As the carols play on the radio, as you see the “The Reason for the Season” bumper stickers, as you drop coins in the red buckets on the way into the store, remember that it’s about Jesus and the hope, peace, joy, and love that comes in a relationship with Him.

Brent Myers



Gratitude. A powerful element in fighting cancer.

Dave Norris was a healthy 65-year-old, until one day he had trouble swallowing. His doctor discovered a malignant tumor in his stomach and Dave sought treatment at a large cancer center in another city. There, they saw him as patient number 1125157, not Dave Norris. Every other week, Dave flew across the country for treatment until he discovered a Florida Cancer Specialists clinic only minutes from his home. Here, Dave was given a successful knockout round of treatment, all while being treated like Dave Norris, not just another number. The care and compassion Dave received inspired him so much that he has dedicated the next chapter of his life to helping other Florida Cancer Specialists patients.

"I am thankful for the doctors and nurses at Florida Cancer Specialists who cared for me as a person and a neighbor, not just a patient and a number."

-Dave Norris, Cancer Fighter

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