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February 2018

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**HAIR TRANSPLANT SURGERY:
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MORE PEOPLE LIVING WITH CANCER

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

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

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

DAMAGE TO DNA CAN RESULT IN CANCER

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

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

HOW EFFECTIVE IS CANCER TREATMENT TODAY?

There have been remarkable advances in the treatment of cancer, especially over the past two decades. Today, millions of people are surviving cancer and most oncologists feel that cancer is becoming more like a chronic disease, such as diabetes or hypertension. In other words,



even though no cure has been found yet, the disease is something that can be managed and people can live with cancer for many years.

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

WORLD-CLASS CANCER CARE CLOSE TO HOME

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

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Through a strategic partnership with Sarah Cannon, one of the world’s leading clinical trial organizations, FCS offers more access to national clinical trials than any other

oncology practice in Florida. In 2016, 84% of all new cancer drugs were studied in clinical trials with FCS participation, prior to approval.

In addition to a robust clinical research program, Florida Cancer Specialists offers a number of services, such as an in-house specialty pharmacy, an in-house hematopathology lab and financial counselors at every location. Patients can now receive the most advanced care, including immunotherapies, chemotherapy, targeted treatments and cutting-edge, precision technologies, at the same location where they see their oncologist and get their lab tests done, not only increasing convenience for patients, but also improving their quality of life.

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Are There Any **New Technologies For Fat Reduction?**



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

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

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

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



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

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

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



Medical Director, Daniela Dadurian M.D.

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HAIR TRANSPLANT SURGERY: What You Need to Know

By Alan J. Bauman, M.D., ABHRS, FISHRS



Thankfully, artificial looking “hair plugs” are a thing of the past. With today’s advanced surgical techniques and a surgeon’s artistic skills, hair transplants consistently produce undetectable natural-looking results.

Hair restoration saw a game-changing revolution with the advent of the no-linear-scar Follicular-Unit Extraction or “FUE” technique, but few could have predicted the impact the procedure would have on the industry. As more professional athletes, celebrities and other high-profile individuals have gone public with their results from minimally invasive hair transplants, FUE has been a key driving force behind the increasing demand for hair transplant procedures in men and women.

FUE is a less-invasive method of harvesting hair follicles and “follicular units” individually, virtually eliminating the antiquated linear or ‘strip’ harvest approach to transplantation. This meticulous process has been made more efficient through robotics, semi-automatic devices and well-trained surgical teams. ARTAS, the first FDA-approved robotic-assisted hair transplant harvesting system recently became available, and advanced clinics are using this machine to assist in the hair

transplant process. Other hand-held surgical devices, like NeoGraft FUE, also help doctors to perform a hair transplant surgery with remarkable precision, less trauma as well as help extract the grafts from the scalp. For many patients, robotic-assisted ARTAS and NeoGraft FUE in combination is used in order to achieve optimal results and maximize the amount of grafts transplanted during a single FUE hair transplant session.

FUE is an effective surgical option for patients that allows for a quicker, more comfortable recovery, less post-op activity restrictions, as well as avoiding the telltale linear scar associated with traditional linear or “strip-harvest” hair transplants. Artistic planning and placement of the harvested hair follicles by the physician and his team allows for a completely natural, permanent restoration of living and hair. FUE is also an option for “touch-up” procedures

for patients who have had transplants years ago—and even for many who have been told they didn’t have enough donor hair for another procedure.

NEOGRAFT FUE:

The FDA-approved NeoGraft FUE hand-held device can be used to extract individual hair follicles from the donor area located at the back of the patient’s scalp – which are then implanted into the bald areas of the scalp. This means no scalpels, sutures, or staples are used while harvesting and no long, linear scar. The FUE hair transplant has been available for more than a decade, but prior to NeoGraft, it was too time-consuming and expensive for most patients to utilize. Now that the FUE process can be accurately and efficiently performed, surgeons can perform the “*Cadillac*” of hair transplants in considerably less time, and at less expense for patients, all with excellent quality of hair regrowth.

KEY BENEFITS OF THE NEOGRAFT FUE:

- Minimally invasive = no ‘telltale’ linear scar where the donor hair is harvested
- No stitches or staples to be removed = shorter, more comfortable recovery
- Less activity restrictions after surgery = quicker return to athletic activity so workouts resume in days, not weeks
- No telltale linear scar = Very short haircuts are possible after surgery
- Excellent hair growth results in experienced hands
- Soft, feathery hairlines can be created for a natural result

ARTAS ROBOTIC SYSTEM:

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

One of the most exciting features of the ARTAS System is the ARTAS Hair Studio, an interactive software program that allows the surgeon to create a digital 3D preview image which will help “paint the picture” for patients to ensure that they have realistic expectations about their results, *before* going into surgery.

KEY BENEFITS OF ARTAS ROBOTIC-ASSISTED FUE HAIR TRANSPLANTS

- Precise accuracy of FUE graft harvesting using image-guided robotics
- Reduced harvesting time and no “human-fatigue” factor

- Computerized selection of FUE grafts to maximize hair yield and minimize donor area usage
- More accurate and efficient harvesting of grafts from the sides of the scalp
- More accurate and efficient harvesting of grafts in patients with atypical hair characteristics and certain ethnic patients
- Can assist in creating recipient sites according to the artistic plan designed by the surgeon.

WHAT TO LOOK FOR

One of the biggest problems with hair transplants is that many unqualified doctors offer this procedure and/or perform procedures infrequently. The risks for hair transplant patients include increased discomfort, surgical complications, infections, scarring, poor density and unnatural looking results. Another problem is that many doctors and large national clinics still mostly (or only) perform the "strip" or "linear" harvest technique instead of advanced, less invasive FUE procedures. When looking for a hair transplant surgeon, make sure you consult with an experienced *minimally-invasive* hair restoration physician—someone who specializes exclusively in the medical diagnosis, treatment and tracking of hair loss and performs FUE hair transplantation on a daily basis.

The bottom line is, regardless of how the hair follicles are harvested, the critical step for naturalness is the artistry of the surgeon involved. Patients, therefore, should not choose their surgeon based on the tool they use, but more so on their artistic ability. Do your research, ask questions, look at before-and-after pictures, and don't be afraid to ask for patient testimonials.

To find a qualified hair restoration specialist, start by visiting the American Board of Hair Restoration Surgery or the International Society of Hair Restoration Surgery.

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Alan J. Bauman, M.D.
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About Dr. Alan J. Bauman, M.D.

Dr. Alan J. Bauman is the Founder and Medical Director of Bauman Medical Group in Boca Raton, Florida. Since 1997, he has treated nearly 20,000 hair loss patients and performed nearly 7,000 hair transplant procedures. An international lecturer and frequent faculty member of major medical conferences, Dr. Bauman was recently named one of the Top 5 Transformative CEO's in Forbes. His work has been featured in prestigious media outlets such as The Doctors Show, CNN, NBC Today, ABC Good Morning America, CBS Early Show, Men's Health, The New York Times, Women's Health, The Wall Street Journal, Newsweek, Dateline NBC, FOX News, MSNBC, Vogue, Allure, Harpers Bazaar and more. A minimally-invasive hair transplant pioneer, in 2008 Dr. Bauman became the first ABHRS certified Hair Restoration Physician to routinely use NeoGraft FUE for hair transplant procedures.



Alan J. Bauman, M.D.
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TIPS ON FINDING A HAIR RESTORATION PHYSICIAN

- A Hair Restoration Physician is someone who specializes exclusively in the medical diagnosis, treatment and tracking of hair loss and its treatment.
- Look for full-time hair transplant surgeons who are board-certified in hair restoration by American Board of Hair Restoration Surgery, and recommended by the American Hair Loss Association.
- Due to the limited number of board-certified hair restoration physicians worldwide, prospective patients should be prepared to travel and or consult long-distance.
- Before choosing your doctor, visit the clinic, read reviews, ask for before-and-after pictures and most importantly, ask questions.
- Ask for a referral from your primary care doctor or dermatologist for a full-time Hair Restoration Physician who is fully equipped and trained to diagnose, treat and track your hair loss process and achieve your hair restoration goals.

DO HEARING AIDS MAKE YOUR HEARING WORSE?

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



Most people put off getting hearing aids because they don't want people to know they have a hearing problem or they think hearing aids would be too noticeable. What most people don't realize is that if hearing loss is left untreated, it can further worsen the loss or cause difficulties with cognition, memory and attention.

Hearing is partly through the ears, hearing nerves and the brain. Sound comes into the ear in sound waves, travels down the ear canal and through the middle ear bones and enters the Cochlea, the permanent hearing organ down inside the inner ear. Sound stimulates the nerves inside the cochlea at all different pitch or frequency ranges that the human ear can hear then the sound travels to the brain through the hearing nerves. Hearing loss occurs when the nerves inside the cochlea become damaged or broken and cannot be surgically or medically corrected and damage cannot be reversed. People don't realize these nerves need to be exercised with sound and used consistently to work properly. Similar to muscles

in your body, if you do not exercise them they can start to weaken.

People ask me all the time if hearing aids can damage your hearing further. If the hearing aids are properly adjusted and fit to your individual hearing loss it will not damage your hearing further. If left untreated, hearing loss can cause problems with memory and cognition.

When using hearing aids, they amplify sound so the ears can send a stronger sound signal to your brain. You are stimulating the nerves and strengthening the signals to your brain which helps keep your hearing and cognition active.

The longer you put off wearing hearing aids if you are experiencing hearing loss, the harder it will be for the nerves to stay active. Hearing aids can prevent the hearing loss from declining at a faster rate when you use them early, often and consistently.

People who wear hearing aids are able to hear well with less effort, improves overall quality of life, helps you to engage in conversations in all of the environments you enjoy. Why wait to improve your hearing? Call Audiology & Hearing Aids of the Palm Beaches and let us be your home for hearing healthcare.



*Dana Luzon Coveney, 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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Saving Your Teeth WITHOUT The Use of a Scalpel

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

Fear of surgery is considered one of the main reasons why patients avoid treatment options that may help save their teeth. I, a dental phobic (yes I know the irony here), completely understand the anxiety related to a surgical procedure being performed in my mouth. For some unknown reason, the thought of sharp objects operating in my mouth is much more traumatic than on other areas of my body. My understanding of these fears has led me to seek expertise in advanced treatments that can avoid the use of scalpels, stiches or graft material for my patients.

PERIODONTAL (GUM AND BONE)

ISSUES OFTEN LEADING TO TOOTH LOSS:

Avoiding treatment due to surgical anxiety unfortunately lets the alternative, progression of the problem, occur. In the case of periodontal disease, this often means we are headed down the path to losing jaw bone, losing teeth and eventually more expensive (and invasive) treatment options. If there was a way to remove the barrier of fear and increase the amount of preventive treatment provided, many patients would retain their teeth much longer.

People often focus just on cavities. It is equally important to be sure the foundation remains strong to hold the teeth in the jaw. Periodontal disease is the disease of this surrounding gum and bone. **A major recent study revealed that periodontal disease occurs in 50% of patients over the age of 30. It is actually more prevalent than Diabetes.** We often see this disease manifest in one of two ways:

Gum Recession (loss) – As the gum tissue resorbs away, the bone underneath is also lost. Losing this bone causes teeth to become loose and eventually need to be removed. If you can look in the mirror and see the root of your tooth then you have lost jaw bone!

Periodontitis (Irreversible Jaw Bone Loss) – A more silent and invisible form of the disease occurs below the gum line and is often not noticed as it is not painful. In this form of periodontal disease a combination of aggressive bacteria under the gum and your body's response leads to destruction of the jaw bone supporting the teeth. Eventually, this bone loss will likely lead to tooth loss.

THE GOOD NEWS – ADVANCED TREATMENT OPTIONS WITHOUT TRADITIONAL SURGERY:

Scalpel-Free, Suture-Free and Graft-Free procedures are available to help treat both of the types of issues discussed above. These advanced procedures often have significantly less discomfort after surgery and have demonstrated amazing results. Below are procedures we perform regularly to treat the following issues:

Recession: PINHOLE GUM REJUVENATION

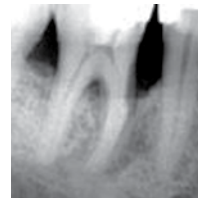
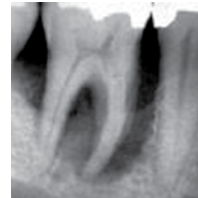
Pinhole Gum Rejuvenation is a procedure performed to help treat gum recession and slow jaw bone loss. It is similar to a laparoscopic procedure performed on the



abdomen. The treatment is performed entirely through a “pin hole”. Using specially designed instruments, the gum tissue is loosened and moved over the exposed root to a more ideal position. Because there are no incision or stiches placed, decreased post-operative symptoms occur (pain, bleeding and swelling). In addition, the result is immediate.

Periodontal Disease (Jaw Bone Loss): LANAP (Laser Periodontal Therapy)

The goal of any periodontal therapy is to decrease the deep space that develops under the gum as jaw bone is lost (we often call this a deep pocket). Traditional surgery typically exposes the area and allows for tissues to be sutured closer to the bone (decreasing the deeper space that exists below the gum). LANAP therapy utilizes a specific laser that has been proven to kill periodontal bacteria while helping form new gum and bone tissue. Instead of surgically opening the area, a healthy space is created that allows your own healing to develop new tissue (bone and gum) and decrease the space between the initial gum level and bone. An easy comparison would be allowing a fracture of the arm to heal. A clot forms and develops new bone and tissue to repair the area. Treatment is painless and no post-operative pain medications are needed.



It is important to realize that no treatment will work in every situation and that a complete periodontal evaluation is needed to determine what treatment is ideal in each case. In our practice, we have seen an incredible response to both of these therapies. Patients have been extremely happy with their outcomes and equally thrilled with the less invasive (and less painful) techniques.

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

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



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

The focus of his interests are conservative approaches to treating gum, bone and tooth loss. He utilizes advanced techniques including the use of the Periolas Dental Laser (LANAP procedure) to help save teeth, dental implants, regenerate supporting bone and treat periodontal disease without the use of traditional surgical procedures. Additionally, Dr. Cohen is certified in Pinhole Gum Rejuvenation, which is a scalpel and suture free procedure to treat gum recession with immediate results.

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

Dr. Cohen formerly served on the Board of Trustees for the American Academy of Periodontology and the Florida Dental Association. He is past president of the Florida Association of Periodontists and the Atlantic Coast District Dental Association. Dr. Cohen is a member of the American College of Maxillofacial Implantology and the American Academy of Facial Esthetics. In addition, he has been awarded Fellowship in the American College of Dentists, International College of Dentists and the Pierre Fauchard Academy.



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DON'T FILL YOUR FACE WITH SYNTHETICS

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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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Chronic Depression Doesn't Have to Ruin Your Life

Neurofeedback can break the pattern

By Michael Cohen, Director
Center for Brain

Depression can ruin your life.

- You don't feel like doing anything or going anywhere.
- Your hope and your joy vanish.
- You feel worthless and irritable.
- It's harder to pay attention and concentrate.
- You don't sleep well.
- Your self-esteem spirals downward along with your relationships.
- You are plagued by negative thoughts.

You can't "talk yourself out of" depression.

You can't just "cheer up."

Keeping busy won't make it go away.

Buying something new doesn't work.

And for a great many people, taking anti-depressants doesn't banish depression, either.

Anti-depressants don't always work well.

Research suggests that *half or more of people who try anti-depressants experience no benefit at all.* For many others, medications reduce symptoms but don't stop them.



Anti-depressants can have unpleasant side effects.

Side effects like *reduced libido, weight gain or loss, insomnia or dry mouth are common.*

Difficult to stop.

Another issue: once on an anti-depressant, it can be very difficult to get off. When you try to stop unsuccessfully, it's often viewed as "proof" that you need the medication. Yet that is often not true. There are more effective strategies for helping people withdraw from medication.

At Center for Brain the majority of our clients with depression typically experience significant relief. Medications are often reduced and sometimes eliminated.

Unlike medication, which chemically forces temporary changes in the brain, neurofeedback helps you *change your own brain*—naturally—by *harnessing its neuroplasticity*. Neuroplasticity is the brain's innate ability to physically change.

Neurofeedback helps you physically change brain patterns through neuroplasticity.

Training the brain with neurofeedback helps you reduce depression naturally. You literally change the brain patterns associated with depression. It takes work and time, but you learn to physically change those destructive patterns. Chronic depression has a strong brain basis, which helps explain why psychotherapy often doesn't work long-term.

Changing Your Brain is Necessary for Feeling Better Long-Term

The two images below illustrate the physical nature of depression. The map on the left shows the brain of a client with a long history of depression, indicated by the orange and yellow area. These colors represent excessive slow brainwave activity, generally associated with depression. The picture on the right displays the brain of a client who doesn't suffer from depression. Neurofeedback can help your brain look like the one on the right.

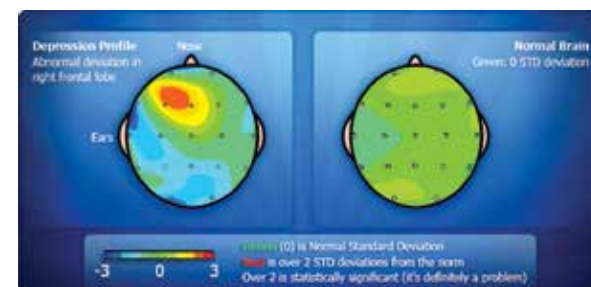


figure 1

What can I expect from my neurofeedback training sessions?

The brain of someone with depression is “stuck” in a pattern of being down. We generally start by conducting a brain map similar to the one on *figure 1* to identify key problem areas. Using advanced biofeedback technology, neurofeedback guides the brain into becoming “unstuck” from this undesirable cycle and keeping it there. Once unstuck, the brain will function in a healthy way, producing fewer and less intense dark moods.

Many of our clients report being in a better mood after just a few sessions and eventually describe being less susceptible to depression and moodiness.

How many sessions will you need?

The number of sessions varies depending on the individual, including how long they have been suffering with depression and how many medications they are taking. People typically notice improvements within four to eight sessions. Longer-term some improvement often occur within 25-40 sessions.

Does neurofeedback do the same thing as medication?

In some ways, yes, but in one important way, no.

Both neurofeedback and medication can regulate your mood. The difference: medication doesn’t teach your brain. Once the medication wears off, you’re right back where you started.

Neurofeedback, on the other hand, teaches the brain a different way to operate. It reduces the tendency to become depressed by day-to-day living and to not get “stuck” in depression. We have clients who have been able to reduce or eliminate anti-depressant medications, even after being on them for 20 or 30 years.

Why come to Center for Brain for neurofeedback training?

As neurofeedback training and its effectiveness have become better-known, neurofeedback companies have sprung up around the country. While some are staffed by veteran practitioners like myself, in the field for more than 20 years, many are not.

It takes a great deal of technical know-how and clinical experience to correctly customize neurofeedback training protocols for maximum benefit. There are also many other tools that complement neurofeedback and make the process work better than other practitioners may not have.

When you entrust Center for Brain to help you with brain-based issues such as depression, you are in the hands of a recognized national expert.

Call us today to find out how we may be able to help!

Mark’s story

Mark’s parents first learned about his chronic depression when he confessed at age 21 to his mother, Kim, that he was profoundly depressed. She took him to a doctor who prescribed an anti-depressant. That would be the first of a nightmarish parade of one ineffective drug after the other recommended by a string of medical professionals with nothing else to offer.

Side effects

Some drugs worked for a while and then stopped. Some didn’t work at all. One caused Mark to gain a tremendous amount of weight without alleviating his depression. When anxiety became part of the equation, he was prescribed as many as three drugs to take at the same time. They made him feel like a zombie.

Suicide attempt and panic

At age 24 Mark attempted suicide by overdosing on a prescription medication. Frantic for other options, Kim conducted an internet search, found Center for Brain and brought him to us from their home in New Jersey. Mark had two panic attacks on the airplane ride to Florida.

Medication adjustment and testing

Once in Florida we had Mark seen by a psychiatrist, who changed and minimized Mark’s medication, and an internist, who conducted a battery of tests. Those tests identified nutritional deficits contributing to the depression. We had him start on custom vitamins that many of our depressed and anxious clients have said help. He was soon able to start a daily physical fitness workout.

Better quality of life after neurofeedback training

We gave Mark a course of 11 neurofeedback sessions over the next four weeks.

Mark said he felt better after the very first session. He described his mood as “lighter.” He had ranked his depression as a “10” when he arrived (the worst on a 1-10 scale) and a “3” when he went back home. He needed more sessions to ensure it held, but his brain did remarkably well after a fairly short training regimen.

Mark had no panic attacks on the return flight home. Later his mother told me that even on bad days Mark is able to “pull himself out of” a bad mood. Being able to pull out of depression is key, and is a challenge for many people. However, after a series of neurofeedback sessions, that can occur.

WANT TO LEARN MORE ABOUT NEUROFEEDBACK?
Call to sign up to attend one of our upcoming open houses:
Wednesday, February 7
6-8 p.m.
Thursday, February 8
10-11:30 a.m.
Wednesday, March 7
6-8 p.m.
Thursday, March 8
10-11:30 a.m.

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



Michael Cohen, Director
 Center for Brain

Mike is one of the leading experts in brain biofeedback. For more than 20 years he has helped children and adults feel better who suffer with a wide range of problems including ADHD, anxiety, insomnia, and learning and processing issues. He has taught neurofeedback to over 2,000 healthcare professionals, including medical doctors, all over the U.S. and the world.



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KNEE PAIN

Doesn't Mean You
Need Surgery—
**Alternative Therapy
Approved by the FDA
for Knee Arthritis Relief**

DO YOU HAVE KNEE PAIN? Does it keep you from certain activities? Do you take medication for knee pain? Do you have knee pain after exercise? Do you have difficulty going up and downstairs? Are you considering knee replacement surgery? Have you tried everything to get rid of knee pain without success? If you have answered yes to any of these questions you need to know your options.



Currently, an estimated 27 million people suffer from knee osteoarthritis, making it one of the most common causes of disability in the U.S. It is estimated by the year 2030, 72 million Americans will be at high risk for osteoarthritis. Patients with chronic joint pain often think their only option is surgery. Knee replacement surgery is indeed necessary for some people; however, there is a less invasive approach to relieving knee pain and potentially avoid surgery.

Causes of knee osteoarthritis

- Joint misalignment
- Postural imbalance
- Trauma
- Repetitive strain or overuse
- Abnormal gait pattern
- Age
- Previous knee injury
- Overweight
- Improper joint alignment

If you've been suffering from constant or intermittent knee pain that just won't go away no matter how much ibuprofen you take—there is another option. With knee arthritis, the cartilage breaks down and wears away leaving the bones to rub together causing pain, swelling, and stiffness, and limited range of motion in affected joints.

The American Academy of Rheumatology recommends the use of Supartz for one potential treatment option for osteoarthritis of the knee. Supartz has been shown to be effective for thousands of individuals relieving their knee pain without surgery.

At the Advanced Spine & Joint Institute, their goal is to give you the best chance of preventing knee replacement surgery, which is what arthritis frequently involves if left unprotected or untreated.

With knee replacement surgery, once done, there is no turning back to a more conservative approach. A total knee replacement is a very extreme measure to take without considering all of your options for a condition as common as knee arthritis.

Supartz is a gel like substance similar to the synovial fluid in your knees, which reduces inflammation and increases cushioning and lubrication of your knees immediately. Supartz is a purified compound, which is found naturally. This treatment protocol is used to treat the symptoms associated with arthritis.

Countless numbers of patients have experienced successful results with the Supartz treatment and are now experiencing life once again without knee pain.



"I was told I was bone on bone and needed replacement surgery. Knees are very important to me, as I am a dancer. I decided to address the problems and began injections. What a difference this is made in my life. Words cannot express how grateful I am for all that has been given back to me. Icing on the cake is I'm getting triple twirls (I'm 82 years young), which I have not done in years I highly recommend this treatment." – Patricia M.

Why do knee injections often fail? What is different about the Supartz procedure?

- They perform blind injections without image guidance
- They use antiquated equipment from as far back as 2001, even in some of the largest hospitals.
- They use Cortisone, which can have side effects

Most blind injections result in needle misplacement. With this much inaccuracy, it's no wonder most people never find relief. When properly injected into the knees, supartz helps to cushion and lubricate the knee joint, nurturing the cartilage for natural pain management. This solution helps to restore normal function to the knee, including its natural lubrication. Patients experience less pain and are able to enjoy a more active lifestyle.

The Advanced Spine & Joint Institute offers the latest therapies and technology to relieve joint pain more effectively without drugs or painful surgery. Their protocol system offers many

people a safe and straightforward technique to relieve chronic joint pain. They offer a no-cost, no-obligation consultation where you can get all of your questions answered in a warm and friendly environment. Once complete, you will know exactly what your treatment options will be for your specific knee pain issues.

Benefits

- No surgery
- Little to no recovery time
- Immediate reduction in pain
- Return to normal activities shortly after treatment
- Accepted by most major insurances and Medicare

With so many people suffering from knee arthritis, the demand for this procedure has been overwhelming. Therefore, the Advanced Spine & Joint Institute had to limit the number of no-cost, no-obligation consultations. Please call **(561) 721-0492** now to confirm your appointment. To learn more, please visit their website at www.advancedspineandjoint.com.

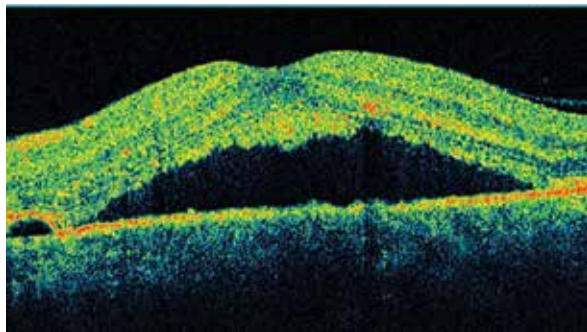
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WHAT IS CENTRAL SEROUS RETINOPATHY?

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



In central serous retinopathy (sometimes called central serous choroidopathy), fluid builds up under the retina and distorts vision. Fluid leakage is believed to come from a tissue layer with blood vessels under the retina, called the choroid. Another layer of cells called the retinal pigment epithelium (RPE) is responsible for preventing fluid from leaking from the choroid under the retina. When, for unknown reasons, tiny areas of the RPE become defective, fluid builds up and accumulates under the RPE, much as liquid in a blister collects under the skin. As a result, a small detachment forms under the retina, causing vision to become distorted.

Central serous choroidopathy usually affects just one eye at a time, but it is possible that both eyes may be affected at the same time.

CENTRAL SEROUS RETINOPATHY SYMPTOMS

If you have central serous retinopathy, your central vision will be distorted. In addition to distorted central vision, your vision may also appear blurred or dim. You may have a blind spot in your central vision. You may also notice a distortion of straight lines in your affected eye, or objects may appear smaller or further away than they actually are. When you look at a white object, it may appear to have a brownish tinge or appear duller in color.

WHO IS AT RISK FOR CENTRAL SEROUS RETINOPATHY?

Men are more likely to develop central serous choroidopathy than women, particularly in their 30s to 50s. Stress is a major risk factor. Some studies suggest that people with aggressive, “type A” personalities who are under a lot of stress may be more likely to develop central serous retinopathy.

Other factors that may increase your risk for central serous choroidopathy are:

- *Use of steroids (by mouth, through a vein or even inhaled)*
- *Caffeine*
- *Hypertension (high blood pressure)*

CENTRAL SEROUS RETINOPATHY DIAGNOSIS

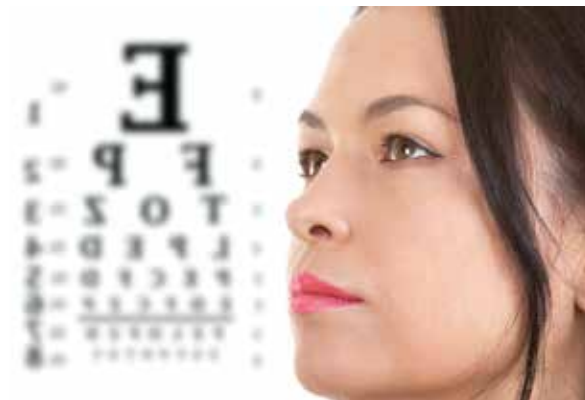
of your eye using fluorescein angiography and optical coherence tomography (OCT).

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

OCT scanning is an imaging technique that creates a cross-section picture of your retina, which helps to measure retinal thickness and detect swelling of the retina.

CENTRAL SEROUS RETINOPATHY TREATMENT

Most cases of central serous retinopathy clear up in one or two months without any treatment. During this time,



your Eye M.D. will monitor your eye to see if the liquid is being reabsorbed. In some cases when the vision isn't regained in a timely manner your Eye M.D. may consider laser or Anti VEGF injection to help restore vision.

Most people with central serous retinopathy regain good vision even without treatment. However, vision may not be as good as it was before the condition appeared. About half of patients who have had central serous retinopathy will have it return. It is important to have regular, thorough follow-up exams with your Eye M.D. since long-term fluid accumulation can lead to permanent vision loss.



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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Sciatica, Bulging Discs, Herniated Discs and Arthritis— What's the **ONE THING** they All Have in Common?

Back pain is one of the most common yet misunderstood conditions on the entire planet. And if you have back pain you know exactly what I mean. Chances are, if you have back pain, you may have been told you either have sciatica, bulging or herniated discs or arthritis (degenerative disc disease).

Sciatica

If a doctor told you that you have sciatica it means you have a condition that is affecting the sciatic nerve. The term sciatica is commonly used to describe pain traveling in the distribution of the sciatic nerve. Sciatica is a symptom caused by a disorder occurring in the lumbar spine.

Usually sciatica affects one side of the body. The pain maybe dull, sharp, burning, or accompanied by intermittent shocks of shooting pain beginning in the buttock traveling downward into the back or side of the thigh and/or leg. Sciatica then extends below the knee and may be felt in the feet. Sometimes symptoms including tingling and numbness, sitting and trying to stand up may be painful and difficult. Coughing and sneezing can make the pain worse.

Herniated discs are the most common cause of sciatica in the lumbar spine. Degenerative disc disease is known to cause disc weakness that can be a precursor to disc herniation.

Lumbar spinal stenosis is a narrowing of one or more neural passageways due to disc degeneration and/or facet arthritis. The sciatic nerve may become impinged as a result of these changes. There are other conditions which may occur and may mimic true sciatica, but these are difficult to diagnose, and once again not common.

Herniated disc

Herniation describes an abnormality of the intervertebral disc that is also known as a slipped ruptured or torn disc.

This process occurs when the inner core (nucleus pulposus) of the intervertebral disc bulges out through the outer layer of ligaments that surround the disc (annulus fibrosis). This tear in the annulus fibrosis causes pain in the back at the point of herniation. If the protruding disc presses on a spinal nerve, the pain may spread to the area of the body that is served by that nerve like sciatica.

The causes of herniated discs are not entirely known, but are probably due to the function of the spine and long-term wear and tear. The two most

common locations for a herniated disc in the lower back are active discs between fourth and fifth lumbar vertebra, L4–L5, and at the disc between the fifth lumbar vertebra and the first sacral vertebra, L5-S1. These two discs account for 98% of all herniation. A disc can occur elsewhere along the spine, but lower lumbar herniation is by far the most common. It is also important to note the two most common discs for herniation can cause the symptoms associated with sciatica!!!

Usually a patient's main complaint is a sharp cutting pain. In some cases, there may be a previous history of episodes of localized low back pain, which is present in the back and continues down the leg that is served by the affected nerve.

Degenerative joint disease/arthritis

When degenerative disc disease becomes painful or symptomatic, it can cause several different symptoms including back pain, leg pain, and weakness that are all due to compression on the nerve roots.

As a result, people complain of back pain and stiffness especially toward the end of today.

The similarities, the solution

As you can see, whether you have a herniated/bulging disc, sciatica or degenerative joint disease, many of the symptoms are the same. In the end, no matter what it is called, you end up with abnormal pressure of your nerves from your disc. And that's why all of these conditions are often helped by the exact same treatment.

What our patients have to say about DRX treatments

"I have had pain in my lower back for many years with little relief from cortisone and epidurals. However, the relief I have gotten from the DRX9000 has been outstanding! I have been able to work on my feet with hardly any problem at all. I have been able to walk with a little zip in my step. I'm very happy I took the time to try the DRX9000. Also, the care I have been given by the staff here at American Med-Care has been outstanding and I could not of asked for anything better." – Andrew M.



The DRX 9000 has had great success with:

- Herniated and bulging lumbar (low back) discs with or without complications
- Degenerative disc disease
- Sciatica and even more importantly to go along with the DRX 9000's success rate, there were no documented side effects

"American Med Care Center is part of a new model of healthcare that is emerging." Dr. Reimer states. "With advances in technology, a Wellness Revolution is occurring. Science is allowing us to better study the natural design and true physiological function of the body. Pain is seen as an important clue, proper function is seen as the physician's goal and the stability of the systems of the body is the culmination of the therapy with participation of the patient."

American Med Care Center offers a variety of treatment options for chronic back pain, sciatica, herniated or bulging discs, spinal stenosis, and Failed Back Surger Syndrome. To schedule an appointment, call the office at (561) 967-6655, or visit treatingyourbackpain.com.



561-967-6655

**3200 Forest Hill BLVD
West Palm Beach, FL 33406
treatingyourbackpain.com**

Finding the Cause of Your VERTIGO

By Dr. Jonathan Chung

VERTIGO has slowly become one of the most common conditions we are seeing in the office today. Most of the time, people come to see us after they have had work ups done by their primary, ENT, neurologist, and physical therapist.

Vertigo and balance disorders can have a very debilitating impact on your life. It makes you reluctant to perform some very basic tasks of human existence. Walking in open spaces without a wall suddenly becomes intimidating, and finding the right sleeping position is almost like a game of roulette. One wrong move and the world starts spinning.

Then once it hits, you start becoming nauseated eventually leaving you tired and scared of your next movement. Living with chronic vertigo can take away a lot of the joy of living.

I've consulted with a lot of patients with vertigo in my practice. When I ask them about their diagnosis, most people simply say that vertigo is their diagnosis. The problem is that when someone says that they were diagnosed with vertigo, it's not really a diagnosis in its true form. Vertigo is basically just a Latin word for dizziness.

Being dizzy and coming back with a diagnosis of vertigo would be like going into a doctor's office with low back pain, and the doctor says that your diagnosis is lumbago. Lumbago is just the Latin word for low back pain.

It's not a diagnosis, it's just repeating the symptom back to you in Latin. You don't need the doctor to re-hash your symptom back to you, you want them to find out WHY you have that problem.

Vertigo is a symptom of a LOT of different conditions. Some of which include:

- Meniere's Disease
- Benign Paroxysmal Positional Vertigo
- Infection
- Multiple sclerosis
- Migraine
- Cervicogenic vertigo
- Head trauma

Once we establish a cause, then we can establish a game plan to get rid of the cause.

ATLAS DISPLACEMENT AND VERTIGO

When you have vertigo, the overwhelming majority of doctors and therapists will evaluate your eyes and your inner ear. While the inner ear and the eyes are important, many cases of vertigo may be coming from a part of your neck called the Atlas.

The Atlas is the top bone in the neck and is connected to important muscles that have a huge role in dizziness. These muscles are called the suboccipital muscles and they play a role in something called proprioception.

Proprioception is considered your body's 6th sense. It is a system that allows your brain to know where different body parts are in space. Close your eyes, lift your arm over your head, and wiggle your fingers. You know exactly where your hand and fingers are in space because of the movement of those joints. That is what proprioception is.

The top of the neck is one of the largest contributors to proprioception.



That's why so many people with whiplash or concussions can become dizzy. The muscles in the neck become dysfunctional and start giving your brain bad information about its environment. This can even happen even in the absence of neck pain!

When we evaluate patients with vertigo, we make sure to do a thorough examination of the neck to determine if that's the cause. Many patients who get their neck corrected will often feel an improvement in their vertigo symptoms in a matter of weeks.

If you've been to several doctors for your vertigo with no luck, it may just be a problem in your neck that needs to be corrected.

IT STARTS AND ENDS IN THE BRAIN

Your sense of balance all starts and ends in the brain, but here's the important thing to remember. The information your brain puts out is only as good as the information that goes in. Ensuring proper function of the neck may be the missing link in the care of people with vertigo.

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



KEYSTONE
CHIROPRACTIC

561.247.0044

420 STATE ROAD 7, ROYAL PALM BEACH, FL 33411

Body Balance is Controlled by 3 Sensory Systems:

Vestibular, Visual, Proprioceptive

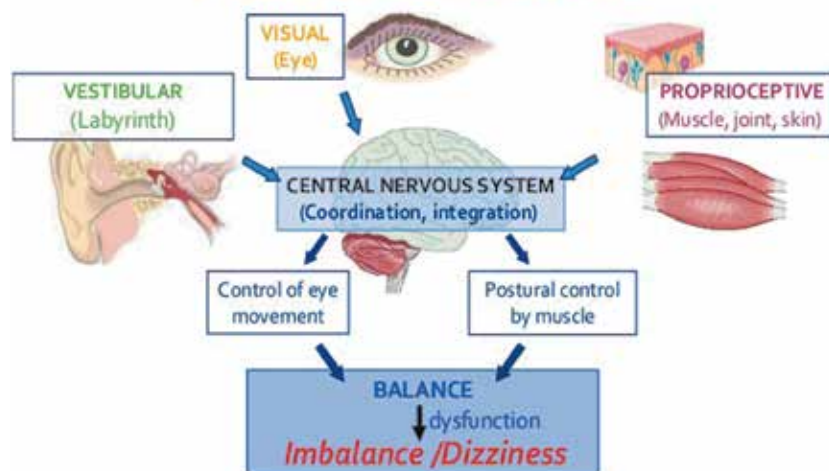


Image source: <http://www.slideshare.net/mataharitimoer/how-to-manage-patients-with-vertigo>

MEDICAL MARIJUANA –

The Truth About How It Affects Florida

It's everywhere. Conversations are popping up, it's in the news, you're reading about it online, in the paper and your friends seem to have drawn their own conclusions about medical marijuana (MM), but what is the truth? How does it work? Is it just a fad? What do you really NEED to know?

The truth is, marijuana began as a standard medicinal treatment. It dates back thousands of years to the Egyptians, Greeks, and the Chinese empire. Surprising to many, even just as recent as the 1930's, the U.S. was adding it to specific pharmaceuticals to treat and cure disease. So why is it just now making a comeback?

There are theories that the Federal government shut down the regulated herbal medicine for monetary reasons, but despite what you hear or chose to believe, the truth is medical marijuana is on the rise, and that's because of the valid health outcomes that patients themselves are seeing first hand.

Patients with seizures, cancer, chronic pain, and anxiety, just to name a few, are reporting incredible healing through MM. When they've finally had enough of western medicine, and it's ability to ONLY treat their "symptoms" and not their disorder, that's when patients are grasping onto alternative treatment options. For those that have found help through MM, their words are unequivocal—IT 100% WORKS!

With the ever-changing regulations, laws, and curious citizens, there are fundamental informative rules of purchasing and consuming medical marijuana that all Florida residents should know. But first, the definition of what "medical marijuana" actually is will be helpful information to differentiate street drugs from those that are deemed for medicinal purposes.

Medical Marijuana

There are different species and hybrids of the marijuana plant. With strict guidelines, the State of Florida highly regulates how their crops are grown for medical treatment. For instance, some of the plants have much less THC (tetrahydrocannabinol) in them than others. THC is the mind-altering, euphoric component of marijuana that gives the "high" feeling, typically associated with marijuana. However, new laws were put in place that allows recommendations of elevated levels of THC for certain patients with aggressive disorders.

The natural marijuana plant contains both CBD and THC. CBD or cannabinoids can treat many different

forms of diseases and disorders with low THC. Our brain and nerve cells have cannabinoid receptors, so our bodies naturally react to CBD (cannabinoids) and TCH (tetrahydrocannabinol) through merging directly with our cells. Our natural endocannabinoid system works synergistically with CBD and TCH, creating a multitude of beneficial reactions in the body.

The Process

At Florida Medical Marijuana Health Center, they make the process as easy for you as possible. With a highly-experienced physician on staff, they walk you through the protocols to make sure you are receiving the best care and attention.

Florida Medical Marijuana Health Center

- 10-15 minute examination by a doctor
- If you have a qualifying condition, you will be entered into the state system and given a patient number
- They will supply you with all state required forms and instruct you on the application process
- Once the application is submitted to the state, you will receive an email in about 3 to 4 weeks with your card number.
- Once your card number is obtained, you can purchase, possess, and use the medical marijuana according to your prescription.
- Your actual card will be received about a week later in the mail.

Qualifying Medical Conditions

Currently, there are 12 medical conditions explicitly defined in the Florida medical marijuana initiative. However, the Florida marijuana law also states that any medical condition in which the medical marijuana doctor believes that the medical use of marijuana would likely outweigh the potential health risks for a patient may be used as criteria when certifying a patient for the Florida medical marijuana program. The medical conditions specifically defined in Florida's medical marijuana law are:



- Cancer
- Epilepsy
- Glaucoma
- HIV
- AIDS
- Seizures
- Crohn's disease
- Chronic muscle spasms
- Post-traumatic stress disorder (PTSD)
- Amyotrophic lateral sclerosis (ALS)
- Parkinson's disease
- Multiple sclerosis
- Any other medical condition that the doctor approves

How MM is Regulated and Dispensed

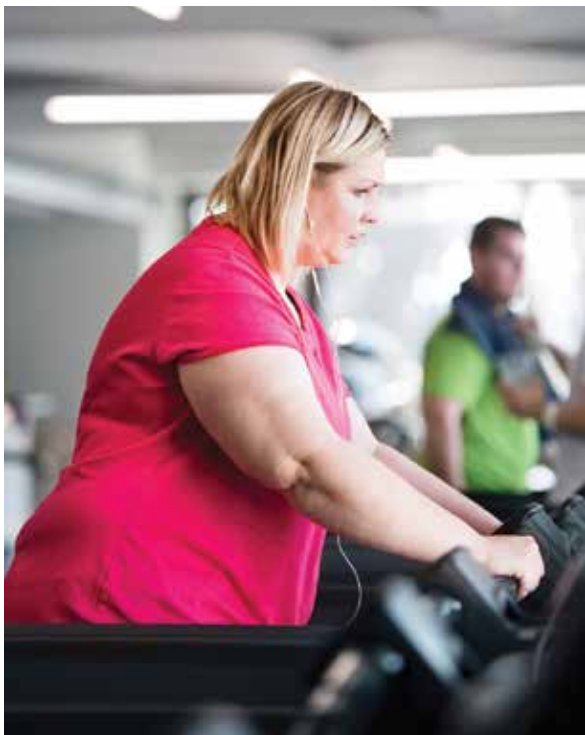
There are highly-regulated medical marijuana dispensaries, which are the only place you can purchase marijuana legally. Marijuana is still listed as a Schedule I narcotic by the US federal government and therefore cannot be sold in pharmacies since pharmacies are regulated by the federal government's DEA. Before a patient can legally purchase medical marijuana in Florida, the specialized marijuana physician will enter a recommended dosage amount into the registry.

To get help today, please call (561) 223-0743 to schedule your consultation and experience the healing effects of medical marijuana.



Florida Medical Marijuana Health Centers
 700 West Boynton Beach Blvd
 Boynton Beach FL 33426
 Flamjcenter.com
 561-223-0743
 Flamjcenter@gmail.com
 www.facebook.com/flamjcenter

Let's be Honest, How Many of you are Not Succeeding with your "Get Fit" New Year's Resolutions?



The statistics show that only 8% of people actually achieve their resolution goals. Why is it that after a certain, *ahem*, age, we can't seem to lose the weight or maintain the weight loss that we may have had in the past?

The answer is simple, yet very frustrating. As we age, both men and women will start to experience symptoms of hormonal imbalance. For men, this is called andropause, and for women, it's connected to perimenopause, menopause or postmenopause.

Although women take the brunt of the jokes about menopause, the symptoms for males and females are very similar. For men, as they age and their hormonal testosterone levels begin to decline, most men will experience a lack of energy, low libido, loss of muscle, weight gain, decreased mental focus, hair loss and low metabolism.

Females tend to experience an imbalance of estrogen and testosterone, which can lead to hot flashes, night sweats, anxiety, depression, brain fog, weight gain, loss of muscle, irritability and bone deficiency.

If we focus on hormone balance along with a healthy diet and exercise plan, the weight will begin to melt away very rapidly. Unfortunately, there's a lot of confusion and medically unsound practices out there. If weight loss programs and meal replacements or diet pills and supplements have failed you, it's time to look to NovaGenix.

NovaGenix is highly sought after for both their commitment to mapping out an individualized plan for your specific needs, as well their success rate with satisfied clients.

We've heard it a thousand times—Every Person is Different—but it's true! A 'one-size fits all' weight loss strategy will never work for everyone; plans must be customized. Because we know that hormones are often the primary reason for weight gain, treatment must address this issue head-on.

BIOIDENTICAL HORMONE THERAPY

For men and women, changing the hormone levels through bio-identical hormone therapy can alleviate or in many cases eliminate these symptoms and life fluctuations. There are even studies now that suggest bio-identical hormones can help reduce the risk of Alzheimer's and dementia.

Men and women can both benefit from testosterone replacement therapy (TRT) but through different methods. TRT for men is pretty straightforward, and for women, they benefit from bio-identical hormone replacement (BHRT), like pellet therapy, which releases a small amount of testosterone into the body over a few months. Small amounts of testosterone in women, naturally balances the estrogen levels that are causing so many symptoms including weight gain.

THYROID TREATMENT OPTIONS

NovaGenix Medical Director, Dr. Sigman is an expert in testing, diagnosing and treating low thyroid issues. His customized Thyroid Treatment offers programs that start with comprehensive lab tests to help provide a clearer picture of your thyroid levels, specifically for the hormones.

SYMPTOMS OF LOW THYROID

- Weight gain
- Lack of motivation
- Tiredness and lack of energy
- Thinning hair
- Menstrual changes in women
- Aching muscles
- Greater sensitivity to cold
- Depression and mood swings

HCG HORMONE THERAPY

HcG, or Human Chorionic Gonadotropin is a hormone that supports and aids normal functions in both the male and female's reproductive systems. HcG in its pure form is what's known as a glycoprotein. Although pregnant women produce increasing levels of HcG throughout gestation, contrary to popular belief, both men and non-pregnant women produce deficient levels of HcG throughout their lifetime.

Studies performed as early as the 1950's, proved that the HcG diet encourages the elimination of fat cells while on a calorie restricted diet. The HcG diet used with or without the addition of vitamin B12 enables the body to distribute its effects on fat cells rather than muscle tissue.

BENEFIT OF HCG

- Lose up to a pound a day
- Targets hard to reach fat in belly, underarms, hips, and thighs
- Reduces hunger
- Lose inches

IT'S NOT JUST ABOUT WEIGHT—IT'S ABOUT YOUR HEALTH

When your hormones are balanced, you're exercising and losing weight; many health advantages coincide with your efforts.

- Increases blood flow
- Alleviates tightness in muscles
- Relieves stress
- Reduces anxiety levels
- Lowers cholesterol levels
- Relieves undue stress on joints
- Improves balance
- Reduces osteoarthritis pain
- Lowers blood pressure
- Improves circulation
- Improves vascular resilience
- Promotes relaxation
- Increases oxygen

THE NOVAGENIX DIFFERENCE

At NovaGenix an actual doctor will treat you. Dr. Sigman is certified by the American Board of Family Medicine, with close to 20 years of experience in internal medicine. Dr. Sigman, a Jupiter native, has helped hundreds of patients improve their health to look, live and feel their best. Family owned and operated, NovaGenix is dedicated to their patient's health and wellness long term.

To schedule your consultation, please call **(561) 277-8260**, or to find out more, please visit our website at **NovaGenix.org**.



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Total Joint (Knee, Hip) Replacement Alternative

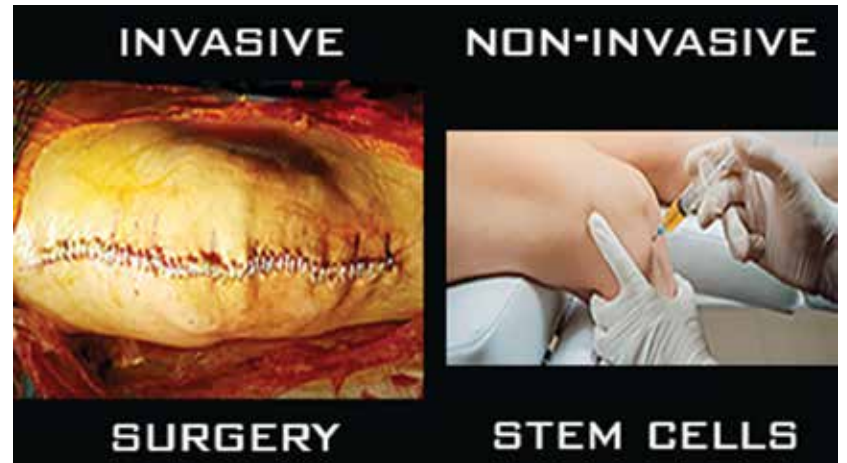
By Dr. Ricardo Leano



More than 1 million patients are having a knee or hip replacement every year in the US. Joint replacement consists of replacing a damaged joint with a new joint, usually made of a metal, plastic or ceramic, called prosthesis. Joint damage is caused by osteoarthritis, injuries and other diseases that cause joint wear. This surgery is usually considered after other treatments cannot improve symptoms. The rate of success is in the range of 90% and like any other surgery, it carries risks. Complications related to major joint replacement (hip or knee) are in the range of 4.5% in patients under age 65 and is more than double for older adults. Complications include:

- Blood clot in your legs (DVT) or lungs (PE) typically occurs within 2 weeks of surgery. This occur in less than 4% of cases but If the clot dislodges, it can be even fatal in rare cases.
- Infection occurs in less than 2%. It may lead to many weeks in hospital, major disability in a few cases and more surgeries may be necessary
- Complications from a transfusion. If blood is necessary during the surgery, all risks related to the transfusion are obviously transferred to you. This risk is low, but exists.
- Allergy to components. Implants are typically made of cobalt-chromium alloy or titanium.
- Anesthesia is generally safe, but can cause side effects (drowsiness, nausea/vomiting, sore throat) and adverse events (dental trauma, vocal cord injury, cardiac arrhythmias).
- Nerve and vascular damage may happen.
- Wound and bleeding complications. The wound may take longer to heal and may not even heal properly requiring skin graft. The cosmetic result is obvious even if skin heals well.
- Joint stiffness is another complication due to scar tissue formation. Physical therapy (PT) helps to solve the problem, but another procedure or surgery may be required
- Loss of function of the joint from inadequate PT or as a late sequela from infection or other complication will lead to disability
- Implant failure and prosthesis problems may also happen. Lawsuits to manufacturing companies have been reported in billions of dollars.

Regenerative Medicine has the potential to fully heal damaged tissues and organs. There are few alternatives to help regenerate your damaged tissue. None of these alternatives are approved by the FDA, but some are more “accepted” than others. Those that involve manipulation of tissues or cells are considered experimental and are less



accepted. The author, Dr. Leano, prefers the PRP (Platelet Rich Plasma), which is the most “accepted” on the eyes of the FDA. In some cases, especially in patients older than 70 years old, he combines PRP to other technique. All those available techniques are very well accepted and recommended by the scientific medical community. Not all the techniques have been widely adopted by all physicians, and Dr. Leano, at Palm Beach Pain LLC, uses only the most accepted and used techniques by the medical community. The procedure is extremely minimally invasive, and the risk of complications is minimal as well. The rate of success is in the range of 90 to 95% and the risk of infection is nil.

Total major joint replacement is a great procedure to recover the function of that joint damaged by osteoarthritis, trauma or other disease. But it carries complications and must be considered as the last resource of treatment. It is wise to try a Regenerative Medicine procedure before undergoing a major surgery. Please call **(561) 248 1166** for an appointment to see if you are a candidate for Regenerative Medicine.



**For any consultation, call
(561) 248 1166
for an appointment with
Dr. Ricardo Leano at
Palm Beach Pain, LLC**

Revolutionary New Treatment For Erectile Dysfunction And Peyronie's Disease



SIMPLY MEN'S HEALTH is the leader in Men's Sexual Health and a pioneer in the field of regenerative medicine. Simply Men's Health was the first to introduce Acoustic Pressure Wave therapy (shockwave) for erectile dysfunction (ED) in South Florida. And now Simply Men's Health is revolutionizing the field of men's sexual health by introducing the state-of-the-art RejuvaEnhancement® Procedure to help reverse the inevitable aging process and treat ED and Peyronie's Disease. Peyronies disease is defined as relating to symptoms. Peyronies is a build up of scar tissue in the penis that causes a curvature or bend in the erected penis. This disorder typically causes a great deal of pain during intercourse

INSTEAD OF MEDICATING — CURE WITH REJUVAWAVE®

Customary treatment for ED is prescription medications or injections that cause an erection. However, Simply Men's Health has revolutionized this standard of care by introducing the only ED Treatment that CURES erectile dysfunction. The RejuvaWAVE® is revolutionary, non-invasive, and heals the underlying causes of ED. RejuvaWAVE® uses FDA-cleared, scientifically proven technology that uses Acoustic Pressure Waves to stimulate cellular metabolism, enhance blood circulation, and to stimulate tissue regeneration, which creates new blood vessels in treated areas. Traditional treatments for ED, such as pills or injections, lose effectiveness over time and have to be used every time a man wants to engage in sexual activity. Our treatment is about regenerative medicine; helping men return to their younger healthier selves, and enabling a spontaneous, active sex life.



RejuvaWAVE® only available at Simply Men's Health

- 100% SAFE
- Non-invasive
- No Down Time
- No Side Effects
- 10-15 minutes per session
- Over 80% Patient Satisfaction

IS REJUVAWAVE® SAFE?

Yes. RejuvaWAVE® is an FDA cleared technology, originally developed in Europe and used worldwide. RejuvaWAVE® uses state-of-the-art technology that has extensive applications including orthopedic medicine, urology, anti-aging

treatments and wound healing. RejuvaWAVE® has virtually no risk and no side effects. Although acoustic pressure wave technology has been used for over 15 years to treat ED in Europe, it is relatively new to the United States for Erectile Dysfunction. As the leader in men's sexual health, Simply Men's Health introduced this technology in the spring of 2015, and the results have been nothing short of amazing.

GO BEYOND MEDICATION –TREAT THE ROOT CAUSE OF YOUR ERECTILE DYSFUNCTION

It's natural for men to experience a decline in sexual performance as they age; this typically happens between the ages of 50 to 60 years old. For many years, this, unfortunately, was just accepted as an untreatable fact of life. Then came the "little blue pill" Viagra. For those men who could tolerate the headaches, stuffy nose and other side effects, the pills were a temporary "Band-Aid" that allowed men to continue performing in the bedroom, albeit robbing them of spontaneity. With time, these pills are known to become less and less effective, and eventually stop working altogether, because they do not address the underlying causes of ED and sexual dysfunction. Simply Men's Health believes in treating and curing the underlying issue with regenerative medicine.

WHAT IS REGENERATIVE MEDICINE AND REJUVAWAVE® AND REJUVAENHANCEMENT® PROCEDURE?

Regenerative medicine, rather than treating symptoms, shifts the body into a healing and restoration state. RejuvaWAVE® stimulates your body's own healing response and creates new blood vessels in the area treated. The RejuvaEnhancement® Procedure magnifies the effects of the RejuvaWAVE®.

SIMPLY MEN'S HEALTH REJUVAENHANCEMENT® PROCEDURE?

The RejuvaEnhancement® Procedure combines growth factors and stem cells from your own blood with live, cryogenically-preserved, pluripotent stem cells and growth factors derived from human placentas and amniotic. The amniotic allograft contains over 75 growth factors, cytokines, collagen, and stem cell activators which call the body's own stem cells. In addition, the

cryogenically-preserved allograft contains LIVE PLURIPOTENT stem cells and fibroblasts which promotes cell repair and tissue regeneration to help restore your sexual vitality. These stem cells and growth factors work synergistically together with RejuvaWAVE® to restore patients to their younger healthier selves, rather than relying on oral medications or injections as a temporary fix for each sexual activity. Also, this procedure can increase both the length and the girth of the penis by up to one inch.



RejuvaEnhancement®
Amniotic Stem Cells

- REPAIR
- REGENERATE
- RESTORE

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, which can replace damaged or worn out tissue. Pluripotent stem cells, derived from amniotic/placental tissue have virtually unlimited potential to become any type of cell in the body. Adult stem derived from either bone marrow or fat cells are limited to the type of cell they can develop into.

IS THE REJUVAENHANCEMENT® AMNIOTIC STEM CELL PROCEDURE SAFE?

Yes. This cryogenically preserved amniotic tissue has a “100-year history” with no reported recipient rejections since the amniotic tissue is immunoprivileged and does not express HLA type antibodies.

The amniotic tissue is obtained only from live, healthy births. NO EMBRYONIC TISSUES OR NO TISSUE FROM ABORTED FETUSES ARE EVER USED. The amniotic tissue is obtained through aseptic recovery techniques during a planned Caesarian section of full-term deliveries from a healthy woman aged 18-35 who have been prescreened according to the FDA and American Association of Tissue Banks guidelines for infectious disease and have under extensive testing and screening.



WHAT OUR PATIENTS ARE SAYING:

Testimonial: “I’m a 70-year-old widow and have had ED for over twenty years. Unexpectedly, I met a wonderful lady and when we wanted to take our relationship to the next level, I couldn’t perform. I came to Simply Men’s Health and after several months I started to notice improvements... and after about six months ED is no longer a problem. I have sex regularly without any pills or needles.” – Joseph M.

Testimonial: “I’m in my sixties, and I had always had a very active sex life, but over the last years even the pills had stopped working. When I first came to Simply Men’s Health, I was skeptical, but they were extremely caring and professional, and after several months of treatment I’ve got my life back... Just as they promised, no needles, no pills and no surgery and I’m performing as I did when I was much younger.” – Steve F.

Testimonial: “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, and I thought my sex life was over. I have been coming to Simply Men’s health for about six months, and the results have been amazing. They have restored my ability to enjoy a spontaneous sex life again. The RejuvaWAVE The RejuvaEnhancement procedures are remarkable. I feel like Superman.” – E.M.

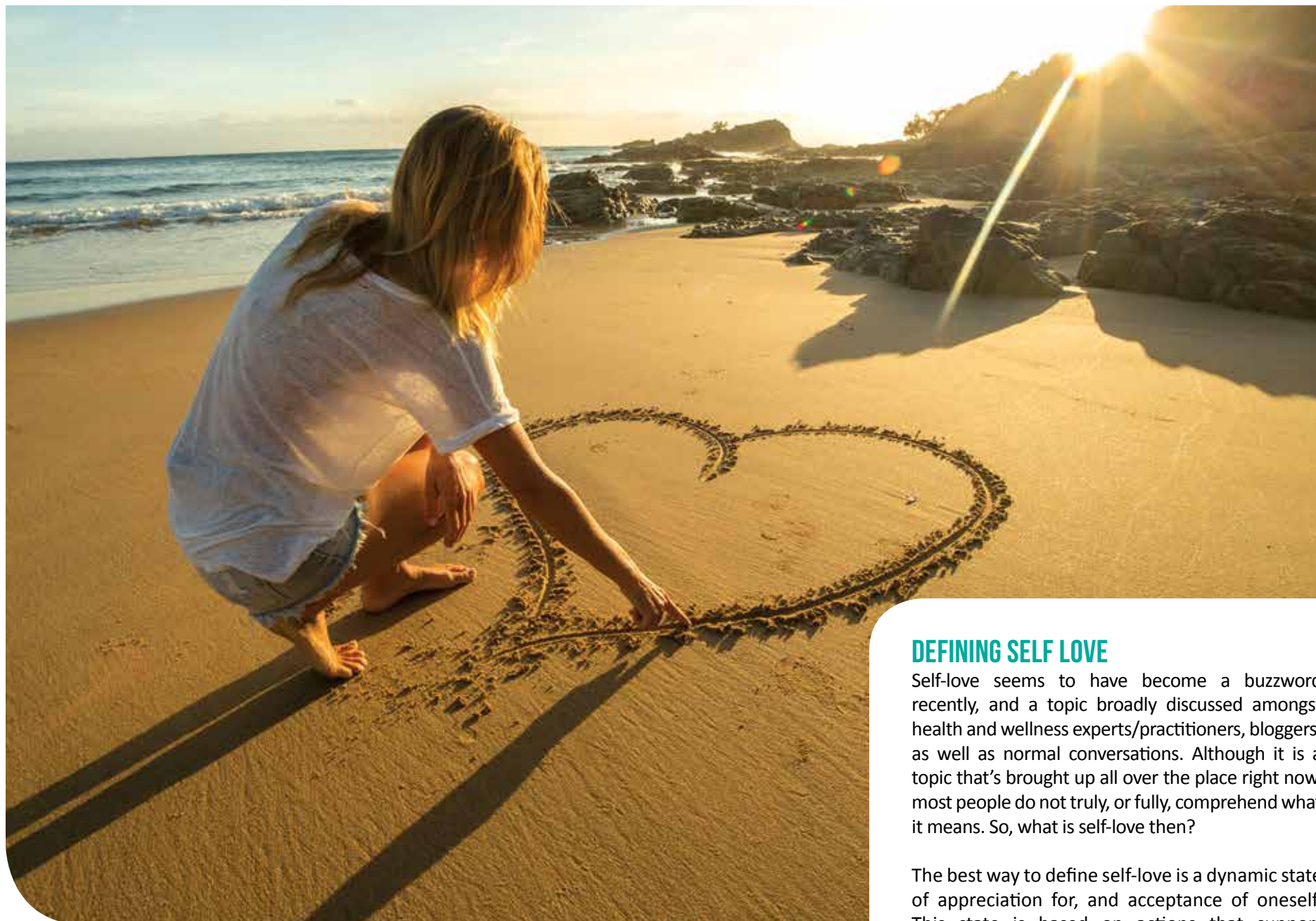
HOW TO GET STARTED?

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 sexual health and create a customized treatment plan. Almost everyone will experience a decline in sexual functioning. But with the advent of Regenerative medicine, Erectile Dysfunction is no longer an inevitable part of aging. Simply Men’s Health’s innovative approach of regenerative medicine can restore your sexual confidence and allow you to enjoy a Spontaneous and Active Sex life again!



**Call TODAY,
Get your life back tomorrow
561-316-8942**

Enjoy a SPONTANEOUS & ACTIVE SEX LIFE again in as little as 3 weeks – no pills, no needles, no surgery!



DEFINING SELF LOVE

Self-love seems to have become a buzzword recently, and a topic broadly discussed amongst health and wellness experts/practitioners, bloggers, as well as normal conversations. Although it is a topic that's brought up all over the place right now, most people do not truly, or fully, comprehend what it means. So, what is self-love then?

The best way to define self-love is a dynamic state of appreciation for, and acceptance of oneself. This state is based on actions that support the personal growth and development of the individual physically, emotionally, and spiritually. Self-love is not a state of feeling good. So, although a make-over sounds nice, or a shopping spree can make us feel good, and may be gratifying, they are not actions that actually help us develop and mature. The reason self-love means something different for each person is that we all may take different actions to encourage and support personal growth.

"Self-love requires you to be honest about your current choices and thought patterns and undertake new practices that reflect self-worth."

~Caroline Kirk

DO YOU LOVE YOURSELF?



If we take action, in ways that expand self-love within us, we begin to develop a much better appreciation and understanding of ourselves and experience interpersonal growth. As we begin to accept our strengths, along with our weaknesses, we will begin to feel less of a desire to explain away our current limitations and, perhaps, move beyond them.

“You can search throughout the entire universe for someone who is more deserving of your love and affection than you are yourself, and that person is not to be found anywhere. You yourself, as much as anybody in the entire universe deserve your love and affection.” ~ Buddha


Taking daily actions to build your self-love will allow you to develop a greater sense of inherent self-worth, develop greater self-confidence, be your true authentic self, and prioritize your own truth. The more love you have for yourself, the better prepared you will be able to deal with life’s demands in an effective and healthy manner. Furthermore, you will start to attract circumstances and people into your life that further support your wellbeing.

5 STEPS TO TURN SELF-LOVE INTO A HABIT:

- **Be Mindful and Live with Intention:** As you practice mindfulness, you begin to learn and create a greater understanding of your own wants and needs, as well as what you are thinking and feeling. This allows you to act on what is in your best interest, not what others want or are expecting from you. Gaining greater clarity

within yourself allows you to live with intention. Whatever your intentions may be, you will be able to make choices that support them.

- **Be Kind to Yourself:** We are often harder on ourselves than we are other people around us. Strive for progress, not perfection. We are all human after all, and we will make mistakes. You can take responsibility for your actions without beating yourself up. Forgive yourself and let go of comparisons. As long as you are learning and growing, there is no such thing as failure.
- **Practice Self-Care:** This is one that can be different for everyone. As you take better care of yourself, physically and mentally, you love yourself more. Nourish yourself daily with small, simple acts of self-care (quality sleep, nutrition, exercise, meditation, intimacy, spirituality, healthy social interactions... or maybe a facemask or just a nice relaxing bubble bath at the end of the day). Do something for you, that makes you feel good, every single day!
- **Set Boundaries and Protect Yourself:** Learning to set limits and boundaries can sometimes feel like stepping off into the unknown, however it is always well worth the effort. You will love and respect yourself more as you eliminate those things that deplete or harm you in any way. If there are people in in your life that take away your feelings of self-worth and self-love, find healthy ways to protect yourself from them.
- **Ask for Help:** There is nothing wrong with reaching out for some assistance from time to time. We work with people on this journey of love and acceptance every day. If you find yourself struggling, or just don’t know how, or where, to start, we are here to help you on your own personal journey to self-love, happiness and health!



Laura King and Larissa Brazier
Hypnosis, NLP, Performance Coaching & Health Coaching

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 & amp; chemical stresses through hypnosis, nutrition, life & amp; 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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STRESSED OUT?

IONS TO THE RESCUE!



At The Salt Suite you will be surrounded by an environment inspired by nature providing tranquility and relaxation to revitalize your energy. The rich negative ion microclimate created by the natural Dead Sea salt covering the walls, floor and blown into the air makes for an absolutely restful and rejuvenating experience. You cannot find it anywhere else unless you spend days on the beach or in a natural salt cave.

So what are ions? Ions are colorless, odorless, molecules that are believed to produce a biochemical reaction. Ions can be positively or negatively charged. Positive ions are found to be emitted by computers, televisions and other electronic devices. They create an atmosphere of enhanced anxiety. Negative ions appear in nature more readily than positive ions. Negative ions are found in moving water, such as waterfall, rivers and the ocean. Plants are also a good source of negative ions.

During your salt treatment session you will be surrounded by negative ions. Negative ions boost serotonin or “feel good” chemicals in your brain. Negative ions increase the flow of oxygen to your brain too, which in turn, creates higher alertness, relieves stress and enhances mental energy.

A study at Columbia University suggested that negative ion treatment is more effective than anti-depressant drugs such as Prozac and Zoloft. They also concluded that negative ions produce alpha brain waves and increase brain wave amplitude, which translates to a higher awareness level. (1) Researchers at the Russian Academy of Sciences in Moscow discovered that negative ions are able to help protect the body from induced physical stress. (2)

Stress suppresses your immune system, making it difficult to heal and feel better. The Salt Suite will give your immune system the boost it needs in addition to providing a preventative measure for the future. Your therapeutic benefit is two fold.



Controlled Trial of Naturalistic Dawn Simulation and Negative Air Ionization for Seasonal Affective Disorder Michael Terman, Ph.D.; Jiuan Su Terman, Ph.D. Am Journal of Psychiatry 2006; 163:2126-2133. doi:10.1176/appi.ajp.163.12.2126

Livanova LM, Levshina IP, Nozdracheva LV, Elbakidze MG, Airapetians MG. The protective action of negative air ions in acute stress in rats with different typological behavioral characteristics. Zh Vyssh Nerv Deiat Im I P Pavlova 1998 May-Jun; 48(3):554-7



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PRE & POST NATAL MASSAGE FOR COUPLES

Massage Therapy Can Create a Healthy Home for Your Family



When it comes time to bring another human being into the world, we must consider the mothers' health a top priority, as well as her partner. Massage therapy provides a multitude of benefits for everyone involved, mom, baby & partner. It is ideal to get started at the beginning of the pregnancy all the way through birth and post-partum. Along with you, having your partner receive massages will help to put the entire family in a healthy state physically and emotionally, which creates a happy home atmosphere. We can all use a little peace and therapeutic touch in our lives.

THE BENEFITS OF PRENATAL MASSAGE FOR MOM

First off, prenatal massage has tons of benefits for moms, which means the baby receives all of the natural chemical benefits too! It reduces lower back & foot pain, inflammation, stress, cortisol levels, depression, and anxiety. It also increases dopamine, serotonin, oxytocin, and relaxin. Those are basically all of your feel good hormones. Relaxin helps to create ease in hip mobility & flexibility by allowing your muscles, ligaments and tendons to stretch according to the needs of your pregnancy. You want your body to work with the changes that are happening to you physically for a healthy pregnancy, labor outcome, and for the newborn's well-being.

BENEFITS FOR HER PARTNER

Of course, there is a lot of focus on the mom and baby during pregnancy, but we can't forget the partner. Pregnancy is a family affair. We need to remember that this is a life-altering situation for the partner too. This means there will be stresses and concerns that cause the partner to be irritable, anxious or perhaps even feel as though they have taken second place in your relationship; and the baby hasn't even arrived yet. Couples massages help to diminish some of these stresses by incorporating a peaceful evening at home, for at least a few hours per month together. This gives you dedicated bonding time on a healthy level throughout the pregnancy that not only brings you closer, but it also sets the stage for a healthy home environment for the baby in womb & out.

THE VITAL BABY CONNECTION

Having your massage therapist there for your family after your beautiful baby has arrived creates much needed emotional transitioning support for your household. This also provides the baby with an opportunity to receive the benefits of therapeutic touch outside of the womb for the first time. The amazing part is that the baby is already familiar with your therapist due to the "in womb connection" made during moms massage sessions. Infant massage creates much needed bonding with the partner and provides a more restful night sleep for everyone. This is why it is recommended to take the infant massage workshops to learn how to provide massage properly for baby.

POSTPARTUM & THE FAMILY

The effects of postpartum will vary with each person individually and again, it is not just the mom going through the changes. Mom will want to take advantage of the relaxin in her body to assist in abdomen restoration through massage and other techniques. The family will experience emotional changes as they care for their newborn. These new sensitivities, fears, and realizations can create a somatic release through massage therapy. These releases can create a clearing for parents to step into their new roles in life with confidence guided by a loving connection with one another.

By now, you can see the significant benefits of having regularly scheduled massage therapy. It just simply has a way of putting you in a space of rest, care, love and honor for your mind, body, and spirit in a world that doesn't always readily provide it for you. Take the time your family needs to stay healthy with therapeutic massage and experience the wealth of health.

MASSAGE MYTH BUSTER:

Q: It is not safe to get a massage in your first trimester.

A: FALSE

It is perfectly safe and conducive to a healthy pregnancy to receive massage therapy as soon as possible by a LMT specialized in prenatal massage. A trained and licensed therapist will know how to provide a massage that is efficient and safe.

Q: A "good" massage will always hurt.

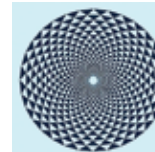
A: FALSE

A good massage will put your body into a parasympathetic state which means it will be relaxed enough to assist the therapist naturally in the massage. When a massage hurts it put your body into a sympathetic state, fight or flight, and begins to release stress hormones, which is exactly why we need regular massages in the first place. Speak up if a massage ever causes you pain and your therapist will happily adjust the pressure accordingly. *Sports and other massages designed for structural repair are a different story.

ABOUT MIND BODY SPIRIT HEALING CENTER

At Mind Body Spirit Healing Center they provide the bodywork that works best for your specific needs. They treat each client individually, meaning no two clients get the same massage because no two bodies are alike. It takes a few sessions to explore what your muscles respond positively to, and customize your sessions for the best therapeutic results. As your body changes, so do your treatment. They are honored to provide you with these amazing therapeutic modalities.

**To find out more about
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A NEW CATARACT SURGERY FOR THOSE WITH MACULAR DEGENERATION



“CentraSight is the first treatment program to use a tiny telescope that is implanted inside the eye ... Smaller than a pea, the telescope implant uses micro-optical technology to magnify objects that would normally be seen in one’s ‘straight ahead’ vision.”

By David A. Goldman, M.D.

Imagine the heartbreak for someone who gradually loses the ability to see her grandchildren, husband and the people who mean the most to her. Now imagine her joy when she can see them again. Thanks to a groundbreaking new treatment program called CentraSight®, this dream can now be a reality for patients around the country with End-Stage age related macular degeneration (AMD), the leading cause of blindness in older Americans.

More than 15 million Americans are affected by some form of macular degeneration, a progressive disease that can lead to severe vision loss in its most advanced form, End-Stage AMD. The number is expected to double with the rapid aging of the U.S. population. Approximately 2 million Americans have advanced forms of AMD with associated vision loss.

Macular degeneration attacks the macula of the eye, where one’s sharpest central vision occurs. Although it does not cause complete blindness, patients with End-Stage AMD have a central blind spot, or missing area, in their vision. This vision loss makes it difficult or impossible to see faces, read, and perform everyday activities such as watching TV, preparing meals, and self-care.

For many people, the first sign of AMD is something they notice themselves. Straight lines like doorways or telephone wires may appear wavy or disconnected. When they look at someone, their face may be blurred while the rest is in focus. Lines of print may be blurred in the center or the lines may be crooked.

CentraSight is the first treatment program to use a tiny telescope that is implanted inside the eye to treat End-Stage AMD. Smaller than a pea, the telescope implant uses micro-optical technology to magnify objects that would normally be seen in one’s ‘straight ahead’ vision. This image is projected onto the healthy retina in the back of the eye not affected by the disease.

The telescope implant improves patients’ vision so they can see the things that are important to them, increase their independence, and manage everyday activities again. They can feel more confident in social settings because they can recognize faces and see the facial expressions of family and friends.

The CentraSight treatment program focuses on comprehensive patient care, requiring potential patients to undergo medical and vision evaluation to determine whether they

may be a good candidate. A unique aspect of the evaluation is the ability to simulate, prior to surgery, what a person may expect to see once the telescope is implanted to determine if the improvement possible will meet the patient’s expectations. After an eye surgeon implants the telescope in an outpatient procedure, the patient then works with vision specialists to learn how to use their new vision in their everyday activities.

The telescope implant is not a cure. Patients must meet age and cornea health requirements to be considered a good candidate. Possible side effects include decreased vision or vision impairing corneal swelling.

The CentraSight treatment program is now available at Goldman Eye. For more information on the telescope implant and who qualifies for the treatment, visit www.goldmaneye.com or call Dr. Goldman’s office at (561) 630-7120.





In 1967 the Beatles released a song titled “All We Need Is Love” which sat atop Billboard's charts for eleven consecutive weeks. Their manager at the time stated, “... they really wanted to give the world a message... it is a clear message saying that love is everything.” In fact, the simple chorus repeats the words: “all you need is love...”

What a message for the world to hear!

During the month of February, many of us focus on the idea of love (thanks to Valentine's Day), but really the message of love is timeless and not bound by a simple holiday.

And to be totally truthful, The Beatles did not invent the idea that “all we need is love.” That was a message taught and written long before they made it popular... about 2,000 years earlier by Jesus.

Jesus often found Himself in a tight spot as He had a tendency to upset what traditional religion had established in His lifetime. Jesus often spoke against the religious leaders of His day and offered a better way – a way founded in grace (not rules) and love (not guilt).

In fact, there was one exchange recorded in the New Testament where a lawyer came to ask Jesus a question with the hopes of trapping Him with His words. Here is that exchange as recorded in the Gospel according to Matthew:

"Teacher, which is the most important commandment in the law of Moses?" Jesus replied, "'You must love the LORD your God with all your heart, all your soul, and all your mind.' This is the first and greatest commandment. A second is equally important: 'Love your neighbor as yourself.' The entire law and all the demands of the prophets are based on these two commandments." - Matthew 22:36-40 NLT

Do you see that? What does Jesus say is the most important thing? Love. We are supposed to learn to love God with all that we are – our minds, our hearts, our bodies. And then we are supposed to love others. But then He goes on to say this: everything else hangs in the balance of these two things.

So, what does that mean for you and me? It's simple – not easy – but simple. If we learn to love God and love others, then everything else will take care of itself.

Think about it – if I learned to love everyone (not just the people I like), how differently would my relationships look? If I learned to love God, how differently would my priorities look? If I could learn to love, then everything else falls in place.

The apostle Paul describes the kind of love we should have: “Love is patient and kind. Love is not jealous or boastful or proud or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. It does not rejoice about injustice but rejoices whenever the truth wins out. Love never gives up, never loses faith, is always hopeful, and endures through every circumstance”. - 1 Corinthians 13:4-7 NLT

Here is an exercise for us to see how we are doing. Go back and read the quote above, but this time, every time to get to the word “love” or “it” put your own name in its place. Then ask yourself: how am I doing? (It's a simple formula – not an easy one.)

So in this month where we set aside a day of love, let's make it a lifestyle not just a holiday Because remember, The Beatles were right (just not the first) to say: “All You Need Is Love.”

Brent Myers

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Optimism. A powerful element in fighting cancer.

When Desert Storm veteran Lynette Bell’s follicular lymphoma went into remission, she chased her dreams to Florida and pursued a career in photography. However, during a routine doctor’s visit here, she learned her cancer had returned. Fortunately, she had access to Phase 1 Clinical Trials at Florida Cancer Specialists, where 84% of the cancer drugs approved in 2016 for use in the U.S. were studied prior to approval. Today, Lynette’s cancer has surrendered, proving when hope and science join forces, great outcomes can happen.

“My team at Florida Cancer Specialists cared for my individual situation with the clinical trial I needed.”

-Lynette Bell, Veteran, Patient & Survivor

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