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Read more about neurofeedback's impact on depression and Center for Brain on Page 26

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CONTACT US

OWNER / ACCOUNT EXECUTIVE
Sybil C. Berryman
sybil@sflhealthandwellness.com

OWNER / ACCOUNT EXECUTIVE
Bryan Berryman
bryan@sflhealthandwellness.com


BERRYMAN
Marketing Group LLC

GRAPHIC DESIGNER
Sonny Gensing
sonny@gwhizmarketing.com

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LIFESTYLE CHOICES CAN HELP REDUCE CANCER RISK

In addition to getting recommended screenings, lifestyle choices such as not smoking, wearing sun screen or eating a healthy diet can help reduce the risk of cancer.

While most Americans know that certain lifestyle choices help reduce the risk of cancer, following these recommendations can often be difficult. Although immunotherapy and other targeted treatments for cancer have improved survival rates and there are more breakthroughs on the horizon, the best option for most of us is still prevention. This article focuses on a few simple lifestyle choices that can help reduce your risk of getting cancer.

PROTECT YOUR SKIN FROM SUN DAMAGE

Skin cancer is the most common form of cancer in the United States. By now, most people know a sunscreen should be used when you are going to be outdoors, even for a short period of time. However, be aware that not all sunscreens are created equally. For maximum protection, oncologists recommend a sun protection factor (SPF) of 50 or greater, regardless of skin color or ethnicity. Other recommendations include avoiding tanning beds or sunlamps and examining your skin from head to toe every month for changes. You should also have a doctor examine your skin annually.

SMOKING AND CANCER

According to the Centers for Disease Control (CDC), cigarette smoking is the number one risk factor for lung cancer. It's estimated that, in the United States, smoking causes about 90 percent of lung cancers. Smokers are 15 to 20 percent more likely to get lung cancer than non-smokers. Other tobacco products such as cigars or pipes also increase the risk for lung cancer, as well as bladder cancer, throat cancer or mouth cancer. Even smokeless tobacco has been proven to increase the risk of oral cancer, throat cancer, stomach cancer and pancreatic cancer.

HEALTHY DIET CAN REDUCE RISK

Although no particular food or diet product can prevent cancer, there is growing evidence that diet can play a significant role in some types of cancer. For example, studies have found a higher incidence of prostate cancer in men whose diets are high in fats, particularly animal fats, and low in vegetables. Likewise, 30 to 40 percent of certain types of breast cancer have been linked to what we



eat, especially if our diet is a contributing factor to obesity. A diet that is high in fruits, vegetables, legumes and whole grains, and low in animal fat, processed foods and sugar are generally considered healthier and can boost your immune system to help fight diseases such as cancer.

OTHER WAYS TO REDUCE CANCER RISK

Start reducing your risk of cancer by making these choices in your life:

- Get to and stay at a healthy weight throughout life.
- Be physically active on a regular basis.
- Make healthy food choices with a focus on plant-based foods.
- Stop smoking – or better yet, never start.
- Wear sunscreen with an SPF of at least 50.
- Get recommended screenings such as colonoscopies, PAP smears and mammograms.
- Let your doctor know if there is a family history of cancer.

WORLD-CLASS CANCER CARE CLOSE TO HOME

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

CLINICAL TRIALS LEAD TO TOMORROW'S TREATMENTS AND CURES

Through a strategic partnership with Sarah Cannon, one of the world's leading clinical trial organizations, FCS offers more access to national clinical trials than any other oncology practice in Florida. In recent years, 84 percent 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. This not only increases convenience for patients but it also improves their quality of life.



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Is NAD+ Slowing Down the Aging Process?

As we age we thrive to maintain a healthy lifestyle and improve our quality of life. “Healthy aging” is a very accurate term for what we are aiming for.

So how can we achieve “healthy longevity”?

It is exciting to report that now there actually is a cutting-edge treatment that has become a very promising tool in our fight against many age related health problems.

This treatment is called NAD+ IV therapy.

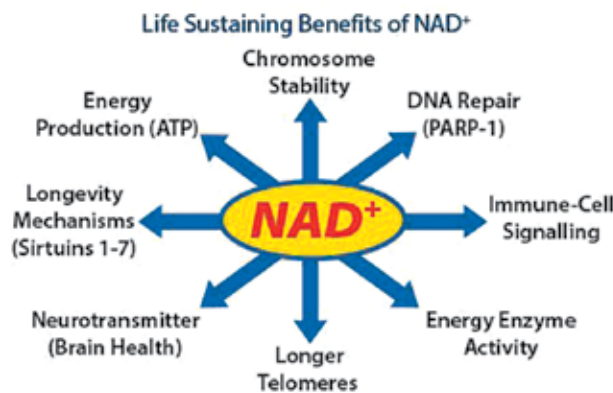
What is NAD+? NAD+ is the coenzyme of Niacin, or also called Vitamin B3. NAD+ levels decline significantly with age, this deficit decreases the body’s ability to retain its youthful, healthy function. It has been shown that by age 50 people have only 50% of the NAD they had in youth. By age 80 NAD+ levels drop to only 1% -10 %. Deficiency of NAD+ may predispose us to accelerated aging and hence diseases associated with aging such as neurodegenerative diseases, diabetes, cardiovascular disease and even cancer, among many others. NAD+ stands for nicotinamide adenine dinucleotide, and is found in all living cells. It is essential to sustaining life. It protects us against factors such as chemical stress, inflammation, as well as mitochondrial and DNA damage. This is why restoring NAD+ is being viewed as a progressive tool to aid longevity, but also to improve certain conditions such as depression, anxiety, PTSD, etc. It has been very successfully used for almost 20 years for drug and alcohol detoxification.

NAD+ in supplemental form is very unstable and cannot be absorbed by the body, however intravenous administration has yielded very promising results. Researchers have been studying NAD+ since the early 1950’s.

More recently, in 2013, David Sinclair PhD., professor of genetics at Harvard Medical School, headed a revolutionary research in the area of NAD+, when he took a group of mice and restored the mitochondria in their muscles to a youthful and healthier state, by injecting the subjects with a molecule which boosted levels of NAD.

HOW DOES NAD+ AID IN ANTI-AGING?

First, NAD+ may lengthen telomeres, the repetitive sequence of DNA Strands that cap the ends of chromosomes. The longer the telomeres, the younger



the physiological age of the individual and the less likely to develop age related diseases. Second, NAD+ promotes DNA repair. Third, NAD+ modulates immune-cell signaling. This is a critical factor in maintaining defenses against infections and autoimmune diseases. Fourth, NAD+ is a neurotransmitter. Neurotransmitters are chemicals that send signals between nerve cells. As such, NAD+ appears essential for maintaining brain health, and may have promising results in neurological disorders such as Parkinson’s and Alzheimer’s disease.

Given the role NAD+ plays in such a wide range of critical functions, it is easy to understand why it might have a profound effect on anti-aging health and brain function. In South Florida, only a handful of physicians are trained in NAD+ IV Therapy Treatment. Daniela Dadurian, M.D. is one of the first physicians in the West Palm Beach area to offer this therapy. Dr. Dadurian is the founder of the medical practices, MD Beauty Labs Medical Spa & Wellness Center in West Palm Beach and Bioage MD Anti Aging & Wellness Center on Palm Beach Island.

Dr. Dadurian is proud to bring NAD+ IV Therapy Treatment to her practice. Dr. Dadurian has developed her own NAD+ protocol, depending on the condition being treated, with a combination of IV Infusions, appropriate supplements, and other modalities. Patients who are interested in this procedure, will receive a free consultation. Upon this consult patients will obtain an individualized treatment plan according to their goals and needs. To schedule a consultation with Dr. Dadurian, please call **561-513-5817** or email her at md@mdbeautylabs.com.



Medical Director, Daniela Dadurian M.D.
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 * Board Certified Laser Surgery

MD Beauty Labs at The Whitney in West Palm Beach was established by Dr. Daniela Dadurian. Board Certified in Anti-aging Medicine, she’s well trained to offer proven and effective cosmetic and wellness services. MDBL’s state-of-the-art facility offers Medical, Aesthetics, Body Contouring & Spa Treatments in a luxurious, contemporary loft environment. With Dr. Dadurian’s team of Nurses, Medical Estheticians, Massage Therapists, Permanent Makeup Specialists and Medical Spa Concierge, MD Beauty Labs is dedicated to providing the best in restoring and revitalizing experiences.

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Unhealthy Hair & Scalp?

TRY A SCALP MAKEOVER!

By Dr Alan J Bauman MD ABHRS

Itchy, flaky dandruff?

Oily, limp hair?

Hair thinning,
shedding or breakage?

Frizzy, dull
or flyaway hair?

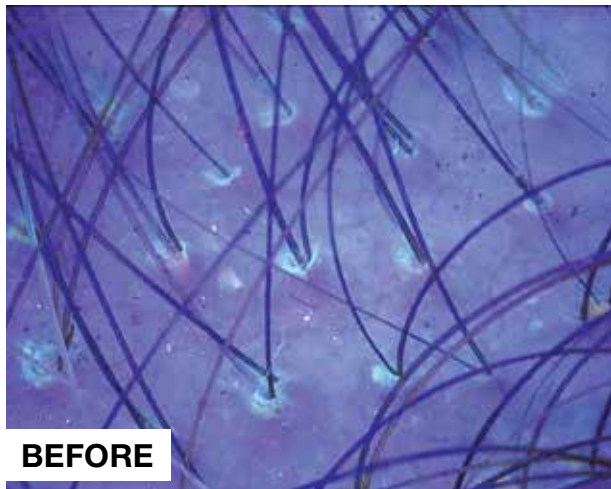
Burning or irritated
scalp from color
or perms?



These symptoms and other scalp conditions you can see and feel might be signs that your scalp and hair are not as healthy as they should be. If a beautiful full and thick head of healthy hair is important to you, it's imperative to know that *healthy hair starts with a healthy scalp*.

A healthy, balanced, hydrated scalp is the “fertile ground” where about 100,000 scalp follicles reside, working hard every single day to produce those strands of beautiful keratin protein we call “hair.” A hair follicle, like the root of a plant, derives nutrition, sustenance as well as positive or negative biochemical messages from its surroundings--the scalp.

Within the scalp, each follicle has its own individual network of blood vessels, nerve endings and oil-producing sebaceous glands, all (hopefully!) working in concert when healthy, balanced and functioning properly. Scalp inflammation, other imbalances, and even scalp acne, can significantly affect hair follicle function causing diminished or altered hair growth, as well as other concerning physical or cosmetic symptoms. If your hair is not looking as healthy as it should or you think your itchy, flaky scalp might be trying to tell you something, it might be time to consider a scientific **Scalp Makeover**.



BEFORE

Unhealthy Scalp



AFTER

Healthy Scalp

Why a SCALP MAKEOVER?

Common conditions like oily, dry, flaky or irritated scalp are oftentimes not so easily treated with at-home remedies or with over-the-counter products or special shampoos as television commercials or “Dr. Google” would have you believe. They may also be a sign of an underlying health problem. The good news is that a scientific *trichology* evaluation can begin to help decipher why you are experiencing annoying scalp symptoms and also get to the root cause of your unhealthy hair.

The Science of Scalp

It's less than an inch from your brain, but not easy to see. Determining exactly happening to your hair and scalp may not always be simple. But, no worries... That's where scalp science can help! A scientific scalp evaluation requires special tools and special training. Your scalp's pH, moisture and sebum levels, HairCheck trichometry measurements of hair density, quality and breakage, as well as blue-light and dual-polarized microphotography or dermoscopy of several areas and more, begin to tell the story of your scalp's overall condition. Once this information is obtained along with your medical history, a therapeutic treatment regimen is designed and your “Scalp Makeover” can begin. Soon you will be on the path of restoring the health of your scalp and the beauty of your hair.

tri-chol-o-gy [trih-kol-uh-jee] noun
1. the science dealing with the study of the hair and scalp.

What exactly is Trichology?

Trichology, derived from the Greek word “tricho” meaning “hair,” is the study of the anatomy, physiology and diseases of the hair and scalp. A *trichologist* is a trained specialist in all matters relating to hair and scalp health. A trichology evaluation can address many conditions like itching, flaking, oily or dry scalp as well as hair breakage shedding hair, thinning hair, hair fall and hair loss. Trichologists often work closely with Hair Restoration Physicians, medical doctors who specialize in diagnosing scalp conditions, prescribing medical hair regrowth treatments and performing hair transplant surgery. Specialized trichology education like the Certified HairCoach™ Program are specifically designed to help trichologists work closely with these medical hair loss specialists. A trichologist is the person who will help perform the scientific evaluation of the scalp and provide the recommended Scalp Makeover treatments for you in the office as well as scientifically monitor the results.

“You should care for and treat your scalp like skin, because it is!”

– Dr. Alan Bauman, MD, ABHRS



Bauman Medical’s Scalp Makeover creates a healthier scalp for healthier, more vibrant hair.

How the Science of Trichology Can Boost the Health and Beauty of Your Hair

Glossy magazines and shampoo advertisements feature luscious locks that often seem out of reach for the average person, so how can we achieve a “crowning glory” fit for royalty? The goal of a beautiful, full, thick, strong and youthful head of hair is accomplished most easily when both the scalp and hair is at its healthiest. Achieving “maximum performance” from each and every living follicle on your scalp as well as all your hair fibers is the goal and that often takes a team approach...that’s where a trichologist can help!

“Healthy hair starts with a healthy scalp.”

At Bauman Medical, we have designed an exceptionally comprehensive Medical Trichology program to provide patients with Scalp Makeover solutions for a wide range of common hair and scalp health problems such as thinning, breakage, shedding, dry or itchy scalp, etc. It takes more than a cosmetologist or hairstylist to fix these problems, which is why a trichologist is so important.

What can Bauman Medical’s “SCALP MAKEOVER” do for me?

An unhealthy scalp can make growing healthy hair a challenge. Trichology treatments in the form of a Scalp Makeover help manage excess sebum, dandruff, toxins and impurities — improving scalp wellness and allowing optimal hair growth from each and every viable follicle. Healthy scalp and healthy follicles produce hair that is thicker, fuller, stronger and shinier!

Who is a good candidate for a SCALP MAKEOVER?

Men and women with “symptomatic scalp” (dry, itchy, flaky or oily scalp, excessive hair loss, shedding or hair breakage) should schedule an evaluation. Patients considering or are

already using at-home hair regrowth treatments, topical medications, PRP Platelet Rich Plasma therapy or have had or are considering a hair transplant procedure should also consider a Scalp Makeover trichology evaluation to maximize their results.

What can I expect to learn upon completing my initial SCALP MAKEOVER evaluation?

At the end of your evaluation, you will receive a detailed report of findings, measurements and microscopic scalp photos including personalized in-office and at-home trichology treatment recommendations for your Scalp Makeover to help you reach your scalp and hair health goals.

How Do I Get Started With a SCALP MAKEOVER?

Scalp Makeover and Trichology evaluation appointments can be conveniently scheduled by calling Bauman Medical at **561-394-0024** or online at www.BaumanMedical.com

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

Dr. Alan J. Bauman is the Founder and Medical Director of Bauman Medical Group in Boca Raton, Florida. Since 1997, he has treated nearly 20,000 hair loss patients and performed nearly 7,000 hair transplant procedures. An international lecturer and frequent faculty member of major medical conferences, Dr. Bauman



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

was recently named one of the Top 5 Transformative CEO's in Forbes. His work has been featured in prestigious media outlets such as The Doctors Show, CNN, NBC Today, ABC Good Morning America, CBS Early Show, Men’s Health, The New York Times, Women’s Health, The Wall Street Journal, Newsweek, Dateline NBC, FOX News, MSNBC, Vogue, Allure, Harpers Bazaar and more. A minimally-invasive hair transplant pioneer, in 2008 Dr. Bauman became the first ABHRS certified Hair Restoration Physician to routinely use NeoGraft FUE for hair transplant procedures.

Hair Loss Study Candidates Needed!

While Bauman Medical has no active hair loss studies at this time we may in the future.

If you are interested in being added to our database, please visit www.844GETHAIR.COM



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Unhealthy Hair Symptoms:

- Fragile, brittle, broken, frizzy, dry, oily, limp, flyaway, dull, or unmanageable hair
- Depleted density, breakage, excessive shedding, hair fall, receding hairline or temples
- Widening partline, loss of coverage

Unhealthy Scalp Symptoms:

- Itchy, oily scalp, scaly dry scalp
- Flaking and dandruff, scalp pain
- Inflammation, scalp acne, sores, redness, burning sensation during color or perms

SELF-TREATING FOR HEARING LOSS: MORE HARM THAN GOOD

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

If you're just starting your better-hearing journey, you've probably turned to the Internet for help, guidance, and advice. What you found was most likely the ever-increasing amount of information about "cheaper," "quicker" hearing solutions like personal sound-amplification products (PSAPs) and over-the-counter hearing devices (OTCs). But what are you really getting with these purchases?



Is It Really a Hearing Loss?

Often, hearing loss means a problem with your inner ear. But sometimes it's a different problem, such as earwax buildup, a foreign object in your ear canal, or certain types of medications that cause temporary hearing difficulty. Simply purchasing a PSAP or OTC won't address these types of underlying problems.

Or Is It Something Worse?

Furthermore, hearing loss can be an indication of a more pressing, serious matter. For example, cardiovascular issues often affect your hearing early on because the tiny blood vessels in your ears don't get nourishment. Simply purchasing a PSAP or OTC wouldn't help such a critical underlying health issue.

What Exactly Are PSAPs?

PSAPs are wearable electronic devices used only to make a sound louder. Unlike hearing aids, they're not considered medical devices by the FDA. Though potentially helpful in normal hearing to amplify sounds in situations such as watching TV, listening for animals during outdoor recreation, or hearing a presenter who's speaking some distance away, PSAPs can't take the place of properly fit hearing aids.

What Are Some Limitations of PSAPs?

They are neither FDA approved nor recommended to treat actual hearing loss. Also, they bypass the crucial steps of professional testing, programming, fitting, and follow-up. This means a hearing care professional can't rule out hearing problems or ensure the device is appropriate for your ears. Furthermore, PSAPs are often uncomfortable, difficult to manage, and, with misuse, could cause or worsen hearing damage. Finally, as already mentioned, they only amplify sound — they can't adjust to your specific hearing loss or help your brain process sound.

What Exactly Are OTCs?

OTCs are meant for adults with mild to moderate hearing loss. OTCs will be regulated by the FDA with clear labeling as to use, safety, and efficacy. They are still a few years away from being available to the public.

What Are Some Limitations of OTCs?

They will only be suitable for mild to moderate hearing loss, and even then, noise processing will be far less than a traditional hearing aid. They won't always offer a successful fit and will be more of a trial-and-error process.

What Exactly Are Hearing Care Provider-Fit Hearing Aids?

Provider-fit hearing aids are intended for those with mild to severe hearing loss and are recommended as medical devices by the FDA. They are more than just an amplifier: They have advanced circuitry that can adjust the sound output in real time based on environmental variables like background noise to help your brain process sound. Furthermore, they can be programmed and fine-tuned to fit the needs of your specific hearing loss.

What Are the Benefits of Provider-Fit Hearing Aids?

A hearing care provider rules out other causes of hearing loss, such as earwax buildup, and ensures hearing devices are an appropriate solution for your situation. A provider ensures an appropriate physical fit and counsels you on adjusting to the devices. Provider follow-ups and clean and checks ensure the devices are working their best for the lifetime of the devices.

What's Best for Patients?

The effectiveness of hearing aids and PSAPs can vary by product, so it's best to get a professional hearing test first. Contact Audiology & Hearing Aids of the Palm Beaches for guidance in determining which device is right for your specific hearing needs!

*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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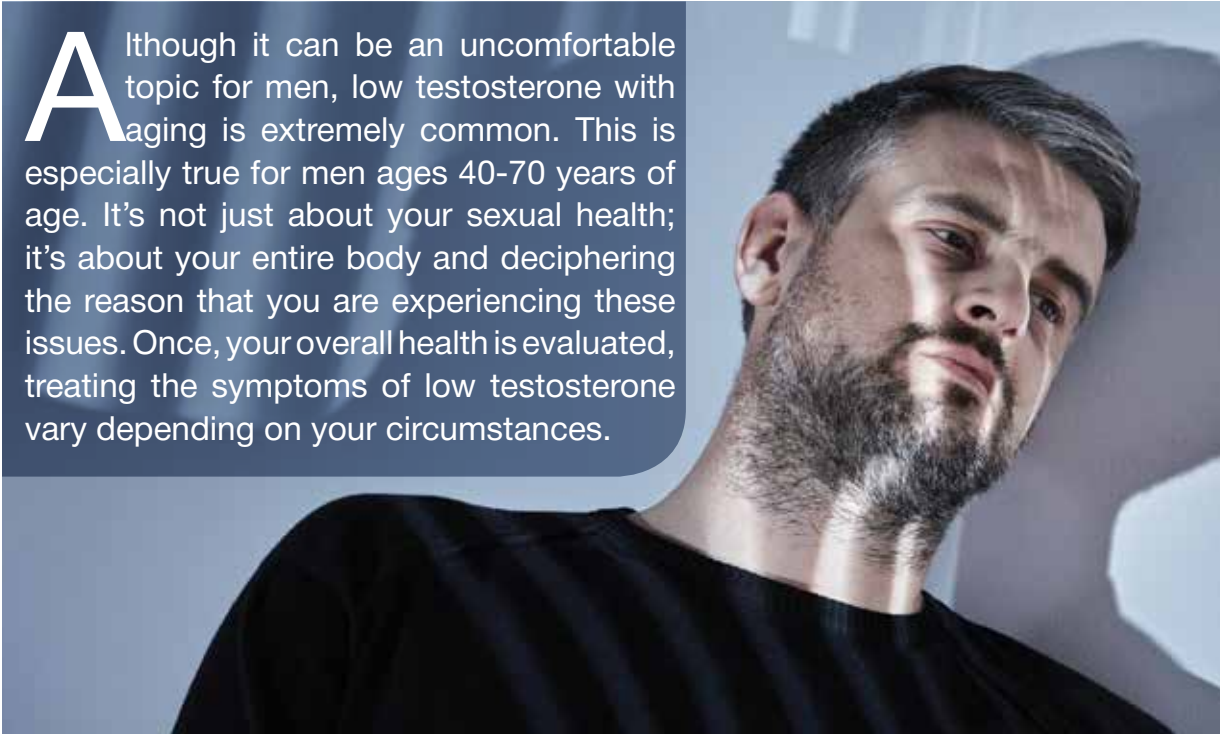
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Your home for hearing healthcare

AGING COMPLICATIONS—

Men Have Hormonal Imbalances Too

Although it can be an uncomfortable topic for men, low testosterone with aging is extremely common. This is especially true for men ages 40-70 years of age. It's not just about your sexual health; it's about your entire body and deciphering the reason that you are experiencing these issues. Once, your overall health is evaluated, treating the symptoms of low testosterone vary depending on your circumstances.



COMMON COMORBIDITIES ASSOCIATED LOW TESTOSTERONE

- Hormonal imbalance
- Vascular disease
- Diabetes
- Heart disease
- High cholesterol
- Prostate cancer
- Physiological effects

MEN HAVE HORMONAL CHANGES TOO

The underlying health condition that so many doctors fail to treat is hormonal imbalance or low testosterone. An experienced physician like those at WellingtonMD will take a synergistic approach to getting your body healthy, as well as adjusting your hormone levels. Treating low testosterone is the first step, and often the only measure that many men need to regulate their hormones.

New blood testing methods are available to test for low testosterone levels, and in an effort to make better diagnosis; there is increased interest in men's aging among medical researchers. In fact, so much attention is being focused on andropause that significant efforts are underway to quickly share emerging scientific information with physicians worldwide. It's critical to see a medical professional if you are experiencing symptoms.

SYMPTOMS OF ANDROPAUSE—LOW TESTOSTERONE

- Moods swings
- Bouts of anger
- Extreme fatigue
- Loss of energy
- Low sex drive
- Belly fat
- Flabby muscles
- Impaired physical agility
- Insomnia
- Soft erections
- Cognitive decline
- Depression
- Loss of ambition

Men who receive testosterone hormone therapy look and feel younger. Patients report a dramatic increase in sex drive. Their quality of life improves due to simply increasing low testosterone levels to improve mood, memory, and sleep. Men are able to build stronger leaner muscle and increase bone strength, which helps treat osteoporosis.

Testosterone Hormone Therapy is used to replace or restore your hormones to optimal, healthy levels. Hormone Replacement Specialists, Endocrinologists, Urologists and Anti-Aging Doctors all agree that men and women age because their hormone

levels decline. This creates an imbalance or deficiency that prevents your body from properly maintaining, healing and repairing itself resulting in the signs and symptoms of aging. Through hormone optimization and a healthy lifestyle, a person can help prevent and even reverse many of the negative impacts of aging, which is why many Age Management Physicians offer holistic treatment programs that incorporate natural hormone therapies with anti-aging supplements, exercise, weight loss, and stress management programs.

COMBINED TREATMENT

Testosterone treatments can help men increase muscle mass and lose weight – especially when combined with Human Chorionic Gonadotropin (hCG therapy) and lifestyle changes like a healthy diet and plenty of exercise.

Human Chorionic Gonadotropin (hCG) 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. Under direct physician supervision, your hCG and Testosterone levels will make you look and feel like a new person.

When the WellingtonMD physicians add hCG to testosterone therapy for their male patients suffering from hormonal imbalance, they see rapid results in weight reduction along with mood regulations and improved sexual functioning.

To find out more about WellingtonMD, please contact them at **(561) 268-2880** or visit our website at **www.WellingtonMD.com**. We are conveniently located on the Palms West Campus.

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WHAT IS MACULAR PUCKER?

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

A MACULAR PUCKER (also called an **EPIRETINAL MEMBRANE**) is a layer of scar tissue that grows on the surface of the retina, particularly the macula, which is the part of your eye responsible for detailed, central vision.



The macula is the small area at the center of the eye's retina that allows you to see fine details clearly. The retina is a layer of light-sensing cells lining the back of your eye. As light rays enter your eye, the retina converts the rays into signals, which are sent through the optic nerve to your brain where they are recognized as images. Damage to your macula causes blurred central vision, making it difficult to perform tasks such as reading small print or threading a needle.

As we grow older, the thick vitreous gel in the middle of our eyes begins to shrink and pull away from the macula. As the vitreous pulls away, scar tissue may develop on the macula. Sometimes the scar tissue can warp and contract, causing the retina to wrinkle or become swollen or distorted.

MACULAR PUCKER CAUSES

As you age, the vitreous — the clear, gel-like substance that fills the middle of your eye — begins to shrink and pull away from the retina. As the vitreous pulls away, scar tissue may develop on the macula. Sometimes the scar tissue can warp and contract, causing the retina to wrinkle or bulge.

Other eye conditions associated with macular pucker include:

- Vitreous detachment;
- Torn or detached retina;
- Inflammation (swelling) inside the eye;
- Severe trauma to the eye (from surgery or injury); and
- Disorders of the blood vessels in the retina, such as diabetic retinopathy.

MACULAR PUCKER SYMPTOMS

With a macular pucker, you may notice that your central vision is blurry or mildly distorted, and straight lines can appear wavy. You may have difficulty seeing fine detail and reading small print. There may be a gray or cloudy area in the center of your vision, or perhaps even a blind spot.

Symptoms of macular pucker range from mild to severe. Usually macular pucker affects one eye, although it may affect the other eye later. Vision loss can vary from none to severe vision loss, although severe vision loss is uncommon. A macular pucker does not affect your side (peripheral) vision.

For most people with macular pucker, their vision remains stable and does not worsen over time.

MACULAR PUCKER DIAGNOSIS

During an eye exam, your ophthalmologist will dilate your pupils and examine your retina. You may have a test called fluorescein angiography that uses dye to illuminate areas of the retina.

Another test called optical coherence tomography (OCT) is helpful in making an accurate macular pucker diagnosis. With OCT, a special camera is used to scan your retina. It measures the thickness of the retina and is also very sensitive at detecting swelling and fluid.

OCT can also diagnose macular abnormalities that are too small to be seen in an examination or with angiography.

MACULAR PUCKER TREATMENT

For more severe symptoms, a surgery called vitrectomy is recommended. The surgery is usually performed as an outpatient procedure in an operating room. During surgery, your ophthalmologist uses microsurgery instruments to remove the wrinkled tissue on your macula and to remove the vitreous gel that may be pulling on the macula. Sometimes an air or gas bubble is placed in the eye to help the retina heal or to seal any tears or holes.

After the tissue is gone, the macula flattens and vision slowly improves, though it usually does not return all the way to normal. After the operation, you will need to wear an eye patch for a few days or weeks to protect the eye, and you may need to do some particular head positioning if an air or gas bubble was placed in your eye during surgery. You will also need to use medicated eye drops to help the eye heal.



In most cases, while vision improves after macular pucker surgery, it generally does not return to normal. It can take up to three months for vision to fully recover. On average, about half of the vision lost from a macular pucker is restored; some people have significantly more vision restored, some less. In most cases, the visual distortion of macular pucker is significantly reduced.



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.

Toll Free Phone Number:

1-800-445-8898 561-832-4411

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Palm Beach Gardens

11382 Prosperity Farms Rd., #128, 33410.

(561) 627-7311 Office. (561) 627-6791 Fax

Stuart 618 East Ocean Blvd., #3, 34994.

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(561) 368-7723 Office. (561) 368-0093 Fax

Saving My Dental Implants

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

A common misconception is that dental implants are a guaranteed, permanent solution to replacing missing teeth. Many patients think of an implant as a new “part” that will last indefinitely. Dental implants do have a fantastic track record and most definitely have the possibility of lasting a lifetime. It is also important to remember that implants need to be cared for in the same fashion as teeth and can over time lose its jaw bone support.

HOW THEY WORK:

In short, dental implants are tooth root replacements. When a tooth is removed (both the crown and root), a new root can be placed in the socket where the original root lived. Over a number of months, this new root (AKA implant) typically becomes “glued” to the bone. Once the dental implant reaches this stage, a crown or permanent restoration can be attached.

A nice thing about a dental implant is that it will not get decay. What many people do not realize is that it is possible to lose bone around the implant over time. This bone loss can occur due to a number of factors such as poor oral hygiene, medical issues, medications, aging and genetics. If bone is significantly lost around an implant (similar to a tooth root), ultimately this new root could fail.



WHAT CAN BE DONE:

Periodontal disease impacts the relationship between the tooth root and bone. Bone is lost and treatment involves trying to arrest the situation and help extend the life of the tooth. Peri-implant disease is a similar situation that occurs between the bone and a dental implant. The goal of treating peri-implantitis is to try and slow or stop the loss of bone around the dental implant. If successful, this treatment can help extend the life of the implant itself. Traditionally, treatment around implants presenting with bone loss involves a small surgery to open and cleanout the area involved. In some situations, bone graft material can be added to help attempt to redevelop lost bone in the treatment site.



NON-INVASIVE THERAPY:

Laser implant therapy, also known as LAPIP (Laser Assisted Peri-Implantitis Procedure) offers the ability to treat an implant with inflamed gums or bone loss without the use of a scalpel. At this time, only one laser can be used to perform LAPIP due to the specific laser wavelength needed to achieve the desired result. The therapy has been shown to improve tissue around implants as well as possibly help regrow bone. Minimal to no discomfort post-operatively is seen and no cutting or sutures are used during the treatment. The therapy is not applicable in all instances and a periodontal evaluation is necessary to determine if the situation is appropriate for laser therapy.



Inflammation and bone loss around dental implants may not be easily recognizable to you the patient. Periodic evaluation will help determine if peri-implant disease is starting to occur. Whether early or late in the disease process, treatment may help preserve the life of your dental implant. Therapy such as LAPIP offers the ability to address problems with no more discomfort than a dental hygiene appointment.

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

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



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

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

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

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



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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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Palm Beach Gardens, Florida 33410
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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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HOW DO YOU FEEL IN YOUR SKIN?



Preparing for vacations, barbecues, family get-togethers, and beach days are not always easy for many individuals struggling with body issues. We've all been there, stubborn bulges, dreaded cellulite, and loose skin can make us feel less likely to step out with confidence.

Working out and eating right often fall short in our stubborn areas and as we age, many of us lose the firmness in our face and body that we once had.

THERE IS AN ADVANCED PROCEDURE THAT TREATS THE ENTIRE BODY FROM FACE TO LEGS. WOULD YOU LIKE TO? —

- Remove cellulite and fat deposits
- Remove wrinkles and reduces scars
- Increase collagen and elastin production
- Tighten loose skin after weight loss
- Reduce edema and painful inflammation
- Promote lymph drainage
- Shorten and improve recovery after surgery
- Experience tissue coagulation, before and after liposuction
- Normalize cell function
- Improve the quality of the skin
- Improve body shape
- Accelerate blood flow
- Relieve muscle tension

If you answered yes to any of the above-mentioned benefits, then you must learn about **BELLA SHAPE**. Bella Shape is an innovative, scientific approach to non-invasive removal of the adipose layer, as well as an extremely effective method of shaping the body, fighting cellulitis, loose skin, stretch marks, lymphatic edemas, scars and many other skin problems.

*An Advanced Procedure
Can Change Your Life*

ADDITIONAL BENEFITS OF THE BELLA SHAPE PROCEDURE

- Firms skin
- Improves laxity & texture
- Reduces cellulite
- Fat reduction
- Works on the body & face
- Reduces fine lines
- Lightens discoloration
- 100% Natural Cell Stimulation
- No downtime

HOW IT WORKS

The Bella Shape Laser is a comprehensive, non-invasive, body-shaping technology. It works in three very distinct ways. The first is through a motorized massage that gently lifts, suctions and rolls the deep layers of the skin and underlying fat. The second is through the LED light that can permeate through the fat cell membrane. While this fat is penetrated, the continual massaging motions send the fatty deposit and fluid (edema) into the lymphatic system for drainage.

The third component of Bella Shape is the diode laser. It's well documented that diode lasers can penetrate and absorb lipids (fat) by creating a thermal result that melts the fat membranes.

What's even more unique about the Bella Shape Laser is that the rollers are perforated with tiny holes to increase blood flow and nutrient delivery to the skin's layers, allowing collagen and elastin stimulation to rapidly smooth and firm the skin.

Until recent, Bella Shape was only available in Europe. Bella Shape is a revolution in the treatment of the connective tissue, developed and manufactured by I-Tech industries, a leader in innovative technology. But, don't just take our word for it; its results are being praised by countless individual like you that see improved outcomes first hand.

Bella Shape's revolutionary Cellulite Removal, Fat Reduction, Anti-aging and Wellness treatments are here in the U.S. With no pain and fast results, isn't it time for you to get your confidence back? Find out more about Bella Shape at bellashapeusa.com.



EXCERPTS FROM BELLA SHAPE TESTIMONIALS:

MAVEN46

"For women who have tried everything or are looking to get back into shape after having a baby – for those of us who cannot shift those saggy patches or extra inches – this treatment is a no-brainer. Not only had I lost two inches from around my waist, but my pre-baby tummy muscles were definitely showing through. My tummy was not only flatter and more defined at the sides, but the appearance of my skin was a joy. There was no more saggy skin, it was toned and lean, and my legs had less dimpling."

IMAGE MAGAZINE

"Having been an Endermologie and Lipomassage devotee for years, I've now migrated to this treatment as it kills two birds with one stone. After five sessions my tights were an inch smaller and the orange peel appearance sufficiently reduced."

"I had the recommended two sessions per week, for three weeks, combined with a healthy diet and plenty of exercise. The result was two inches exactly off my chest, waist, tummy and each thigh – so, a really even loss on a body that was far more toned than when I started – really rewarding."

SUBURBIA MAGAZINE

"After only two treatments, people remarked that my skin was glowing. At the end of five treatments, it was radiant. I was most pleased with the difference it made to my décolleté...thanks to my Icoone treatments, I can now rock a plunging neckline, as the appearance and texture of my skin has dramatically improved."



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Seven Reasons Why The DRX9000™ Is the Ultimate Non-Surgical & Painless Solution for Herniated and Bulging Discs, Sciatica, Leg Pain, Back Pain And More...

Just about every patient that comes in for treatment on the DRX9000™ has tried many treatments before coming to us. I'm sure you've tried numerous things to relieve your pain, too.

And when I discuss a new patient's case, we always go over what they've tried and the result they got from those treatments.

Obviously, all the other treatments didn't work. If they had – they wouldn't be sitting in front of me. There'd be nothing to discuss.

So basically, it's a laundry list of failed, time consuming and often expensive treatments.

Recently, I've started to ask a question after a patient tells me about a treatment they tried and failed.

And, I ask this question after each and every treatment they tried.

And, each and every time – without fail – I get the same answer to that question.

So what's the question?

The question is: "Why did you try that treatment?"

Answer: "Because my doctor told me to."

Same answer, without fail. Every time.

But here's the real kicker: Not too long ago, I started asking a second question. And I started getting the same answer to my new question, too

My new question is: "Why didn't you try the DRX9000™ sooner?"

And the answer: "Because my doctor didn't tell me about it."

Boy that's a shame. Why?

Because you should have a better reason for doing or not doing something than simply, "My doctor told me to."

And that's why I'm giving you 7 reasons why the DRX9000™ is the ultimate non-surgical and painless solution for herniated and bulging discs, leg pain, back pain and more. And here is the list:

1. PROOF: The first thing you should always look for in a treatment for your pain is proof. And there should be two kinds. First is scientific. Are there studies that prove that treatment can relieve your

pain? In the case of the DRX9000™, it is not only FDA cleared but there are studies showing an amazing success rate with herniated and bulging discs. There are also studies demonstrating on Magnetic Resonance Imaging (MRI) scans that the DRX9000™ can actually reduce bulging discs and herniated discs. **THE DRX9000™ IS THE ONLY NON-SURGICAL TREATMENT TO DO THIS.**

The second kind of proof comes in the form of testimonials from not just satisfied, but overjoyed patients. And the DRX9000™'s countless testimonials from patients all over the country.

2. PAINLESS: Besides results and proof another thing that separates the DRX9000™ from all your other treatment options is that the treatment is painless. You simply lie on you back and either listen to your favorite music....or...go to sleep.

3. FAST: One of the most important reasons the DRX9000™ has become so popular is because it works so fast. The average treatment plan is only 20 visits and many patients start getting relief right away.

4. ACTUALLY FIXES THE PROBLEM: Unlike drugs that only mask the problem and surgery that cuts out pieces of your disc... which could be a temporary fix and leave your structure weakened... the DRX9000 can sometimes reduce the size of the herniated disc so the disc can heal naturally. Which is important so....

5. YOU MAY NOT HAVE TO KEEP COMING BACK FOREVER: I'm sure you've had doctors tell you, you were going to have to keep coming to treatment for the rest of your life. Not so with the DRX9000. Because the DRX9000™ often corrects the underlying problem so you may not have to come back forever.

6. NO SIDE EFFECTS: This is a big one. Everyone knows the side effects from drugs and surgery. And they can be deadly. On the contrary, there are no known side effects to the DRX9000™. That's why, if you are thinking about surgery, you may want to give the DRX9000 a try first. The worst thing that can happen is the DRX9000™ does not work for you. After that, you can always get surgery. If you get surgery first, however, you may get worse and no longer be a candidate for the DRX9000™. Doesn't it make sense



to try the least invasive and least risky treatments first? And with a good success rate – chances are you'll never even think about surgery again.

7. TRUE NON-SURGICAL SPINAL DECOMPRESSION:

They often say imitation is the finest form of flattery. I'm not sure if that is true – but I do know there are a lot of other companies claiming to be non-surgical spinal decompression and claiming the same results as the DRX9000™. That's why we invite you to come in and see the DRX9000™ with your own eyes. See how it works. And talk to our satisfied patients. And we also urge to check out all the cheaper units out there. We are confident once you experience the DRX9000™ there will be no comparison and your choice will be easy.

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RINGING IN THE EARS is a PAIN IN THE NECK

By Dr. Jonathan Chung



TINNITUS is a problem where patients perceive sounds in the absence of sound stimuli. It afflicts between 10-15% of adults, but can be a severe hindrance in about 2% of the population. While tinnitus is classically thought of as a ringing sensation in the ears, there's a wide variance to what patients perceive. Some describe it as a hissing, sizzling, whooshing, or clicking.

The cause of tinnitus is known and well established in patients with hearing loss or those whose ears have been subject to noise trauma like loud music or blasts. However many patients experience tinnitus that can come out of the blue without a known cause. There is a growing amount of evidence that points to the neck as a unique source of ringing. Some have identified this type of tinnitus as cervicogenic somatic tinnitus (CST) and is estimated to make up almost 40% of all tinnitus cases.

HOW IS MY HEARING RELATED TO MY NECK?

It seems strange that a problem in your neck can interfere with normal hearing, but researchers have been trying to identify why people with tinnitus can get improvement from things like chiropractic or physical therapy interventions. A study in the journal Medical Hypothesis looked at the neurological connections between the neck and the hearing organ of the ear.

The authors showed that the nerve roots from all of the cervical spine all travel through the spinal cord and travel to the brainstem where your senses can integrate with some of the cells responsible for hearing. Cervical spine dysfunction has also been associated with blood flow problems, and some authors have hypothesized that dysfunction in the top vertebrae in the neck may affect blood flow to the brainstem and inner ear organs. When blood flow to these areas are compromised, then dysfunction from the ear can occur.

Problems like structural shifts in the neck or arthritis can agitate these sensory nerves and affect some of the brainstem regions that modulate your sense of hearing. This may be the reason why some patients can have ringing in the ears that lingers after things like whiplash and head injuries in sports even when there's been no damage to the ears.

Fortunately for many, research is also showing that addressing the neck can improve tinnitus in patients with some of the most disabling symptoms. A 2016 study in the journal Manual Therapy showed that treating the neck can lead to substantial improvements in up to 53% of patients with severe tinnitus.

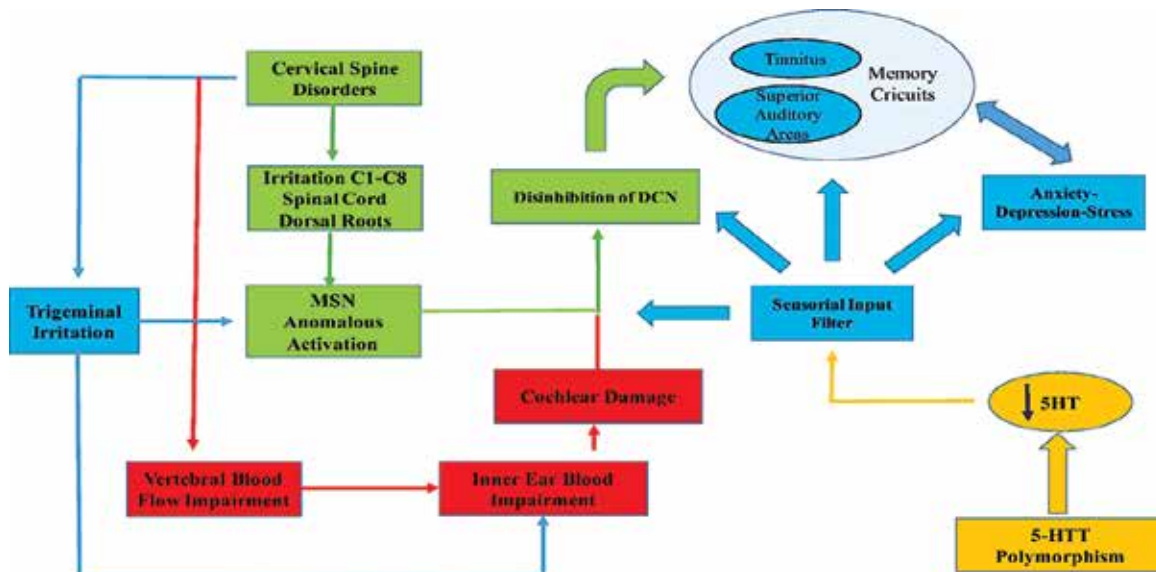
Another study in 2018 showed that using both auditory and somatosensory stimulation can induce long lasting changes in the loudness and intrusiveness in tinnitus compared to just using one or the other.

UPPER CERVICAL CHIROPRACTIC AND EAR PROBLEMS

An interesting but little known fact is that chiropractic emerged in 1895 as a treatment for deafness. D.D. Palmer is credited with creating the chiropractic profession, and first performed an adjustment on a janitor with hearing loss named Harvey Lillard. It's unclear what the circumstances of this first adjustment, but what is known is that Palmer thought he stumbled on the cure for deafness.

It's obvious that chiropractic is not a cure or treatment for hearing loss otherwise our offices would be filled with the deaf and hard of hearing. However, current neuroscience research has helped us understand how several patients with hearing disorders like tinnitus can get relief from a neck procedure like the Atlas correction.

While it may not help every person with tinnitus, a thorough history and examination may be able to help us figure out if we can get that bothersome ringing out of your ears.



The neurological pathways that tie the neck to the hearing centers in the brain. Graphic from Bressi et al in Medical Hypothesis. 2017

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



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SINUSITIS

occurs when the hollow cavities around the eyes, nose, and cheek bones become inflamed. When they are inflamed, they produce mucous. They make you feel “stuffed up”. The swelling and inflammation increases mucous production creating an ideal environment for bacteria to exist – leading to infection...Sinusitis.



30 MILLION AMERICANS are affected by sinusitis at any given time according to the American Academy of Allergy, Asthma and Immunology.



The good news – re-creation of the salt cave environment at The Salt Suite reduces inflammation, therefore reducing mucous and aiding in the healing process. You’ll not only feel relief from your sinus pain and symptoms, you will be doing something that helps fight the infection and prevent it from coming back.

HERE IS A GREAT MESSAGE FROM MIKE ABOUT HOW IT HELPED...

“Saturday I had my first salt-therapy session. I went in with a sinus infection, very bad sinus headache. After my session my sinuses drained for the next two days, headache went away the first night. The Salt Suite, you Rock. P.S. Tina & I had our 2nd session today, we love it.”

– Mike M.

Dry pharmaceutical-grade salt is ground by Halogenerators into 0.3 microns and pumped into the air in the salt room as a super-fine aerosol. These micro-particles are fine enough to enter the sinuses and even the eustachian tubes! As you relax in a comfortable chair with your favorite book or a magazine, you are breathing in anti-inflammatory and microbe-killing SALT! Breathe easier, fight infection and get relief from your sinusitis symptoms. Children have their own salt playroom to receive the same benefits as grown ups! CALL **561-316-3105** to make an appointment for your introductory 1/2 priced visit to The Salt Suite PGA at 5510 PGA Blvd. Suite 105.

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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 makes The Advanced Spine & Joint Institute different?

- We never perform blind injections without image guidance
- Video fluoroscopy is used on all of our injections for pinpoint placement
- We rarely use Cortisone, which can have severe 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 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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GO BEYOND MEDICATION. EXPERIENCE THE CURE FOR ERECTILE DYSFUNCTION.

Simply Men's Health believes in treating and curing the underlying issue with regenerative medicine. RejuvaWave™ stimulates your body's own healing response and creates new blood vessels in the



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

area treated. In some cases, doctors combine RejuvaWave™ with PRP (Platelet Rich Plasma) in order to add a high concentration of growth factors that work synergistically together. By treating ED patients with regenerative medicine, doctors can best restore patients to their younger healthier selves, rather than relying on oral medications or injections as a temporary fix for each sexual activity.

IS IT SAFE?

Yes. This 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, and anti-aging treatments and wound healing. RejuvaWave™ has virtually no risks or side effects. RejuvaWAVE™ therapy has been used extensively in Europe for over 10-15 years, but is relatively new to the U.S. 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.

HOW TO GET STARTED

At the Simply's Men's Health, take on each case with individualized care and cater your private consultation with our experienced staff of physicians. We pinpoint the exact cause of your sexual health issues and provide a diagnosis to create a customized treatment plan that can CURE ED in about 80% of patients or restore sexual function in over 98% of patients. Return to the sexually confident and active man you were before suffering from erectile dysfunction. Contact the health care professionals at Simply Men's Health today for a private consultation today.



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WHAT OUR PATIENTS ARE SAYING:

Testimonial: I am 70 years old and have diabetes and have had heart surgery and had a stroke. I haven't had an erection in over 10 years and Viagra did nothing. I have tried several clinics and needles in the past, but nothing helped. I heard about this new treatment at Simply Men's Health, and I gave it try not having much expectations. To my surprise after my first treatment I woke up with an erection, something I hadn't seen in years, and by my 5th treatment I was having sex with my wife. It's truly a miracle treatment. Steven O.

Testimonial: I'm 34 years old and started to experience problems getting an erection and maintaining it over the last couple of years. I had tried Viagra and hormones, but it didn't help. I heard about Simply Men's Health and made an appointment not knowing what to expect. I signed up for the 3 week EPAT therapy and the Priapus shot. After just a couple of treatments I was getting erections, but even more amazing was that the curve in my penis straightened out. The treatment was only a few minutes and relatively painless, but the results are amazing. A. B.

Testimonial: I'm 80 years old and married to my high school sweetheart. One day my wife asked me if I could rub a genie bottle and have one wish, what would it be? My answer was to have sex like we used to when we were young. It would take a miracle. I have had problems with ED for over 10 years and had TURP surgery for my prostate. I had gone to urologists and tried pills and nothing helped. Well, my wife said she heard a commercial for Simply Men's Health. I called and made the first available appointment. I was so scared and nervous, but the staff was wonderful and understanding. Within a few weeks my wish came true and my wife and I are so ecstatic. Ral S.

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

Do you have an upcoming Surgery?

What you need to know about aftercare

After any surgical procedure takes place, it's imperative to have someone with you initially, but many people don't understand how important it is to have a person caring for them even days and sometimes weeks after surgery.



Very often, most individuals don't realize that their surgical procedure has left them without energy, prescribed bed rest, in extreme pain, or with a great deal of difficulty moving or walking until it's too late. If you or a loved one is preparing to have surgery, it's best to be proactive.

If you live alone or have a spouse that travels, or a child, or elderly parent that needs care while

you're at work, you could benefit from a personal care coordinator checking in daily; there are many services available for these specific situations.

In the elderly in particular, the stress of hospitalization or surgical procedures can be daunting, and if it's coupled with being unable to care for themselves, the loneliness and depression will consume them, making their healing process slow down.

Professional Care Coordinators LLC is a homemaker and companion service that is owned and operated by registered nurses. They have over 25 years of experience caring for people at the most vulnerable times of their lives. Their expertise ranges from newborn to end of life care, and they are registered and insured. Level II background screenings are completed for all caregivers. They cover Palm Beach County, Indian River County, Martin County, Okeechobee County, and St. Lucie County. Your wellbeing and safety is their top priority.

What services do Professional Care Coordinators offer?

- Light housekeeping
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- Shopping assistance
- Transportation to Doctors appointments
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IS HYPNOSIS RIGHT FOR YOU?



There seems to be a very skewed idea of what hypnosis is, and a distinct misperception of what hypnosis is not. All too often we hear phrases like “put me under”, where they are in an unconscious state and have no control. For many, the uncertainty of what to expect, combined with the myths surrounding hypnosis, brings up feelings of hesitation or doubt. However, most beliefs and myths surrounding hypnosis could not be further from the truth. In a mission to help others, and create greater awareness through education and experience, we have answered some of the most common questions we receive.

WHAT IS HYPNOSIS?

Hypnosis is a normal, natural state of mind that we all enter many times a day. In fact, by definition, hypnosis is a heightened state of awareness. While you will be deeply relaxed physically, mentally you will be much more alert than your normal state of conscious awareness. It is a focused awareness where you are highly receptive to positive ideas that change how you think and feel. A few common examples of everyday hypnosis are reading a good book that captivates you, daydreaming, or getting so deep in thought while driving that you miss a turn or exit.

CAN YOU MAKE ME DO STRANGE THINGS?

Hypnosis is not mind control – you have complete control over what you will and will not do, and you will instantly reject any idea or suggestion that is uncomfortable to you. The hypnotist has no control over you while in hypnosis, whatsoever! Hypnosis is a 100% Consent State, if at anytime you want to emerge for any reason, you can instantly open your eyes and become fully alert. No one can hypnotize you, or keep you in hypnosis against your will.

Of course, this myth about hypnosis works great in Hollywood, but people also fly in movies and we all still know that to be untrue. The same applies to stage hypnosis. Both of which are primarily for entertainment, not health and healing.

CAN I BE HYPNOTIZED AND WILL IT WORK FOR ME?

The short, simple answer to these questions is yes. Anyone can be hypnotized providing that they want to, they do not have any fear or misconceptions about hypnosis, and they can follow basic instructions. Whether or not it will help you, really, truly depends on you. It is a very effective (and pleasant) solution because hypnosis works below conscious thinking, and taps into our subconscious thinking – that part just below the surface where we dream from, and where our emotions and long term memories are housed. This allows direct access to our inner, deeper thoughts and emotions that are often driving our behavior and thoughts. When we make changes at this deep level, they tend to be long lasting and feel easy. With hypnosis, you will become better equipped to manage your life circumstances, change unwanted behaviors and create the outcomes you desire. This is all possible, but the caveat is you have to want to change, for your own reasons!

WHAT ISSUES DOES HYPNOSIS WORK FOR?

Hypnosis is proven to help with countless issues – inclusive of anything people have problems with. A simple example is when you want to feel different, or maybe you know there is something you should (or want to) be doing, but in the moment it feels like you are unable, or unwilling, to follow through.

Although I cannot list all of the issues or goals we have helped out clients overcome and/or achieve, we help people lose weight, stop smoking, insomnia/better sleep, reduce stress and anxiety, recover from past experiences and relationships, reduce pain, improve motivation, increase sports performance, recover from substance abuse, and much, much more. We also work with kids and teens.

With hypnosis, you’ll become better equipped to manage your life circumstances, change unwanted behaviors and create the outcomes you desire.

WHY DOES HYPNOSIS WORK?

Hypnosis works because you are in a relaxed state of extreme concentration, solely focused on the message, and deeply absorbing it, as opposed to a conscious form in which you may trivialize, ignore or reject change. If you like a suggestion, you will allow it to enter into your subconscious mind. Once you have accepted the suggestion, your mind responds automatically and immediately.

You are what you think, and when you start changing the way you think the change truly begins. Our clients have all the solutions inside of them to be successful and a great hypnotist helps them discover and implement those solutions.

At Summit Hypnosis and Wellness, we are committed to debunking the myths and eradicating the fear that can be associated with the word “hypnosis”. If you would like to learn more about hypnosis, please visit our website or call our office!

**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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Finding the “SWEET SPOT” FOR HEALING

Combining the right tools to help chronic body-mind issues

By Mike Cohen, Director
Center for Brain

Healing physical and emotional issues can be quite complex. Sometimes there’s a medical fix, but often it’s a struggle to find answers.

You search the internet. You talk to friends and family. You see a variety of doctors, maybe a therapist or two. You take supplements. You try yoga.

The fact is that healing is seldom simple or “just one thing.” We see people daily in our practice who have “done everything” and “been everywhere,” and don’t know where else to turn.

If you’ve been on a long healing journey because something is “off” in your body—and nothing has helped you get well—Center for Brain may be able to give you some relief. We help people every day who are struggling—with **brain fog, chronic pain, “weird” autoimmune disorders**, even “**chemo brain**” and **post-surgery issues**.

Complicated cases like these that are resistant to other treatment approaches often include a lot of body symptoms. That’s why I searched for years for something that could help.

Discovering the Power of Bioregulation Therapy (BRT)

In 2014 we tried out BioRegulation Therapy (BRT), also known as body biofeedback. After many of our clients reported that the results were transformative, we invested in this new technology. Center for Brain was one of the first centers in the United States to offer BRT.

The technology, which has added a new dimension to our practice, helps people’s bodies and brains return to their natural, healthy rhythm. See box on next page for more about BRT.

Ever since I was diagnosed with Lyme disease, I’ve had fibromyalgia and other diagnoses. Nobody was able to help. I searched for a long time before finding Center for Brain. Their BRT treatments have helped enormously with my pain, and helped me feel so much clearer.
– L.T. Center for Brain client

Connecting the Body and Mind

Clients who come to Center for Brain benefit from a toolbox of options. Our goal is to determine, through working closely with you, which tools and in which combination have the best chance of helping you.

Carolyn Cohen, my wife and co-owner of Center for Brain, helps some of our most complicated clients utilize these tools for bridging the body-mind connection to achieve greater healing.





Carolyn has been recognized as an expert in inner healing for 30 years. Her unique skill set is the result of years of studying and practicing healing due to her own serious health challenges that didn't respond to conventional medical treatment.

For 30 years, Carolyn Cohen has helped people heal using the power of their mind and guided imagery to go to a deep place for inner healing. Combined with BRT, her healing gifts have helped clients achieve even greater changes.

The Sweet Spot

Healing is not an overnight process but can be faster than you think. Many of Carolyn's clients

describe feeling better after just a few sessions. Part of the experience involves making certain changes, like nutrition and lifestyle. Carolyn then seeks out the sweet spot – the body's innate wisdom—for healing, diminishing chronic issues and bringing the body back into balance. A little bit of this... a little bit of that... It's not a formula or recipe. It's unique for each individual.

Many of our clients tell us that the most remarkable part of their experience at Center for Brain is time spent with Carolyn, whose insights guide them to rapid inner healing. Some have reported that they've traveled the world seeking top specialists and "healers," only to find what they needed is right here in Jupiter.

Resetting the Nervous System... More about BRT

Center for Brain's newest tool is BioRegulation Therapy (BRT). BRT helps people with chronic pain, immune system dysregulation such as chronic fatigue, fibromyalgia and Lyme disease. These issues occur when cell-to-cell communication is disrupted. BRT helps improve this communication through its sophisticated biofeedback programs. When the cells communicate better, your organs function better.

Some common causes: eating unhealthy food; electrical and magnetic fields; environmental pollutants and chemicals; and scar tissue from an accident or surgery.

BRT Is Easy to Do

Sensors are placed on key parts of your body. They are connected to an amplifier that reads the bioelectrical signals, feeds them back to your body and reinforces healthy signaling information. You feel nothing.

Once the cells are doing their job better, the nervous system calms down, and pain or other disruptive signals, which have become magnified over time, diminish.

About Carolyn Cohen



"The body has innate wisdom. It knows how to come back to balance if we can learn how to get the everyday stresses out of the way. We can do that by eating healthy foods and surrounding ourselves with people who are uplifting." - Carolyn Cohen.

Carolyn Cohen is co-owner of Center for Brain with her husband, Mike Cohen.

Known as the "Hope Coach," Carolyn combines BRT technology to help you amplify your healing process. BRT helps your nervous system re-balance itself. Through guided imagery she helps you go that wisdom within to help you heal yourself mentally, physically, emotionally and spiritually.

Carolyn is a veteran of chronic pain and illness, triggered in the 1980s when she moved into a home with a gas leak. The fumes left her with an unrelenting cough and a series of auto-immune issues. She found herself debilitated and house-bound for three and a half years. Her immune system was so compromised that on one occasion, after taking just one aspirin, she went into anaphylactic shock and nearly died. She was able to heal herself after embarking on a mind-body-spirit path.

Carolyn has earned two master's degrees, one in counseling from East Tennessee State University and a second in medical science from Emory University.



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.



CHANGE YOUR BRAIN. CHANGE YOUR LIFE.

550 Heritage Drive, Suite 140
Jupiter, FL 33458
561.744.7616
www.CenterforBrain.com

CBD OIL –

Does it Really Work?



Florida Medical Marijuana Health Centers is known for their outstanding outcomes and care for their patients utilizing medical marijuana, but few people are aware, that their cutting-edge, integrative medicine practice also offers “non-marijuana” alternatives for patients wanting to treat various disorders. CBD oil is a leading therapy for treating symptoms and disease states without TCH and without a marijuana card.

There is a multitude of information online and on news outlets and documentaries touting the benefits of CBD oil (cannabidiol). So, how can you be sure of its health benefits? Let’s first detail the product a little further to put ease to any questions and concerns.

CBD oil is known to show beneficial results for seizures, neurodegenerative disorders, cancer, autoimmune diseases and other chronic ailments. What is CBD oil? Well, most of us have heard about the health advantages of Hemp or Marijuana, but the primary difference with CBD is that it has none of the psychoactive factors or intoxicating effects of cannabis. The THC level (the chemical that makes one high) is removed through an extraction process. In most cases CBD oil is primarily free of the mood altering components, this is especially the case with the Organic CBD oil used in Florida Medical Marijuana’s Health Center’s products.

Our brain and nerve cells have cannabinoid receptors, so our bodies naturally react to CBD oil (cannabinoids) through intermingling directly with our cells. Our natural endocannabinoid system works synergistically with CBD, creating a multitude of beneficial reactions in the body.

RECENT STUDIES HAVE SHOWN MULTIPLE HEALTH BENEFITS OF CBD:

- Relieves pain
- Anti-inflammatory response
- Lessens nausea
- Reduces anxiety
- Reduces cognitive impairment
- Anti-tumor factors
- Cancer cell death
- Cancer cell growth inhibitor
- Reduces Seizures/anticonvulsant
- Anti-psychotic
- Improves sleep
- Fights viral infections
- Relaxes muscles
- Anti-muscle spasm mechanisms
- Reduces beta-amyloid plaque
- Promotes pet health and reduces anxiety
- Reduces skin inflammation
- Brightens and tightens skin

Patients with seizures, cancer, chronic pain, and anxiety, just to name a few, are reporting incredible healing through CBD oil. 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 CBD, their words are profoundly clear—CBD oil works.

Recent studies have shown multiple health benefits of CBD in regards to fighting various types of cancer cells. It’s important to point out that the U.S. Food and Drug Administration has not approved cannabis treatment for cancer. However, as more studies show promising outcomes, their stance may change in the near future.

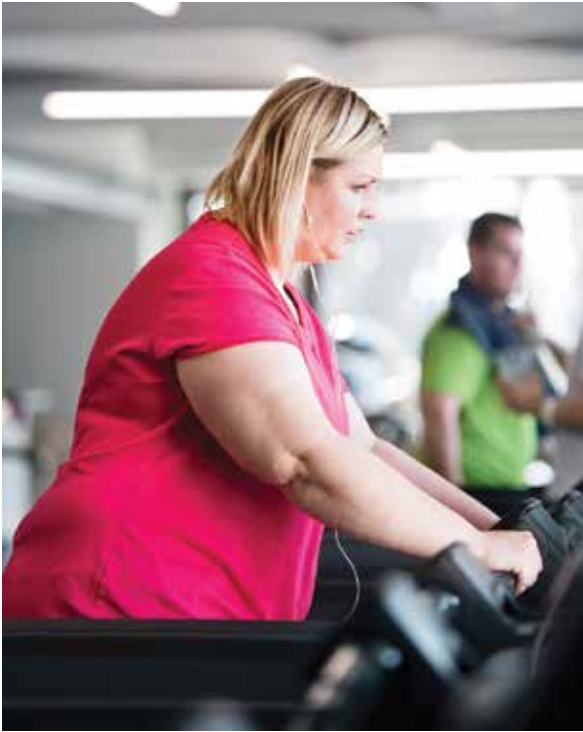
Florida Medical Marijuana has numerous products for you to choose from for many of your health and wellness needs. Because CBD is so highly publicized and at the forefront of media outlets and health debates, it’s important to understand the CBD oil difference. Not all CBD oil is the same. It’s critical to get the most efficacious tinctures of CBD as possible, and Florida Medical Marijuana Health Centers specifically distributes the highest quality CBD oil from an extensively regulated, reputable organization.

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



Florida Medical Marijuana Health Centers
700 West Boynton Beach Blvd
Boynton Beach FL 33426
Flamjcenter.com
561-223-0743
Flamjcenter@gmail.com
<https://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**.



609 N Hepburn Ave ste 106,
Jupiter, FL 33458 US
Phone: +1.561.277.8260
<https://www.novagenix.org>

Laser Cataract Surgery: What you should know

By David A. Goldman MD

With every year, advances are made in ophthalmic surgery. While some are relatively insignificant, others can change the entire way we think about surgery. With cataract surgery, the latest development is the use of femtosecond laser to assist with the surgery. While this is a very exciting development for the field, the exact details are not always shared with the patient.

To begin, what exactly is laser cataract surgery? Many physicians define this in different ways. Although patients today think that cataract surgery has always been performed with laser – in fact this is not the case. The majority of cataract surgery to date has been performed with ultrasound (similar to laser except sound waves are used instead of light waves) while the physician manually guides the ultrasound probe. Femtosecond laser cataract surgery allows the initial incisions and lens breakup to be performed by an image-guided computer/laser system. That said, the ultrasound probe is still used to manually remove the now laser fragmented lens. Having performed traditional and laser cataract surgery as well as having reviewed the literature extensively on the subject, I feel compelled to educate the public about it. First, there are several important questions that should be answered.

Is laser cataract surgery any safer? Not at all. If femtosecond laser cataract surgery did indeed provide safer outcomes then Medicare/private insurers would pay for it. In fact, if your ophthalmologist does recommend laser cataract surgery as being safer, I would recommend seeking another surgeon.

Does it reduce the total surgery time? No – the time to complete the entire surgery is longer because there are now two steps to the procedure.

Is it more comfortable? No – the two methods are virtually the same. The exception being that during the laser aspect of the procedure the patient may experience a little pressure.



Does this mean there are no advantages to laser cataract surgery? Again the answer is no. The laser does allow incisions not only to be performed in the cornea but also the capsule that holds the cataract/new intraocular lens. These incisions are performed in an entirely automated format that allows for outstanding reproducibility. It has also been commented on by many that these laser incisions allow for better accuracy when choosing the proper lens power. Furthermore, in certain cases, partial laser incisions known as arcuate incisions can be performed to neutralize small amounts of astigmatism.

So should you elect for laser cataract surgery? The decision is entirely up to you, but you should not feel pressure that if you undergo traditional cataract surgery that there is a higher probability of a complication. In the hands of a skilled surgeon, cataract surgery is an overwhelmingly successful procedure. The addition of laser to the procedure is more icing on the cake and is not required but some may prefer.

Dr. Goldman practices at 3401 PGA Blvd Suite #440 in Palm Beach Gardens, Florida. He has been ranked a Best Doctor and Top Ophthalmologist, as well as being recognized as one of the top 250 US surgeons by Premier Surgeon.



DAVID A. GOLDMAN

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

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

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

Dr. Goldman speaks English and Spanish.

561-630-7120 | www.goldmaneye.com

Spring (Change) is in the Air

Brent Myers

Spring ushers in a new season. It signals the end of “winter” and the beginning of something new. Spring brings new flowers, warmer temperatures, greener grass, and another baseball season. Spring also brings another ritual for many people: cleaning.

Yep – good ol’ fashioned spring cleaning. “Out with the old and in with the new.” Perhaps this annual cleaning is symbolic of the change of the seasons. As we rid ourselves of shorter days, and cooler temps, we welcome in the sun and going to the beach. Spring cleaning reminds us of hope for better days ahead.

And by doing so, Spring becomes the season of hope and change.

As we enter this season, we should stop and take inventory of change that we can make in our spiritual lives to bring about hope.

Here are some things we can do for a “spiritual spring cleaning.”

The apostle Paul wrote in a letter these words: “*Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.*” (Romans 12:2)

Note what Paul says:

Act differently. “...*don’t copy the behavior and customs of this world...*” Just because it’s popular doesn’t mean we have to do it. We should strive to act differently. We can learn to be kind, polite, forgiving, humble, and serve others. We can act differently by putting others ahead of ourselves.

Think differently. “...*a new person by changing the way you think...*” There used to be a phrase that said “Garbage In. Garbage Out.” This means that what we put in our heads is what we will eventually produce. This same Paul wrote in a different letter: “And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.” (Philippians 4:8)

Be different. “...*let God transform you into a new person...*” Ultimately God does all the work and “spiritual cleaning” in our lives through His Son Jesus and His redemptive work. Again, Paul wrote these words: “This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!” (2 Corinthians 5:17)



*Spring is here!
Change is here!
Hope is here!
Embrace it.
Love it. Live it.*

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Gratitude. A powerful element in fighting cancer.

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

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

-Dave Norris, Cancer Fighter

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