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MAGAZINE

May 2018

North Palm Beach Edition - Monthly

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- 6 Pain Relief Treatment
From the Leaders in the Industry
- 7 Palm Beach Welcomes
New State of the Art Medical Practice
- 8 Laser Therapy for Hair Loss:
What You Need to Know
- 10 Are There Any New
Technologies for Fat Reduction?
- 11 Immunotherapy Is Turning
the Tide Against Some Cancers
- 12 Europe's Coveted
Fat Reducing Procedure:
Wanted by Countless Patients
- 13 What Is Bell's Palsy?
- 15 Captioning Telephones
Free for Individuals with
Hearing Difficulties
- 16 Struggles with Reading?
Math? Comprehension? Writing?
- 18 Knee Pain.
Doesn't Mean You Need Surgery –
Alternative Therapy Approved by
the FDA for Knee Arthritis Relief

- 19 The \$400 Million Dollar Lesson
- 20 Feeling Better About How You
Look Can Change Your Mental State:
Look Younger Naturally with an
Established Technique
- 21 4 Things You Should Know
About Medical Marijuana
- 22 How Can Dental Implants
Help My Denture?
- 23 Breaking the Chronic Pain
Cycle of Fibromyalgia
- 25 Allergy Induced Asthma
- 26 Revolutionary New Treatment
For Erectile Dysfunction And
Peyronie's Disease
- 28 Sun Safety: Protect Yourself &
Your Family Against Harmful Rays
- 29 How The DRX9000™
Repairs Herniated and Bulging Discs
and Relieves Pain
- 30 Cataract Surgery in 2023:
What Should You Expect?

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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Pain Relief Treatment From the Leaders in the Industry

Treating the underlying cause of acute pain and chronic discomfort is essential. Having a comprehensive evaluation to define your level of nerve damage, inflammation, and degenerative disease are critical steps to improving your outcome. An experienced physician will walk you through the best treatment options available depending on your specific circumstances after they determine and streamline your underlying diagnosis.

When pain persists from an illness or accident, it can disrupt the flow of your life. But the good news is there are more ways than ever to effectively deal with your pain: diagnose it, ease it, control it, or end it. This is what Resolute Pain Solutions does for countless patients. They specialize in advanced therapies, innovative modalities and multidisciplinary strategies to customize a comprehensive care plan individually tailored just for you. They practice appropriate and responsible use of pain management medication for patients needing that type of therapy. And they do it all from a 360° holistic care perspective, addressing not only the physical manifestations of pain but also the emotional and psychological toll chronic pain often produces.

Resolute Pain Solutions Treatment Options and Therapies

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- Peripheral Nerve Blocks
- Platelet Rich Plasma Therapy
- Regenerative Stem Cell Therapy
- Rhizotomy
- Sacro-iliac Joint Blocks
- Spinal Cord Stimulator
- Stellate Ganglion Block



- Sympathetic Nerve Block
- Thoracic Epidural Nerve Blocks
- Transforaminal Epidural Injection
- Trigger Point Injections

What sets Resolute apart from other pain management providers? Many things do. Most notably, their depth of knowledge in the field of chronic pain and the professional collaboration that comes from being part of a larger family of pain mitigation experts: Resolute Anesthesia and Pain Solutions. The collective skill set they bring to your care, the proven experience behind it, the access to state-of-the-art tools, technologies and modern resources, their commitment to excellence, and their genuine culture of compassion — these all culminate in a level of pain care unprecedented in scope and leadership.

Resolute physicians are anesthesiologists and are field-proven and board-certified by the American Board of Pain Medicine, the American Academy of Pain Management, the American Board of Interventional Pain Physicians, and the American Board of Anesthesiology. Possessing decades of hands-on practice experience across an extensive range of pathologies and modalities, their pain care physicians are supported each day by a highly skilled ancillary clinical team. Together, creating the pain care solution you need is their number one priority.

Resolute Physicians

Ray Alvarez, MD
Marc Levine, MD
Daniel Battaglia, DO
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The objective is simple: to control, alleviate or end your pain and to help you regain your quality of life. They are deeply committed, in all they do, to delivering clinical excellence. Every day, their focus is on enhancing patient experiences and improving care outcomes. In this singular mission, as their name implies, they remain—Resolute.

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PALM BEACH WELCOMES NEW STATE OF THE ART MEDICAL PRACTICE



BY DESIGN, THE office of WellingtonMD feels more like a Manhattan spa or a ritzy skin care boutique than a doctors' office. But the latter thing is true. Despite the sun shining through large bay windows onto pastel walls, blond-wood surfaces and a quartz countertop check-in desk (casually dressed receptionists with iPads offer you a water), WellingtonMD is a like a breath of fresh air compared to typical medical offices.

WellingtonMD is considered a hybrid practice offering both traditional family medicine services (insurance based) as well as concierge medical services (Testosterone Replacement).



Dr. Brian Anthony Lipari is a Family Medicine trained physician who completed his residency at the prestigious Northwell Health Medical Center in New York. Dr. Lipari furthered his medical expertise by completing two years of fellowship training under the guidance of his mentor, Dr. Milton Waner, at Columbia University College of Physicians and Surgeons as well as Lenox Hill Hospital in New York.

As people tire of long wait times, rushed visits, a reliance on prescription medicines and dealing with the morass that is the insurance system, WellingtonMD is finding another way to deliver wellness.

WellingtonMD offers more time with a physician, and an office tricked out with more gadgets than a starship's sick bay and a state of the art facility with on-site lab for Testosterone Replacement Therapy. On intake, you have the option to complete the traditional paperwork with pen or do it digitally with an iPad.

In triage all the equipment is the best in medical practice from scales to vital machines to the EKG. In the exam room, you sit in a custom-designed Chic Chair surrounded by cleanliness and beautiful artwork. Digital images from your past visits flicker across a timeline made of your health records through their electronic health record.

In regards to the Men's Wellness division of the practice, many labs (Testosterone, PSA & Estradiol) can be done on-site, with the results ready in as little as 15 minutes. If patients are candidates for Testosterone Replacement, therapy can start same day. Patients get sent home with prescription medicine if need be. If there's a follow-up question, they're told they can expect an answer within minutes.

For the men interested in Men's Wellness, the \$149 fee covers the initial consultation with Dr. Lipari, a full physical exam and labs which the results will be obtained and reviewed with the patient at the same visit.

The most interesting part of WellingtonMD, though, is the level of care given to each patient.

"We've created this office to give patients the care, time and comfort they deserve," says Dr. Lipari, the CEO and Medical Director.

A visit to WellingtonMD is indeed pretty cool. Before they opened their office, Dr. Lipari and his team meticulously built out and tried to think of every detail to make the office feel welcoming. "Not everyone likes to go to the doctor, but when you have to...we want it to be as comforting as possible" said Joseph Davidoff, Office Manager.

They brought in actual patients to talk to doctors, and then had the doctors meet with engineers about the design of the whole thing. The result is indeed slick. Some patients believe that the health care industry takes pride in not caring about the experience. And if fixing that means indulging in some things that people enjoy, well, that's what we wanted to do says Dr. Lipari.

No question, WellingtonMD (and other concierge-style practices) want to benefit their patients. So, ah, about that: "You get longer visits, greater acceptability of your clinician, and more patient-centered care, quote-unquote," says Caleb Alexander, co-director of the Center for Drug Safety and Effectiveness at Johns Hopkins Bloomberg School of Public Health and lead author, over a decade ago, of a paper on concierge medicine characteristics.

Of course, optimizing your healthcare for the greater good is the goal.

Like many of these pioneers attempting to reinvent medical services, WellingtonMD accepts insurance for family medicine but does not accept insurance for Testosterone Replacement Therapy.

WellingtonMD, which opened in December, describes it as a continuation of the "progressive, contemporary, inclusive approach" to wellness. The 3,000 square foot space — intends to hold classes and counseling sessions for anyone invested in health & wellness.

"We don't want to just triage a patient with diabetes," said Lipari. "We want to the change the root drivers of chronic disease, helping people to get off medication and live a healthier life."



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Laser Therapy for Hair Loss: What You Need to Know

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

Laser therapy has been shedding light on hair loss since the 1990's, but today, it's a key weapon in the hair restoration physician's arsenal.



Providing energy to hair follicles, getting them to grow a thicker, healthier hair has gotten easier and more efficient with the advent of more powerful, more convenient, cordless and rechargeable FDA-cleared devices. Many of today's top practitioners rely on drug-free laser therapy with or without other treatments to provide optimum hair regrowth for both male and female patients.

How Laser Therapy for Hair Growth Works

With FDA clearances and strong clinical evidence to support its efficacy as a hair loss treatment, today low-level lasers have become an important tool for those seeking to restore their locks. But how exactly do these lasers help you fight hair loss?

Laser therapy for hair growth utilizes wavelengths of light in the "visible red" part of the spectrum which have a biological effect on cells. It is known that wavelengths of light produced by the diodes of the lasers are associated with an increase in energy production (ATP) within the cells, which may be a primary mechanism for helping a follicle to grow better hair by producing thicker, longer, healthier looking hair strands. Since their discovery in the 1960s, low-level lasers have been proven to be an effective drug-free and side effect-free way to help heal wounds, relieve pain, increase circulation, and decrease inflammation.

Are You a Good Candidate for Laser Therapy?

For those with hair loss or hair thinning, keep in mind, these may be influenced by many factors including heredity, medications, illness, stress, nutrition, lifestyle, etc., and left untreated only gets worse with time. Because so many factors can influence one's hair loss status, it is essential to undergo a thorough medical consultation with a specialist before initiating any hair restoration regimen. Baseline evaluations, tracking measurements and standardized medical photos are critical to provide an objective measurement of your progress.

Breakthrough Laser Devices

One of the oldest myths about hair loss is that it can be caused by wearing a baseball hat, thankfully, most people are aware that this simply isn't the case, but the newest breakthrough in laser therapy is actually proving the opposite can be true.

LaserCap was the original and first hair growth device to offer the power and coverage of a clinical laser therapy unit in a 100% cordless, rechargeable, hands-free, discreet treatment device that literally 'fits under your favorite baseball hat.' Up to 40x the power of comb, brush or band-lasers, laser therapy cap devices are also infinitely easier to use. Walk, jog, bike, drive or sit. LaserCap is a non-chemical,

non-invasive, pain-free hair growth treatment that can be applied anytime you can wear a hat or scarf. LaserCap is recommended 30 minutes every other day for best results.

New devices, like the physician-only **CapillusRX** Laser Therapy Cap is an FDA-cleared hair regrowth device that provides both men and women with a safe, effective and easy-to-use drug-free hair loss treatment at home or on the go. With 312 diodes – the most diodes of any FDA-cleared personal wearable laser device – the CapillusRx provides maximum power and coverage. Just 6 minutes daily means the quickest treatment time of ANY device available. Flexible and comfortable, the CapillusRx is also convenient, portable and discreet. The long-lasting, rechargeable Lithium-ion battery and hands-free operation give you the freedom to go about your daily routine while receiving this painless, drug-free, side-effect-free treatment for hair loss and hair thinning.

Benefits of Laser Therapy

Consistent use of low-level laser therapy treats hair loss, hair thinning and has been proven to improve the appearance of hair quality, hair strength and hair thickness in addition to promoting hair growth. Clinical studies have shown a 51% increase in terminal (healthy) hair counts on subjects when compared to those using placebo devices. There has never been a reported side effect of low-level laser therapy since its use began in the 1960s. Since laser devices are durable and long lasting with proper care, a good-quality LaserCap or CapillusRX may be your least costly treatment over time.

Laser Therapy's Limitations

Laser therapy, like other non-invasive hair growth treatments, is not a "miracle cure," but it can be an important treatment for damaged hair, thinning hair and hair loss. While low-level laser therapy does facilitate hair growth, it is important to understand that it doesn't regrow hair that is already dead and gone, which is why early detection and intervention is essential for optimal results. Laser therapy can jumpstart areas where the hair is thinning and can also be effective for hair growth when used in combination with other medical treatments like compounded topical minoxidil, oral finasteride, platelet-rich plasma plus stem cell injections,



*Dr. Bauman's actual patients. Top row: Male patient before PRP and 12 months after PRP.
Bottom row: Female patient before PRP and 12 months after PRP*

prostaglandin analogs, nutritional supplements and hair transplant surgery, either with SmartGraft FUE or the ARTAS Robotic Hair Transplant System.

As with any hair growth treatment, early results are subtle and full, final results take time. To track your progress and stay consistent with the treatment, Dr. Bauman recommends getting a baseline hair measurements with HairCheck before starting laser therapy so you can know what areas are receiving a benefit and how much improvement is occurring.

The good news is that with the right diagnosis, scientific measurements, dosing regimens and clinical follow-ups, the vast majority of hair loss patients can be helped by low-level laser therapy.

For more information on what kind of results you might achieve with laser therapy or how laser therapy can be added to your 'multi-therapy' hair restoration regimen, please visit www.baumanmedical.com or call **844-GET-HAIR** or **(561) 394-0024**.

About Low Level Laser Therapy

- Several in-office and at-home low-level laser therapy devices have been FDA-cleared for the treatment for hair loss.
- Low-level laser therapy improves hair growth by reversing the miniaturization of hair by improving blood flow and increasing energy production at the follicle.
- Low-level laser therapy increases mitochondrial membrane potential at the cellular level through a process called photobiomodulation.
- Laser therapy is a drug-free, chemical-free, side effect-free, non-invasive treatment option for hair thinning for both men and women.
- Consistent use of low-level laser therapy treats hair loss, hair thinning and has been proven to improve the appearance of hair quality, hair strength and hair thickness in addition to promoting hair growth.
- Clinical studies have shown a 51% increase in terminal (healthy) hair counts on subjects when compared to those using placebo devices.
- There has never been a reported side effect of low-level laser therapy since its use began in the 1960s.
- Beware of non-physician dispensed or "consumer" devices, which may be less expensive but contain significantly less diodes and therefore less power.

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

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



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

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

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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Are There Any New Technologies For Fat Reduction?



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

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

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

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



TARGET

Selective wavelength to target fat cells below the dermis.

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

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

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

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

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



Medical Director, Daniela Dadurian M.D.

* Board Certified Anti- Aging Medicine

* Board Certified Laser Surgery

Daniela Dadurian, M.D. received her medical degree from the University of Miami School of Medicine. She is certified by the Board of Anti-Aging & Regenerative Medicine and the Board of Laser Surgery. Dr. Dadurian has also completed a fellowship in Stem Cell Therapy by the American Board of Anti-Aging Medicine. She is a member of the International Peptide Society, the American Academy of Anti-Aging Medicine and the Age Management Medicine Group. Dr. Dadurian is the medical director of several medical spa and wellness centers in palm beach county with locations in West Palm Beach and on the island of Palm Beach. She is a leading expert in anti-aging & aesthetic medicine. Her state of the art facilities offer an array of anti-aging, functional medicine, cosmetic and laser therapies.

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IMMUNOTHERAPY IS TURNING THE TIDE AGAINST SOME CANCERS

Immunotherapy, an approach to cancer treatment that uses the body's natural defenses, has been around for decades; however, the early forms of this type of treatment were very toxic and did not result in the desired outcomes for most patients. In the past 10 to 15 years, as researchers have learned much more about the genetics and mechanisms of cancer cells, advances have been developed that are causing great excitement and that are credited with helping many patients realize amazing results with certain types of cancer.

How does immunotherapy work?

The immune system consists of several organs, special cells and other substances that help your body fight germs, infections and diseases. It naturally recognizes abnormal substances in the body and raises an alarm, causing the immune system to attack the foreign bodies. For example, germs contain certain proteins that are not normally found in the body and so the immune system targets these foreign proteins and eliminates them.

However, the body's natural defense system has a harder time targeting cancer cells because sometimes the malignant cells are not very different from normal cells. Other types of cancer have a mechanism that helps the mutated cells "hide" from the immune system. In immunotherapies, researchers have discovered drugs that boost the immune system and help it recognize cancer cells more easily so it can attack and destroy these cells.

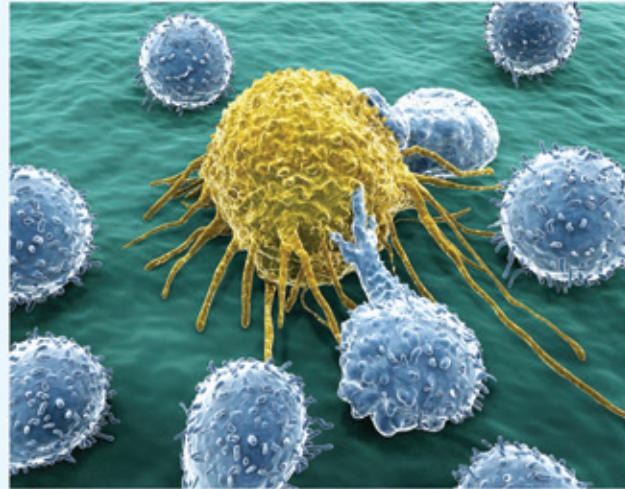
What are the types of immunotherapy?

According to the American Cancer Society (ACS) there are various immunotherapies that are proving to be very effective. These include:

Monoclonal antibodies (mAbs) are laboratory-made substances that can attach to cancer cells, so the immune system can recognize and destroy them.

Immune Checkpoint Inhibitors are a type of monoclonal antibodies that use "checkpoints" – molecules on certain immune cells that need to be activated (or inactivated) to start an immune response.

Non-specific immunotherapies, including Interferons and Interleukins, also help the immune system destroy cancer cells.



Oncolytic virus therapy uses genetically altered viruses to attack and kill cancer cells. The first of these was approved in 2015 for use in treating melanoma.

CAR T-cell therapy uses T-cells (a type of white blood cell) drawn from the patient. These are altered in the laboratory to recognize and destroy cancer cells, and then returned to the patient's body. T-cell therapy is not yet approved for widespread treatment. Only two CAR T-cell therapies have been approved for use in the U.S. One is used for advanced or recurrent acute lymphoblastic leukemia in children and young adults. The other is for certain types of advanced or recurrent large B-cell lymphoma. More are currently being studied in clinical trials.

Vaccines have been developed for both prevention and treatment of cancer. Most treatment vaccines are still in clinical trials. Several prevention vaccines are in use today, helping to prevent cervical cancer, and Hepatitis B, which can cause liver cancer.

Immunotherapies are transforming patients' lives. For patients with certain types of cancer, such as melanoma, bladder, renal cell carcinoma (a type of kidney cancer), head and neck cancers, some types of leukemia and lymphoma, and lung cancer, immunotherapies are already producing encouraging results, and some are even being called a possible cure. In addition, new research is moving forward rapidly to find immunotherapies that will be effective against more types of cancer.

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 the past three years, the majority of all new cancer drugs were studied in clinical trials with FCS participation, prior to approval.

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

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EUROPE'S COVETED FAT REDUCING PROCEDURE: *Wanted by Countless Patients*

Many individuals struggle with losing and sticking to a weight loss plan. With the sheer number of people discouraged with the scale and the stubborn areas of fat that don't seem to budge, the disappointment from carrying around excess pounds can be overwhelming.



Doctors notice the frustration is not only geared towards female patients, but men as well, and all varying ages from young and old alike seem to have some type of body issues. Not only are extra pounds unhealthy, they sometimes hold people back and hinder their self-confidence. When anxiety from being over-weight sets in, the struggle to lose the pounds gets even more difficult.

When Bella Shape (known as Icoone® in Europe) was introduced to the US, practitioners were clamoring to be some of the first clinics to offer this patented technology to their patients for body shaping and skin rejuvenation using the power of light and laser. This innovated combination of FDA cleared techniques provides a gentle yet efficient skin stimulation for improving the appearance of cellulite while reducing body contouring. The Bella Shape can be used for lymphatic drainage, which has a detoxing effect and can relieve pain, edema, and inflammation.

Patients want Bella Shape

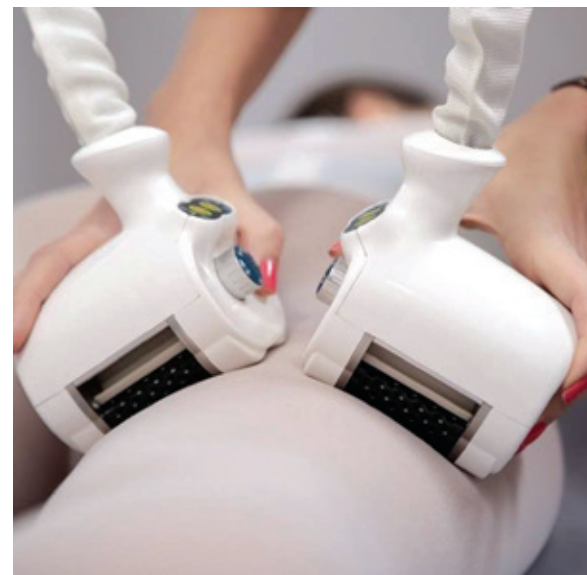
Preparing for summer vacation parties, dinners, family get-togethers, and events are always a little easier when clients feel confident about their body. We've all been there, stubborn bulges, dreaded cellulite, and loose skin can make us feel less likely to wear our favorite clothing with self-assurance. 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. Now that Bella Shape is available here in the U.S., educated patients are researching where they can get this treatment.

Bella Shape Value

- 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
- Improve wound healing process
- 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
- No downtime
- 100% natural cell stimulation

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.

For years, Europe has benefited from Bella Shape's revolutionary Cellulite Removal, Fat Reduction, Anti-aging and Wellness treatments, AND now it's finally available in the U.S. With no pain and fast results, isn't it time for patients to get their confidence back?

For physician's, if you're interested in adding Bella Shape to your Services, please contact them at **(614) 778-3509**, or to find out more about Bella Shape, please visit at **bellashapeusa.com**.

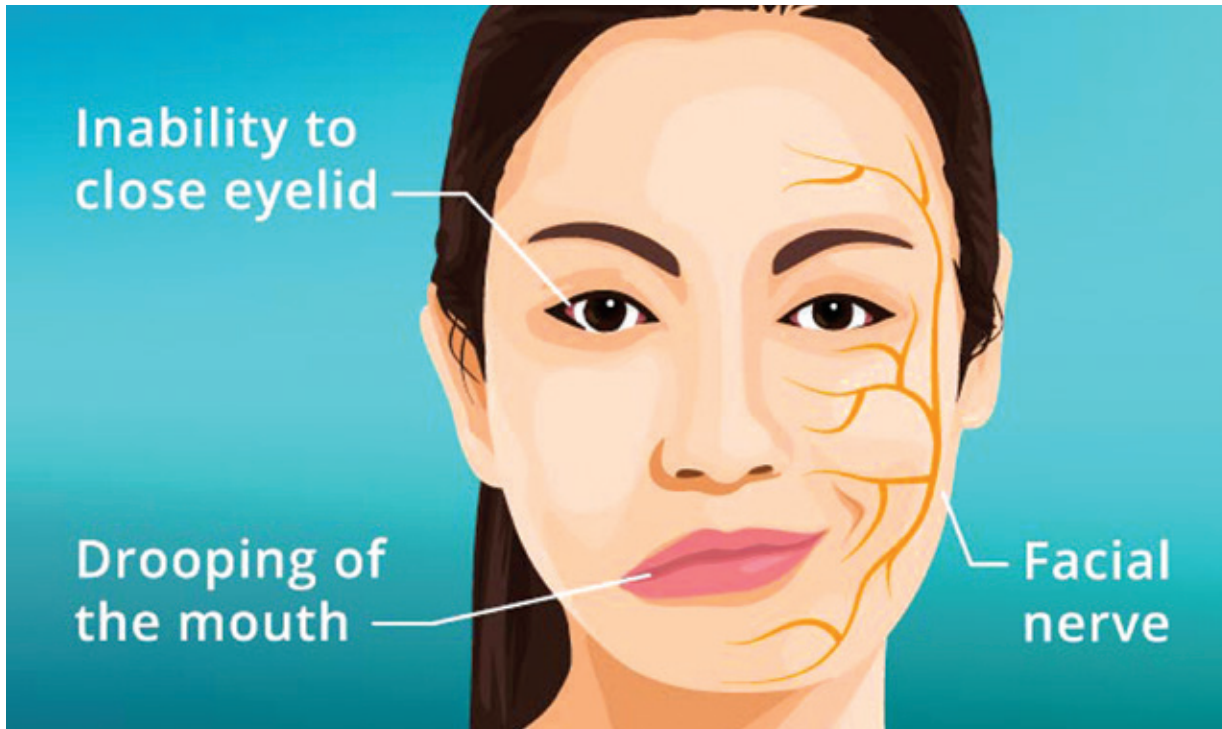


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WHAT IS BELL'S PALSY?

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



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

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

WHAT CAUSES BELL'S PALSY?

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

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

BELL'S PALSY SYMPTOMS

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

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

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

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

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

HOW LONG DO BELL'S PALSY SYMPTOMS LAST?

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

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

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

BELL'S PALSY TREATMENT

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

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



The Retina Institute of Florida

Lauren R. Rosecan

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

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CAPTIONING TELEPHONES FREE FOR INDIVIDUALS WITH HEARING DIFFICULTIES

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



A dults with difficulty hearing will once again have an opportunity to receive free help communicating on the phone with captioning telephones, thanks to a recent District of Columbia circuit court ruling. The CaptionCall® phone, an assistive listening telephone previously available for free through a provision in the Americans with Disabilities Act, had previously been costing customers \$75 per phone. The recent court ruling has lifted this charge.

The recent reversal of cost for the phone is due to a Stay Request filed by Sorenson Communications, Inc., the company that owns CaptionCall. The Stay Request was filed with the D.C. Circuit Court of Appeals in October 2013 and was granted in January. The free CaptionCall offer will remain in effect according to the CaptionCall website. The service is paid for by a Federal Communications Commission (FCC) fund that fulfills a mandate of the Americans with Disabilities Act to provide functionally equivalent communication for those with hearing loss. Delivery and installation of the device are also free.

Captioning telephones work like a standard phone for the user but connect to the internet to gather captions of words spoken by the person on the other end of the line. The captions are displayed on the base of the phone near the receiver. CaptionCall offers amplification in superb sound quality while displaying smooth-scrolling captions in English or Spanish of what callers say on a large, easy-to-read screen. It helps people use the phone again with confidence!

“This is a great service for anyone with a measurable hearing loss,” says Dana Luzon Coveney, Doctor of Audiology with Audiology and Hearing Aids of the Palm Beaches. “Talking on the phone with a hearing loss can be difficult, leading to isolation and social withdrawal. CaptionCall, by showing the lines of speech on a screen, makes it much easier to fully understand someone on the other end of the line. People with hearing loss are able to gain an extra communication advantage through this device and program, and it’s free,” Dr. Luzon Coveney says. “I encourage anyone with a hearing loss who experiences difficulties hearing on the telephone to see if they qualify. An appointment for a hearing evaluation is all it takes!”

Advantages of a Caption Telephone include free delivery, free installation, free in-home instruction and training as well as ongoing support. Call Audiology and Hearing Aids of the Palm Beaches today at **(561) 627-3552**, to schedule a hearing evaluation to determine if you are a candidate for a free Captioned Telephone and let us be your home for hearing healthcare.



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

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



Audiology & Hearing Aids

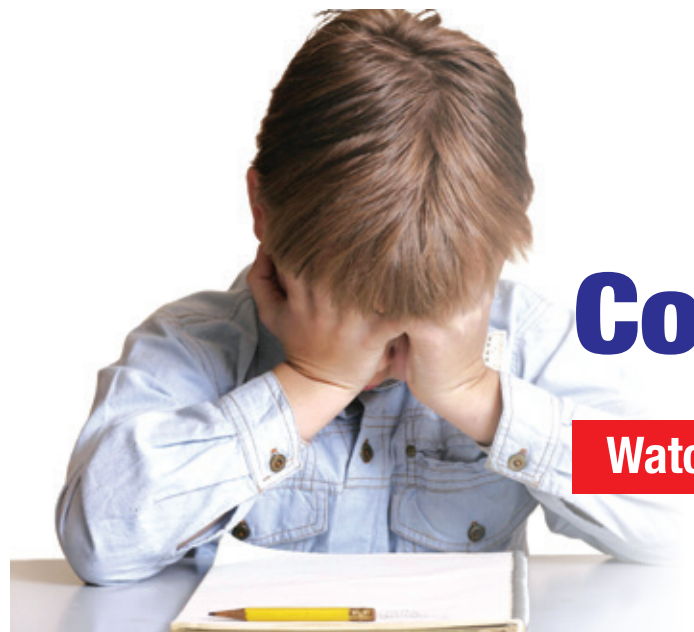
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Struggles with Reading? Math? Comprehension? Writing?

Watch your child's academic confidence soar by summer's end

Michael Cohen, Director and Chief of Neurotechnology
Center for Brain

Certain children, no matter how hard they try, struggle in school.

Too often the parents struggle right along with them. They spend countless hours helping their child keep up – not to mention digging into their pockets for tutoring, special classes or other learning programs.

Center for Brain Sees a Lot Bright Children Who Have to Try Harder than Other Children Just to Keep Up. Many of those Experience Drastically-Improved Lives After Working with Us.

You may have been told that the root of your child's school difficulties is an attention deficit. However, if your child struggles with reading, with comprehension, with math or has difficulty getting words onto paper (for example taking notes) – then he or she may not have an attention deficit at all – it could be a learning or processing issue.

Sound familiar?

Many academic problems are brain issues, not a lack of desire in the child to do well.

Though stimulants may temporarily improve attention, they don't correct processing issues. They don't help the frustration; the behaviors and the anxiety that often come with learning challenges when the medication wears off.

They do not fix anything.

The root cause of a child who struggles academically may be that parts of the brain that are supposed to talk to each other aren't doing it very well.

Why is this important? Research shows that there must be functional connections between key areas of the brain in order for learning to take place easily. Without them, certain subject areas – and school in general – become a nightmare and an enormous frustration for the child.

Malfunctioning connections can result in **dyslexia** and other reading problems, **dyscalculia** (difficulty with math) and/or **processing problems**. Furthermore, the resulting frustration *can often look like ADHD*.

**Announcing an Innovative
3-STEP PROGRAM for Helping Your Child
Overcome Learning Challenges**
Being able to save kids (and adults) from a lifetime of struggle is at the heart of our mission at Center for Brain.

Until now, we've done that with conventional neurofeedback. Thanks to the advent of a new type of brain map called a "connectivity map," along with a new type of neurofeedback called MCT neurofeedback, treatment can now be even more targeted and effective.

I've been in this field for over 20 years working with and teaching child psychologists from around the world about how neurofeedback helps ADHD and processing issues. However, I've never been more excited about any development than I am the connectivity map and MCT neurofeedback.

Here's how the 3-step program works:

Step 1: Conduct a connectivity map to identify the problem

We record a special EEG of your child's brain. It's painless and takes about 30 minutes.

The connectivity map identifies specific areas of the brain that are poorly connected or poorly organized and are likely to be impacting the child's ability to process information.

(Parents of our clients frequently exclaim that this information describes their child's struggles remarkably well: "This is exactly what Brittney tells me happens every night when she's doing math homework!" "You are describing Ricky when he tries to write his language arts essay!" They often marvel, too, at the fact that tests for which they have laid out thousands of dollars didn't turn up what was really going on the way the connectivity map did.)

Step 2 – Encourage new brain organization with MCT neurofeedback

Neurofeedback technology is used to help promote changes in the way neurons in the brain fire. MCT neurofeedback is even more effective than traditional neurofeedback. MCT stands for "multivariate coherence training." MCT pinpoints and gently encourages neuronal connections to improve, often faster than using other forms of neurofeedback.

Step 2 involves 15 sessions of MCT neurofeedback training, typically two or three sessions per week, targeted to the specific brain connectivity issues identified from analysis of the connectivity map.

We ask parents during the course of training to keep track of any changes in reading, math, writing, comprehension, behavior and mood changes.

Step 3 – Re-evaluate changes, assess progress

After 15 neurofeedback sessions, we conduct a second connectivity map to see where physical changes have occurred and to summarize parent feedback. We identify areas, if any, that may need additional training.

Help For Your Struggling Child In A Matter Of Weeks

Real Stories

Now that you know a bit about the science, let me tell you about real people from our practice who have benefited from our 3-step program.

A 12-year-old girl had been diagnosed with learning disabilities. She had trouble keeping up with classmates and particularly struggled with math and taking notes. She had chronic headaches that weren't helped by medication and suffered chronic exhaustion. After a Connectivity Map and five MCT sessions the girl told her mother she was more easily thinking up topics and ideas for writing. Two sessions later she reported math seemed simpler. After two more sessions she came home with the proof – the first high math score she had ever earned. With continued training, she experienced a significant decrease in headaches and significant increase in energy.

One 8-year-old girl had such severe learning disabilities that her mother was told by

a neuropsychologist that she would need significant help for the rest of her academic career. She didn't like to read and didn't read well. She hated math and struggled to add even single digit numbers. Following a connectivity map and about seven MCT neurofeedback sessions she blurted out one day that she'd like her parents to give her some numbers to add. When single digit addition quickly became boring she requested strings of double digits. She was doing math for fun! On another occasion, after 10 sessions, while in a waiting room she picked up a large children's book and read 66 pages as her mother looked on in astonishment. Another joyful moment occurred when her mother discovered her in bed one night with a flashlight reading under the covers!

...Not Just For Kids.

If your child has learning disabilities, it's likely that one or both of the parents may have them as well. Here's how our program changed the life of a woman in her mid-50s, who had a number of severe learning disabilities that were ignored when she was young.

“Joan's” learning disabilities left her overwhelmed and practically paralyzed by the demands of normal life. Unable to process information well, she suffered extreme and unrelenting anxiety and conflicts with her husband. She had trouble reading and trouble paying attention. She came to us because she thought she had severe ADHD. A connectivity

map revealed that she did not have ADHD but rather some significant connectivity issues in two parts of her brain. After five targeted MCT treatment sessions, she reported feeling calmer. She was also able to communicate with her husband without the conversation erupting into conflict.

What's indisputable is that at any age the brain can improve how it processes information.

Call Us Today.

If what you've read in this article resonates with you, it's time to contact Center for Brain to find out more.

I know you have a lot of questions. That's why I offer a **free, no-obligation consultation**. Once we meet and I understand your situation better, we can discuss if this new technology is a good option for your child or even for yourself.

Call us at (561) 744-7616 or visit our website at: **www.centerforbrain.com**. We look forward to meeting you and speaking with you.

*ISNR is the International Society for Neurofeedback and Research.



Michael Cohen,

Director and Chief of Neurotechnology

Center for Brain

Michael Cohen is a leading expert in brain biofeedback. For over 20 years he's worked with clients, taught courses and provided consulting to MD's and mental health professionals around the world, helping them incorporate into their practices new biofeedback technologies for chronic pain, anxiety and mood disorders, ADHD and neurological problems.

**Helping the brain
rewire itself**



CHANGE YOUR BRAIN. CHANGE YOUR LIFE.

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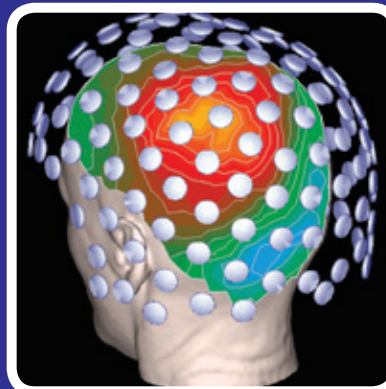
www.CenterforBrain.com

I first heard about the Connectivity Map in the fall of 2015 at the ISNR* conference when Dr. Robert Coben presented a study he co-authored on children with learning problems. Frankly, his results blew me away. Children treated twice a week for 20 sessions with individually-tailored neurofeedback based on a connectivity map enhanced their reading scores an average of 1.2 grade levels! The control group showed no improvement.

He did extensive pre- and post-neuropsychological testing to document the children's improvements. Increasing grade level competence by one year in 20 sessions (as little as five weeks) is very impressive. I checked with several child psychologists I know, and they were equally impressed.

I am unaware of any other tool that has documented this level of consistent improvement.

By February of 2016, Center for Brain began using this three-step treatment protocol on a select group of clients. By then an enhanced version of MCT neurofeedback had been developed which potentially reduces the number of sessions required for most children. The results exceeded our expectations and convinced us we had a fantastic way to help people overcome the challenges of learning disabilities.



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 avoiding 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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“Coach Marc is “The Real Deal” – Evander Holyfield

The \$400 Million Dollar Lesson

**“5X Heavyweight Champion Evander Holyfield’s home is up for auction this Friday at 2:00pm.”
How is that even possible I pondered?**

My heart was breaking as I stared at Huffington Posts online article that Wednesday afternoon. What could I do? How could I help my sports hero Evander Holyfield? At the time, I was the founder and CEO of Crown Financial one of the largest Christian Debt Relief companies in America. After careful consideration, I penned a 4-page handwritten letter to Evander, sharing the details of an encounter and random breakfast that I was privileged to enjoy with the late Whitney Houston back in the summer of 1996 in Aventura Florida. At the end of the 4-page Whitney story, I encouraged Evander that most of humanity faces very similar challenges in life, albeit finance, family, fitness, friendships and even faith. I invited “The Champ”

into a new possibility to overcome his obstacles with my assistance and a week later I was sitting in the lobby of The W Hotel in downtown Atlanta have breakfast with “The Real Deal” and my new client Evander Holyfield.

Over the years I have helped Evander re-invent his career outside of the ring endorsing companies, and sharing his story as a celebrity speaker. Evander is as healthy today as when he beat Mike Tyson for the heavyweight title back in 1996. The \$400 million dollars that he earned and spent during his boxing career doesn’t really bother him today. “I am grateful for all that I have experienced and the things that I have been through”, a motto that has helped Evander’s ongoing success both financially and physically. Evander says that “setbacks pave the way for comebacks and increase the measure of faith that God has put in each one of us.”

Often times when working with clients I hear them say things like; I’m not smart enough, I’m not good enough, I’m not strong enough, I’m not successful enough, I’m not handsome enough, I’m not pretty enough, I’m fat, I’m ugly, I’m a failure, I’ll never be successful, I’ll never lose the weight, I just can’t do it! Now, if you want to be right about these things you can, but are you inspired to be the best version of yourself with this kind of Self-Talk? Are these the kind of affirmations that are going to increase your faith? Are you going to trust yourself at a greater level by reminding yourself about all of your past failures? The answer is NO! Now, I don’t know your exact situation or the pain that you carry, but one thing I do know is that your past doesn’t define you, it prepares you for a bigger brighter future then you have ever dreamed possible. **Here is the key that I taught Evander, and that I will now share with you. Be GRATEFUL for all that you have been through in the past, be GRATEFUL for where your life has brought you today, and get clear about what you want to create in your future, make a plan and go for it!**

WHAT DOES THE BIBLE SAY ABOUT GRATITUDE?

This is the day that the Lord has made; let us rejoice and be glad in it. (Psalm 118:24)

Give thanks to the Lord, for he is good, for his steadfast love endures forever. (Psalm 136:1)

Therefore, let us be grateful for receiving a kingdom that cannot be shaken, and thus let us offer to God acceptable worship, with reverence and awe. (Hebrews 12:28)

Continue steadfastly in prayer, being watchful in it with thanksgiving. (Colossians 4:2)

But I with the voice of thanksgiving will sacrifice to you; what I have vowed I will pay. Salvation belongs to the Lord!” (Jonah 2:9)

Giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ. (Ephesians 5:20)

Allow yesterdays curse to become today’s blessing! Be GRATEFUL!



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Feeling Better About How You Look Can Change Your Mental State:

LOOK YOUNGER NATURALLY *with an Established Technique*

In psychology, there have been numerous studies on the social and psychological effects that appearance has on many individuals. If we're feeling insecure, social withdrawal or having difficulty looking someone in the eyes and maintaining confidence can unfortunately be diminished.

A study called, *Beauty in Mind: The Effects of Physical Attractiveness on Psychological Well-Being and Distress*, concluded that being confident, influential and more outgoing, were common attributes associated in individuals that were aesthetically appealing. Obviously, being attractive isn't the end all be all of happiness, but feeling good about the way we look definitely plays a role in a positive outlook.

SAY NO TO CHEMICALS

Instead of filling your face with synthetic injections like Botox or fillers, there are proven natural methods to give your face a fresh new look, along with tightening the underlying muscles. For countless individuals, cosmetic acupuncture is the solution.

SKIN REJUVENATION WITH ACUPUNCTURE

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.

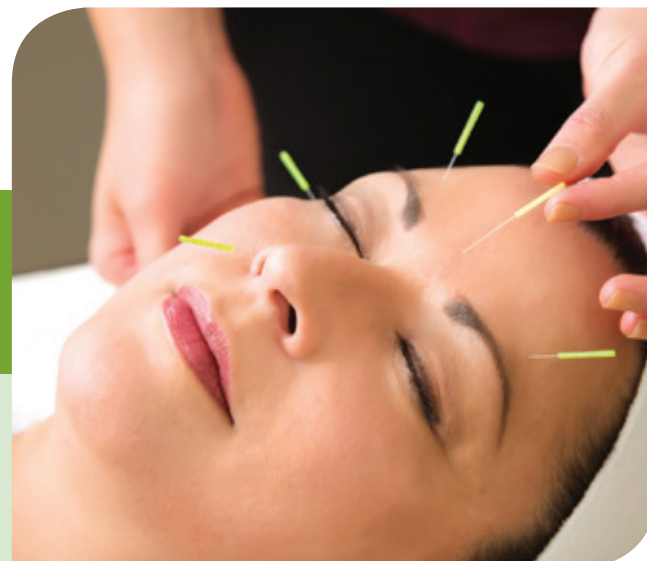
COSMETIC ACUPUNCTURE'S HISTORY OF RESULTS

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 and feel more confident, please call **(561) 656-0717**.



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

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4 THINGS YOU SHOULD KNOW ABOUT MEDICAL MARIJUANA

#1 WHAT'S THE DIFFERENCE & HOW DOES IT WORK?

There are two different forms of medical treatment through cannabis. The first is the natural marijuana plant that contains both CBD and THC, and the second is the altered version of the plant that has been through a hybrid process to lighten the THC (tetrahydrocannabinol) level. CBD or cannabinoids can treat many different forms of diseases and disorders with no THC. THC is the mind-altering, euphoric component of marijuana that gives the "high" feeling. With CBD plants, the THC levels have been extracted through a vigorous process, leaving zero to little THC levels. CBD is an excellent alternative for patients that would benefit from cannabinoids alone, while other more complex medical cases require the additional advantages of THC to be included in the leaves of the marijuana.

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

#2 IT'S HISTORY & REGULATORY STANDARDS

Over 4000 years ago, Asian Emperors used cannabis for its healing properties, noting exceptional improvements in edema (fluid build-up) and also as an anesthetic. In ancient Greece, cannabis was reported in many manuscripts, describing its use for medical conditions such as eye diseases and joint inflammation. Over 300 years ago, in one of Oxford's medical professional journals, it was touted as a means to reduce depression. In the early 1900's, the United States began growing cannabis for pharmaceutical companies to formulate into medications.

The laws and regulations on Cannabis are continually updated, as federal regulatory officials better understand the advantages of medical marijuana. It is used legally in many states, including Florida.

#3—WHAT DOES IT TREAT?

Medical marijuana and cannabis oil can be used to treat and alleviate symptoms of the following medical conditions:

- Cancer • Seizures • Anxiety • Epilepsy • Glaucoma
- Parkinson's Disease • Reduces beta-amyloid plaque



- Reduces cognitive impairment • Multiple Sclerosis
- Crohn's Disease • Parkinson's Disease
- Multiple Sclerosis • Positive HIV/ AIDS
- Posttraumatic Stress Disorder (PTSD)
- Amyotrophic Lateral Sclerosis (ALS)
- Other Debilitating Medical Conditions of the same kind of class or comparable, as determined by the Florida Board of Medicine

#4 YOU NEED A CERTIFIED MEDICAL MARIJUANA PHYSICIAN

Because this is strictly for medical use, there are multiple regulations and protocols that physicians must adhere to when prescribing medical marijuana. Florida Medical Marijuana Health Centers has a longstanding reputation of experience in diagnosing and deciphering the need for THC and CBD in their practice.

Florida Medical Marijuana Health Centers are certified in the state of Florida for Medical Marijuana diagnosing and treating patients disorders and disease states. When you visit one of their clinics, you'll receive treatment from a physician that specializes in providing reliable access to those seeking a medical marijuana certification.

TESTIMONIALS:

"My 13 year old, 80 pound, chow/lab mix had to be helped to stand because of arthritis in her rear hips. I bought the CBD oil from this establishment and one hour after the first dose she actually stood on her own. She is also walking up and down the steps on her own. It hasn't turned her back into puppy status, but it sure has eased her pains. I started her on 7 drops, twice a day. Last week I upped it to 8 drops, twice a day. A 1 ounce bottle has lasted just over 2 months. Many thanks to the helpful, knowledgeable, and friendly staff at Florida Medical Marijuana Health Center for their excellent service and advice. Great place to go!!"

"I had the best experience ever in front of me when I had my appointment with Fla medical marijuana health. Center The doctor was so concerning and helpful in making my decision on getting my card. I would recommend this health center to anyone. Great experience!"

"Professional service with informative doctor and staff to help make the process go smoothly. I would highly recommend to anyone considering a medical marijuana card. They also have great quality CBD products."

"I have been with the Clinic since around September 2017 and I love these guys! They have helped me through the process to receive my MMJ card at an affordable price. I have even renewed there at my 6 months because the Medical Marijuana helps to relieve some of the pain I have due to a Tarlov Cyst 1.1cm on my S3. It helps with depression caused by the Cyst pain. The MMJ helps relieve some of the pain which allows me to be able to stand longer and walk better. I also suffer Wet AMD and take quarterly eye injections to prevent further blindness which is depressing too. I take it before receiving the shot which calms me. At night I use the Concentrate which improves my sleep. The clinic has an office lady named Stephanie that has helped me through issues when I was first certified. The owners have worked with changing their doctor that is much more understanding to patients needs. I will continue to use this place because I know I am taken care of!"

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



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How Can Dental Implants Help My Denture?

Many patients suffer with loose and non-retentive dentures. This movement can cause a number of issues ranging from difficulty chewing food to embarrassing speech (or even the accidental falling of the denture out of one's mouth). Quick fixes often include using dental adhesive glue or having the dentist reline the denture to help try and improve stability. In many cases, these attempts only slightly or temporarily help the problem. The use of dental implants can offer dramatic improvement with these stability issues.



HOW A DENTURE WORKS:

In a typical situation, when the teeth are removed an impression of the mouth is taken. This mold is a snapshot of what the gum and bone structure are at that very moment. The laboratory then fabricates the denture and the dentist fits it for you. Initially (in most occasions), the denture is stable and is held in place by a snug fit against the gums.

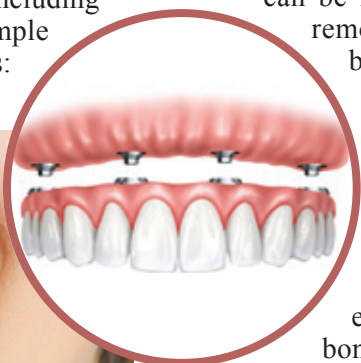
Over time, gum and bone tissue shrink after teeth are removed. We typically see 25% loss in the first year and then slow continuous loss after that time. It makes sense that a denture would start to loosen as the shape of the gum and bone changes and shrinks. This is where the paste or dentist relining can help, but they do not completely resolve the problem.

HOW DENTAL IMPLANTS CAN HELP:

Many patients associate implants with replacement of individual teeth. Dental implants can be used in a variety of fashions, including the stabilization of dentures. As a simple reminder, a tooth consists of 2 parts: the crown (the part you see when

you smile) and root (the anchor in the bone). When a tooth is removed, a dental implant can be placed in the empty socket under the gum (it will act as a new root). Over time, the implant and bone fuse together and the implant itself can now have a variety of things attached to it. In some cases, a new crown is made and attached to the implant root. This example most closely simulates replacing a missing tooth.

Implants can also be used in a very different fashion. A simple example is to consider the way in which a ball and socket connect (like a trailer hitch). Imagine a few implants have been placed across the upper or lower jaw. Once they have healed, a "ball" can be attached to the implant roots. At the same time, "sockets" can be added to the underside of the denture. This allows a patient to actually snap the denture in place. The denture does not move or rock when speaking or chewing. In addition, the attachment can be made so that the denture can be removed for cleaning and then locked back into place.



Patient satisfaction when using implants to support and lock in dentures is amazing. Frequently, we hear comments such as, "I can eat whatever I want again."

It is important to remember that every patient has a different set bone and gum issues. A 3D CT scan and evaluation by your surgeon and dentist can help determine what options are available to you.

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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BREAKING THE CHRONIC PAIN CYCLE OF FIBROMYALGIA

By Dr. Jonathan Chung

Chronic pain takes many shapes and forms, but we know that it has a huge social and economic burden. The Institute of Medicine reports that roughly 116 million, or 30% of the population suffer from pain lasting a year or longer. Although chronic pain isn't a life threatening issue, it's certainly a problem that has a dramatic effect on the **quality** of someone's life. After taking care of hundreds of people with conditions like fibromyalgia, I know that these people experience quite a toll both physically and emotionally.



Perhaps the worst part about fibromyalgia is that there is no known cause or cure. It's basically invisible to any blood tests or MRI studies, and most of the drugs available are for pain control. People with fibromyalgia may often be depressed, have anxiety, and have a sense of isolation because they don't feel that their friends and family understand their struggle. This often compounded by the fact that their doctors have told them that the pain is psychosomatic, or just in their minds because no tests can reveal an underlying disease process.

In recent years, fibromyalgia has become one of the most published topics in medical journals. As a result, we are starting to develop an understanding of the disease on a deeper level to know that it's certainly NOT just in the patient's mind. Research is pointing to problems within the central nervous system and tiny blood vessels in the skin as likely causes of the deep body-wide pain. But what does this mean in terms of treatment?

For most people, drugs that target the nervous system like Lyrica or Gabapentin are the first line of treatment and many have had success. However, some patients can be sensitive to drug reactions, or their bodies may develop a high tolerance for the dosages. In cases like these, many patients start to seek out alternative therapies like acupuncture, reiki, and homeopathy.

Traditional chiropractic has also been a source of relief for many people seeking help with chronic pain. However, many people with the chronic pain of fibromyalgia can feel apprehensive about seeing a Doctor of Chiropractic because manipulations can seem too rough for someone who can barely stand to be touched.

NOT ALL ADJUSTMENTS ARE BUILT THE SAME

In chiropractic, there are dozens of techniques and approaches to correcting the spine. Some are heavy

handed and require a lot of force, but others are very gentle and rely more on precision. It's not to say that one is better than the other, but some are just designed for specific patient populations in mind.

In my office, I attract many patients with fibromyalgia, trigeminal neuralgia, and TMJ problems that are Secondary to a Structural problem in the neck called Atlas Displacement Complex. Most of these people are afraid to be touched, and gravitate to a lighter approach. This type of condition requires a precision type of adjustment called an **Atlas Correction**. This type of adjustment is so light, **that most people often wonder if I even touched them**, and then they start to feel their body change. Currently, only about 1000 doctors in the country are trained in this type of care.

This approach is effective because of the spine's influence on the central nervous system. When the top of the neck shifts abnormally and moves improperly, the nerves firing into the brainstem become distorted. In this way, the brain is like a computer that relies on spinal positioning to operate normally. When there are garbage signals going into the brain, then garbage signals come out in the form of pain. This phenomenon in fibromyalgia patients creates a condition called central sensitization. This is the reason why people with fibromyalgia can feel excruciating pain from a light touch. It's not that there's a physical injury, but the nervous system is getting scrambled signals and is primed to experience pain.

This is NOT designed to cure you. The cure lies in the fact that the body is capable of healing itself. When you remove interference to the body's self-healing ability, I find that people can return to a level where life is livable again. By breaking the pain cycle through the nervous system, you can impact the way stress affects the body and the immune system. By no means is this a cure all, but it can be a great catalyst to being

steered back on the path towards a normal life. I've seen numerous patients who've been able to go from disability to working or resuming exercise again in a matter of months.

One of the greatest joys of doing this type of work is giving people a glimmer of hope. So many people are convinced that they have to live in pain, or have been told that the problem they're having is all in their head. In my office, I've helped hundreds of people recover from chronic pain with this gentle procedure. However, it's not for everyone. Only people with a problem in their Atlas can receive this type of care, and that requires a detailed Upper Cervical Chiropractic Examination to identify the problem. Sometimes a little bit of hope is all a person needs to start healing again.

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

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Health & Wellness





ALLERGY INDUCED ASTHMA

Do you have asthma? It's a disorder that's very common, with an estimated 25 million people in the United States alone suffering from this breathing problem. That's 1 in 12 people, according to the Center For Disease Control. There are a few different categories of how asthma occurs, but many people have what is called 'allergy induced asthma.' This means that what they are allergic to can cause an asthma attack or other types of breathing problems and difficulties. It's mainly from allergens in the environment like dust, dander, pollen, and even poor air quality from pollution. If you suffer from allergy-induced asthma there are ways to help improve your symptoms and attacks through the Salt Suite. We are the premier provider of halotherapy or salt therapy in the South Florida area. Let's look at the ways that salt therapy can help treat the symptoms of allergy induced asthma so that you can decide whether or not it's right for you or someone you love.

HOW THE SALT SUITE CAN HELP

The reason that the salt therapy rooms of the Salt Suite work so well for asthma is that breathing in the salty air opens up the airways. That alone can help contribute to easier breathing on a daily basis when allergens in your environment are affecting your airways. When you have allergic asthma, it can be hard to tell what your triggers are going to be. You may notice times of the year where it's worse than others.

WHEN ALLERGENS ARE THE WORSE

When seasonal allergies are affecting your asthma, they can be worse in the more sensitive seasons, like spring for most of the country and the winter months in the southern states. You may notice that you need your inhaler more and breathing can be a more difficult challenge. Your chest might feel tight and taking a deep breath seems harder for you. This time of year can also lead to more full-blown asthma attacks where you need to use a rescue inhaler. That's why finding more natural ways to manage the issue can help tremendously. The Salt Suite is one of those methods that can reduce the symptoms during those seasonal allergy months.

KIDS AND ALLERGY INDUCED ASTHMA

Kids are also one of the biggest age groups to have allergic asthma. They are especially affected in the fall months when the weather changes. There

was a study done that showed more children were hospitalized in those autumn months from asthma complications than during the summer. Overall the goal was to determine if seasonal variations affect asthma. The results clearly showed that it did.

That's why at the Salt Suite we have salt therapy rooms dedicated to both adults and children. If coming in a couple of times a week can make dealing with allergic asthma easier, then why not give it a shot? There are packages available that include both an adult and a child. Talk to one of our staff members today about your needs regarding allergy induced asthma.

"During a typical adult session, customers put their feet up in a comfortable leather chair rest or read and breathe in a dry salt aerosol. The micro particles are blown into the air by halo generators. In our separate children's room kids play in a big sandbox except with salt on the walls and floor and play while breathing in the dry salt air."



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Revolutionary New Treatment For Erectile Dysfunction And Peyronie's Disease



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

INSTEAD OF MEDICATING — CURE WITH REJUVAWAVE®

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



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IS REJUVAWAVE® SAFE?

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

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

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

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

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

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

SIMPLY MEN'S HEALTH REJUVAENHANCEMENT® PROCEDURE?

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

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



**RejuvaEnhancement®
Amniotic Stem Cells**

- REPAIR
- REGENERATE
- RESTORE

THE POWER OF STEM CELLS?

Stem cells have the potential to differentiate into many different types of cells and can serve as an internal repair system, which can replace damaged or worn out tissue. Pluripotent stem cells, derived from amniotic/placental tissue have virtually unlimited potential to become any type of cell in the body. Adult stem derived from either bone marrow or fat cells are limited to the type of cell they can develop into.

IS THE REJUAENHANCEMENT® AMNIOTIC STEM CELL PROCEDURE SAFE?

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

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



WHAT OUR PATIENTS ARE SAYING:

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

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

Testimonial: “I am in my 70’s and have diabetes, high cholesterol and had my prostate cancer and my prostate removed several years ago. I had tried everything, and I thought my sex life was over. I have been coming to Simply Men’s health for about six months, and the results have been amazing. They have restored my ability to enjoy a spontaneous sex life again. The RejuvaWAVE The RejuvaEnhancement procedures are remarkable. I feel like Superman.” – E.M.

HOW TO GET STARTED?

At Simply Men’s Health, we respect your time and privacy. You receive individualized care with our experienced staff of physicians. We pinpoint the exact cause of your sexual health and create a customized treatment plan. Almost everyone will experience a decline in sexual functioning. But with the advent of Regenerative medicine, Erectile Dysfunction is no longer an inevitable part of aging. Simply Men’s Health’s innovative approach of regenerative medicine can restore your sexual confidence and allow you to enjoy a Spontaneous and Active Sex life again!



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

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

SUN SAFETY: Protect Yourself & Your Family Against Harmful Rays



Most of us know that melanoma is the most dangerous form of skin cancer. The reason we hear so much advice on wearing sunscreen, sunglasses, and avoiding over sun exposure between 10:00 am to 4:00 pm, is due to the sun's harmful UV rays during the time when the sun is the highest in the sky.

What is UV Radiation?

UV radiation has multiple levels; for example, UVC rays are the most harmful to the skin and eyes, but the ozone layer blocks many of the rays naturally. UVA rays play a huge role in causing skin damage and aging. The wavelengths of UVA rays are long and are therefore less harmful than UVB rays. However, UVB rays are extremely damaging to the skin and eyes and can cause cancer. UVB rays are shorter wavelengths and consequently can even penetrate through glass, so when you're driving in your car or sitting by a window at work, the UVB radiation can harm you. It's best to always protect yourself by wearing sunscreen and protective clothing.

UV Safety Basics:

1. Be proactive—It's up to you to protect yourself against skin cancer
2. Wear sunscreen—Choose a broad-spectrum sunscreen (30 or higher SPF) that protects against both UVB and UVA rays.
3. Wear an SPF lip balm—Many cancers occur on the lips
4. Reapply—Make sure to reapply your sunscreen every two hours, or immediately after swimming, or sweating

5. Wear protective clothing—If you must be in the sun, wear a hat, sunglasses and lightweight long sleeves
6. Check yourself—Look for any new moles or lesions
7. Get a professional skin cancer screening—once a year you should see your dermatologist for a thorough screening
8. Avoid the sun—between 10:00 and 4:00, even when it's cloudy, avoid the sun or wear protective clothing

Did you know?

9. Shaded areas can still have UV filtration that reaches your skin. In fact, if you're sitting on the beach under a large umbrella, the sand can still reflect UVB rays up toward you.
10. Many people think once they apply sunscreen that it's good all day long, but sunscreen only lasts for a limited time and must be reapplied.
11. Tanning Beds and other ultraviolet light is just as damaging to the skin
12. Even if you only get sunburned every once in a while, the damage is still significant enough to cause your cells to suffer adverse effects.

13. If you've had skin cancer before, you are more susceptible to a recurrence.
14. An SPF of 15 has a smaller percentage of protection than and SPF 30 or 50, but it's marginal, so if you're wearing an SPF 70, do not be overconfident and neglect seeking shade or reapplying the sunscreen every two hours.

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?

- Meal preparation
- Medication reminders
- Shopping assistance
- Transportation to Doctors appointments
- Run errands
- Assist with bathing and personal care needs



If you or a loved one could benefit from Professional Care Coordinators, please contact them today at **561-557-4192**, or visit their website at **professionalcarecoordinators.com**.



Professional Care Coordinators Office
2300 Palm Beach Lakes Blvd. Suite 215E,
West Palm Beach, Florida 33409
561-557-4192
professionalcarecoordinators.com

Registration #234662

HOW THE DRX9000™ REPAIRS HERNIATED AND BULGING DISCS AND RELIEVES PAIN

Over 80 percent of the population will experience back pain at one time or another in their lives. Unfortunately, spinal discomfort tends to become progressively worse and can become chronic if left untreated. Some of the most common reasons for backaches are trauma or sports-related injury, lifting heavy objects, improper spinal posture, poor sleeping posture, and motor vehicle accidents.



The typically recommended treatments for spinal compression are pain medication and surgery, but most patients are reluctant to have back procedures for fear of long-term spinal complications, and pain medications are very often an addictive habit not easily broken, once the pain is controlled, therefore most individuals are unenthusiastic about taking pain medication prescriptions.

There is a better way; a results-driven solution that doesn't include any drugs or surgery shows favorable results in relieving back pain. For many years **Dr. Reimer** of the **American Med Care Centers** has been utilizing a 100% natural treatment option for back discomfort called, **DRX 9000**.

The DRX 9000 is a non-surgical spinal decompression system that is designed to provide pain relief from compressive and degenerative defects and injuries of the spine. The spinal decompression, with the DRX 9000 system provides relief from chronic back pain, unlike any other decompression device. Its superiority lies in one significant difference; the DRX 9000 utilizes a computerized communication device that continuously monitors and corrects the patient-specific vertebral measurements while decompressing the spine.

PATIENT TESTIMONIALS

Carol was a long-time hairdresser, and ironically always seemed to be on her feet, even after working hours. Then a series of car accidents changed Carol's life dramatically, and it seemed like the injuries from multiple accidents never had time to heal properly. She tried a variety of treatment options, but with little success.

"I went to an orthopedic surgeon who gave me medication, but it didn't help," says Carol. "I went to chiropractors and got electrical stimulation, but that didn't do much for me either. It would help for a few hours, but then the pain would come right back. I even had a cortisone injection in my back once, but that didn't help at all. In fact, my pain actually got worse after that."

Carol's condition changed after she began DRX 9000 treatments with Dr. Reimer.

"The first consultation was great," she emphasizes. "Dr. Reimer told me I was eligible for the DRX9000, he showed me a video about it, and it's been great ever since! I stood for almost three hours straight and didn't even realize it! I don't have the burning fire in my spine anymore. It's really amazing."

ANOTHER PATIENT OF DR. REIMERS, GREG WAS EXPERIENCING CHRONIC BACK PAIN DUE TO AN AUTO ACCIDENT.

The accident left Greg with three herniated discs in his lower back. As a result, the pain made his life miserable. In his search for a solution, Greg began the wearying round of doctor visits so familiar to chronic pain sufferers.

"I was taking painkillers," he reports, "and I got pain injections in my spine, but that didn't fix anything."

Greg even contemplated surgery but was understandably reluctant to undergo an invasive procedure on his spine.

"I just didn't want to have surgery at thirty years old" he confides. "You're never the same after surgery."

Greg adds that DRX 9000 therapy was his answer, making a tremendous difference for him.



"My pain got less and less as the weeks went on; to the point where, for the most part, I have no pain at all now," he marvels. "Best of all, I don't need surgery."

Greg credits Dr. Reimer and his staff for paying attention to his concerns and finding the right treatment for this problem instead of just treating the symptoms.

AVOIDING SURGERY

Dr. Reimer states, "Most patients are not looking to undergo an invasive surgery if they don't have to. Fortunately, for many people like Greg and Carol who feel that they are nearly 'at the end of their rope,' there is a noninvasive solution. Gentle decompression enlarges disc space and eases the herniated or degenerative discs back into proper position, restoring nutrients and blood flow. For a noninvasive machine, it has gotten excellent results with patients with all causes of back pain, such as herniated, bulging or degenerative discs, which make for very difficult cases, as well as for some of the simpler cases. I've been utilizing it in Palm Beach County for approximately 15 years, and we have had excellent effectiveness with it. We have had patients who get immediate relief and others where the treatment has taken longer."

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



561-967-6655

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By David A. Goldman MD

While there are certainly new developments in cataract surgery every year, these pale in comparison to the innovations that occur over decades. While many of the technologies discussed in this article are currently available in trials, it is important to remember that they are still in trials for a reason. Once safety data has been confirmed and designs have been optimized, cataract surgery in the next decade will be revolutionized.

To begin, the way surgery is performed will have completely changed. Today, cataract surgery is typically performed with a high-frequency microincisional ultrasound device. While it is very safe and provides great results, it is still dependent on the skill of the surgeon. In the next decade, these steps will likely become completely automated by computer and performed by a femtosecond laser. While these lasers are currently available in some areas of the country, the technology still needs some development – for example the surgeon controlled ultrasound device is still required to be used. That said, the rate at which these lasers are improving is impressive to say the least, and they will certainly play a role in cataract surgery in the future.

With intraocular lenses, exciting advances are also coming. The light-adjustable-lens (LAL) is currently under clinical trials from Calhoun vision. This lens contains components that are photopolymerized upon exposure to ultraviolet light. In essence, applying specific light onto the lens after implantation can not only correct refractive error (nearsightedness, farsightedness, astigmatism) immediately following surgery, but may even hold potential to adjust the patient's refraction as they age if needed. Another interesting technology is the FluidVision lens from Powervision. Instead of a fixed firm lens that is implanted into the eye, this lens contains fluid and channels that allow the shape of the implanted lens to change just like the eye's natural lens. This changing shape of the lens, referred to as accommodation, is the reason why most young people do not require glasses at all. Once an artificial lens is able to accommodate the same extent as the young human eye, we may be able to throw our glasses away forever.

Ultimately, over the years many exciting technologies come and not all turn out to deliver on what they had promised. That said, the products mentioned in this article have already done well in early testing and, though far from perfect, hint at a very exciting future for us all to see.



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, was recently ranked as a 'Top 40 under 40' most influential ophthalmologist in the world by British magazine 'The Ophthalmologist'.

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

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

Dr. Goldman speaks English and Spanish.

561-630-7120 | www.goldmaneye.com

Don't Give Up!

Brent Myers

OK. So here we are... five months into a new year. How are things working out for you? Did you set goals for making this year the best year ever? Did you have dreams and ambitions to make this year different? Did you plan on making things better? Well... how are you doing?

Too often we wait until it's too late to ask these types of questions. But let me encourage you with this today: Don't Give Up!

Maybe you're well on your way to accomplishing your goals. To you I say: Press On! Keep pushing on! Perhaps you've had a rough go of it and you've been derailed or don't think you could ever reach the sights you set for this year. To you I say: Press On! Keep pushing on!

Now you may be thinking, "that's the same advice for both groups." You're right. The reason is because I believe this to be a fundamental principle we all need to learn: perseverance.

The apostle Paul penned these words nearly 2,000 years ago: "So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up." (Galatians 6:9, NLT)

Think about that for a moment. Let that settle in. "let's not get tired of doing what is good," "we will reap a... blessing," but here is the kicker: "IF we don't give up."

Wow! That's an awfully big "IF"...

Perseverance reveals a lot about ourselves.

Perseverance reveals our conviction. Do I really believe in what I'm pursuing? Do I really feel deep down in my gut that what I'm going after is right and true? If I don't believe in it, then I'll give up quickly. But if I do believe, then how can I possibly give up?

Perseverance reveals our commitment. In his pursuit of creating a sustainable light bulb, Thomas Edison never gave up because he was committed.



Edison is quoted as saying, "I have not failed, I've just found 10,000 ways that won't work." If I'm really committed to it, then it's not just a matter of "I won't give up" but really a matter of "I *can't* give up."

Perseverance reveals our character. Who are you when no one else is watching? What do you do when you're alone in your pursuit of your dreams and goals? If we persevere, we show our character. Winston Churchill once said: "Never, never, in nothing great or small, large or petty, never give in except to convictions of honor and good sense. Never yield to the apparently overwhelming might of the enemy."

The writer of Hebrews put it this way: "So don't throw it all away now. You were sure of yourselves then. It's still a sure thing! But you need to stick it out, staying with God's plan so you'll be there for the promised completion." (Hebrews 10:35-36, The Message)

Stick with it. Press on. Reach your goals. Go for it!

I used to work for a gentleman who would say this: "We do not determine a man's greatness by his talent or worth, as the world does, but rather by what it takes to discourage him." (JF)

So be great... and Don't Give Up!

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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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