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MAGAZINE

September 2018

North Palm Beach Edition - Monthly



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**EXECUTIVE HAIR
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FROM THE LEADERS
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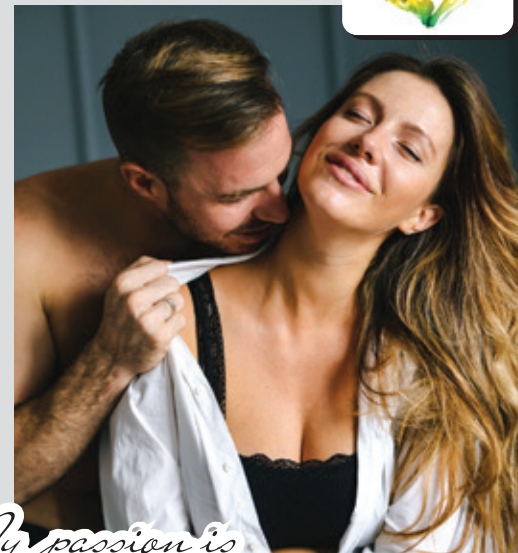
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Pain Relief Treatment From the Leaders in the Industry



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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- Epidural Steroid Injections
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- Major Joint Injections
- Medical Management of Pain
- Occipital Nerve Blocks
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- Platelet Rich Plasma Therapy
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- 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.

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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.



“
The objective is simple:
to control, alleviate or
end your pain and to
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To find out more about how they can help you rise above the pain, call Resolute Pain Solutions at **855-678-8403** or visit us online at **ResolutePainMD.com**

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EXECUTIVE HAIR RESTORATION EXPERIENCE: HAIR... LIKE A BOSS!

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

Thanks to new advanced surgical techniques and technology, a growing number of men and women are making the decision to undergo transformational hair restoration treatments.

But new treatment options aren't the only driving force behind these growing numbers.

A new concierge medical service, the Executive Hair Restoration ExperienceSM, is quickly gaining popularity among CEOs and others looking to take advantage of this new technology while also enjoying some much-needed downtime.

With a 'hair restoration vacation,' you are not only giving yourself a boost by permanently restoring your own living and growing hair, but also treating yourself to a little pampering and relaxation. The idea might seem strange at first, but combining your hair transplant with a relaxing vacation may be just what the doctor ordered.

All-Inclusive Destination & Procedure

Due to a limited number of board-certified hair restoration physicians worldwide, patients often find themselves forced to travel to find a qualified surgeon who can give them the results they desire.

And what better place to relax post-surgery than beautiful South Florida, where patients can enjoy a plethora of world-renowned luxury accommodations and amenities. At Bauman Medical, your custom hair restoration experience is tailored to your individual needs and desires and includes air travel, luxury accommodations, private car service, fine dining, golf, tennis, relaxing spas, shopping and more.

Patients are not only able to obtain a customized treatment plan that utilizes the most innovative and effective hair restoration solutions available, but also get to take advantage of receiving their treatment in a relaxed, private and luxurious setting.

For the busy executive, this one-call-does-it-all service is a desirable feature, especially for those looking to boost their personal and professional confidence, so they can feel and perform at the top of their game.

Consultations and Preparations

The first step in the process is a preliminary evaluation of your hair status and a discussion about factors that are affecting your hair loss, which can be done easily in-person at our nearly 12,000 sqft facility, or through



a private "virtual" video-call consultation directly with Dr. Bauman. During the consultation, your goals and expectations regarding hair transplantation will be discussed and whether you are a candidate for a hair transplant procedure. Next, a personalized treatment plan is created that will give you the best chance at achieving optimal results.

For the convenience of out-of-town patients, there are a variety of travel and accommodation packages that can fit any style and time frame. Patients and their families are able to enjoy luxury accommodations and amenities while receiving and recouping from state-of-the-art hair restoration procedures, and return home recovered and feeling refreshed.

"I decided to get a hair transplant to improve my appearance. As a CEO, when you do something to improve yourself, you feel like a better leader."

Mark Alfieri, CEO
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Before After

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"If you want to have the hair you had when you were younger, you need to come to Bauman Medical"

Martino Cartier, CEO
Celebrity Stylist & Philanthropist
MartinoCartier.com



Before After



State-of-the-Art Results

The Executive Hair Restoration ExperienceSM offers patients the benefits of industry leading technology called FUE or Follicular Unit Extraction combined with Dr. Bauman's 20+yr experience and natural hair restoration artistry. This game-changing technology, along with Dr. Bauman's highly skilled and qualified transplant team, allows patients to achieve permanent, undetectable, 100-percent natural results.

"Thanks to Dr. Bauman, my hair from the 90s is BACK!"

Cary Roman, CEO
LivingFLA.com



Before After



The most advanced techniques that are available at Bauman Medical for hair follicle harvesting and transplantation are:

- **SmartGraft FUE:** Often called the "iPhone of Hair Transplant Devices," SmartGraft is an FDA-cleared mechanical, minimally-invasive surgical hair transplant instrument that works like an extension of the surgeon's hand, allowing the removal of individual follicular units from the donor area located at the back of the patient's scalp which are then implanted into the depleted areas.

transplant surgery by helping to safely and effectively extract intact hair follicles for transplantation using the FUE technique. The robot's sophisticated micron-level precision allows patients to benefit from an unprecedented level of safety, accuracy, efficiency and comfort during their hair transplant procedure. The system also features stereo-vision sensors to detect and analyze follicular units—calculating density, exit-angles, orientation and location and proceed with

This means no scalpels, sutures or staples for the patient in the Donor Area—leaving absolutely NO linear scar. SmartGraft has a sophisticated on-board pneumatic graft collection and storage system that preserves grafts within a carefully controlled environment for optimal hair growth rates and quality.

- **ARTAS Robotic-Assisted FUE System:** The FDA-cleared ARTAS robot is a state-of-the-art medical device that assists in hair

precision robotic harvesting based on algorithms programmed by the surgeon.

- **NeoGraft FUE:** The original "game-changing" device for FUE is still in use today to help surgeons extract grafts from the Donor Area without leaving behind a telltale linear scar.

Whether your decision is spurred by the desire to keep your transplant private, or you are simply looking to combine some rest and relaxation with your procedure, don't wait to book

your 'hair restoration vacation.' The sooner you treat your hair loss, the sooner you can enjoy the benefits of a fuller, thicker more healthy and youthful head of hair.

As we like to say, "Don't just accept your hair loss. Treat it... like a boss!"

To learn more about Hair Restoration Vacations, or to schedule your initial private consultation, visit **HairLikeABoss.com** or call **1-877-BAUMAN-9** or **561-394-0024**.

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



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

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

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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PROSTATE CANCER UPDATE

Although some younger men do get prostate cancer, the risk increases with age. According to the National Cancer Institute, more than 70 percent of all prostate cancer patients are over the age of 65, and about 75 percent of all men over the age of 80 will have some form of prostate cancer. In addition to age, other risk factors include ethnicity, genetic factors and diet. African-American and Latino men have a greater risk of developing prostate cancer than Caucasian men; Asian and Native American men have the lowest risk. There is also evidence that diet plays a role in the development of prostate cancer. Studies have found a higher incidence of prostate cancer in men whose diets are high in fats (particularly animal fats) and low in vegetables. A family history of prostate cancer also increases the chances of developing the disease.

IMPROVEMENTS IN TREATING PROSTATE CANCER

As scientists continue to look for more genetic mutations that could be potential targets for new treatments of advanced prostate cancer, targeted therapies are also being developed for patients with non-metastatic prostate cancer. Many advances in the treatment of prostate cancer have occurred in the past decade including new surgical procedures and improvements in radiation therapy. Both of these have proven to be extremely effective and, in many instances, to have minimal side effects. Advances in both hormonal therapy and chemotherapy have made the disease much more manageable so that even if it can't be cured, a patient can still experience a good quality of life while living with prostate cancer.

There are five major treatment options for men diagnosed with prostate cancer:

- **Active surveillance** - During active surveillance, your doctor will carefully monitor your prostate cancer on a regular basis – usually every 3 to 6 months. Some prostate cancers grow so slowly that they will never lead to death or even cause any symptoms. Closely monitoring this type of prostate cancer is often the best treatment option.

- **Hormone therapy**: There are several types of hormone therapy, however, the overall goal of each type is the same: to either reduce the levels of male hormones (also known as androgens) or to prevent the hormones from reaching the prostate gland cells. Since androgens stimulate prostate cells to grow, reducing the overall level of androgens in the body can often shrink a tumor or make it grow at a slower pace.



About 1 in every 7 men in the U.S. will be diagnosed with prostate cancer during their lifetime. Other than skin cancer, prostate cancer is the most common form of cancer in American men.

- **Radiation**: Radiation treatment uses high-energy beams to destroy cancer cells. New and improved techniques such as conformal radiation therapy (CRT) and intensity modulated radiation therapy (IMRT) use computers to map out the prostate and deliver focused radiation to cancer cells while sparing healthy surrounding tissue.

- **Surgery**: Prostate cancer surgery is used to remove either the whole prostate or part of it. Surgery is most often recommended for men with early stage prostate cancer, however it can be used for later stages as well. If cancer has spread to the lymph nodes, the surgeon may not remove the prostate and suggest another type of treatment.

- **Chemotherapy**: Chemotherapy is the administration of anti-cancer drugs, either through IV injection or by mouth in pill form. Chemotherapy is not usually given unless the cancer has spread outside of the prostate gland. This also becomes an option when the cancer no longer responds to hormone therapy.

World-Class Cancer Treatment Close to Home

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

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



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For more information, visit FLCancer.com



Ischemic Optic Neuropathy

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

ISCHEMIC OPTIC NEUROPATHY

(ION) is when blood does not flow properly to your eye's optic nerve, eventually causing lasting damage to this nerve. With ION, you suddenly lose your vision in one or both of your eyes.

The optic nerve carries signals from your eyes to the brain. Your brain then turns these signals into the images you see. When blood flow to the optic nerve is reduced or blocked, the nerve does not get enough oxygen or nutrition. The optic nerve stops working properly, and eventually dies.

ION can affect your central (detail) vision or side (peripheral) vision—or both. Because a damaged optic nerve cannot be fixed, any vision loss from ION is usually permanent. Usually, people with severe ION still have some peripheral vision.



WHAT ARE SYMPTOMS OF ION?

If blood flow to your optic nerve is reduced, your vision will darken for a few seconds or minutes then return to normal. This is called a transient ischemic attack (TIA). This kind of attack can happen before ION begins. If you have TIA symptoms, call your ophthalmologist or primary care doctor right away. Finding and treating the problem as soon as possible can help prevent further vision loss from ION.

WHO IS AT RISK FOR GETTING ION?

While anyone can get ION, you are more likely to develop it if you:

- are over 50 years old
- have high blood pressure
- have diabetes
- smoke cigarettes
- have clogged arteries
- have glaucoma
- have migraine headaches
- have swelling of arteries in the head (called temporal arteritis)



ISCHEMIC OPTIC NEUROPATHY (ION) DIAGNOSIS

Your ophthalmologist will do an eye exam to look for warning signs of ION. He or she will dilate (widen) your pupils with eye drops and then check for swelling of the optic nerve and blood vessels in the back of your eye.

Your ophthalmologist may also test your side (peripheral) vision and measure the fluid pressure within your eye.

ISCHEMIC OPTIC NEUROPATHY (ION) TREATMENT

If your ION is caused by swelling of arteries in your head (temporal arteritis), your ophthalmologist may have you take steroid (prednisone) pills. This medicine may prevent ION from developing in your other eye.

Your doctor may want to treat any other health problems you have that put you at risk for ION. He or she may prescribe medicine for high blood pressure, diabetes, clogged arteries, migraine headaches, or other health problems.

There is no treatment to improve vision loss from ION. However, your ophthalmologist may suggest useful materials and ways to help you see with low vision.



The Retina Institute of Florida

Lauren R. Rosecan

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

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Therapy to enhance longevity, brain function and recovery from drug and alcohol dependence

Retaining brain health and function is a paramount concern for all of us, especially as we age. The function of the brain can decline rapidly and almost overnight. However, there's good news on the anti-aging front that can help improve not only our brain function, but other aspects of our health as well.

There is a coenzyme in all living cells called nicotinamide adenine dinucleotide (NAD+). It helps repair DNA, increase energy, improves healthy brain function and aids in neurological disorders such as Parkinson's and Alzheimer's disease.

Studies show that by age 50, people have only 50 percent of the NAD+ they had in youth. By age 80 NAD+ levels drop to only 1 to 10 percent. Deficiency of NAD+ may predispose us to accelerated aging and hence diseases associated with aging, such as neurodegenerative conditions, diabetes, cardiovascular disease and even cancer, among many others. NAD+ is essential to sustain life. It protects us against chemical stress and inflammation, as well as mitochondrial and DNA damage.

Restoration of NAD+ is now viewed as one of the most progressive tools in aiding longevity. It not only improves longevity, but it helps to improve certain mental health conditions, such as depression, anxiety and PTSD. Perhaps most impressively, it has been very successful for almost 20 years in drug and alcohol detoxification. Given the important role NAD+ plays in such a wide range of critical functions, it is exciting to think of the profound effect NAD+ IV therapy will have on anti-aging and the support of healthy brain function as well as recovery from drugs and alcohol.

This is how NAD+ plays a vital role in the recovery from drug and alcohol addiction: it repairs the

damage done to the brain resulting from drug and alcohol abuse. Studies presented at the Society of Neurosciences have shown that NAD+ IV Therapy is successful in minimizing withdrawal symptoms, reducing cravings, anxiety and depression, normalizing stress levels and restoring a sense of well-being and clarity of mind. It is one of the few substances that cross the blood-brain barrier to act on the midbrain to diminish cravings for drugs and alcohol.

NAD+ IV Therapy addresses the physical aspect first which prepare you to make the psychological and behavioral changes needed to complete recovery. There are now ways to make the recovery process more comfortable and discreet without 28 days in a facility or excruciating withdrawals. NAD+ can be administered in the privacy of your own home, giving you the comfort you need to heal. In my practice, I create a program based on your medical history and laboratory results. One of my highly trained nurses can come to your home to administer and monitor your IV protocol. The IV protocol is administered over 10 to 15 days in your home or hotel suite. Mary Ligon DCH, NLPT is a recovery coach in my practice provided as part of the recovery to guide you through the process of learning how to live a life free of addiction.

For more information on how NAD+ can work for your anti-aging or recovery needs visit **www.mdbeautylabs.com** or call **561-655-6325**.



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 and array of anti-aging, functional medicine, cosmetic and laser therapies.

The specialty recognition identified herein has been received from a private organization not affiliated with or recognized by Florida Board of Medicine.



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HEARING CARE IS HEALTHCARE

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

When choosing a doctor for any healthcare needs, how do you find someone who will take care of that health issue? Doctors, friends and family members often have someone they know and trust who can help with your healthcare needs. When it comes to finding a Hearing Healthcare Provider, how do you decide who is right for you?

According to leading consumer research, 2 out of every 3 hearing aids are improperly fit.

Because hearing devices by themselves are not effective, they are not calibrated automatically. They cannot at this time be purchased over the counter and are not “one size fits all”. The ability to integrate your devices with your lifestyle is essential to achieving better hearing and a Doctor of Audiology is the most qualified, trained professional to do this. Investment in better hearing should be measured by the results you experience every day.

When it comes to purchasing hearing devices, most patients see it as a “retail purchase” where buying the hearing aid is all they think they need, and some think they can be bought off the shelf. But, a hearing aid does not work without a trained professional to set up that aid, teach you how to use it and manipulate it specifically for you and the listening environments

that are most important to you. Hearing loss is a health problem, requiring a health care professional to treat it.

At Audiology and Hearing Aids of the Palm Beaches, we take a concierge approach to hearing care. We work closely with you to make sure we meet all of your hearing healthcare needs. Included with the treatment plan are a 75-day trial and adjustment period, 3 years of office visits, 3-year manufacturer warranty including loss insurance, free batteries for the life of the devices and a home for your hearing healthcare.

I would like to share this true story from a current patient:

“I met with two Audiologists before contacting Dana Luzon. None of them remotely compare to her. First, her knowledge of what Hearing Aids are available greatly surpassed theirs.

Second, her Professional Ability to help me select which Manufacturer and Model was perfect for me was far above the other Audiologists I spoke with. The difference in them and her is like comparing a

Ferrari to a Ford. In addition, she makes time available for you when you need her. The other Specialists made me wait up to a week if I needed Service. I like the fact that she has only one Patient in the Office at a time, so that she can concentrate on them.

She is without question the Doctor of choice for Hearing in the Palm Beaches. I am writing this Testimonial as a Thank You to her for all she has done for me. In additional, it will mean a lot to me to help you receive the Hearing Aids that are best for you and save time, effort and unnecessary stress in doing so.” – Larry

Most of my patients find that having a home for their hearing healthcare, being seen on time for their appointment, having convenient appointment times in a friendly, quiet atmosphere is what suits their needs best. Quality patient care is important in helping you achieve better hearing. What is the VALUE of a professional hearing healthcare provider? There’s price and then there’s priceless. You have to decide what’s best for you!

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



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

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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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Even with medications, you probably still have migraines.

Here's how three chronic migrainers changed their lives by putting the kibosh on their life-killing migraines **without medications**. How'd they do it? Neurofeedback – also known as “biofeedback for the brain.”

1. Joyce's story

Joyce, who suffered from migraine headaches for nearly 40 years, knows that medications don't always help and are seldom a permanent solution. She also knows that neurofeedback can (and in her case *did*) get rid of migraines permanently.

Joyce's migraines began as a teenager. They were so severe in her adult years that she often **had to go to the emergency room** for medication to knock her out for a few hours until the pain subsided.

“It felt like my head was going to blow off my shoulders,” said Joyce, a nurse practitioner in Palm Beach County.

Over the years, Joyce tried numerous over-the-counter and pharmaceutical remedies in an attempt to treat her migraines, including a blood pressure medication and triptans (like Maxalt® and Imitrex®). Nothing worked well or long-term.

“Not only did they not help much, they also made me feel loopy, lightheaded and mentally out of it for 24 hours,” she explained.

The best she could do was avoid triggers such as chocolate, fatigue and stress. When that failed, she retreated to a dark room where she endured **light sensitivity, nausea and vomiting**. When she simply **couldn't stand it any longer** she wrapped herself into a throbbing ball, rolled into the car and had her husband take her to the emergency room.

“I was desperate for help. My migraine pain often rated a 15+ on a scale of 0 to 10,” explained Joyce. One day while in excruciating pain from yet another migraine, she went to Center for Brain. A friend had recommended she try it. Three hours later her pain level was at a “2.”

She began coming in for regular sessions. By the time she had completed 25 of them, Joyce was enjoying substantial relief – fewer and less intense headaches – and stopped taking all migraine medications. One year later she was still migraine-free and enjoying life with less worry.

Can You Get Rid of Chronic Migraines?

by Gwen Carden

New type of biofeedback helps prevent or dramatically reduce migraines without medication

Migraine headaches can ruin your life. They can make it challenging to work and take care of everyday tasks. They rob you of even the simplest of life's pleasures.



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"I'm no longer fearful of getting a migraine or waking up at three o'clock in the morning with a headache that feels like my head is going to split open," she said. "I can travel now without worrying that the change in climate will cause a migraine. I still avoid food triggers and do get an occasional headache, but when that happens I take an ibuprofen and it goes away."

"Neurofeedback made a huge difference in my life," she continued. "Not only did my migraines significantly diminish, but it also helped me sleep better and experience less anxiety in my daily life."

2. Joan's story

A mental health therapist named "Joan*" had been suffering from migraine headaches since the age of 12. She had learned to "just power through" them, but wanted to try neurofeedback as a last resort. She reported having one or two migraines per week, lasting one to four days. She arrived at our office on the second day of a migraine. We trained her during that visit for 25 minutes. Her pain level went from 7 to 2 during that time. She exclaimed that there was "no way" that kind of headache could have gone away that quickly. She said the shortest relief from any remedy she'd used was waking up without a headache the next morning.

After six more sessions once a week, Joan reported that her headaches had stopped. She shortly thereafter decided to add neurofeedback to her practice.

3. Rebecca's story

"Rebecca*," eight years old, had been a migrainer for two years. When she came to us in the middle of a migraine, she had missed more than a third of the school year due to headaches and had been seeing a neurologist. She ranked her pain as a "7 of 10" when she arrived. After 20 minutes of training she described her headache as barely noticeable. She came the next day for more training, and again two days after that. Rebecca never suffered another headache, but to be sure she didn't, we trained her about 25 times in total as "insurance" against recurrence.

So, how does neurofeedback help migraines?

"We don't know the exact mechanism, but certain brain patterns create migraine headaches," said Mike Cohen, Director and Chief of Neurotechnology at Center for Brain.

"Neurofeedback helps the brain shift out of that migraine-producing pattern into a different pattern. Essentially, this shift knocks out the headache."

"Neurofeedback works by balancing the brain so that it operates better," he continued. "When it's operating better, headaches go away, occur less frequently or are less intense. Most people, including doctors, don't know there is now a tool called neurofeedback that helps you change the pattern – often permanently – without medication. It's unfortunate that more neurologists and doctors aren't familiar with neurofeedback. **This type of biofeedback can help break the migraine and headache cycle."**

Neurofeedback's effectiveness with migraines isn't only anecdotal, Mike explained. Two published studies showed an **effectiveness of 80-90 percent** among research participants, which Mike says is typical of what he encounters in his practice.

Mike added: "The bottom line is: **Your brain created the headache, and by changing its pattern it can get rid of its own headache...all without medication."**

If you know someone who struggles with chronic migraines, let them know it's possible to change that pattern. Contact Center for Brain today to learn more.

**Name changed to protect confidentiality*

ABOUT CENTER FOR BRAIN

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

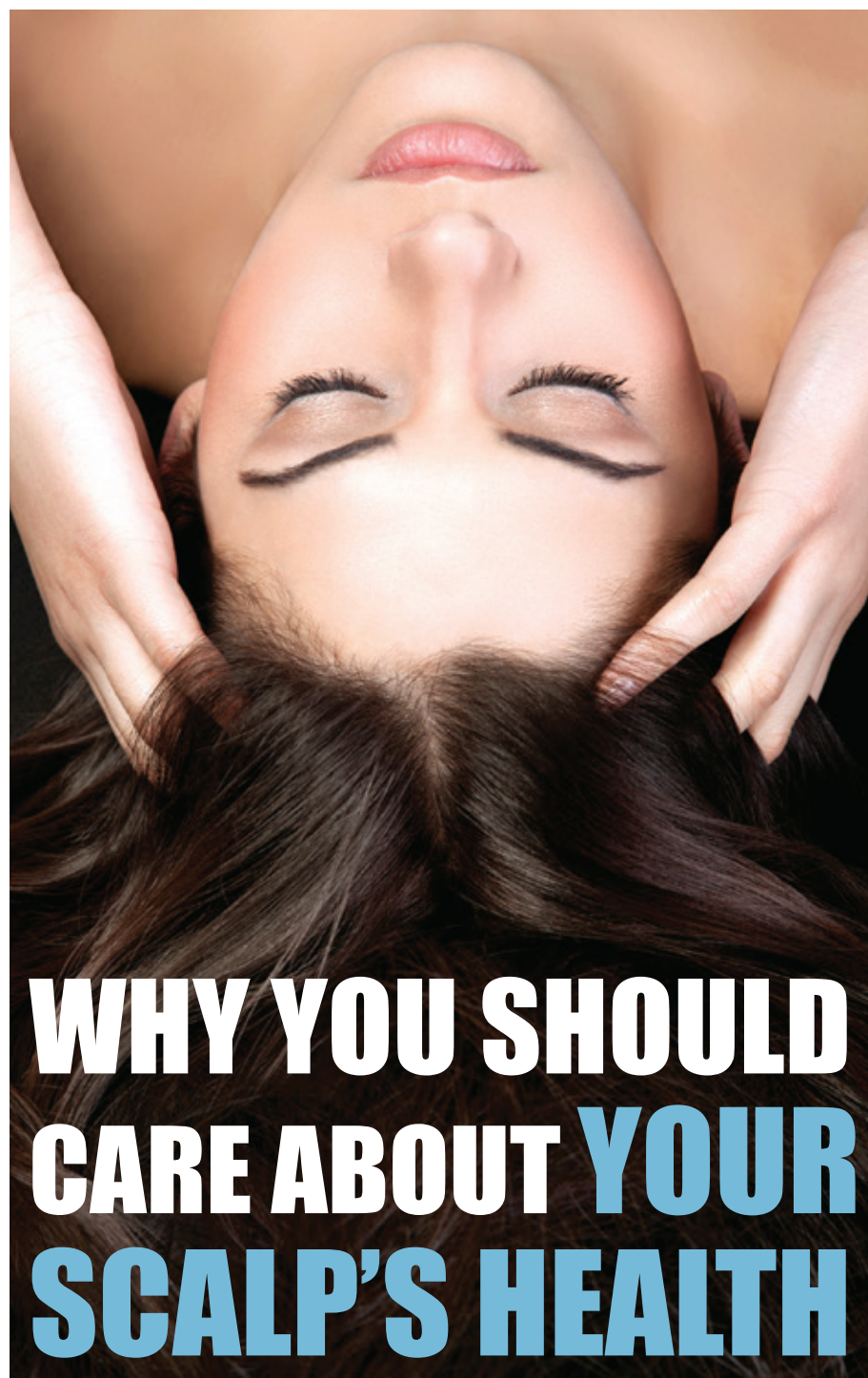


Michael Cohen,
 Director and Chief of
 Neurotechnology

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



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Most individuals believe they know how healthy their hair is based on what they can see, but they aren't aware of their scalp status and how it can affect overall hair health. Think of the head like a garden. Just as the earth needs healthy soil that's nurtured through water and fertilization, the scalp should be free of product buildup and residue for healthy hair to grow. Traditional hair-care products like shampoo are designed to wash your hair, not your scalp. Here are four common scalp problems and how your hair may be affected by them.

1. **Thinning Hair** – Having a strong foundation is necessary for thicker, healthier hair. A healthy, clean scalp provides good circulation and increased blood flow to hair follicles creating an ideal environment for proper hair growth.
2. **Balance** – Your scalp requires the right balance of oils in order to flourish. Too oily and you may experience thinning hair or dandruff, too dry and you may experience flakes or irritation. Eliminating toxins and moisturizing the scalp properly, ensures that long, healthy hair will grow.
3. **Sensitivity** – Using highly acidic products or products full of sulfates can dry out the scalp and cause skin irritation and itchiness. A calmed, nourished, and well-moisturized scalp will allow for a healthy hair growing environment.
4. **Product Buildup** – That greasy residue left behind when you don't rinse your hair well enough may be the cause of those little white flakes you find on your shoulder from time to time. Hair may look limp and dull when suffering from product buildup.



Seeing is believing and to understand the status of your scalp fully, and how it affects your hair, a thorough analysis should be conducted to determine the origin of your hair problems. A healthy scalp is essential to the lush appearance of your hair and the way it performs when styled. It's what you don't see in the mirror that matters. Knowing the condition of your scalp is crucial to determine the best hair care regimen for healthier hair.



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A PROVEN TREATMENT OPTION FOR YOUR BACK PAIN

Do you have back pain? Are you suffering in silence from stiffness, limited range of motion, and excruciating agony? You Are not alone, 80% of the population has some extent of back pain, and the standard of care is typically through addictive drugs that mask the symptoms of pain or risky surgery that all too often is unsuccessful.

There is a better way, a proven way, one in which has allowed many individuals to find freedom from pain.

"The DRX9000 is an excellent noninvasive modality for treating the pain of acute injuries or for chronic pain from degenerative or herniated discs," explains Dr. Reimer. "This technology incorporates innovations in spinal decompression therapy that offer relief for persistent back pain without medication or surgery. Gentle decompression enlarges disc space and eases the herniated or degenerative discs back into proper position, restoring nutrients and blood flow."

One design element of the DRX9000 makes therapy particularly easy on the patient. Whereas other spinal decompression systems rely on the patient's strength to stay in position while the machine works, the DRX9000 has specially designed harnesses to hold the patient securely in place.

"The harnesses allow the patient to relax while the equipment slowly and gently stretches the

spine," states Dr. Reimer. "In fact, patients have been known to fall asleep during treatment because they are so relaxed. For a noninvasive machine, it has gotten excellent results from patients with all causes of back pain, such as herniated, bulging, or degenerative discs, which make for challenging cases, as well as for some of the simpler cases. I've been utilizing it in Palm Beach County for approximately 12 years, and we have had excellent effectiveness with it. We have had patients who got immediate relief and some who have had to go through longer protocols, but overall the success rate has been very high."

American Med Care Center offers a full complement of treatment modalities, including ultrasound, electrical muscle stimulation, and cervical and lumbar traction. Dr. Reimer and his staff are pleased to be able to offer a comprehensive set of options for all of their patients.

PATIENT APPROVED

The DRX9000 treatment has enabled Rob to spend quality time with his family once again.

"When I went to Dr. Reimer, one of my goals was to take my three-year-old daughter for her first trip to Disney World," he explains. "At that point, I could walk, but it was very, very painful. I told him that I had that goal to go there and be able to walk around. A month and a half later, we went to Disney World, and I wouldn't have had a good time there if it wasn't for Dr. Reimer. My pain level used to be about an eight or nine throughout the day, and now it's down to a one or two. It's virtually gone."

Rob credits Dr. Reimer for being attentive and listening to his concerns, and for finding the right treatment for his problem, instead of just treating the symptoms.

"Dr. Reimer is very pleasant and easygoing, but he's also very professional," assures Rob. "He does an extremely thorough examination, unlike any other chiropractor I've ever been to. He and the staff are like family. I can't say enough about them. They're just great."

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

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



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**Read more about
neurofeedback on Pages 16-17**

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If It Doesn't Hurt, Do I Have To Treat It?

One of the most dangerous things about periodontal disease (the disease that causes gum and jaw bone loss) is that it typically is painless until it becomes severe. Periodontal disease has recently been found to occur in 1 of 2 adults over the age of 30. This incredible finding tells us that this disease occurs more often than diabetes. Unfortunately, a patient may not even know they have the problem since it usually does not hurt. Reviewing how the disease progresses will better help understand how it can be managed.

PERIODONTAL DISEASE: A BRIEF REVIEW

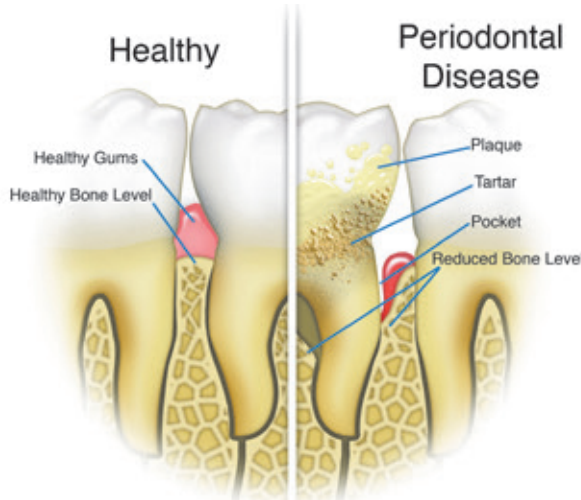
There are multiple forms of periodontal disease, but the most common types are gum inflammation, gum recession and jaw bone loss.

GUM AND BONE LOSS:

As plaque and bacteria accumulate around the gums, the body responds and sends extra blood to the area to help attack what it sees as an “infection”. You may notice that the gums become swollen and bleed easily when this occurs (Gingivitis). If left untreated, this gum problem can lead to the jaw bone around the teeth being lost (Periodontitis). This is also known as “deep pockets” in which a deep space develops below the gum line. To be clear, this space occurs as the bone under the gumline resorbs away. In most cases, the only symptom you may have is bleeding when you brush. It is important to realize that you can be losing the bone supporting your teeth and have absolutely no idea. **Very frequently, I see patients who learn they have the disease for the very first time when they are complaining that their teeth are loose.** At this point, the prognosis for saving the teeth are much less promising than if we had addressed the situation much sooner.

GUM RECESSION:

Another common form of the disease is gum loss (recession). Most times, this is mistakenly viewed as a cosmetic issue. **THIS IS A BIG MISTAKE.** Our teeth have two parts: a crown (the part you see when you smile) and the root (the part that is below the gum/bone which supports the tooth). As the gum is lost, the jaw bone beneath the gum line is exposed. The bone will not remain exposed and resorbs away leaving the root showing (this is why we see a longer looking tooth in the mirror). This process does not typically hurt. The only complaints patients often discuss is that their teeth look longer or they are more sensitive to hot and cold. Although these are problematic, they are minor compared to the fact that the supporting jaw bone is being lost. If the process is not stopped, ultimately the teeth will become loose and eventually be lost.



WHAT CAN BE DONE?

The first and most important step is to be sure you have a complete periodontal evaluation. Fortunately, this is a painless evaluation which involves a review of a current set of dental x-rays and a thorough review of your mouth. Measurements are taken to determine if gum or jaw bone is being lost. It may be shocking to find that you are part of the 50% of the population to have periodontal disease.

THE GOOD NEWS:

Believe it or not, there are advanced treatment options available to help address many forms of the disease that are relatively pain free. In the past, many of the treatments for moderate to advanced levels of periodontal disease involved traditional surgery. Today, we have incredible options for issues such as gum recession and jaw bone loss that no longer require a scalpel, stitches or graft material. Therapies such as LANAP (Laser Therapy) and Pinhole Gum Rejuvenation are two such options which have demonstrated amazing success with tremendous patient satisfaction and minimal to no pain.

It is important to remember that every patient and situation is different. A complete evaluation is required to determine if you in fact have the disease and if you are a candidate for one of these (or other) advanced treatment options.

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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A GENTLE APPROACH TO SPINAL STENOSIS

By Dr. Jonathan Chung

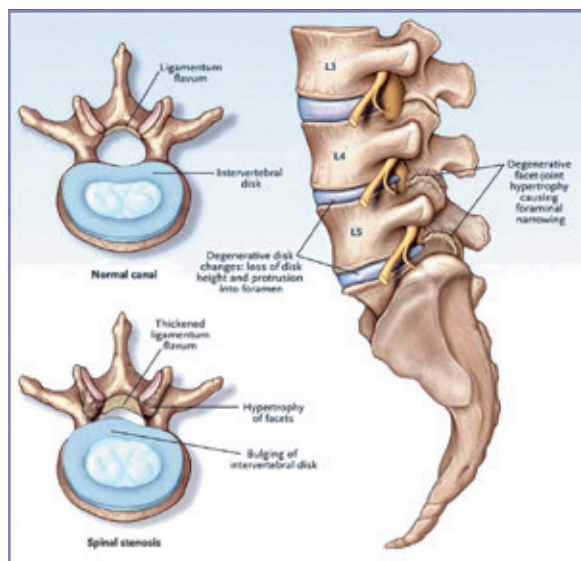
- Spinal stenosis – when the name is sometimes worse than the problem
- Main causes of spinal stenosis
- Is chiropractic safe for patients with stenosis?

There are thousands of people every year with neck pain or back pain that go to a doctor's office, get an MRI, and end up with a diagnosis of spinal stenosis.

If you happen to be one of these patients, I can understand your fears and concerns. After 2 years in my Wellington, FL office, we've had the opportunity to take care of dozens of patients with stenosis in their neck and lower back.

Many times you went to the doctor because you have excruciating pain that is limiting your ability to live or work. You go and get an MRI which means the doctor is potentially looking for something seriously wrong, and when the results come back you get a diagnosis that sounds a little scary.

Spinal stenosis is actually a relatively vague diagnosis. It literally means that the hole that surrounds your spinal cord has gotten smaller. Small hole in the spine disease doesn't sound quite as scary as spinal stenosis does it?



Now I don't want to downplay the seriousness of the problem, because there are certainly some very serious cases that are emergencies and require immediate surgery. We'll talk about those emergency cases later.

What I do want to do is to have you take back power from your diagnosis, because your case of stenosis may be serious, and may not even be the source of pain. The truth is that a large number of spinal stenosis cases can be managed conservatively. Many cases of spinal stenosis cause no symptoms at all which is a good reminder that you are not your MRI nor your diagnosis.

My Favorite Spinal Stenosis Story:

RESULTS

This article helped me remember a patient I took care of a few years ago. The man had spinal stenosis, and like many people with spinal stenosis, they may walk around with an assistance device like a cane. Now this guy didn't have an ordinary cane, he had a really intricate one like the one from this picture. One that you remember if you see it.

The patient and his wife were snowbirds so I only had a limited amount of time to work with them, about 3 weeks if I remember correctly.

The reason I remember this story is because he was really proud of his cane when he first started. He loved talking about it and sharing the story behind it. However, after a short period of time, he actually stopped bringing it into the office with him because he stopped needing it.

While he's very proud of the cane and where it came from, he was even more proud to have the ability to walk like a normal human being again.

WHAT MAKES THE HOLE SMALLER?

There are a number of things that can cause spinal canal stenosis. Remember that spinal stenosis is just a term that means the hole in the spine is shrinking, so we have to know what's causing it to get smaller. These are the main things:

- Large disc herniations • Bone spurs/ligament growths
- Fractures/dislocations • Tumors

As you can see, there are some pretty serious things on this list. Fractures, dislocations, and tumors are not anything to mess around with, but they are the minority in terms of spinal stenosis.

Large disc herniations and bone spurs make up the large majority of cases. While disc herniations and spurs can be serious in some cases, they can also cause no symptoms what so ever. It really depends on if the spinal cord or spinal nerves are being affected by these obstructions.

CAN CHIROPRACTIC HELP? IS CHIROPRACTIC SAFE?

When I first started in practice, I remember how frequently people used to tell me

"Oh, I wish I could see you, but I have spinal stenosis and my doctor said chiropractic could paralyze me"

On one hand, we know that spinal manipulation utilized in the wrong place and the wrong time can be unsafe. However, there's very little reports in scientific

journals that are showing that patients with spinal stenosis are getting injured by chiropractors. It's even more significant when you consider that many patients with spinal stenosis are showing up in chiropractic offices because of the severity of their neck and back symptoms.

Ultimately, we do have to recognize that gross spinal manipulation on a spine with stenosis can have risks. Putting a lot of force into a spine that has narrowing around the spinal cord could potentially worsen or aggravate the condition.

In these times, it's important to remember that not all chiropractic techniques are the same. Most chiropractors are trained in multiple methods to address the spine. While one may predominate over the other, we often must modify our techniques depending on if a patient has severe osteoporosis or if their spine is fused together from surgery.

When great care is taken to be precise and gentle with the delivery of an adjustment, then patients with spinal stenosis can often times be our biggest fans.

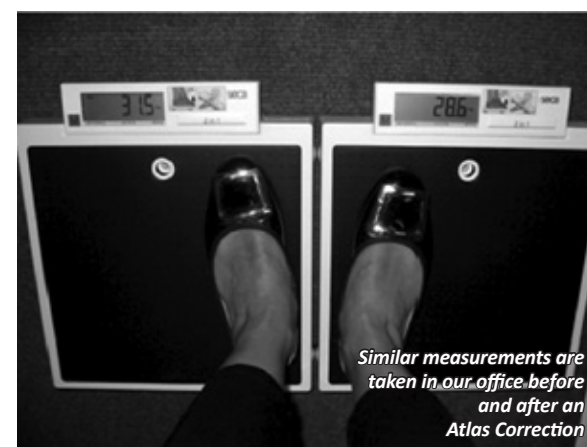
When it comes to Structural Correction, we utilize highly detailed imaging, analysis, and corrective procedures so that there's no risk of jarring the narrowed spinal structures into the spinal cord.

HOW STRUCTURAL CORRECTION CAN HELP

Many cases of spinal stenosis are a result of the spine degenerating over time. This breakdown can be initiated and accelerated by a body out of balance.

By balance, I don't mean this vague, esoteric term without meaning. I literally mean that the positioning of the shoulders and hips cause the spine to bear weight abnormally.

When someone receives a precise Atlas Correction, the structure of the spine can improve leading to a potential reduction in the forces that create wear and tear associated with spinal stenosis.



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KNEE PAIN

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

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

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

**ADVANCED SPINE
&
JOINT INSTITUTE**

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West Palm Beach, FL 33411
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advancedspineandjoint.com**



ARE THERE CBD OIL PRODUCTS THAT ARE 100% THC FREE?

While all cannabidiol (CBD) hemp oil is non-psychoactive, some patients have special reasons for wanting to completely avoid the fractional 0.3% trace amounts of tetrahydrocannabinol (THC) the remains in broad spectrum hemp oils. As of recently, zero-THC (0.0%) hemp oil products have been made available.

Demands for CBD hemp oils are rapidly rising, as scientists discover that CBD can potentially reduce seizures, pain, anxiety, and inflammation, as well as provide antioxidant and neuroprotective effects that can be potentially beneficial for neurological disorders like Alzheimer's disease and some cancers. While the research finds on CBD have been promising, there are many patients who remain hesitant to incorporate CBD into their treatment because of the presence of THC. It's important to understand that CBD hemp oil is made from high-CBD hemp that contains no more than 0.3 percent THC, far less than the amount needed to experience a high. Instead, CBD dominates the makeup of the hemp plant. CBD itself is non-psychoactive, and studies show it even counteracts the psychoactive properties of THC.

Some scientists believe that hemp oil containing all the cannabinoids and other compounds extracted from the plant is more therapeutically beneficial than isolated cannabinoids. The "entourage effect," introduced in 1998 by renowned cannabinoid researchers Raphael Mechoulam and Shimon Ben-Shabat, maintains that isolated or synthetic cannabinoids aren't as effective for eliciting curative effects as when all the plant's natural constituents work together synergistically.

Still, there are many reasons why patients may prefer to avoid all THC. For example, THC-free products offer an option for active military that want to incorporate CBD for pain or post-traumatic stress disorder (PTSD) but are prohibited from consuming products containing THC. First responders – such as firefighters, police officers, and EMTs – can now benefit from the balancing properties of CBD without fear of violating their employers' restrictions. Competing athletes, many of who face restrictive testing policies from their sports' governing bodies, can incorporate CBD into their regimen without fear of negative consequences. Parents of children who rely on the balancing properties of CBD to reduce seizure activity or manage symptoms of autism often prefer

to avoid exposing their kids to even trace amounts of THC that exist in other hemp oil products.

As of just recently, at least one CBD hemp oil manufacturer has developed a hemp oil product that is 100 percent THC free. After the oil is extracted from the stalks and seed of hemp plants, producers isolate CBD compounds. This process eliminates the THC and all other plant constituents, leaving pure CBD. Some manufacturers blend isolated cannabinoids with wholesome liquid oils containing fatty acids for easy administration and to help improve absorption.

CBD hemp oil products, including those that are THC free, are legally available in most major markets.



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!"

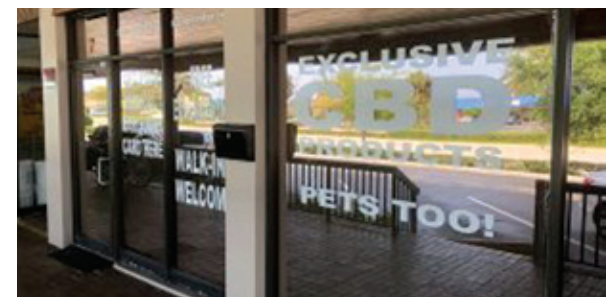
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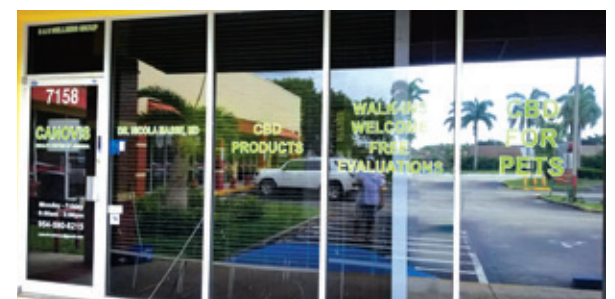
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**Canovis Health Centers of America
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By Dr. David Steinberg,
Pharmacist

Ensuring our Parents Health Through Medication Compliance

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

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

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



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Each Dispill blister pack contains 32 individual blisters that contain your prescribed medication for a specific time (morning, noon, evening, bedtime) and date.

When a blister for a specific time is empty, then you know you have taken your medication. Carrying your Dispill blister pack lets you and all health specialists know about the medication you are taking.

YOU DESERVE PEACE OF MIND

- Prevent common medication errors
- Alzheimer Dementia safety systems
- No more under or over medicating
- Safe guard your health



THIS PACKAGE IS NOT CHILD-RESISTANT

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. Peyronie's disease is defined as relating to symptoms. Peyronie's is a build up of scar tissue in the penis that causes a curvature or bend in the erected penis. This disorder typically causes a great deal of pain during intercourse

INSTEAD OF MEDICATING — CURE WITH REJUVAWAVE®

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



RejuvaWAVE® only available at Simply Men's Health

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

IS REJUVAWAVE® SAFE?

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

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

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

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

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

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

SIMPLY MEN'S HEALTH REJUVAENHANCEMENT® PROCEDURE?

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

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



**RejuvaEnhancement®
Amniotic Stem Cells**

- REPAIR
- REGENERATE
- RESTORE

THE POWER OF STEM CELLS?

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

IS THE REJUVAENHANCEMENT® AMNIOTIC STEM CELL PROCEDURE SAFE?

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

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



WHAT OUR PATIENTS ARE SAYING:

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

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

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

HOW TO GET STARTED?

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



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

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



Common Myths About Your Eyes

By David A. Goldman MD

Just because something is a common belief doesn't make it true. A lot of things you have probably heard about your vision turn out to be false. Here are five common myths that have no basis in science.

Sitting too close to the TV will ruin your eyes

Your mom may have warned you that you would ruin your eyes forever if you sat too close to the television or if you watched too much of it. Unfortunately for mom, that's not true. Watching televisions, including LCDs and flat screens, can't cause your eyes any physical harm. The same is true for using the computer too much or watching 3-D movies. Your eyes may feel more tired if you sit too close to the TV or spend a lot of time working at the computer or watching 3-D movies, but you can fix that by giving your eyes a rest.

Your vision will get worse if you read in the dark

Reading in dim light may be harder, but it doesn't damage your eyes. Remember that for centuries people read and worked by candlelight or gas lamps that offered far less light than electric lighting. Having good light will prevent eye fatigue and make reading easier, though.

Wearing glasses makes your eyes dependent on them

Eyeglasses correct blurry vision. You may want to wear your glasses more often so that you can see



clearly, but your glasses aren't changing your eyes so that they become dependent on your eye-glasses. You're just getting used to seeing things more clearly. Similarly, wearing glasses with the wrong prescription won't ruin your eyes. You just won't see as clearly as you would with the proper prescription.

Only boys are color blind

Color blindness, also known as color deficiency, occurs when you are unable to see colors in a certain way. Most commonly, color blindness happens when a person cannot distinguish between certain colors, usually between greens and reds, and occasionally blues. While males are much more likely to develop color blindness, females can also have the problem.

Eating carrots will make your eyesight sharper

Carrots are a good food for healthy eyesight because they contain vitamin A, a nutrient important to your eyes. However, a balanced diet can contain lots of foods that offer similar benefits. In any case, eating a lot of carrots won't help you see better unless you suffer from vitamin A deficiency, which is rare in the U.S. Also, eating too many carrots can be its own problem, causing your skin to turn yellow.



561-630-7120
www.goldmaneye.com

DAVID A. GOLDMAN

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

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

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

Dr. Goldman speaks English and Spanish.



It doesn't take much effort to hear of all the turmoil going on in our nation and around the world. It's quite frightening at times to think about where this all might end up. But if we're honest with one another, we really shouldn't be surprised. Conflict between people has existed since Cain and Abel – and it's not getting any better.

That is probably why God gave us so many instructions in how to get along with one another in the Bible.

Did you know that the phrase “one another” is used 100 times in the New Testament alone? Did you know that nearly half of those are given to those who call themselves Christ followers and over half are written by the apostle Paul? About one third of them deal with unity; another one third deal with love; and a good balance of the rest deal with humility.

So what are some of these great reminders of how to treat one another?

Love one another (John 13:34, others)
Accept one another (Romans 15:7)
Forgive one another (Colossians 3:13)
Don't complain against one another (James 4:11)
Be at peace with one another (Mark 9:50)
Serve one another (Galatians 5:13)
Regard one another as more important than yourself (Philippians 2:3)
Don't judge one another (Romans 14:13)
Encourage one another (1 Thessalonians 5:11)
Pray for one another (James 5:16)

Can you imagine – just for a moment – what the world would be like if we could just do these simple ten things... TEN... that's just ten percent of the total number of “one anothers” in the New Testament. If we just did ten percent of what we're asked... think about how different the world would be – think about how the headlines might read differently.

But words alone cannot change people; action is required. James, the half-brother of Jesus, says this: *“be doers of the word, and not hearers only, deceiving yourselves. For if anyone is a hearer of the word and not a doer, he is like a man who looks intently at his natural face in a mirror... and at once forgets what he was like. But the one who acts, he will be blessed in his doing.” James 1:22-25, ESV*

So if you want to change the world... if you want to see more good and less bad in the world... if you want to make a difference... then start with the person in the mirror and do the “one anothers”.

Brent Myers

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

-Dave Norris, Cancer Fighter

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