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April 2019

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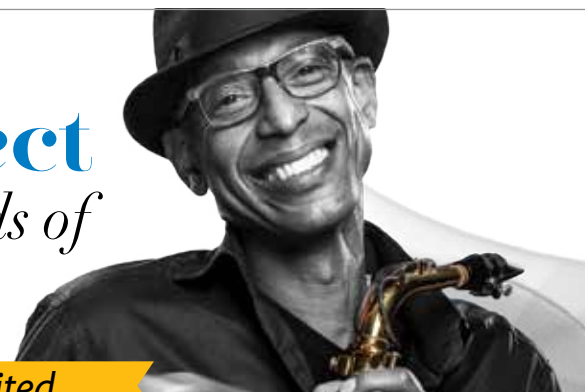
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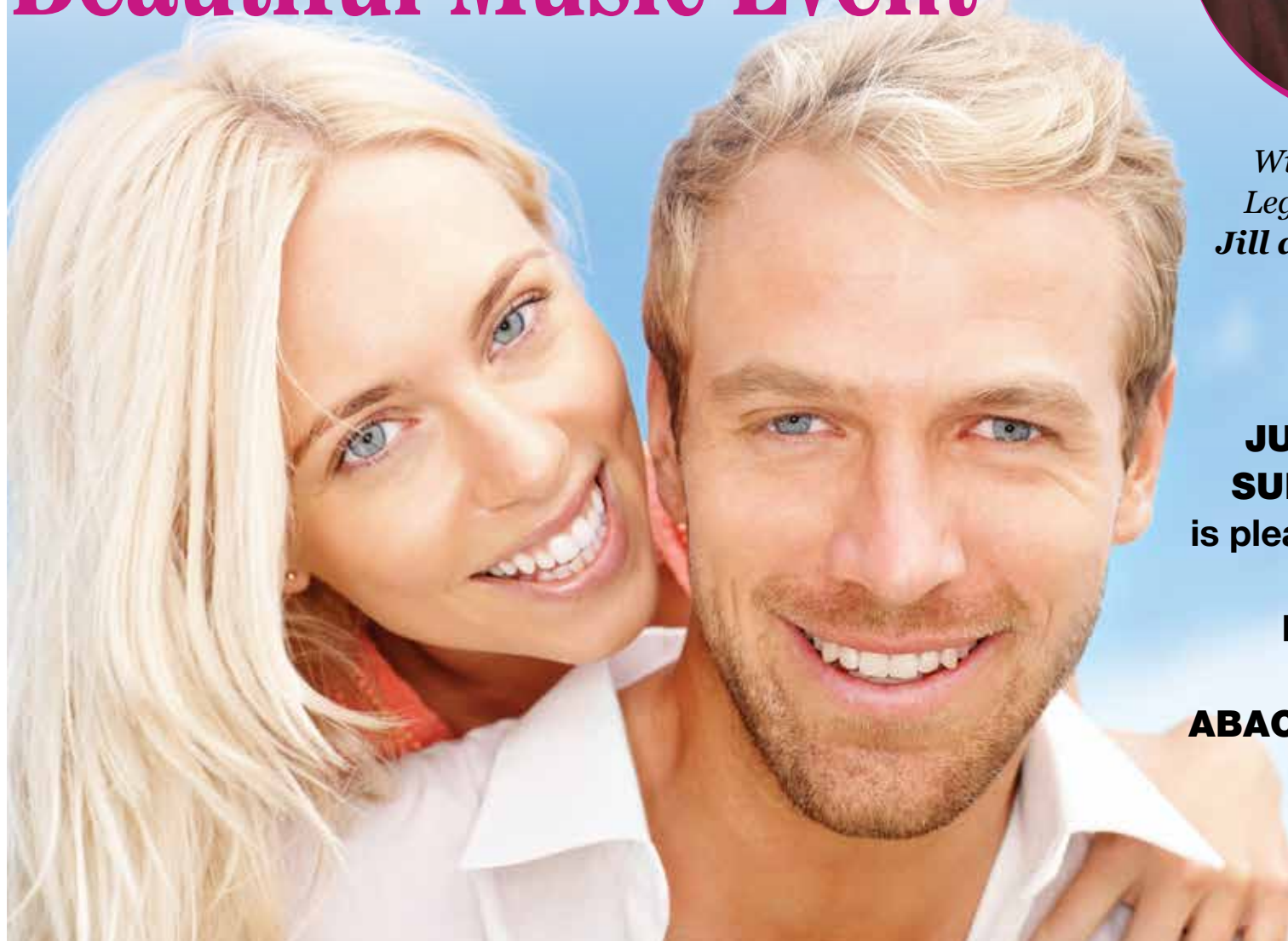
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Beauty and Music
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Robin A. Sykes, MD is a Board-Certified Plastic Surgeon. She has a BA in Biology from Wells College, an MD from the Johns Hopkins University School of Medicine, General Surgery training at the University of Miami, and Plastic Surgery training at the University of Kansas. She is a National Merit Scholar and Phi Beta Kappa. In addition, she has many years of art training, and brings this to her work in aesthetic plastic surgery. Many new technologies as well as new aesthetic devices and products are available in her practice, so that she can offer a variety of surgical and nonsurgical treatments for your unique aesthetic needs and desires.



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There will be lots of fun as well as lots of opportunity to learn about what is new and what is maybe for you! Men and women are invited to explore. There will be raffles, discounts, and a spinning wheel of prizes!

Representatives from the industries will be on hand to show you more about what plastic surgery can offer to you, and to answer all of your questions. Dr. Sykes will be speaking about what is new and what is relevant. This year we will be introducing the latest in body sculpting technology, the amazing **EMSCULPT®**. This noninvasive, truly pain-free technology causes muscles to increase and the overlying fat to decrease by producing the equivalent of 20,000 contractions in each ½ hour session. It has just won the “New Beauty 2019 Product Innovation Award for Body Sculpting”, and was named “Real self Most Worth It Procedure in 2019”. It is the only fat reduction system that also increases muscle mass.

We will also be discussing the newly FDA-approved version of microneedling, the “SkinPen” Finally the science has been done, and the SkinPen has shown to be a collagen stimulator, with the benefit of creating improvement in skin texture with a minimum of down time.

Filler technology has been improving and new products have been added to the options which are available to improve the contours of the face. There are also increasingly more uses for fillers on the hands and body as well!

The latest in breast implant technology will also be on display, and there will be a discussion of treatment of some feminine problems of stress incontinence and intimate moisture .



And, to top it all off, will be our special guests, Jill and Rich from the Morning Lounge on Legends Radio 100.3 FM! After the presentation, there will be musical entertainment from “The Great American Songbook”, and Dr. Sykes may even join in on the flute!

We hope that you can be with us for this fun and educational event!



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PDOGRO™:

What You Need to Know About the Newest Non-Invasive Treatment for Hair Loss

By Dr. Alan J. Bauman, MD, ABHRS

There is good news for men and women suffering from thinning hair, a promising new procedure just made its way to the U.S. and is being used exclusively by Bauman Medical to stimulate hair regrowth. In addition to the positive results seen in clinical trial patients, PDOgro™ is painless, can be done on your lunch break and requires no recovery time – which will no doubt be a major draw for hair loss sufferers.

HairCheck hair regrowth measurements are recommended every three months to track improvements in hair growth and to help determine when the next PDOgro™ thread treatment is indicated.

WHO CAN IT HELP?

PDO sutures have been used in various medical and surgical fields for decades, but the hair restoration field is just tapping into its potential as a hair loss treatment. Current research supports its use for stopping, slowing or reversing hair loss and promoting hair regrowth. Research has shown that PDOgro™ can be used as a stand-alone hair growth treatment or in conjunction with FDA-approved medications, low-level laser therapy, as well as other procedures including PRP, other cell therapy treatments and hair transplantation.

LOOKING AHEAD

Despite cutting-edge breakthroughs in hair transplantation thanks to the advent of sophisticated FUE technology, many patients aren't ready to take the plunge on a transplant or unable to make the financial investment, which makes therapies like PDOgro™, that can potentially reduce the need for a hair transplant so exciting for patients, physicians, and the entire hair restoration community.

WHAT IS PDO?

PDO thread insertion procedure is an exciting, new, non-invasive treatment to stimulate hair regrowth. PDO (polydioxanone) is a commonly used slowly absorbing synthetic surgical suture material that stimulates new blood vessel formation, collagen, elastin and hyaluronic acid production, as well as activates fibroblasts while it dissolves. These FDA-cleared PDO sutures have been used safely in surgery for decades and, in recent years, have shown promise in aesthetic medicine for non-surgical skin rejuvenation including tightening, lifting, and wrinkle reduction.

How does PDOgro™ work as a hair loss treatment? Dr. Bauman's unique application of the PDO threads, PDOgro™, is performed under painless local anesthesia by aseptically inserting PDO MasterThreads into the scalp in the thinning areas to stimulate hair regrowth by rejuvenating weakened follicles. This proprietary process is currently the only procedure in the U.S. using PDO threads for hair regrowth.

This painless "lunchtime" procedure works to stimulate hair regrowth through the release of growth factors and increased blood flow in the treatment area. The material slowly and safely dissolves over a period of months. The breakthrough outpatient non-surgical treatment requires no recovery, no downtime, no aftercare, and no activity restrictions.



Before and
6 months after
PDOgro™ by
Dr. Alan Bauman



Before and
6 months after
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Dr. Alan Bauman

Continued research and studies are being conducted, to help unlock PDOgro's™ maximum potential for hair loss patients. Clinical trials are now underway at Bauman Medical to determine how long the hair growth improvements with PDO threads will last as a stand-alone treatment, as well as in conjunction with other treatments.

PDOgro™ joins an arsenal of effective, non-invasive treatments used to treat hair loss and promote hair growth, including:

Platelet Rich Plasma Therapy, or PRP: Also called, "the vampire," PRP uses your own blood, which is naturally enhanced to boost the number of platelets and key growth factors. It is then re-injected into the scalp, where it revives dying follicles and regrows lost hair.



PDOgro™ by Dr. Alan Bauman

Compounded Formula 82M: Aside from the generic minoxidil and brand-name Rogaine you find on the shelf at every pharmacy, a growing number of off-label customized compounded versions of the medication, like Formula 82M, can be obtained with a doctor's prescription. These less greasy more powerful compounded versions offer dramatic improvements over the OTC brands.

Compounded Finasteride: "FinPlus" is a specially formulated oral treatment to help men and postmenopausal women in the medical management of hair loss. This custom compound contains 25% more finasteride than the popular hair loss drug Propecia, along with a unique blend of herbs and nutrients to optimize healthy hair regrowth.

Low-Level Laser Therapy: FDA cleared low-level lasers are a key weapon in the battle against thinning. These hair growth lasers are now available in laser-embedded ball caps, which offer a discreet, hands-free treatment to the scalp without side effects.

Nutritionals & Nutraceuticals: Haircare also comes in pill form. Hair vitamins and supplements, like Viviscal Pro, Nutrafol and "SuperBiotin" can help your hair appear shinier, fuller and stronger.

The biggest takeaway should be that early intervention is the key to preventing and managing hair loss. Once you understand the cause of your hair loss, you need to determine the best way to stop losing more hair, enhance the hair you have and restore the hair you've lost. For most patients, this means using a combination, or 'multi-therapy,' approach: non-invasive treatments to protect the hair you have and hair transplantation to restore the hair you've lost. Some patients might accomplish their goals using only non-invasive treatments, like the treatments mentioned above.

For more information about PDOgro™, or to learn if the treatment is right for you, visit <http://www.baumanmedical.com> or call 561-220-3480.

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



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

Dr. Alan J. Bauman is the Founder and Medical Director of Bauman Medical Group in Boca Raton, Florida. Since 1997, he has treated nearly 20,000 hair loss patients and performed nearly 7,000 hair transplant procedures. An international lecturer and frequent faculty member of major medical conferences, Dr. Bauman was recently named one of the Top 5 Transformative CEO's in Healthcare by 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.



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Over the years I pursued the quest to find the most effective non-surgical body-contouring technology.

So first, I had Zerona then CoolSculpting and then finally SculpSure, but none of these technologies impressed me like truSculpt® iD. This is the latest Body Sculpting technology that utilizes radio frequency wavelength to non-invasively melt fat under the skin and results in a 24% fat thickness reduction with one treatment alone. The treatment takes 15 minutes per area and multiple areas can be treated at the same time. This radio frequency technology penetrates deep to heat the entire fat layer from skin to muscle. The treatment is very

comfortable, it feels like a "warm" massage and the melted fat is eliminated through the lymphatic system, through urine within 8- 12 weeks. There is absolutely no down time and all areas of the body can be treated effectively. Since radio frequency energy is being used we obtain excellent skin tightening results unlike any of the previous non-invasive body sculpting devices. In addition, there are no side effects unlike any of the other technologies.

With so many of the body contouring technologies out there, I think it would be helpful if I compare the most popular technologies available:



Coolsculpt vs truSculpt® iD

Coolsculpt uses freezing to eliminate fat, it can be uncomfortable and can result in skin laxity.

SculpSure vs truSculpt® iD

SculpSure can require more than one treatment for 24% reduction and is uncomfortable. Multiple areas cannot be treated at the same time and some areas cannot be treated at all with SculpSure.

truSculpt® iD vs Emsculpt

Emsculpt is a muscle toning device, not body contouring. There is not much, if any fat reduction.

Overall advantages of truSculpt® iD over other body contouring devices:

- multiple areas can be treated at the same time
- no side effects
- good skin tightening as well as fat-melting
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- 24% fat reduction with one 15-minute treatment

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- hips
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- knees.

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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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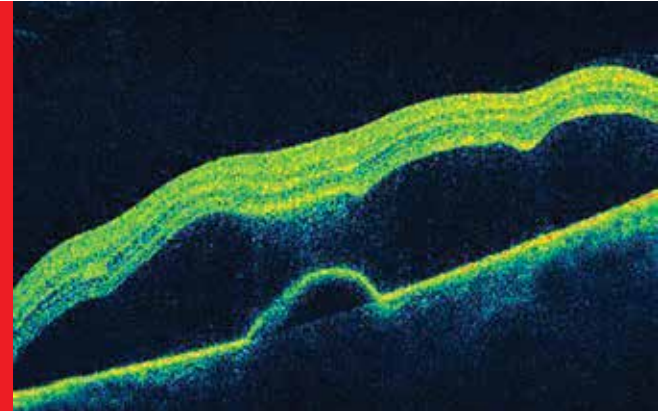
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What is **CENTRAL SEROUS RETINOPATHY?**

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

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



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

CENTRAL SEROUS RETINOPATHY SYMPTOMS

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

WHO IS AT RISK FOR CENTRAL SEROUS RETINOPATHY?

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

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

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

CENTRAL SEROUS RETINOPATHY DIAGNOSIS

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

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

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

CENTRAL SEROUS RETINOPATHY TREATMENT

Most cases of central serous retinopathy clear up in one or two months without any treatment. During this time, your Eye M.D. will monitor your eye to see if the liquid is being reabsorbed. In some cases when the vision isn't regained in a timely manner your Eye M.D. may consider laser or Anti VEGF injection to help restore vision.

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



The Retina Institute of Florida

Lauren R. Rosecan

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

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REGULAR SCREENINGS HELP PREVENT COLORECTAL CANCER



According to the American Cancer Society (ACS), colorectal cancer is the third leading cause of cancer-related deaths in women in the United States and the second leading cause in men; however, the number of deaths from colorectal cancer has been dropping steadily in both men and women for several decades. One of the reasons for this decline is early detection and improvements in screening methods.

Almost all colorectal cancers begin as precancerous polyps (abnormal growths) in the colon or rectum, the majority of which take 10-15 years before developing into cancer; and, they may not cause any symptoms until the cancer is well-established. That's why screening is so important. With regular screenings, most polyps can be found and removed before they advance and become malignant, thereby preventing cancer from occurring. Screenings can also find colorectal cancer at an early stage, where there is a greater chance that treatment will be more effective and may even result in a cure.

ACS guidelines recommend that, starting at age 45, people who are not at an increased risk due to family history get a screening for colorectal cancer. If you have a family history of colorectal polyps or cancer, talk with your doctor about what your options are and how to reduce your risk. You may also want to begin screening earlier than age 45, or even receive genetic counseling to review your family medical history.

IMPROVING TREATMENT

The type of treatment for colorectal cancer depends largely on the stage of the cancer. The three primary treatment options are surgery, chemotherapy and radiation. In addition to these treatments, targeted therapies, including immunotherapy, may be used for cases of more advanced cancer. Targeted therapies are drugs that target specific malfunctions (DNA mutations) in the genes or proteins of cells that allow cancer cells to grow uncontrollably. These drugs, which are usually in pill form, may be given alone or in conjunction with traditional chemotherapy. Some patients with advanced colon cancer may also have a chance to benefit from specific immunotherapies. These are drugs that use your body's immune system to attack and fight cancer cells. The development of more immunotherapies is an area of ongoing research that shows great promise in the treatment of many types of cancer.

Screening remains the number one way to reduce your risk of colorectal cancer and/or treat early stage cancer. The Centers for Disease Control (CDC) estimates that if everyone over the age of 45 had regular screenings to detect pre-cancerous polyps, we could reduce colorectal cancer deaths by 50-60%. In addition to early detection, treatment for colorectal cancer has vastly improved over the last few decades. As a result, there are now more than a million survivors of colorectal cancer in the United States.

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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Suite 303
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West Palm Beach
1309 North Flagler Drive
West Palm Beach, FL 33401

For more information, visit FLCancer.com

Saving Your Teeth WITHOUT The Use of a Scalpel

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

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

PERIODONTAL (GUM AND BONE)

ISSUES OFTEN LEADING TO TOOTH LOSS:

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

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

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

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

THE GOOD NEWS – ADVANCED TREATMENT OPTIONS WITHOUT TRADITIONAL SURGERY:

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

Recession: PINHOLE GUM REJUVENATION

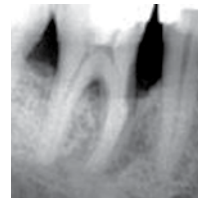
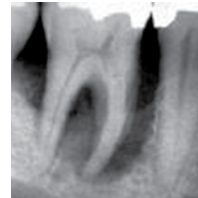
Pinhole Gum Rejuvenation is a procedure performed to help treat gum recession and slow jaw bone loss. It is similar to a laparoscopic procedure performed on the



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

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

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



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

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

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



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

The focus of his interests are conservative approaches to treating gum, bone and tooth loss. He utilizes advanced techniques including the use of the **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 Green 2 CT imaging** which offers **Hi Resolution 5 Second Low Dose Scans** 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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REPLACE BAD HABITS WITH BETTER HABITS & IMPROVE PERFORMANCE WITH VIBROACOUSTIC THERAPY.

A GENERIC THERAPEUTIC MODALITY AND A SELF-HELP TOOL

FROM THE MINUTE WE WAKE UP, WE ACTIVATE OUR HABITS IN AN AUTOMATIC WAY. OUR MISSIONS, SUCH AS GETTING READY TO SCHOOL / WORK ARE BASED ON HABITS.



WHAT IS A HABIT?

"A habit (or wont) is a routine of behavior that is repeated regularly and tends to occur subconsciously.... Old habits are hard to break and new habits are hard to form because the behavioral patterns which humans repeat become imprinted in neural pathways, but it is possible to form new habits through repetition." - Wikipedia

From a pragmatic perspective, habits serve a good functional purpose. Habits consume less energies when we execute things– We don't think about how to take a shower, or place dishes in the dishwasher. Driving is a habit; We get into a programmed mode

which enables to arrive to our destination while talking on the phone, listening to music or think about our next vacation.

The problem starts with our bad habits. They may be destructive to our health, wellness and wellbeing.

WHY DID WE START OUR BAD HABITS ANYWAY?

Obsessive or too much drinking, eating, smoking, computer gaming are examples of bad habits. They started to serve a purpose of an escape of stress and/or conflict and /or social pressure, and / or a desire. At some point many people with bad habits understand their negative consequences on their personal life and

the impact on the significant people they interact with at home and at work. That is awareness. – Aha moment of facing yourself in the mirror and saying:" this is not good for me, it's harming my relationship or my job, what shall I do? ... "

For some, the awaked awareness in itself, and realizing the negative impact of the bad habit may lead to a decision of adopting better lifestyle and stop the bad habit. For instance– some people decide to stop smoking and they do it all at once. In most of the cases, however people may try better habits as a replacement but it will be very challenging, non-consistent and eventually they will be stuck with the bad habit. If you read again the definition at the beginning of this article, you understand that once a habit is embedded as a neutral pattern it creates conditioning of bodymind – a pattern of behavior that is activated in certain circumstances.

HOW CAN WE REPLACE BAD HABITS WITH BETTER HABITS?

You may go to a hypnotherapist or a psychotherapist which may be effective, depends on their professional expertise, their personality and the chemistry between you two.

You may also explore what triggers from the external world and your internal conditions activate your habits. Observe your 24X7 and write a journal. This is a great opportunity to realize what causes you to operate in an conditioned bodymind way.

HOW CAN VIBROACOUSTIC THERAPY HELP IN THE PROCESS TO REPLACE BAD HABITS WITH BETTER ONES?

Vibroacoustic therapy equipment (mats/ pillows / teddy bears) is a wellness generic, holistic and integrative balancing therapeutic modality and self-help tool. Olav Skille the inventor of Vibroacoustic Therapy (Norway/Finland), found the correlation



between specific harmonic low sound frequencies and reduction of pain and stress in various parts of the body. In addition, other frequencies help reduce insomnia, fatigue and anxiety. **One of the frequencies brings you into deep meditation or self-hypnosis state of being. In this inner mental condition, you can insert a new positive habit to replace the bad one.**

The steps to replace a bad habit with a better one:

1. Calm and clear the desktop of your mind and reduce mental, emotional and physical stress while having a Vibroacoustic Therapy session. **Vibroacoustic Therapy is the easiest, soothing, most effective and effortless way to reduce stress daily.**



2. Focus on visualizing imagery and/or positive experience, which manifests in your mind, that resonates as a good replacement of the bad habit. For instance, if you come back from work, drink 3 beers and eat potato chips. What comes to your mind as a replacement for a beer? Vegetable juice with pepper? Seltzer with ginger? and instead of potato chips? Fresh cauliflower, carrots and cucumbers?
3. Write a scenario which describes how you activate the new habit and visualize a huge X on your current habit. Record yourself describing what happens as you are enjoying the flavors and the taste of the new habit and play it while you are have an additional session on the mat in a self-hypnosis mode.
4. When the time comes to the regular 3 beers ritual, with awareness, activate and replace it with the new scenario. Only this time in real in your living room.
5. Add some physical exercises on the Vibroacoustic Therapy mat to feel good, active and happy.

At the beginning the new scenario will take place as result of will power and awareness. The more you activate it into your life, it will be embedded in your subconscious as a new positive habit that will come naturally. Motivation and passion will grow as your bodymind realize the benefits of drinking and eating healthier substitutes and feeling good and vital.

Life is a serious game of awareness. With Vibroacoustic Therapy you can stop being a slave to your bad habits and start being a creative self-manager of your being.

Vibroacoustic Therapy may be a great added modality to psychotherapists and hypnotherapists.



Hello I'm Avigail Berg-Panitz – the owner of TheSoundwell vibro-therapy.

I was fortunate to be mentored personally by Olav Skille – the inventor of the original Vibroacoustic therapy (Norway/Finland). We use his original harmonic frequencies compositions in our products – (vibroacoustic therapy mats, pillows and teddy bears), to facilitate inner body massage to organs, tissues and cells.

I'M AN ENERGY HEALER, MEDITATION FACILITATOR, VIBROACOUSTIC THERAPIST AND WELLNESS-WELLBEING LIFE COACH. I HAVE MA IN HOLISTIC HEALTH FROM LESLEY UNIVERSITY.

My perception is based on providing tools for bodymind balance so that you can drive life and enjoy your life journey – your way.

You are welcome to set an appointment with me to map your challenges and together create a plan to clear your mind from clouds of thoughts, emotions, sensations, memories, imagination and belief system that limit your advancement and drain your vitality.

The tools we will be using to dynamically balance mental and emotional systems:

Energy healing, Vibroacoustic therapy, meditation, wellness-wellbeing coaching and expressive-creative writing.

I advise therapists, physicians, chiropractors and individuals of how to dynamically balance bodymind and integrative vibroacoustic therapy to increase life quality and recharge vitality.

Contact me today to set an appointment
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Vibroacoustic therapy is a wellness balancing platform and does not replace medical diagnosis and treatment.



DON'T FILL YOUR FACE WITH SYNTHETICS

Look Younger Naturally with a Proven Technique

Plastic surgery and injectables like Botox or fillers are not the only answer; there are natural alternatives. And the best part is, the answer to aging beautifully isn't costly like cosmetic procedures. For countless individuals, **cosmetic acupuncture** is the solution.

HOW ACUPUNCTURE WORKS TO REJUVENATE SKIN

Acupuncture has of course been around for centuries, providing the Yin and Yang properties to release the flow of Qi (energy, pronounced chee) to pathways and vital organs for peak health and wellness. When the tiny flexible needles are placed strategically in the dermal layer of the face or neck area (depending on your concerns), the stimulation brings notable contour along with brightness and a youthful glow.

You will first have an advanced evaluation to see which channels are blocked in your body that may be exacerbating facial wrinkles, age spots, acne, laxity, dark circles or other areas of concern. Many times the symptoms that show signs of aging on the face are brought on by blocked energy and inflammatory responses in our internal organs. The acupuncture needles will be placed strategically in specific areas on your face and neck in need of rejuvenation.

Living in a culture that's so focused on healthy living through diet and exercise, it's hard to imagine why so many individuals are willing to fill their faces with painful synthetic injections full of toxins. The ideal solution and natural alternative is to utilize the micro-circulation technique through increasing the Qi and Xue (energy and blood-flow), which creates the youthful luminosity that most people want to achieve. As the flow of energy improves, a greater amount of vitality and blood are circulated into the face, oxygenating, firming and toning the skin to diminish fine lines and improve overall skin and muscle tone.

Cosmetic Acupuncture is an effective, safe, non-surgical treatment to reduce the signs of aging. Celebrities and the elite have been getting acupuncture facials for the past 20 plus years now, but even more notable is that the treatment has been growing in popularity by the general population that realizes the toxic-free effectiveness of the method. That is why cosmetic acupuncture is on the rise.

As more and more people are living longer, the quest for beautiful, healthy skin is a standard part of wellness and looking your best throughout the aging process. Moisturizers and serums will plump the superficial component of the skin, but when you desire real change in your tone, muscle support, and fine lines, potions will never be able to improve your facial contour.



BENEFITS OF COSMETIC ACUPUNCTURE

- **Cost effective**
- **No Harsh toxins**
- **Takes 5 to 10 years off of your appearance**
- **Eliminate fine lines**
- **Deep lines appear softer**
- **Firms and tones skin**
- **Reduces sagging jaw line**
- **Reduces hooded eyelids**
- **Decreases rosacea**
- **Improves muscle tone**
- **Increases circulation and oxygenation of the skin**
- **Tightens the pores**
- **Helps to reduce acne**
- **Nourishes the skin for a healthy natural more radiant glow**
- **Brightens the skin to reduce dull complexions**
- **Minimizes fine lines**
- **Increases collagen and elastin production**
- **Evens facial color and tone**
- **Increases lymph circulation**
- **Leaves skin refreshed and rejuvenated**

COSMETIC ACUPUNCTURE'S HISTORY OF RESULTS

In 6000 BC, acupuncture originated in China. Instead of needles, at that time they utilized tiny hair-thin bones. Cosmetic Acupuncture for skin rejuvenating purposes has been the treatment of choice for thousands of years in China.

As early as the Sung Dynasty (960 AD – 1270 AD), acupuncture was performed on the Empress and Emperor's concubines. For centuries, the Chinese have known that beauty radiates from the inside out. If the internal body is nourished and the energy and blood are flowing smoothly, the external body will reveal this radiance.

Several years ago, a study was conducted in the International Journal of Clinical Acupuncture, which reported that among 300 cases treated with Skin Rejuvenating Acupuncture, 90% reported marked effects with one course of treatment. The results included: the skin becoming more delicate and fair, improvement of the elasticity of facial muscles and leveling of wrinkles, a bright complexion, and overall rejuvenation.

Trusting your delicate face in the hands of a practitioner can be intimidating, that's why when you chose to have cosmetic acupuncture, it's imperative to see an experienced licensed Acupuncture Physician and Doctor of Oriental Medicine.

For over 20 years, Dr. Yanhong Meng has been practicing acupuncture. She is a licensed Acupuncture Physician and Doctor of Oriental Medicine. Dr. Meng graduated from Shan Dong Traditional Chinese Medicine University in 1996. In 1996, Dr. Meng began practicing at the Shan Dong Lai Wu Traditional Chinese Medicine Hospital, and for three years worked under the direct guidance of Dr. Gu Dao Xia, the inventor of Acupuncture Point Nutritional Injection Therapy.

Dr. Meng attended Shen Yang Western University from 1999-2001, where she deepened her knowledge of Traditional Chinese Medicine (TCM) Theory and Practical application in

conjunction with Western Medicine. In 2002, Dr. Meng completed a rigorous clinical rotation at the Beijing Traditional Chinese Medicine University.

Also, from 2002-2004, Dr. Meng operated a TCM Clinic in Dublin, Ireland. After moving to the United States, Dr. Meng graduated with honors from The Atlantic Institute of Oriental Medicine in 2007, where she received her Masters in Oriental Medicine. Since 2007 she has owned and operated Meng's Acupuncture Medical Center in Palm Beach Gardens, Florida.

If you want to look younger, please call Meng's Acupuncture Medical Center today at (561) 656-0717.

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Palm Beach Gardens, Florida 33410
Phone: (561)656-0717
Toll-Free: (877)307-0005



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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 ACHIEVE OPTIMUM HEALTH**

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GETTING ADJUSTED TO YOUR NEW HEARING AIDS

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

Pursuing treatment for hearing loss with hearing devices is the first step to improving your hearing loss, but there is often an adjustment period to go through before becoming accustomed to new sounds in your daily life. Sounds may sound harsh or unnatural the first time you wear a hearing aid, but understanding proper adjustments and settings will help make the transition go smoothly. The following are tips and guidelines about what to expect during your first few weeks utilizing new hearing technology.

BE PATIENT

Adjusting to your new hearing devices takes time, patience and ongoing follow up care. At first, your hearing devices may not sound “normal” and your own voice may sound hollow. You will begin to hear many sounds you have been missing such as the blinker in the car, the voices or your grandchildren or your footsteps in the hallway. Patients often report the sounds of dishes and silverware to sound loud and tinny. By documenting your experiences, your devices can be re-adjusted to work well for you.

START GRADUALLY

It may be helpful to start out slowly. Instead of going outdoors your first day with a hearing aid, stay in your home where you have more control over the sounds. Noises might sound excessively loud the first day you wear a hearing device.

There are several things you will have to get used to with your hearing aids – and the most obvious is hearing clearly. Do not be discouraged if you do not hear clearly immediately. Everyday noises may be the most challenging thing to get used to because these everyday sounds were likely not audible or unclear before wearing hearing devices. Please do not wear your hearing devices while sleeping, bathing, or swimming.

PRACTICE

With time, your brain will learn to interpret new sounds clearly. Ask a friend or family member to simply have a conversation or read aloud to you without any distractions in the background to get used to the amplified speech. At your follow up appointments, your audiologist will adjust the technology to make it more useful in everyday situations over time

FOLLOW UP WITH YOUR AUDIOLOGIST

Follow up adjustment visits are a normal part of the process when using hearing devices. It may take some time to get used to your hearing devices, but if it is uncomfortable or painful, it may be time to talk to your audiologist. During the trial period, you'll want to maintain communication to combat any lingering issues and determine whether they are a simple fix or more complex. It's important to remember that your hearing did not disappear overnight, so it's unlikely that you'll become completely accustomed to a hearing aid device right away. It's recommended to visit the audiologist about two weeks after getting fit with new hearing devices. Remember, losing your hearing was a gradual change and it will take time for your brain to adjust and hear the sounds you have been missing.



**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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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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&
JOINT INSTITUTE**

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advancedspineandjoint.com**



WHAT IS THE DIFFERENCE BETWEEN THC AND CBD?

TETRAHYDROCANNABINOL (THC) and **CANNABIDIOL (CBD)** are the two primary cannabinoids that occur naturally in the *Cannabis sativa* plant, most commonly known as cannabis.

Both of these substances interact with the cannabinoid receptors found in the human body and brain, but they differed dramatically in their effects.

CBD is non-psychoactive which means that it will not get the user high. Because of this trait, CBD appears more frequently than THC in dietary and natural supplements.

What is THC?

THC is the main psychoactive component of the cannabis plant. In other words, THC is the primary agent responsible for creating the 'high' associated with recreational cannabis use.

This compound works, in part, by mimicking the effects of anandamide and 2-AG. These neurotransmitters are produced naturally by the human body and help to modulate sleeping and eating habits, the perception of pain, and countless other bodily functions.

The effects of THC include:

- Relaxation
- Altered senses of sight, smell, and hearing
- Fatigue
- Hunger
- Reduced aggression

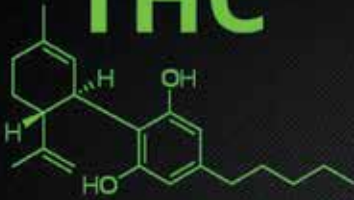
What is CBD?

Cannabidiol is one of the most critical cannabinoids contained in the cannabis plant. It exists both in agricultural hemp, as well as medical cannabis. While cannabinoids are present within several plants in nature, cannabis is the only plant known to contain CBD.

CBD has the same chemical formula as THC, with the atoms in a different arrangement.


This slight variance causes THC to create a psychoactive effect, while CBD does not. This fact means that when you ingest CBD for medical purposes, you will more likely experience a relief of your unwanted discomfort, with little or no noticeable effect on your cognitive abilities.

THC

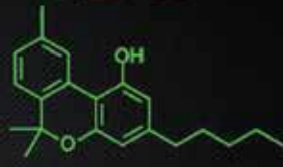


Medical benefits:

- eases pain
- helps with relaxation
- suppresses pain from nerve damage
- reduces risk of nerve damages
- suppresses muscle spasms and convulsions



CBD



Medical benefits:

- reduces Dravet seizure
- kills breast cancer cells
- stimulates bone growth
- stops inflammation
- anti-inflammatory properties
- anti-oxidant properties
- anti-psychotic

LOCATIONS:



700 W Boynton Beach Blvd.
Boynton Beach, FL 33426
561-223-0743

HEMP OIL

VS

CANNABIS OIL

The difference between CBD from Hemp and CBD from Cannabis strains

HEMP OIL

PRODUCT: Hemp bi-product.

LABELS: Must state that is made from hemp.

TESTING: Due to lax testing outside the U.S. products may be highly contaminated.

INGREDIENTS: GMO's, tranfats & additives

EXTRACTION: BHO, propane, hexane or hydrocarbons.

HEMP:

CANNABIS OIL

PRODUCT: High level CBD. For maximum therapeutic impact, choose both CBD and THC product.

LABELS: Show ratio of CBD/THC, a manufacturing date and batch number.

TESTING: Tested for consistency.

INGREDIENTS: No corn syrup, GMO's, tranfats or additives.

EXTRACTION: Non-toxic, supercritical CO2.

CANNABIS:



6266 S Congress Ave.
Suite # L-8, Lantana, FL 33462
561-429-2105



Florida Medical Marijuana Health Centers
Flamjcenter.com
561-223-0743
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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 and neck 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."



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.

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

**3200 Forest Hill BLVD • West Palm Beach
FL 33406**

treatingyourbackpain.com



Chronic Depression Doesn't Have to Ruin Your Life

Neurofeedback can break the pattern

By Michael Cohen, Director and Chief of Neurotechnology Center for Brain Training

Depression can ruin your life.

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

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

You can't just "cheer up."

Keeping busy won't make it go away.

Buying something new doesn't work.

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

Anti-depressants don't always work well.

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



Anti-depressants can have unpleasant side effects.

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

Difficult to stop.

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

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

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

Neurofeedback helps you physically change brain patterns through neuroplasticity.

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

Changing Your Brain is Necessary for Feeling Better Long-Term

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

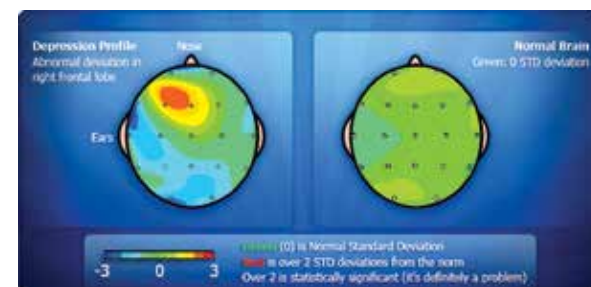


figure 1

What can I expect from my neurofeedback training sessions?

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

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

How many sessions will you need?

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

Does neurofeedback do the same thing as medication?

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

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

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

Why come to the Center for Brain Training?

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

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

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

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

Mark's story

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

Side effects

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

Suicide attempt and panic

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

Medication adjustment and testing

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

Better quality of life after neurofeedback training

Over the next four weeks we gave Mark a course of 11 neurofeedback sessions.

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

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

Learn more about neurofeedback at our free informational seminar

**Wednesday
April 17
6-7:15 p.m.**

Call **561-744-7616** for details
or visit
www.CenterForBrain.com

About the Center for Brain Training

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

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.



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

RejuvaWAVE®

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.

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.

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!



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.

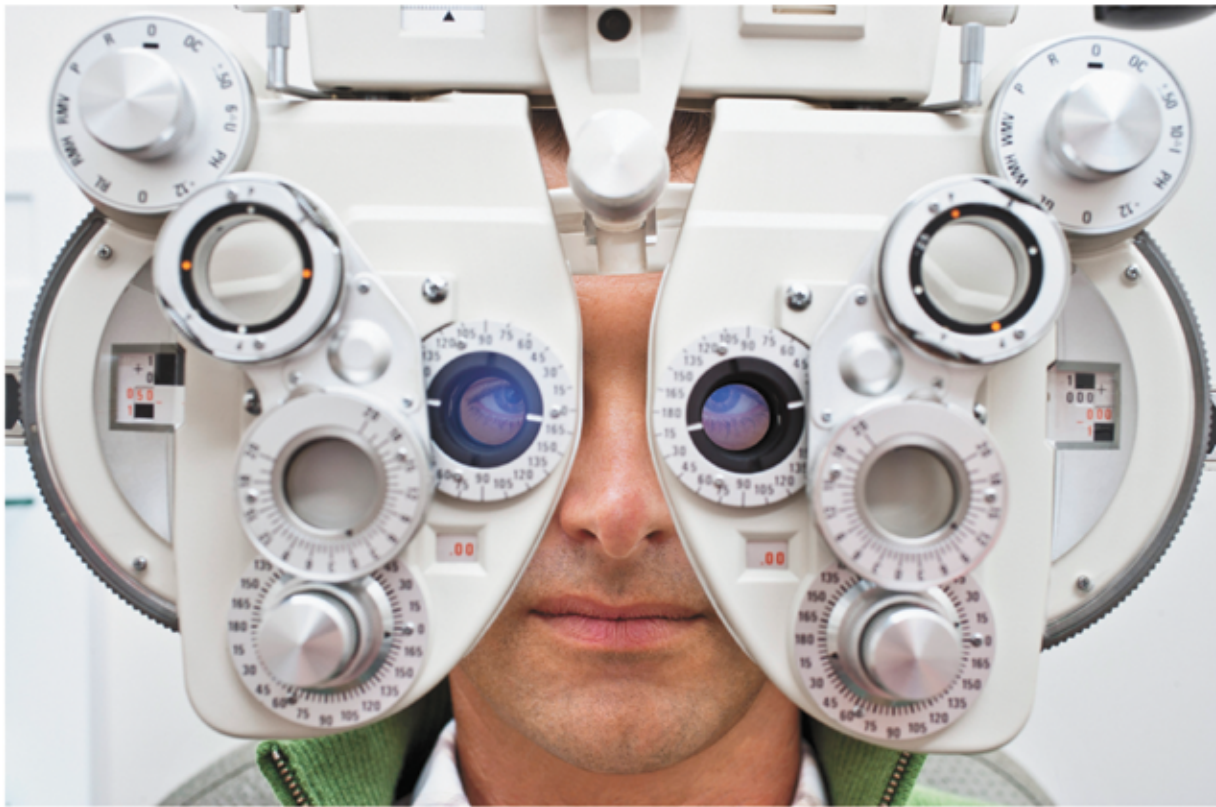
Testimonial: “I’m in my sixties, and I had always had a very active sex life, but over the last years even the pills had stopped working. When I first came to Simply Men’s Health, I was skeptical, but they were extremely caring and professional, and after several months of treatment I’ve got my life 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.



**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!



SEEKING A SECOND OPINION ABOUT YOUR EYE CARE

By David A. Goldman MD

Throughout my career I have seen patients come to me for second opinions, and I have also had patients ask me if I would ‘mind’ if they saw another specialist for a second opinion.

For the patient, seeking a second opinion is a difficult thing to do. To begin, he or she may not know who is a reputable person to seek for second opinion. Furthermore, they may have a good relationship with their ophthalmologist and may feel they are betraying their doctor’s confidence by seeking another MD. Finally, they may be concerned whether their insurance will cover a visit for second opinion.

For the doctor, discovering a patient has seen another physician may make them feel that they are not trusted or even felt to be incompetent. In some cases, when a patient seeks second opinion it may completely end their care with the first physician.

It has always been my belief that second opinions are an excellent idea. If the care rendered to date is appropriate, the second physician can confirm that and set the patient’s mind at ease. In some cases, the physician may actually find something that the first doctor missed, and in these cases both the physician and patient still benefit. This is because at the end of the day, doctors want their patients to do well. If I am unable to treat a patient completely, I am thankful that another doctor could. On the other side, I am happy to help out my colleagues when they have gotten stuck, or just to tell their patients that everything is going well. Medicine is not performed in a vortex - referrals to subspecialists are very common place. While intra-subspecialty referrals are less common, I am always comfortable recommending the patient seek second opinion if they have any questions or concerns. In this way, doctor-patient relationships are strengthened rather than weakened and care can be given the best way possible.



DAVID A. GOLDMAN

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

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

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

Dr. Goldman speaks English and Spanish.

561-630-7120 | www.goldmaneye.com

I Have A Wait Problem

Brent Myers

You're reading a health and wellness magazine and you're thinking: that guy can't spell. But the truth is that you read it correctly: I have a wait problem: I don't like to wait. But who does?

Think about it... do you like to wait? Do you love sitting in the waiting room at the doctor's office? Do you look for the longest line at the grocery store so you can spend more time waiting? When the light turns green, does it make you happy when the car in front of you just sits there? Do you keep your fingers crossed that wait times are an hour at the amusement park? If you answered "no" to the questions above, then you have a wait problem too.

It's been estimated that we spend ten percent of our lives waiting. That comes out to be over two hours of everyday. I have a wait problem: I'm not very good at it. But I don't have a choice. Waiting is a part of our lives.

And waiting isn't just a part of everyday menial tasks, but big things in life too. Things like waiting for Mr. Right or Miss Perfect; waiting for your first grandchild; waiting for retirement; waiting on test results; waiting to hear back about the interview; waiting...

From a spiritual perspective, waiting is very important. So important, in fact, that God talks about it including these words: *"Even youths shall faint and be weary, and young men shall fall exhausted; but they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint."* (Isaiah 40:30-31, ESV)

Waiting is expected by God.

Notice what he says... "...they who wait for the LORD..." Isaiah doesn't single out an individual

or use the word "if". God – the creator and controller of time and all circumstances – knows we will have seasons of waiting. And He expects us to wait on Him.

God uses waiting to build our character.

Look at the different stages of development: flying high (wings), running, and walking. Waiting gets us to a place where we learn to take in the highest highs, but at the same time realize that slow and steady gets us where we need to go. Waiting helps us grow into constant and consistent forward movement in our lives... even when we are waiting.

Waiting is rewarded by God.

Isaiah shows us that waiting has its rewards. Tired of being tired? Close to giving up? Don't want to wait anymore? Read the passage again: "...and not be weary..." "...and not faint..." God honors us when we wait. God rewards our faithfulness in the midst of our waiting.

Waiting is the fruit of our faith.

Finally look at this: "...but they who wait for the LORD..." When we learn to trust our circumstances to God, we show that we really believe that He is in control. We demonstrate that we actually believe that He knows best and that He works all things together for good. When we wait on the LORD, we show the depth of our faith. So... how do I get better at waiting? The ability to wait on the Lord stems from being confident and focused on who God is and in what God is doing. It sounds simple – and it is – but simple is not the same as easy (because it's not).

But look at it like this... I heard the other day, "there are no problems, only opportunities". So at least now I know I don't have a wait problem after all – just a wait opportunity (and lots of them)!



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Optimism. A powerful element in fighting cancer.

When Desert Storm veteran Lynette Bell’s follicular lymphoma went into remission, she chased her dreams to Florida and pursued a career in photography. However, during a routine doctor’s visit here, she learned her cancer had returned. Fortunately, she had access to Phase 1 clinical trials at Florida Cancer Specialists. In the past 4 years, the majority of new cancer drugs approved for use in the U.S. were studied in clinical trials with Florida Cancer Specialists participation. Today, Lynette’s cancer has surrendered, proving that when hope and science join forces, great outcomes can happen.

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

-Lynette Bell, Veteran, Patient & Fighter

Where Hope is Powered by Science™

FindHopeHere.com



Proud to serve patients at our four Palm Beach County locations.

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