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Health & Wellness[®] MAGAZINE

March 2021

South Palm Beach Edition - Monthly

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INCLUDE GOOD NUTRITION IN YOUR MEAL PLANNING

**PAINFUL, PLUGGY?
DEBUNKING HAIR TRANSPLANT
MYTHS AND MISCONCEPTIONS**

**SKIN REJUVENATION AT
MULTIPLE LEVELS**

**5 REASONS
TO AVOID KNEE
REPLACEMENT SURGERY**

**PLATELET-RICH-PLASMA
(PRP) THERAPY FOR
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Andrew Curtis is an attorney whose practice concentrates in the areas of trusts, estates, and elder law. He is a graduate of some of the top universities in the country. He devotes his time to estate planning for the middle class, charging moderate fees, and then getting referrals from happy clients.

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contents

March 2021

6 Include Good Nutrition in Your Meal Planning

7 5 Reasons to Avoid Knee Replacement Surgery

8 Painful, Pluggy? Debunking Hair Transplant Myths and Misconceptions

10 Platelet-Rich-Plasma (PRP) Therapy for Pain Conditions

12 Skin Rejuvenation at Multiple Levels

14 Ensuring our Parents Health Through Medication Compliance

15 Do You Need a Little Something to Brighten Your Day?

16 Cure Erectile Dysfunctions and Peyronie's RejuvaWAVE® Priapus Shot, Stem Cells, & Exosome and Low-T Treatments

18 Cheryl Master's Wants You to Know More About Your Options for Flexible Coverage

20 Anyone Can Suffer from Anxiety Neurofeedback Can Help

22 Laser Cataract Surgery What You Should Know

23 Spiritual Wellness: Spring (Change) is in the Air

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Include Good Nutrition in Your Meal Planning

During this time of the COVID-19 pandemic, boosting your immunity is more important than ever. According to the Centers for Disease Control (CDC), people who have a well-balanced, nutritious diet tend to be healthier and have a stronger immune system with a lower risk of chronic illnesses and infectious diseases. Studies have even shown that a healthy diet can reduce your risk for some types of cancer.

WHAT FACTORS CAN AFFECT OUR IMMUNE SYSTEM?

There are a number of factors that can have a negative impact on our immune system, including aging, lifestyle choices, such as smoking and excessive alcohol, stress, chronic disease and poor diet. Some factors, such as aging, are beyond our control; however, when it comes to proper nutrition, we can make positive choices that will help boost immunity.

As we age, our immune system can become less effective; in many cases, this decline is worsened by poor nutrition. Research has also shown that a poor diet can result in obesity and actually increase one's risk for disease or chronic illness. Conversely, eating a variety of fresh, unprocessed, plant-based foods provides the vitamins, minerals, proteins and antioxidants your body needs to keep your immune system functioning at its highest level. Drinking enough water and cutting down on or avoiding sugar, fat and salt significantly lowers your risk of obesity, heart disease, stroke, diabetes and certain types of cancer.

CAN I STILL EAT THE FOODS I LOVE

Florida Cancer Specialists (FCS) has a team of 12 registered dietitians, all of whom have the CSO (Certified Specialist in Oncology Nutrition) certification, and who provide education, support and nutritional counseling for cancer patients, including how to adapt favorite family recipes to make them more healthy. They offer the following tips:

- **Drink 8-10 glasses of water every day.** Water is not only essential; it also helps you feel fuller. Often, if you are hankering for a snack, drinking a glass of water will quell or delay cravings.

- **Eat fresh, unprocessed foods every day.** These include fruits, vegetables, legumes (lentils, beans), nuts and whole grains.

- **Raw vegetables are great for snacks** and, if you just must have a dip, consider using hummus, guacamole or a dip made from low-fat yogurt, lentils, white beans or even nuts. You can find lots of great recipes on the Internet.

- **Choose white meat and fish**, which are generally lower in fat than red meat.

- **Avoid trans fats**, which are often found in processed food, fast food, fried food, frozen food, pies, cookies, etc.

- **Eat less salt and sugar;** choose healthy snacks such as fresh fruits and vegetables.

You can also adapt your favorite holiday recipes by substituting healthier choices for the recipe ingredients.

HERE ARE SOME IDEAS TO GET YOU STARTED:

- **Cream of Wild Rice Soup** - Substitute blended white beans, instead of heavy cream, to provide thickness.

- **Sweet Potato Casserole** - Instead of canned sweet potatoes and marshmallows, use fresh sweet potatoes and honey with a touch of brown sugar and cinnamon.

- **Ambrosia** - Use pineapple, oranges, apples and bananas to provide lots of vitamin C; top with toasted almonds and coconut to make this a delicious, healthy dessert.

- **Green Bean Casserole** - Instead of canned cream of mushroom soup, sauté fresh mushrooms and make your own white sauce using skim milk.

- **Lemon Cheesecake** - Can be made with reduced-fat cream cheese; lemon zest adds lots of flavor and aroma.

- **Pumpkin Mousse or Pudding** - A delicious alternative to pie; sprinkle ginger snap crumbles on top for texture.

WORLD-CLASS CANCER TREATMENT CLOSE TO HOME

Florida Cancer Specialists & Research Institute (FCS) has a network of expert, Board-certified physicians who bring world-class cancer treatments to local communities, both large and small, across the state in nearly 100 locations. FCS is on the leading edge of clinical trial research, which provides patients 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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5 Reasons to Avoid Knee Replacement Surgery

By: **Regenexx at Gold Coast Orthopedics, Regenerative Medicine**

We understand the growing concern surrounding the Coronavirus (COVID-19) across the communities we serve. The health and safety of our patients, physicians, and staff is our top priority. Regenexx Tampa Bay has been actively preparing its offices, physicians, and employees to address these uncertainties and prevent the transmission of COVID-19. To schedule a Telehealth call with one of our physicians, please call us at **941-357-1773** in Sarasota and **813-544-3123** in Tampa. For Gold Coast Orthopedics in Aventura, FL, please call **786-855-4800**.

Knee replacements are occurring far too often today and the simple truth is that many are entirely unnecessary. In some cases, the knee pain may actually be stemming from another part of the body. Even when using standard criteria for determining candidacy, about one-third of knee replacements are deemed inappropriate when evaluated by independent researchers.

When knee pain is legitimately caused by a knee condition, many knee replacement candidates seek out effective alternatives to surgery. For those who are still considering a replacement, here are five reasons that may make you want to think twice.

1. Chronic Knee Pain

Relief from chronic knee pain is the main reason that most people decide to have a knee replacement. Although many people can get good relief from a knee replacement, unfortunately, for some people, surgery may come with continued or additional pain. Studies have shown that many patients still have at least mild pain after their knee replacement. Most people decrease their sporting and athletic activities within 5 years of their surgery.

Although there are many reasons why someone may continue to have pain, one explanation of chronic knee pain could be that the source of the pain was not actually a knee condition, to begin with. If the knee pain is actually caused by spinal nerves from the back, for example, then your pain will not simply go away after a knee replacement. It is essential that the root cause of the pain is discovered and is the focus of treatment.

2. Pseudotumors & Tissue Damage

Wear particles are microscopic pieces of metal, ceramic, or plastic that come from the joint replacement part, irritate the local tissues, and/or enter the bloodstream. These particles, as well as metal ions in the blood, have been the subject of many class-action lawsuits and can cause harmful metal toxicity as well as create pseudotumors, tissue damage, and even DNA injury. According to the FDA, other adverse reactions may include skin rashes, cardiomyopathy, neurological changes, psychological status changes, kidney function impairment, and thyroid dysfunction.

3. Device Failure Caused by Allergies

In the past few years, multiple studies have discussed that the components of knee replacement prostheses



can cause allergies. Two groups of people are at a significantly higher risk of potential rejection or loosening of their device and/or toxicity from wear particles.

1. *Those with any type of allergy. Even patients with allergies to pollen or dander should think twice about knee replacement surgery. These people have hyperactive immune systems and secrete antibodies inappropriately to rid their bodies of the thing that they have mistaken as harmful.*

2. *Patients who have more specific allergies to metal will likely have issues with the metals that are used in joint replacement prostheses.*

4. Increased Risk of Heart Attack & Stroke

Knee replacement patients aged 60 and up are about 30 times more likely to experience a heart attack or stroke in the two weeks following surgery. When you amputate a joint from a patient, there is severe trauma to the blood vessels and bone marrow space. The stress of undergoing joint removal alone may be enough to trigger a stroke or a heart attack. Additionally, there is a higher risk of blood clots that could potentially cause an embolism in the heart, lungs, or brain.

5. Increased Risk of Hip Fracture

A surprising addition to knee replacement surgery risks is the rise of hip fractures following surgery. A national Dutch study showed a 54% increased risk of hip fracture after a knee replacement among adults aged <71 years old. We are also seeing bone density loss in hips.

Alternatives to Surgery

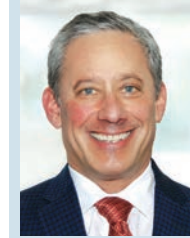
Although many patients have tried steroid injections to decrease pain in their knee joints, this is not the best approach. Steroid shots kill off stem cells, cartilage cells, and increase cartilage breakdown. Even commonly used local anesthetics can be toxic to stem and cartilage cells.

Those who suffer from mild arthritis may benefit from precise injections of highly concentrated platelet-rich plasma (PRP). These natural growth factors from your own platelets can support healthy cartilage and prevent the natural breakdown over time.

The Regenexx protocols allow for the ability to produce higher quality and more individualized platelet products than the typical PRP centrifuge. Precise guided injections of your own bone marrow derived stem cells may also be a better choice to provide relief especially in those with moderate to advanced arthritis.

When considering knee replacement surgery, make sure that you research alternative options. Our website is a great place to start understanding if regenerative orthopedic medicine is right for you.

Regenexx Tampa Bay provides trusted solutions by orthopedic stem cell experts. We offer the nation's most advanced, researched, and evidence-based non-surgical stem cell and platelet treatments for injuries and arthritis.



Evan Musman, DO is a non-surgical orthopedic physician who completed his anesthesiology residency at the Albert Einstein College of Medicine in 1994. After training, he stayed at AECOM and served as an Attending in Anesthesiology instructing residents and focused on Pain Medicine. He then joined a private

practice in Connecticut where he served as the Medical Director of the Johnson Ambulatory Surgical Center and treated complex pain patients. He continued his northward migration and opened Vermont Pain Management, the first, free-standing interventional pain management practice in the state. He was the President of the Vermont Society of Interventional Pain Physicians for over 10 years. After over 25 years of practice, Dr. Musman became increasingly dissatisfied with destructive/ablative modalities including the overuse of corticosteroids and became active with regenerative modalities. He joined the Regenexx network of physicians. Dr. Musman's clinical practice focuses on Interventional Regenerative Orthopedics – Offering Regenexx procedures – the Nation's Most Advanced Non-Surgical Stem Cell and Platelet Treatments for Injuries and Arthritis under image guidance using ultrasound and fluoroscopy (live X-ray). He is a distinguished clinician and physician leader dedicated to the treatment of patients with special emphasis on sports-related injuries, orthopedic and spinal regenerative therapies. Dr. Musman treats sports-related and other common orthopedic conditions and is uniquely qualified to treat arthritis, complex degenerative disc disease, sciatica and other nerve disorders without surgery. His clinical skills, empathy and compassion for his patients have resulted in an impeccable reputation among patients and referring Physicians.



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PAINFUL, PLUGGY?

Debunking Hair Transplant Myths and Misconceptions

By Alan J. Bauman, MD, ABHRS

M yths and misconceptions continue to make it harder for the more than 80 million U.S. men and women with hair loss to get the right kind of help – and this is especially true when it comes to hair transplants. Despite cutting-edge technological advancements, many patients still have an outdated picture in their minds of what hair transplant results look like and what it feels like to undergo a procedure.

WILL MY HAIR TRANSPLANT LOOK PLUGGY?

Absolutely not. The truth is, while pluggy results were common decades ago, today, significant advances in microsurgery techniques and artistry can now make a properly performed hair transplant appear 100% natural. Advanced, minimally invasive hair transplant procedures using an FUE or Follicular Unit Extraction approach enables artistic surgeons and their skilled surgical teams to meticulously relocate as little as one hair follicle at a time. This means there are no “plugs,” no rows, and absolutely no linear scars left behind – the signature of outdated linear “strip-harvest” procedures.

What’s more, new instruments and techniques developed, even so recently as the past year or so, allow for some procedures to be performed without ANY trimming of hair. The discreet No-Shave Long-Hair VIP|FUE™ process offers patients all the advantages of traditional minimally-invasive FUE – including no staples, no stitches, no-linear-scar, and a more comfortable and less restricted downtime when compared to outdated strip harvesting – but without the downtime of having to undergo a drastic hairstyle change.

WILL MY HAIR TRANSPLANT HURT?

This is often one of the first questions asked by patients considering a hair transplant.

How can a procedure that involves hours of work and thousands of transplanted grafts be comfortable? The use of local anesthesia and medication for relaxation allows for patients to sit, watch movies, listen to music or comfortably nap during their procedure.

Afraid of needles and pain? No worries, thanks to a new computer-controlled local anesthesia delivery system – a robotic syringe called Dentapen by Septodont. This cutting-edge device, now in use at Bauman Medical, makes injections comfortable by using a microprocessor to control the extremely low speed and pressure of local anesthetic for a completely pain-free injection.

While these new technologies have made the procedure itself comfortable, it also allows for a faster and easier recovery for patients. Because there are no staples or stitches with today’s advanced FUE transplant harvest techniques, there is no tension on the skin, and most patients can resume regular activities immediately and get back in the gym within just a few days following a hair transplant.



Old-fashioned hair transplants appear “pluggy” and unnatural

Patients can expect a little soreness following FUE surgery for maybe a day, but most don't require anything more potent than over-the-counter pain medication.

BIGGEST TAKEAWAYS

One of the significant issues with the hair transplant field today is that many unqualified, inexperienced, non-specialist doctors offer this procedure and also perform procedures infrequently. The risks for hair transplant patients visiting these “part-time” providers include increased discomfort, surgical complications, infections, scarring, low density, and unnatural looking results. Another concern is that many doctors and large national clinics still mostly (or only) perform the “strip” or “linear” harvest technique instead of advanced, less invasive FUE procedures. When looking for a hair transplant specialist, make sure you consult with an experienced minimally-invasive hair restoration physician – someone who specializes exclusively in the medical diagnosis, treatment, and tracking of hair loss and performs FUE hair transplantation daily.

The bottom line is, regardless of how the hair follicles are harvested, the critical step for naturalness is the artistic ability of the surgeon involved. Therefore, patients should not choose their surgeon based on the tool they use, but more so on their artistic ability. To find a qualified hair restoration specialist, start by visiting and cross-referencing the American Board of



Bauman Medical's state-of-the-art Hair Transplant technology provides natural, youthful looking results.

Hair Restoration Surgery (ABHRS), the International Alliance of Hair Restoration Surgeons (IAHRS), and the list of Fellows of the International Society of Hair Restoration Surgery (FISHRS). A talented team will not only provide exceptional results, but also a comfortable experience start to finish. Do your research, ask questions, look at before-and-afters, and don't be afraid to ask for patient testimonials.

For more information on what kind of results you might achieve with an advanced FUE hair transplant or a Long Hair No-Shave VIP|FUE, please visit www.baumanmedical.com or call 561-220-3480.

About Dr. Alan J. Bauman



Alan J. Bauman, MD, ABHRS, IAHRS Hair Loss Expert

Dr. Alan Bauman is a full-time board-certified hair restoration physician who has treated over 30,000 patients, has performed nearly 10,000 hair transplant procedures and over 7000 PRP's since starting his medical hair loss practice, Bauman Medical in 1997.

Dr. Bauman is one of approximately only 200 physicians worldwide to achieve the certification from the esteemed American Board of Hair Restoration Surgery (ABHRS).

Dr. Bauman is known for pioneering numerous technologies in the field of hair restoration including minimally-invasive FUE Follicular Unit Extraction, VIP|FUE™, Low-Level Laser Therapy, PRP Platelet Rich Plasma, PDOgro™, Eyelash Transplants and others.

Dr. Bauman was voted “#1 Top Hair Restoration Physician” in North America by Aesthetic Everything for the 4th consecutive year and was recently named by Forbes as one of “10 CEOs Transforming Healthcare in America.”



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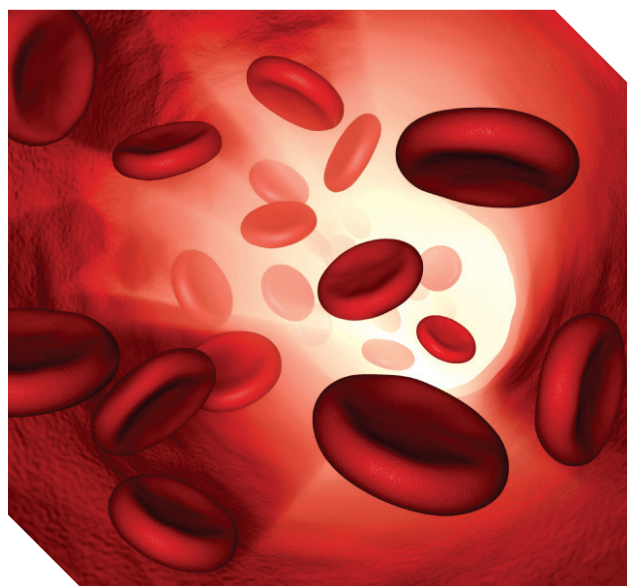
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WHAT DO HAIR TRANSPLANT CREDENTIALS MEAN?

- **ABHRS** - American Board of Hair Restoration Surgery. After more than 20 years, only approximately 200 doctors worldwide have received this certification through a rigorous written and oral board examination process. It is the only recognized certification in the field of Hair Restoration Surgery.
- **FISHRS** – Fellow of the International Society of Hair Restoration Surgery. Less than 10% of all ISHRS members worldwide have achieved the coveted “Fellow” status recognizing their continuing commitment to excellence and having met exceptional educational criteria.
- **IAHRS** – International Alliance of Hair Restoration Surgeons. This elite group was hand-selected by the premier consumer organization dedicated exclusively to protecting hair restoration patients through their commitment to excellence. IAHRS members represent only the best in the discipline and the true leaders in surgical hair restoration.
- **AHLA** – American Hair Loss Association. The AHLA is committed to educating and improving the lives of those affected by hair loss. They are the authoritative source of information for people with hair loss and the healthcare professionals that care for them.



Platelet-Rich-Plasma (PRP) Therapy for Pain Conditions



PLATELET-RICH PLASMA THERAPY, sometimes called PRP therapy, takes advantage of our blood's natural healing properties to repair damaged cartilage, tendons, ligaments, muscles, or even bone.

A growing number of people are turning to PRP injections to treat an expanding list of painful conditions and or injuries, including osteoarthritis. It is commonly used for knee arthritis, we also use this method on other joints as well such as shoulders, wrists, sacroiliac, ankles and hips. This is also used to help treat pain from the neck and low back. This can be used to treat disk pain and or arthritic pain from the entire spine.

When treating osteoarthritis with platelet-rich plasma, we inject PRP directly into the affected joint.

The goal is to:

- Reduce pain
- Improve joint function
- Slow, halt and even repair damage to cartilage

Platelet-rich plasma is derived from a sample of the patient's own blood which is easily obtained at their time of the visit. The therapeutic injections contain plasma with a higher concentration of platelets than is found in normal blood. This is also all prepared in the doctor's office.

WHAT IS PLASMA? Plasma refers to the liquid component of blood; it is the medium for red and white blood cells and other material traveling in the blood stream. Plasma is mostly water but also includes proteins, nutrients, glucose, and antibodies, among other components.

WHAT ARE PLATELETS? Like red and white blood cells, platelets are a normal component of blood. Platelets

secrete substances called growth factors and other proteins that regulate cell division, stimulate tissue regeneration, and promote healing.

We use PRP therapy to treat osteoarthritis and also theorize that the platelet-rich plasma:

- Inhibits inflammation and slow down the progression of osteoarthritis
- Stimulates the formation of new cartilage
- Increases the production of natural lubricating fluid in the joint, thereby easing painful joint friction
- Contain proteins that alter a patient's pain receptors and reduce pain sensation

Platelet-rich plasma injections are outpatient procedures. Because the patient's blood must be drawn and prepared for injection, a typical procedure may take anywhere from 45 to 90 minutes.

Whether the patient has a one-time injection or a series of injections spaced over weeks or months is up to the individual patient and doctor. If a series of injections is planned, a



doctor may recommend a single blood draw during the first visit and use fresh PRP in the first injection and freezing and thaw the remaining PRP as needed for future injections. However, some experts believe freezing and thawing PRP negatively affects its usefulness and prefer to do a separate blood draw for each PRP injection. Dr. Rosenblatt believes it is safer to take a fresh sample of blood prior to any new injection.

PLATELET-RICH PLASMA INJECTIONS REQUIRE PRECISION

- An experienced physician, like Dr. Rosenblatt, should perform the injections. The use of imaging technology (e.g., fluoroscopic guidance) ensures a precise injection.

- Precision is important because, like viscosupplementation treatments, platelet-rich plasma injections must be made directly into the joint capsule.

Scientists are still exploring which arthritis patients should be eligible for PRP injections. While nodefinite conclusions can be made, research suggests that PRP injections are appropriate for patients of all ages.

Dr. Rosenblatt explains, “When appropriate, PRP injections are an extremely safe and effective way to help treat the pain of so many different types of individuals. I have used this technique on young athletes and for older patients with joint and or spine pain with great success. It even surprises me sometimes how well this treatment works. It’s truly amazing how people with acute or chronic pain and or injuries respond to this treatment.”

In Dr. Rosenblatt’s beautiful freestanding interventional pain management building in



Delray Beach, FL, individuals have been able to benefit from this technique. People have flown in from all over the United States for this treatment specifically with Dr. Rosenblatt. He has been performing this procedure with great success. Every patient is evaluated by the Dr. Rosenblatt and a comprehensive treatment plan is always

made. Please look forward to more articles about Dr. Aaron Rosenblatt and the vast number of procedures he performs to help people with all types of pain. His main focus is to help individuals avoid surgery, eliminate pain medications and to ultimately feel much better on a daily basis and enjoy life!

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SKIN REJUVENATION AT MULTIPLE LEVELS

HAVE YOU HEARD OF **HALO AND FOREVER YOUNG BBL TREATMENTS?**

These are two new technologies that are game changers for skin resurfacing and pigmentation. Having been in the non-surgical aesthetic space for 19 years, I am very pleased to have finally discovered 2 technologies that deliver results for very common skin problems we have tried to correct for years; fine lines, pore size, skin texture, broken capillaries and even melasma. The fraxel laser was revolutionary when it first became available years ago. For the first time, skin texture was addressed with minimal downtime. However, the Halo laser is the next generation technology for skin resurfacing. Technology keeps evolving and the Halo laser is truly unique. It is a “hybrid fractional laser” that delivers an ablative and non-ablative wavelength to the same area. What does that mean?

1

**NON-ABLATIVE
1470 MM WAVELENGTH**

This wavelength can be adjusted from 200-700 micron depth, the level in the epidermis and papillary dermis that needs to be targeted for hyperpigmentation such as sun spots and melasma, as well as texture and pore size.

2

ABLATIVE 2940 MM WAVELENGTH

2940 mm ER: Yag laser penetrates from 20-100 microns under the skin. It targets lines and wrinkles with significantly decreased downtime as opposed to other ablative lasers. Combining these 2 wavelengths results in ablative results, mainly improvement of wrinkles and lines with non-ablative downtime. I myself have tried it for melasma and was very impressed with the results.



In addition, combining Halo with Forever Young BBL further combats the signs of aging by correcting sun damage and broken capillaries. BBL stands for broad band light and is basically a much more advanced version of IPL that most people are familiar with. It targets the epidermis and dermis, stimulating changes in skin texture, acne scarring, skin tone, broken capillaries, as well as pigmentation. BBL reduces melasma and diminishes fine vessels that cause redness. It is a very effective treatment for rosacea. Both of these technologies, especially combined, gently treat the upper layers of the skin and take years off the neck, face, chest, hands and anywhere else where aging is visible.

In summary areas of improvement include:

1. Sun damage
2. Broken blood vessels
3. Fine Lines and Wrinkles
4. Scars including acne scarring
5. Large pores
6. Crepey Skin

To maintain radiant, glowing skin, a series of 3 BBL treatments 2 weeks apart combined with 1 Halo treatment at the time of the first BBL treatment yields the best results, but treatments are custom tailored according to the individual patient's needs.



Medical Director, Daniela Dadurian M.D.
 * Board Certified Anti- Aging Medicine
 * Board Certified Laser Surgery

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

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



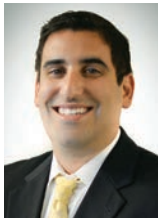
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Ensuring our Parents Health Through Medication Compliance

By Dr. David Steinberg, Pharmacist

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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ARE YOU CURRENTLY TAKING MORE THAN ONE PRESCRIPTION MEDICATION?

Our Pharmacist will presort and pre-package your medication.

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

Do You Need a Little Something to Brighten Your Day?

Many People are Requesting Aesthetic Treatments, But are They Safe During this Unique Time?

It's been about five months now that we've been safely confined to the comforts of our homes. Many people are now starting to go back into the workforce and other activities, while others will be continuing their face-to-face meetings with co-workers via video chat platforms for a while longer.

Of course, we're not going to back to our "normal" sense of lives as they once were for some time, but we are starting to see a change and an overall acceptance of our new life as it is. In saying this, many people are calling Aesthetic treatment Centers in Naples office asking about their protocols for patient safety because they want to maintain their aesthetic needs or add treatments to their repertoire to look better, feel better and boost their confidence.

If you haven't had Botox or Fillers for a while, you might just now be saying to yourself, "It's time, but is it safe?"

Aesthetic Treatment Centers (ATC) is the Leading Medical Spa in Naples

ATC's Safety Protocols

Aesthetic Treatment Centers in Naples is always on the cutting edge of the latest procedures, and their modern, clean-lined locations are representative of their high standards, and you can trust that they are going above and beyond to accommodate their patients. From the waiting area to the treatment rooms, rigorous disinfection and sanitizing are continued throughout the day, and thorough attention to cleaning after each patient visit is impeccably implored by the entire staff.

Each patient is required to wear a face-covering in and out of the office, and there is no patient to patient contact, directly or indirectly. The appointments are spaced out so that each patient has privacy and 100% attention during their procedure or consultation. The staff is tested regularly and they are testing patients as well.

Upon arrival, each patient's temperature is checked, and they are asked to fill out a questionnaire. The staff also has their temperature checked daily and wear masks and PPE to make your visit worry-free.

IV Therapy

Many patients ask for ATC's IV therapy as an additional treatment during their visit. IV therapy is known to boost immunity, improve energy levels, increase hydration, illuminate the skin, and help fight off airborne illnesses.

From vampire facials, vaginal rejuvenation to threading, body sculpting, laser resurfacing, skin tightening, and injectables, Aesthetic Treatment Centers has got you covered. No matter what your areas of concern are, or what treatment you're in need of, ATC is known as the creme de la creme of aesthetics. In fact, Mindy DiPietro, the CEO, and Dr. Kathleen Marc are often referred to as the dynamic duo. Your visit will be personalized, and you will receive not only top-quality-care but also extra add-ons to make your day a little brighter.

ATC is Gaining Attention

Mindy and Dr. Marc were recently featured on Kathy Ireland's show, Worldwide Business with Kathy Ireland to discuss the connection between science and beauty. You can view the full video here, ATC.

[WorldwideBusinessYoutube.com](https://www.youtube.com/watch?v=...).

Whether you're wanting a little boost or a transformation, the tranquil, relaxing environment of the Aesthetic Treatment Centers will take your mind off of the day-to-day issues and give you time to enjoy doing something for yourself.

There is a lot to be said about feeling better, being more confident and looking your best that radiates into the rest of our lives. When we feel good, we give more, do more and are generally content and happier in all circumstances.

Aesthetic Treatment Centers is the newest aesthetic concept in Southwest Florida. They specialize in minimally and non-invasive cosmetic services including fat reduction, body sculpting, wrinkle reduction, hair removal, IV hydration, and feminine rejuvenation.

Their mission is to provide the best quality of service, with cutting edge technology, a multi-modality approach and individualized attention for their clients, which help patients fall in love with themselves all over again. In ATC's commitment to providing the best treatment for our patients, they are always searching for the latest, proven trends within the cosmetic and beauty industry.

At ATC you will find only the most effective, safe and desirable minimally and non-invasive technologies on the market providing their patients with beautiful results.



Main Office:

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Hours

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Mindy DiPietro
CEO

Kathleen M. Marc, MD
Medical Director

Cure Erectile Dysfunctions and Peyronie's RejuvaWAVE® Priapus Shot, Stem Cells, & Exosome and Low-T Treatments

Simply Men's Health, the # 1 ED clinic established in 2014, brings their World-Renowned RejuvaWAVE®, the Gold-Standard in WAVE therapy for ED, to Boca Raton.

Serving West Palm Beach, Boca Raton and Miami, Simply Men's Health is quickly grabbing attention as the leader in Men's Sexual Health and Regenerative Medicine for introducing the most advanced, cutting-edge treatments to CURE ED and Peyronie's Disease. Even when all else has failed, Simply Men's Health has over 90% success rate in restoring your sexual vitality.

Turn back the clock with Simply Men's Health, RejuvaWAVE® and RejuvaEnhancement™ Stem Cell Treatments. Men of all ages can enjoy a spontaneous, active sex life once again, as they did when they were much younger.

Why Medicate When You Can CURE?

Simply Men's Health has revolutionized the standard of care by introducing and developing the ground breaking RejuvaWAVE® and RejuvaEnhancement™ Procedure to CURE ED and Peyronie's. Traditional ED Treatments such as the "blue pill" just offer a "band aid" approach to mask the condition, while the underlying disease and degenerative age-related erectile dysfunction continues to progress until eventually the pills stop working. Their exclusive, state-of-the-art RejuvaWAVE® (acoustic-pressure wave) combined with RejuvaEnhancement™ Procedure (stem cells) repairs damaged tissues and regenerates and



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

grows new blood vessels helping to REVERSE and CURE the underlying cause of Erectile Dysfunction and Peyronie's.

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

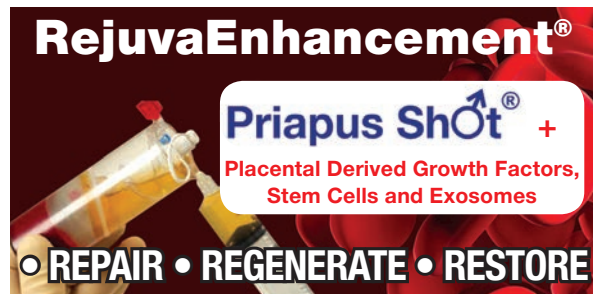
the first to introduce Acoustic Pressure Wave therapy (shockwave) for erectile dysfunction (ED) in South Florida. And now Simply Men's Health is revolutionizing the field of men's sexual health by introducing the state-of-the-art RejuvaEnhancement® Procedure to help reverse the inevitable aging process and treat ED and Peyronie's Disease. Peyronie's 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.

Is RejuvaWAVE® Safe? Instead of Medicating – Cure with RejuvaWAVE®?

Yes RejuvaWAVE® is an FDA cleared technology, originally developed in Europe and used worldwide and has virtually no risk and no side effects. Although acoustic pressure wave technology has been used in Europe for almost 20 years, it is relatively new to the US for ED and Peyronie's. RejuvaWAVE® uses state-of-the-art, 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. As the leader in men's sexual health, Simply Men's Health introduced their exclusive RejuvaWAVE® technology in 2015, and the results have been nothing short of amazing!

The RejuvaWAVE® is revolutionary, non-invasive, and HEALS THE UNDERLYING CAUSES OF ED. 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.

RejuvaEnhancement™ Procedure: PRP, Stem Cells and Exosomes.



RejuvaWAVE® stimulates your body's own healing response and creates new blood vessels and regenerates tissue in the area treated. The RejuvaEnhancement™ Procedure combines the growth factors and stem cells from your own body along with cryogenically-preserved amniotic and umbilical growth factors, cytokines, stem cells and exosomes derived from human placental, amniotic and umbilical tissues which activate your own body's stem cells and regenerative capacity.

The RejuvaEnhancement™ Procedure works synergistically with and exponentially magnifies the regenerative and restorative effects of RejuvaWAVE® to restore one's sexual vitality and enabling one to enjoy a spontaneous and active sex life again. Also, this procedure can increase both the length and girth of the penis by up to one inch.

Stem Cells Therapy Helps with Peyronie's and Erectile Dysfunction and potentiates the effectiveness of RejuvaWAVE®

Stem cells are the human body's master cells, with potential to grow into any one of the body's more than 200 cell types. They can replicate into more unspecialized stem cells, or they may react to the environment in which they are placed by receiving signals from that environment telling them which differentiation "pathway" to go down. Stem cells contribute to the body's ability to renew and repair its tissues.

What are Amniotic and Umbilical Stem Cells?

Simply Men's Health uses stem cells, undifferentiated biological cells derived from the amniotic fluid, amniotic membranes and umbilical cord that can differentiate into various cell types that can help your body repair, regenerate and renew your health and vitality. These are derived from donated afterbirth from full term babies whose mothers have been thoroughly screened.

What are Exosomes?

Exosomes are little vesicles that are released by stem cells that carry all the regenerative messages and actually impart the regenerative benefit. Exosomes are being described as the 'secret sauce' of stem cells. Exosome therapy is a very concentrated form which harnesses the highly potent natural regenerative capability from stem cells.

Are Stem Cells and Exosomes Safe?

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

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 am celebrating my second anniversary since being treated at Simply Men's Health and I am maintaining the high level of performance I achieved with RejuvaWAVE® treatment. My spontaneity and stamina is back and my frustration and performance anxiety that goes along with it is gone. I am performing like I did decades ago. It's like magic! There are a lot of copycats out there, but Simply Men's Health was the first to provide this treatment and they are the best!" – Steve, Wellington

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 am in my 70's and have diabetes, high cholesterol, and had prostate removed for cancer several years ago. I had tried everything, and 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® and RejuvaEnhancement™ Stem cell procedures are remarkable. I feel like Superman." – E.M.

Testimonial: "I have chronic renal failure and diabetes and am on dialysis and suffer from chronic symptoms and knee pains. I had IV stem cells treatment and I noticed a difference right away in my wound healing and my knee pain was gone." – Joshua
Testimonial: "I have been suffering from degenerative arthritis and was getting steroid injections for knee pain which didn't help much or for long. Several months ago, I had stem cell injections for my knees. The procedure was quite painless and after a month or so I notice remarkable improvements. I can walk pain free." – John M.



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AND GET YOUR LIFE BACK
TOMORROW!
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CHERYL MASTER'S WANTS YOU TO KNOW MORE ABOUT YOUR OPTIONS FOR FLEXIBLE COVERAGE

Did you know that 6 in every 10 Americans lives with at least one chronic disease?

In the US, every 40 seconds a stroke occurs. 38.4% of men and women will develop cancer in their lifetime.

The #1 Reason households file for personal bankruptcy is due to medical debt.

Don't let these unfortunate issue blindsides you; take the essential steps to be proactive and prepared. Protect what matters most FlexLife provides an income tax-free benefit to your beneficiaries plus access to cash values during your lifetime.

FlexLife offers:

- Permanent death benefit protection for your loved ones
- Flexible coverage and premiums
- Cash value accumulation potential
- Protection from market losses
- Optional rider provides the potential for guaranteed income for life
- Living benefits to provide resources in the event of a qualifying terminal illness, chronic illness, critical illness or critical injury
- Five index crediting strategies offer diversified choices for cash values

Flexible Coverage

Compared to other permanent life insurance products, universal life is perhaps the most flexible. That's because it lets you adjust the amount of insurance you own⁶ – and the level of premiums you pay – to best suit your changing needs.

There is also the potential to build cash value in your policy on a tax-deferred basis, which you can use during your lifetime. For example, you have the potential to take policy loans and withdrawals⁷ for sudden emergencies or later for retirement income. And because FlexLife is an Indexed Universal Life product, your policy values can be credited interest based in part on Crediting Strategies tied to major market indexes, such as the S&P 500[®].

Flexible Death Benefits

FlexLife offers two death benefit options; Level Death Benefit, where it stays constant, and Increasing Death Benefit, which lets your protection increase as your policy's cash value grows.

Should your needs change after you've selected a death benefit option, you may switch options.⁸ For example as your family grows you may feel the need for additional protection. By switching to an increasing death benefit amount your death benefit increase will occur as your cash value increases and is much more convenient

than buying additional insurance policies. Or, if your protection needs diminish and you want to focus on growing cash value only, you can choose to lower your death benefit so that more of your premiums are directed to building cash value.

Illness or Injury

Accelerated Benefits Riders¹³ are optional, no additional cost riders that can allow you to access all or part of the death benefit while you are living if you experience a qualifying terminal, chronic, or critical illness or a critical injury.

How you use your benefit is unrestricted with the exception that in the state of Massachusetts, Accelerated Benefits Rider benefits for chronic illness can only be used to pay for expenses incurred for Qualified Long-Term Care services.

Benefits could be used for, but aren't limited to:

- Home modification
- Household expenses
- Regular bills
- Nursing or adult daycare

Access to Cash Value

Your FlexLife policy's cash value has the potential to grow, tax-deferred, over time. Cash value is different than your death benefit. If sufficiently funded, cash value can be accessed through policy loans and withdrawals to help meet a wide range of financial needs, including:

- Financial emergencies
- College tuition
- Retirement income
- Home down payment
- Life Insurance with Upside Potential and Downside Protection

IMPORTANT TERMS YOU SHOULD

Accumulated Value

A portion of your premium payments that can grow tax-deferred over time and may be used throughout your lifetime.

Basic Strategy

A fixed interest crediting account that acts like a holding tank for 12 months of policy expenses and any unallocated premium until it is moved into your chosen Indexed Crediting Strategies on the 14th of every month.

Cap

The maximum interest or upper limit that may be credited. A Cap of 10% means that 10% is the most the chosen Indexed Crediting Strategy will be credited.

Cash Value

The part of your Accumulated Value that can be accessed for policy loans and withdrawals.

Credit Suisse Balanced Trend Index

A volatility-controlled Indexed Crediting Strategy whose returns are based on an index of a global multi-asset investment universe comprised of equities, bonds, real estate, commodities and cash. The Index is rebalanced daily to limit up or down volatility.

Death Benefit

Money beneficiaries receive upon the death of the insured.

Floor

The minimum interest or bottom limit that may be credited. Most crediting options provide a 0% floor. A 1% Floor Strategy is also available (see page 11).

Fixed-Term Strategy

Earns a specific rate of interest declared by the company that is credited on a daily basis and guaranteed for one year.

Hang Seng Index

The Hang Seng Index is a market capitalization-weighted benchmark that tracks the 50 largest companies traded on the Hong Kong stock exchange.

Interest Bonus*

An interest bonus of at least 0.35% will be credited beginning in year 6.

Interest Crediting Strategy

Strategies you choose for the excess premium.

Indexed Strategies

Interest crediting may be tied to performance of a market index.

Participation Rate

The maximum percentage that an index account shares in the positive changes of the chosen index.

Policy Expenses

The cost of insurance and administering the policy taken out of the policy’s Accumulated Value every month.

Premiums

The regular payments you make on your policy.

S&P 500® Index

The S&P 500® is widely regarded as the best single gauge of the U.S. equities market. This world-renowned index includes a representative sample of 500 leading companies in leading industries of the U.S. economy. Although the S&P 500® focuses on the large-cap segment of the market it is also an ideal proxy for the total market.

CHERYL MASTERS – MORTGAGE PROTECTION: WHAT YOU SHOULD KNOW

If something happens, the last thing a family should have to worry about is making the mortgage payment. Some programs will return all the premium you paid, when the policy expires. Cheryl Masters is the life insurance agency owner at Masters Life Insurance in association with Family First Life. She is an expert at bridging the gap between the community and well-established insurance agents. Her years of experience and relationships allow her to help you in multiple situations. When it comes to your mortgage and unexpected disruptions, she can help you navigate the situation by supplying you with essential analytics and information, reputable agents, accessibility, and follow through.

Cheryl shares her expertise and advice below:

You are among the fortunate Americans who have made their dream of owning a home come true. Many families have to leave their home due to economic hardship caused by death, disability, or unemployment, so protecting your home for you and your family could be one of the wisest decisions you make.

Consider the following:

If you died, would your family have enough money to pay off the mortgage?

If you were unable to work for an extended period, would your family have enough money to pay the mortgage each month?

If you lost your job, would you still be able to afford your insurance premiums?

Protect your family and home today!

Home Mortgage Series Plus from Amerigo Financial Life and Annuity Insurance Company (Amerigo) is a portfolio of term life and universal life insurance products that may help you and your family keep your home and your valuable insurance protection if the unexpected happens.



HMS Plus and its optional benefit riders may help:

- Pay off the mortgage in the event of your death.
- Receive 100% of the base premiums at the end of the Cash Back Option period.¹
- Make the mortgage payment during a disability.²
- Protect your valuable coverage if you become involuntarily unemployed or totally disabled.²
- Pay a lump sum if diagnosed with a qualifying critical, chronic, or terminal illness.³

Please call Cheryl Masters at **(786) 338-0481** or email her at **ms.cheryl.masters@gmail.com** for more information or to schedule an appointment.

Source: National Life, Indexed Universal Life Buyers Guide, Montpelier, VT, 2021, NationalLife.com

1 HMS Plus CBO build a cash value that is available to you upon request, less any loans, if the policy is terminated. If the Enhanced Surrender Value Benefit (Cash Back Option benefit) is in effect at the end of the Enhanced Surrender Value Period, the surrender value of the policy will equal the total amount of premiums paid for the base policy, not including any premiums paid for riders. 2 Riders are optional, available for an additional cost and may not be available in all states. 3 Living Benefit Riders are included at no additional cost on HMS Plus 100, 125, and CBO. Subject to state variations.

Amerigo is authorized to conduct business in the District of Columbia and all states except NY.

Home Mortgage Series Plus (Policy Series 301/302/303/315) and Accidental Death Benefit Rider (Rider Series 2165); Enhanced Surrender Value Rider (Rider Series 2200); Critical Illness Accelerated Death Benefit Rider (Riders Series 2190/2195), Chronic Illness Accelerated Death Benefit Rider (Rider Series 2191/2196), and Terminal Illness Accelerated Death Benefit Rider (Rider Series 2192/2197); Disability Income Rider (Rider Series 2145); Waiver of Premium for Disability Rider/Waiver of Monthly Specified Premium Rider (Rider Series 2158/2158-UL); Involuntary Unemployment Waiver of Premium Rider (Rider Series 2140) are underwritten by Amerigo Financial Life and Annuity Insurance Company (Amerigo), Kansas City, MO, and may vary in accordance with state laws. Certain restrictions apply. Consult base policy and riders for all terms, exclusions, and limitations. Cheryl Masters is an independent, authorized agent of Amerigo.

Tell us a little about yourself...

Name: _____ Spouse: _____
 Date of Birth: _____ Date of Birth: _____
 Sex: Male Female Sex: Male Female
 Tobacco Use: Yes No Tobacco Use: Yes No
 Phone Number: _____

Please mail or email this information to:

Cheryl Masters
1251 NE 141 St, Miami, FL 33161
Email: ms.cheryl.masters@gmail.com

A representative will contact you. This form will only be used by Cheryl Masters to determine which products to offer. It will be kept in strict confidence and will not be shared or sold to other companies.

By completing this form, you authorize an insurance agent to contact you by phone, text or fax at the phone number listed to provide automated and/or pre-recorded advertisements. You are not required to sign this to purchase any product. This consent applies to all products currently or in the future marketed or sold by us. This authorization continues until it is revoked by you. Further, you waive your right to commence or be party to any group, class or collective action against us relating to any communication made by us to you. This waiver extends to protect any third party on whose behalf or for whose benefit, in whole or in part, we initiated any communication. This waiver applies even if you revoke your consent to be contacted in the future.



Cheryl Masters
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ANYONE CAN SUFFER FROM ANXIETY

NEUROFEEDBACK CAN HELP

By Renee Chillcott, LMHC

It's human nature to seek out the reasons why we feel anxious. Very often we look at external factors for the root cause; the current pandemic, being unhappy in a job, unhappy with living situation, or conflict with family or significant others tend to be our "go to". We may also look at our past experiences, upbringing, or past trauma, to explain this unrelenting uneasy feeling we have inside.

The truth is that anxiety is a pattern of neuron firing in the brain that can be present from birth and life situations can exacerbate it to the point of dysfunction. Brain neural patterns don't necessarily dictate how we will behave, however, trying to change the environment, situation or behavior won't alter the patterns. Therefore, you can't talk someone out of anxiety. Anxiety is also not reserved for adulthood, it can cause dysfunction and issues in life regardless of age. Adults are unable to "change" their way out of anxiety and for children and young adults, you can't change their routines or discipline them from feeling anxious.

In babies and infants, anxiety neural patterns in the brain may present as:

- Colic
- Tantrums
- Fussiness
- Sensitive
- Not a good sleeper

As a child gets older into the toddler years it may present as:

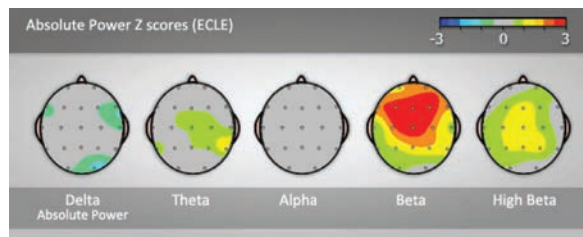
- Terrible two's, three's, and four's
- A spirited child
- Cranky, fussy, and not a good sleeper or napper
- Tantrums
- Picky or sensitive
- Difficulty with separation

I know what you are thinking. These symptoms are normal for children this age. And you are correct; they are perfectly normal, developmental behaviors for infants and toddlers. This is why diagnosing anxiety in young children is very difficult and not usually done unless symptoms are severe. In most cases, anxiety manifests at an older age when the symptoms are abnormal for the age or stage of development. And even then, parents tend to want to attribute what they observe to behavioral, personality or social causes.

"She didn't study for her test and that is why she's refusing to go to school today". "He's unmotivated to do anything except play video games and that is why his stomach hurts all of the time and he sleeps all day". "She just has too many activities scheduled and that's why she's overwhelmed". "He has too much homework and is up all night studying which explains why he doesn't sleep well".

The reality of the situation is that neither your child's personality nor their hectic schedule is the culprit. It's their brain, or rather, the neural patterns in their brain, that is not allowing them to handle the workload at school, pressure with friends, feeling good, making good food choices, having a normal sleep schedule, and so on. And to make it even harder to diagnose or differentiate, anxiety patterns can look different but produce the same results.

Here is an example of one type of anxiety pattern. Increased BETA and High BETA is located in the central and frontal lobes. This could cause anxiety symptoms that range from OCD, anger control issues, irritability and impulsivity, poor judgement, excessive worrying, feelings of being overwhelmed and depressed, among others.



Very often, we contribute anxiety to traumatic events. As in the case of PTSD (Post-Traumatic Stress Disorder). Therefore, it becomes difficult to recognize the early symptoms of anxiety in children who haven't experienced a traumatic event. However, as mentioned

previously, these neuron firing patterns can be present from birth and may not have a root or cause in emotional or physical trauma. It's a pattern in the brain that they are born with.

As a child reaches school age, anxiety may look like:

- Worrying about performance, grades
- Worrying about parents or loved ones dying
- More separation anxiety
- Fear of getting sick (vomiting is most popular)
- Fear of getting sick at school
- Social anxiety, difficulty with friends
- Feeling overwhelmed
- Nightmares or unable to sleep/fall asleep alone
- Sleep walking, talking or restless sleep
- Fatigue
- Refusal to go to school or meltdowns when going to school
- Frequent trips to the clinic
- Vocal or motor tics
- Loss of appetite or poor diet
- Somatic symptoms such as stomachaches, headaches, diarrhea, or digestive problems
- Poor grades usually due to missing school or falling behind

As they reach the teenage and adult years, the problem can become more apparent and more severe:

- Continued worry and difficulty handling traumatic events
- Dropping out of extra-curricular activities
- More social interaction difficulties or isolation
- Depression, suicidal or homicidal ideations
- Poor choices when confronted with life decisions (drugs, alcohol, sex)
- Beginning to develop dysfunctional coping skills or self-medicating
- Poor school performance/ failing classes, suspensions or expulsions
- Poor conduct: lying, stealing, violence

- Onset of panic attacks
- Continued somatic symptoms and fluctuation in weight (gain/loss)
- Manifestation into other anxiety disorders such as: Obsessive-compulsive Disorder, Eating Disorders, Trichotillomania, PICA, Body Dysmorphic Disorders, Phobias, Panic Disorders, Addiction, Social Anxiety, Performance Anxiety, etc.

According to The Anxiety and Depression Association of America, “Anxiety and depression are treatable, but 80 percent of kids with a diagnosable anxiety disorder and 60 percent of kids with diagnosable depression are not getting treatment, according to the 2015 Child Mind Institute Children’s Mental Health Report.”

Many health professionals believe that anxiety is a normal part of childhood and symptoms are not cause for alarm. Others believe that parenting and discipline need to be improved or implemented to treat the symptoms. In severe cases, medication is introduced as a treatment, but unfortunately, many children who suffer with symptoms, are medication resistant or not severe enough to medicate.

Adults can experience similar frustration when treating anxiety with medication. The diagnosis is a broad one and there may be very different neuron patterns causing the anxious feelings. This can cause treatment to be somewhat of a guessing game. Others struggle with side effects and dependency.

Neurofeedback can help. Neurofeedback can not only help reduce the anxiety symptoms specific to you, but it can “retrain” the neural patterns in the brain so that anxiety is better managed or controlled throughout your life. Through Neuroplasticity, Neurofeedback becomes a permanent correction of the anxiety patterns in the brain.

WHAT IS NEUROFEEDBACK?

Neurofeedback, also known as EEG biofeedback, has been studied and practiced since the late 60’s. It is exercise for your brain; allowing you to see the frequencies produced by different parts of your brain in real-time and then through visual and auditory feedback, teaches the brain to better regulate itself. Neurofeedback can be used to help detect, stimulate, and/or inhibit activity in the brain safely and without medication. It can help restore a wider “range of motion” in brain states, much like physical therapy does for the body.

While the client sits comfortably watching a movie or pictures appear on the screen (a calm and focused state), the EEG equipment measures the frequency or speed at which electrical activity moves in the areas where electrodes have been placed. This information is sent to the therapist’s computer. The therapist is then able to determine what frequencies are out of balance. For example, when the EEG shows that you are making too many “slow” or “sleepy” waves (delta/theta) or too many “fast” waves (high beta), the therapist adjusts a reward band to encourage more balanced activity. This encouragement or “reward” happens through an auditory reinforcement of “beeps” and sometimes through visual reinforcement of changes on the screen.

What types of conditions does neurofeedback help?

Symptoms of these conditions, among others, can improve through neurofeedback training:

- Anxiety • Sleep disorders • Depression • ADD/ADHD
- Sensory processing disorder • Bipolar disorder
- Seizure disorders • Auditory/visual processing
- Chronic pain/Fibromyalgia • Migraines/headaches
- Traumatic brain injuries • Stroke • Cognitive decline
- Peak performance • Oppositional defiant disorder
- Rages/mood swings • Attention/focus/concentration
- Reactive attachment disorder • Autism/Asperger’s
- Learning disabilities • Obsessive compulsive disorder

What is an example of improvements I may see?

At our center, our goal is to teach you how to tune into your own functioning. With children, we also teach the parents how to look at overall functioning rather than piecing together events or moments. We help you open your mind to possibilities with Neurofeedback rather than give too many examples that confuse the process or feel like a placebo. Changes you may experience or observe after a session are indicative of a learning process that will lead to improved functioning. Examples of those positive changes may be:

- Sleep patterns/quality of sleep
- Energy levels, calmer or more activated
- Ability to focus or concentrate
- Physical symptoms such as pain, headaches, migraines, tics, balance issues
- Mood or emotions
- Motivation and organization
- Feelings of Well Being
- Obsessive behaviors or thoughts
- Memory/cognitions
- Anxiety patterns or trauma patterns
- Coping
- Regulation
- Learning, communicating, and/or performance

What is aQEEG (Quantitative EEG) or brain map?

The QEEG is a quantitative EEG. It’s also called a brain map and does just that...it gives us a map of what is going on with the entire brain at one time. We attach electrodes to the whole head, 19 spots, and then record the brain waves with eyes open for 5 minutes and with eyes closed for 10 minutes. This recording is then sent to an independent specialist be read and analyzed. They are able to not only give us a summary of significant findings but the report also shows the results of analyzing the data several different ways. The brain activity is not only compared spot by spot over the entire head, but we can also look at connections, symmetry, how different parts are communicating and all of this data is compared to a database of peers (same sex, handedness and age). It can help us see what areas need to be addressed more efficiently than just training spot by spot.

We don’t always need this data to make improvements in symptoms but we do recommend it in certain situations. A QEEG can also be helpful information when diagnosing and/or trying to decide the best medication/supplement recommendations.

Is there enough research?

Neurofeedback has been researched since the 60’s. Here are some resources for research. We have several journal articles, studies and books in our office for you to enjoy, however because of the amount of information out there, we cannot possibly have everything. Here are a few resources.

Look up the work of:

Dr. Joe Kamiya and Dr. Barry Sterman (Credited for earliest development of Neurofeedback).

Look for specific researched conditions:

- <https://www.eeginfo.com>
- <https://www.isnr.org>
- <http://www.eegspectrum.com>

Print Resources:

- Journal of Neurotherapy*
- Neuroregulation*
- Applied Psychophysiology and Biofeedback*
- A Symphony in the Brain: The Evolution of the New Brain Wave Biofeedback* (Curtain Up) Paperback – 31 May 2001 by Jim Robbins.
- Healing Young Brains: The Neurofeedback Solution* Paperback – 15 May 2009 by Robert W. Hill, Eduardo Castro.

How do I get started?

Getting started is easy, just give us a call. The Brain and Wellness Center staff will answer all of your questions, and help you get scheduled. If you are wondering what services are best for you? We can help determine that at the time of the intake, in a telephone consultation, or you can schedule a face to face consultation and see our facility. Call, email or message us today! Brain and Wellness Center, 7301 W. Palmetto Park Rd., Suite 102A, Boca Raton, FL 33433. **(561) 206-2706**, e-mail us at **info@bocabraincenter.com**, or text us at **(561) 206-2706** or visit our website at **www.BocaBrainCenter.com**.



Renee Chillcott, LMHC

Renee Chillcott is a Licensed Mental Health Counselor that has been practicing Neurofeedback training since 2005. Renee holds a BA degree from The University of Central Florida and a Master’s Degree in Psychology from Nova Southeastern University. She is a Licensed Mental Health Counselor and is the owner/operator of The Brain and Wellness Center, located in Boca Raton. At The Brain and Wellness Center, adults, teens, children and families enjoy a variety of services from multiple providers. Neurofeedback, Brain Mapping, Acupuncture, Nutritional Counseling, Learning Programs, and counseling are among a few of the services offered.



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Laser Cataract Surgery: What you should know

By David A. Goldman MD

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

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

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

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

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



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

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

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



DAVID A. GOLDMAN

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

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

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

Dr. Goldman speaks English and Spanish.

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Spring (Change) is in the Air

Brent Myers

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

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

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

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

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

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

Note what Paul says:

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

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

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



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

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We remain sensitive to coronavirus concerns and are dedicated to safely serving our cancer patients.



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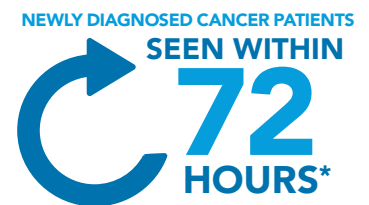
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