

S O U T H F L O R I D A ' S

# Health & Wellness<sup>®</sup> MAGAZINE

May 2021

North Palm Beach Edition - Monthly

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**IS YOUR HAIR READY  
FOR THE POST PANDEMIC WORLD?**

**PROMISING NEW TREATMENTS  
BRING HOPE TO CANCER PATIENTS**

**NEW CELLULITE TREATMENT**

**HOW DIABETES AFFECTS YOUR EYES:  
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# contents

May 2021

5 Promising New Treatments  
Bring Hope to Cancer Patients

6 Is Your HAIR Ready  
for the Post-Pandemic World?

8 New Cellulite Treatment

10 How Diabetes  
Affects Your Eyes:  
Avoiding Eye Exams  
Could Cost You Your Sight

11 Treating Sinusitis  
Naturally and Effectively

12 Fixing Your Gut

13 Sensitive Teeth:  
What Are My Treatment  
Options?

14 Panic Attacks?  
Today's Biofeedback Helps You  
Tackle Life Without Them

16 Indexed Universal  
Life (IUL) Insurance

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

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

22 Cataract Surgery in 2023:  
What Should You Expect?

23 Spiritual Wellness:  
Don't Give Up!

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# PROMISING NEW TREATMENTS BRING HOPE TO CANCER PATIENTS

**D**espite the COVID-19 pandemic, clinical research has continued to bring promising new treatments to cancer patients. Twenty-one new cancer drugs received approval from the U.S. Food and Drug Administration (FDA) in 2020 and some of these therapies were for difficult-to-treat cancers, such as triple-negative breast cancer.\*

No other field of medicine is changing as rapidly as oncology. Over the past decade, literally hundreds of new medicines and new approaches for treating cancer have been developed and this has resulted in many more people surviving cancer than ever before. According to the National Cancer Institute, there are over 15 million cancer survivors in the United States, and approximately two million of them have survived for 20 years or longer. Some of the reasons cancer survival rates have dramatically increased can be linked directly to improvements in early detection methods, more advanced therapies, and genetic research and clinical trials, which are responsible for developing more effective drugs.

The future cures for various types of cancer will all come from clinical research, yet not many adult cancer patients participate in clinical trials. Why? In some instances, it is because clinical trials are misunderstood, and patients may fear being “a guinea pig.” In clinical trials for a life-threatening disease like cancer, no one who participates is ever treated like a guinea pig. In fact, such great precautions are taken on behalf of patients who participate in clinical trials that, many times, their cancer treatment goes beyond standard care protocols.

*\*Source: American Association for Cancer Research*

## Debunking the Myths

Patients who are considering participating in a clinical trial for cancer are often concerned that they might be given a placebo or a drug that will prove to be ineffective. The truth is that in some types of clinical trials (specifically those that are investigating something simple such as a new cold medication) some participants are given only a placebo. However, in clinical trials for cancer, a participant is never given anything less than the current standard of care.



All participants in oncologic clinical trials will be given the best standard treatment available for their particular type of cancer... then, in addition to that standard treatment, they may be given the new drug that is being tested or a placebo. No participant is ever given a placebo alone.

## Increased Participation in Clinical Trials Means Faster Approval for New Treatments

According to the American Cancer Society, hundreds of promising new cancer drugs and therapies are currently undergoing research. The average time for a new drug to be approved is seven years, and many times clinical trials cannot be conducted because of a lack of patient participation. If more cancer patients participated in clinical trials, there would be more new drugs available sooner in the future. Don't miss the opportunity to be a part of finding the cures for cancer.

Florida Cancer Specialists & Research Institute (FCS) offers access to more national clinical trials than any other community oncology practice in Florida. If you qualify to participate in a clinical trial, you can do so from the comfort and convenience of your local FCS cancer center.

For more information, visit [FLCancer.com](http://FLCancer.com)

## WORLD-CLASS CANCER TREATMENT CLOSE TO HOME

Florida Cancer Specialists & Research Institute (FCS) has a state-wide network of expert, board-certified physicians who bring world-class cancer treatments to local communities, large and small, in locations throughout Florida. FCS is also a strategic partner with Sarah Cannon, one of the leading research and clinical trial organizations in the world. This alliance provides FCS patients access to the newest, most innovative and most promising new treatments.

FCS treats patients with all types of cancer and offers a number of services, including an in-house specialty pharmacy, an in-house pathology lab and financial counselors at every location.



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# Is Your HAIR Ready for the Post-Pandemic World?

by Alan J Bauman, MD, ABHRS  
Board-certified hair restoration physician

If you're like most of us this past year, you may have had more time than usual for self-reflection and a reshuffling of priorities. What do you want to do with your life moving forward? Are you going to start taking better care of yourself inside and out? And – *maybe* – can you afford to keep ignoring the fact that you're losing your hair?

The latter question is particularly poignant for the 50 million men and 30 million women in the U.S. who suffer from hair loss and are now transitioning back into a more social lifestyle. Both men and women tell me every day that now that vaccines are plentiful and states are easing restrictions, they're excited to go back to work, socialize with friends in person, get back in shape and take a real vacation – but they want to do so with the enhanced confidence that having a fuller head of hair provides.

While some patients may have hair loss so extensive that they need a hair transplant, the good news is that here at Bauman Medical, we offer a multitude of effective non-invasive treatment options. These options are for those who are experiencing thinning hair or for preserving and enhancing what hair they still have. Many of these treatments are related to exciting advances in the field of Regenerative Medicine. Here are a few that we use:

## LOW-LEVEL LASER THERAPY, ALSO KNOWN AS RED LIGHT THERAPY

We've been recommending low-level laser therapy for hair regrowth since 1999. The latest device, which I helped design, is the Bauman TURBO LaserCap. This FDA-cleared medical-grade LaserCap is portable, hands-free, cordless, rechargeable, and fast, requiring only 5 minutes of treatment per day for improved hair growth at home. It's also drug- and chemical-free with no risk of side effects.

Proper and consistent use of medical-grade low-level laser therapy has been scientifically proven to improve hair quality, strength, and thickness, as well as promote hair regrowth.



## PRP (PLATELET RICH PLASMA)

PRP is a comfortable, “lunch-break” in-office procedure that takes about an hour and has no recovery, downtime, or significant risk. Derived from a small blood sample, platelets and plasma are separated from other components of the blood, concentrated, then painlessly applied into the scalp under local anesthesia where weak hair follicles exist. When performed using the appropriate concentration of platelets and proper techniques, you can expect hair growth improvements that last a year or more from a single treatment.

## PDOGRO™

Researched and developed right here at Bauman Medical, we were the first hair restoration center in the U.S. to use PDO threads to enhance hair growth in a proprietary protocol called PDOgro™. PDO, or polydioxanone, is a synthetic absorbable FDA-cleared material. Used for decades in surgery, and more recently in aesthetic procedures to reverse the appearance of skin aging, PDO threads placed into the scalp have been shown to stimulate hair regrowth. Typically performed in combination with PRP, the threads are comfortably applied into the scalp where they dissolve and are absorbed over time, safely stimulating collagen production, new

blood vessel formation, and a release of powerful rejuvenating growth factors.

The PDOgro™ procedure may help prevent or reduce the need for hair transplantation by stopping, slowing, or reversing hair loss. PDOgro™ can be employed in conjunction with other treatments such as minoxidil, finasteride, low-level laser therapy, PRP platelet-rich plasma, other cell therapy treatments, or hair transplantation.

## HAIR TRANSPLANTATION

In some cases, hair loss is so advanced that a hair transplant is the only way to achieve lasting hair regrowth in areas like a receded hairline, thinning crown, or other areas where hair follicles are severely depleted or gone. The good news is that procedures have become more effective, comfortable, and 100% natural-looking due to major innovations in techniques and technology.

FUE (follicular unit extraction) is one of Bauman Medical's most popular hair restoration technologies. Using a variety of techniques we helped pioneer over a decade ago, we employ several types of FUE, depending on each patient's particular need or situation. Using robotics, or with the aid of mechanical

instruments, we harvest hair follicles directly from the scalp, replacing the older, invasive method of “strip harvesting.” FUE hair transplantation allows for the harvesting of follicles without leaving behind a telltale linear scar and with the added benefits of a shorter, less restricted, and more comfortable recovery.

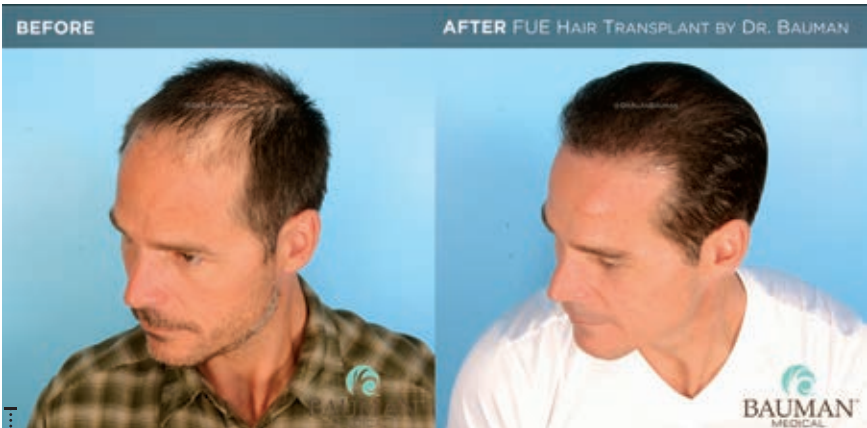
**LEARN MORE**

We’re seeing a higher than usual demand for consults and procedures at this time of “transition”, so if you’re ready to “re-emerge” and take on the post-pandemic world looking good and feeling good about your hair, don’t wait, let’s discuss! For more information on the causes and treatments for hair loss, or to learn what treatment regimen is right for you, please call **561-220-3480** or point your camera at the QR code below to schedule your private one-on-one in-person or virtual consultation at **www.baumanmedical.com**.

P.S. – I know that initiating that first call is often the most difficult part of the hair restoration process, but we make it easy and comfortable from start to finish. That’s my promise to you.



Before and 3 months after PDOgro™ by Dr. Alan Bauman



Before and 12 months after FUE Hair Transplant by Dr. Alan Bauman



**TIPS ON FINDING A TOP HAIR RESTORATION PHYSICIAN**

- A Hair Restoration Physician is someone who specializes exclusively in the medical diagnosis, treatment, and tracking of hair loss and hair growth.
- Look for full-time hair transplant surgeons who are certified by the American Board of Hair Restoration Surgery (ABHRS) and accepted by the International Alliance of Hair Restoration Surgeons (IAHRS).
- Due to the limited number of full-time, experienced ABHRS-certified Hair Restoration Physicians worldwide, prospective patients should be prepared to travel and-or consult “virtually” via phone or video-call using Skype, Facetime, etc.
- Before choosing your doctor, visit the clinic, read reviews, ask for before-and-after pictures, and most importantly, ask questions about how to achieve your desired results and what should be done to maintain them.
- The ISHRS or International Society of Hair Restoration Surgery recently urged patients to avoid unprofessional clinics and unscrupulous practices that offer unsolicited financial incentives upfront. Ask yourself if a practice offering “free consultations,” deeply discounted coupons, or financial rebates truly has your best interests in mind.
- Ask for a referral from your primary care doctor or dermatologist to a qualified, credentialed, full-time Hair Restoration Physician who is fully equipped and trained to diagnose, treat and track your hair loss process and achieve your hair restoration goals.

**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 Surgeon” in North America by Aesthetic Everything for the 5th consecutive year, “Top Hair Restoration Surgeon of the Decade”, and he was recently named by Forbes as one of “10 CEOs Transforming Healthcare in America.”



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# NEW CELLULITE TREATMENT



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ARE YOU READY LADIES FOR  
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**L**et me inform you about "QWO". QWO was FDA approved in July 2020 for the treatment of moderate to severe cellulite in the buttocks of adult women. It will be available for clinical use on April 5, 2021 in the US and I was fortunate enough to have been selected as one of only 10 practices in Palm Beach County to offer this treatment!



How does it work? In order to understand how it works we must first understand what cellulite is. Cellulite is not a matter of being overweight. It is a misconception that fat reduction technologies or weight loss are effective for the treatment of cellulite. Cellulite is a multifactorial condition that occurs when "fibrous bands" made up of collagen pull back the skin allowing fat cells to push against the skin and thereby create "dimples". In order to combat cellulite, we need to be able to somehow break up the fibrous bands creating the dimples on the surface of the skin. Until QWO there was no treatment or substance available to affectively accomplish this. QWO is a 'collagenase' or enzyme that dissolves collagen fibers that cause the unsightly appearance of cellulite. The treatment entails injecting this enzyme into the dimples, and usually three treatments are required 21 days apart. Injections take about 10 minutes each time and side effects consist of bruising, possible tenderness at the injection site, temporary redness, hardness and itchiness. Results are evaluated 4 weeks after the last treatment.

This is truly an exciting advancement in the treatment of this difficult condition. It is the first and only FDA approved cellulite treatment that actually works and can be done on your lunch hour without any downtime.

Please book your appointment for a consultation to see if you are a candidate for this revolutionary treatment.



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

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

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# HOW DIABETES AFFECTS YOUR EYES: AVOIDING EYE EXAMS COULD COST YOU YOUR SIGHT

Clear Vue Eye



**A**ll of us should be getting our regular eye examinations to make sure our eyes are healthy, but the importance of people with diabetes getting their recommended exams is critical. In both type 1 and type 2 diabetes, high blood sugar damages the delicate blood vessels in the retina. This damage is called diabetic retinopathy. In diabetic retinopathy, serious complications can cause significant vision loss if left untreated. Sudden vision loss from these complications, such as, a vitreous hemorrhage, or tractional retinal detachment is extremely threatening issues that can cause blindness.



The retina is a layer of neural tissue in the back of the eye, and it's responsible for brain communication, projecting photoreceptors, circadian rhythm regulation, light detection and neural plasticity. The retina is the only part of the central nervous system that can be visualized and studied directly. This is done via an ophthalmoscope. The information collected during the examination of the retinal pathway is important for helping to identify irregularities and brain function.

According to the American Academy of Ophthalmology, in the article cited below, an alarming number of diabetics do not get their eye exams on a regular basis. The importance of dilated exams is critical due to the damaging effects associated with diabetic retinopathy.

## SIXTY PERCENT OF AMERICANS WITH DIABETES SKIP ANNUAL SIGHT-SAVING EXAMS

People with diabetes are at increased risk of developing serious eye diseases, yet most do not have sight-saving, annual eye exams, according to a large study presented at AAO 2016, the 120th annual meeting of the American Academy of Ophthalmology.

Researchers at Wills Eye Hospital in Philadelphia have found that more than half of patients with the disease skip these exams. They also discovered that patients who smoke – and those with less severe diabetes and no eye problems – were most likely to neglect having these checks.

The researchers collaborated with the Centers for Disease Control and Prevention to review the charts of close to 2,000 patients age 40 or older with type 1 and type 2 diabetes to see how many had regular eye exams. Their findings over a four-year period revealed that:

- Fifty-eight percent of patients did not have regular follow-up eye exams
- Smokers were 20 percent less likely to have exams
- Those with less-severe disease and no eye problems were least likely to follow recommendations
- Those who had diabetic retinopathy were 30 percent more likely to have follow-up exams

One in 10 Americans have diabetes, putting them at heightened risk for visual impairment due to the eye disease diabetic retinopathy. The disease also can lead to other blinding ocular complications if not treated in time. Fortunately, having a dilated eye exam yearly or more often can prevent 95 percent of diabetes-related vision loss.

Eye exams are critical as they can reveal hidden signs of disease, enabling timely treatment. This is why the Academy recommends people with diabetes have them annually or more often as recommended by their ophthalmologist, which is a physician who specializes in medical and surgical eye care.



## Monique M. Barbour, M.D.

Dr. Barbour is a Board Certified Ophthalmologist. She attended Saint Augustine's College in Raleigh, North Carolina where she received her bachelor's degree in Pre-Medicine. Dr. Barbour graduated with honors from Howard University College of Medicine in Washington, D.C. and completed a residency in Ophthalmology at the Albert Einstein College of Medicine in Bronx, N.Y.

After residency, she completed a Glaucoma fellowship at Georgetown University in Washington, DC and a Refractive Surgery fellowship at the world renowned Instituto de Clinica Barraquer in Bogota, Columbia. Dr. Barbour has been the medical director of Clear Vue Laser Eye Center, a state-of-the-art vision care center for the past 15 years. As a diplomat of the American Board of Ophthalmology and a member of the American Academy of Ophthalmology, she is dedicated to providing the highest quality of ophthalmic care. Dr. Barbour speaks multiple languages including Española.

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Master Herbalist Steve Frank

# Treating Sinusitis Naturally and Effectively

If you suffer from chronic sinusitis and have been through multiple courses of antibiotics then you know the ills of the antibiotic approach. The antibiotics leave you with intestinal problems and often yeast infections while they only get rid of the sinus infection for 6 months or so. The next time it comes back, you have to try a different antibiotic and this one will cost more and make you feel worse. So why is this cycle escalating? Why aren't you winning the war when you frequently win the battles? Because the antibiotic solution does more harm than good. It shifts the fauna and flora of bacteria in your sinuses to the ones that are not so easily killed by the antibiotics and leaves you with a more formidable foe after each round. Additionally, the antibiotics are taken systemically, which means that they are coursing through your entire body when you only need them in your sinuses. This distorts all of the fauna in your body and can lead to a yeast infection. What's a sinus sufferer to do?

Glad you asked. The problem is two fold. First, you are fighting what is a symbiotic relationship of fungus and bacteria with an active agent that kills only the bacteria. Second, the active agent that you are using to kill the bacteria kills only some of the bacteria. The types that are not susceptible to your chosen antibiotic will take-over the feeding grounds of the ones that you have killed, leaving you with a fauna of germs that you cannot kill. This is really a recipe for how to take a bad neighborhood and make it worse by killing off only the weakest of criminals.

Let's explore the first point. Your sinuses are host to many fungi. They thrive on the muco-polysaccharides (mucus) that line your sinus passage and produce exotoxins that irritate the sinus membranes. Your immune system does its best to kill these invaders but this is a constant battle, for every breath that you take will contain bacteria and molds. What makes this problem worse is the fact that the fungus acts as a platform of insulation on which the bacteria can live and thrive. The bacteria can digest the conversion of the muco-polysaccharides by the fungus and live on top of them. In this manner, they are insulated from your immune system and from the drugs that you would take to reach them by distribution through your micro-capillary bed.



And so you see, approaching the problem of sinusitis with merely an antibiotic to kill the bacteria would be only half the solution. You need an anti-fungal as well to attenuate the population of molds (fungi) that inhabit your sinuses. For it is these molds that insulate the bacteria, keeping them out of reach of your immune system.

And now for the second part. It is very important to choose an anti-microbial that will kill ALL the bacteria. Antibiotics work in three discrete manners and can kill three different groups of bacteria. Each type of antibiotic will kill only a portion of the fauna leaving the survivors to take-over the sinus tissue that was abandoned by the bacteria which you killed. What you *want* is a broad-spectrum antimicrobial that kills all types of bacteria as evenly as possible so that you don't just kill the easy ones. And, an antimicrobial that will kill the fungus.

Ah, so you ask, "where can I find such an active agent that kills fungus and all types of bacteria?"

Glad you asked. Clinical studies have shown that an enhanced aqueous colloid of silver (EACS) of 35 parts per million or more, is able to terminate sinus infections in a week or less and this is far better than sinus surgery or antibiotics. What's more, it can be sprayed directly into the sinuses and so it doesn't have to be taken systemically. You apply it only where the infection is occurring; In your sinuses.

To reach the deeper sinuses, it is best to use a Neti Pot. You can fill your sinuses with the solution and then close off your nose with your fingers. Sitting this way for 10 or more minutes will kill more bacteria and fungus than a week of antibiotics.

Of course, since you have a sinus infection, the mucosal flow is pretty large. This will flush the antimicrobial from the area in less than 10 minutes. If it's not there, it's not working. *It is absolutely paramount to the success of this therapy that you spray every 20 to 30 minutes. Using the Neti Pot in the morning and evening for 10 minutes is also advised.* Bacteria and fungus can double in number every 20 minutes.

So you see, the balanced holistic approach to sinusitis rests with using the right active agent, in the right concentration, in the right place and with the right protocol. If this is done, you will attenuate the fungus and the bacteria while not shifting the fauna and flora. You will re-establish the balance of power in your sinuses. I suggest that you look for an enhanced aqueous silver colloid product that offers Sinus Relief or some Super Neti-Juice for your neti pot. Colloids that espouse concentrations of 250ppm and 500ppm are compounded (this ruins them) and in my testing have performed horribly. Look for 35ppm to 50ppm pure colloids.

*Over the past 20 years, Mr. Frank has directed and participated in more than a dozen clinical studies, written numerous papers, articles and books relating to natural solutions for health. His many hours in the clinics and labs have generated patents on respiratory antiseptics and enhancement of colloids.*



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# FIXING YOUR GUT

The more we learn about our bodies and physiology, the more we come to appreciate the importance of intestinal health in maintaining good health everywhere. The organisms that live in our intestines have a tremendous effect on our overall health, well-being, and state of mind. It is common for my patients who are experiencing problems with their bladders or having abdominal or pelvic pain to complain of either chronic constipation, diarrhea, bloating, or some combination. I have a separate handout on constipation that I give to my patients. Maintaining health in the gut involves more than just taking probiotics or supplements. It is critical to feed the healthy organisms and starve the harmful ones in order to achieve maximum wellbeing. Every individual has a different intestinal microbiome (my-kro-by-ohm) which will determine what types of foods are likely to be tolerated as well as a number of other important health parameters. We'll go over how to make proper choices to feed the good colonizers and reduce numbers of the irritating, agitating colonizers.

**Step 1:** Eliminate the toxic foods and liquids from your diet. Good eating and drinking habits are critical in maintaining happy intestinal flora. Sometimes food sensitivities can be present but may not be obvious. Having a stool test to reveal the gut microbiome and ideal foods for an individual may be helpful. We have lab companies we work with to send test kits out to your home for a reasonable cost that will test your blood for food sensitivity and/or stool for the organisms living in your gut and give you some idea of what might be best for you to emphasize or avoid.

**Universally unhealthy:** Artificial sweeteners, carbonated beverages, processed foods, "fast" foods, most store-bought juices (they are mostly sugar), most "sports" drinks, overly sweetened foods. Lose all of these from your diet! This includes many prepared teas and coffees and snack foods.

**Variably unhealthy/best to limit:** Dairy, factory farmed meats, fried foods, seafood (due to contaminants like mercury), high glycemic index/starchy "white" foods. Again, this may be individualized through food sensitivity testing.

**Emphasize:** Fresh, preferably locally grown (when possible) vegetables and fruits. Try to get one food of every color in your diet each day. Check out the "Clean 15 and Dirty Dozen" lists of foods. Clean water. If you must have something in your water to flavor it, try getting a bag of frozen mixed fruits/berries and lining the bottom of a pitcher with the frozen items, then fill the pitcher with fresh water and place in the refrigerator. That will give the water a bit of "flavor" without using a lot of artificial flavorings and contaminants. Plant based proteins and



nutrients, particularly coming from fresh sources, provide your gut with the best possible environment and help the most healthy organisms to thrive. This list includes "prebiotics", not to be mistaken for probiotics which are strains of a few bacteria used to repopulate the intestine with some select strains of bacteria. A normal intestine has hundreds or thousands of organisms and having diversity is healthy.

**Step 2:** Move your body. You need to exercise every day. This needn't involve going to the gym for a major workout, a nice long walk may be enough. Pool exercise, walking, jogging, yoga or Pilates, functional fitness training, martial arts, tennis, or other sports are all options. If you are unable to engage in anything other than moving your arms and legs and torso, even if you are unable to walk, you may be able to move your body to help the blood circulate, get oxygen flowing to your cells, and release the toxins as well as the tension from everyday living. Some form of exercise is necessary every day for optimal health. Find yours and stay with it. Your gut will function much better if you are getting movement nutrition as well.

**Step 3:** Get some mental and physical rest. A meditation or mindfulness practice can be very helpful in eliminating spasm and promoting better body function. Adequate sleep is important for maintaining health including gut health. If you have difficulties with sleep, be certain there are no underlying disorders creating a bigger problem. A sleep specialist can be helpful in this situation as well.

**Step 4:** Consider a gut peptide such as BPC157 (500mcg per day up to 1500mcg per day for severe cases) for a few months to help restore balance.

If you are doing all of these things perfectly, can go back to Step 1 and be assured you are doing everything



By Linda A. Kiley, MD

right, and are still having problems, then additional evaluation is important. There are many conditions that can cause problems, including infections, medications, food sensitivities, toxins, autoimmune disorders, among others. The complex interplay between what we ingest and how we manifest symptoms can make it difficult to figure out, but starting with an elimination diet may also be helpful.

## Food Sensitivities:

More people are developing food sensitivities, probably due to the environmental impact of organophosphates and other contaminants that are able to bind to molecules in different foods and create an immune response. Whatever the reason, food sensitivities are likely the cause of many chronic ailments, and data have shown that eliminating foods that create an undesirable immune response in an individual can result in a remarkable improvement in health and vitality. In my practice, I encourage patients having multiple chronic complaints which could include bloating, fatigue, skin rashes, muscle aches, recurrent infections, headaches, or sinus problems to explore testing for food and environmental sensitivities. A small change with an elimination diet tailored to the individual's needs can make a huge difference in overall health and well-being. I have a nutrition and fitness counsellor in my office who is able to create a custom diet plan to include balanced meals eliminating foods or food groups that create an undesirable immune reaction in my patients. Very often, this is a critical step in re-establishing health and achieving goals such as better sleep, weight loss, improved energy, as well as clearer thinking and better immune function.

In summary, the gut is a primary force in our bodies for keeping us well and for allowing us to become ill. Food really is medicine, but like medicine, it must be appropriate to the individual. For more information contact Ultra Health & Wellness at 561-671-0041.



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# Sensitive Teeth:

## What Are My Treatment Options?

**M**any of us have experienced the feeling of biting into something cold and feeling extreme sensitivity. I am not talking about a continued dull ache in the teeth or spontaneous tooth pain, which are usually associated with some type of nerve issue that may require a root canal evaluation. The type of sensitivity I am describing is the kind that you experience when you bite into or drink something very hot or cold. Presuming the nerve is healthy, there are a number of things that can be done to help treat sensitive teeth. The course of treatment will be based on the status of the teeth involved and the surrounding gum and bone tissue.

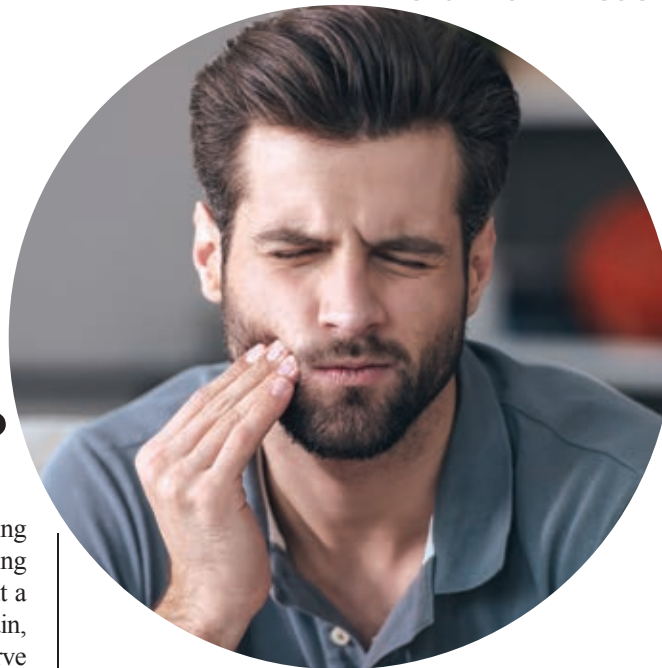
### WHERE DO MY TEETH AND GUMS STAND?

In order to understand the possible cause / treatment for tooth sensitivity, let us review a few basic things regarding your mouth. Firstly, the tooth itself has two basic parts, the crown and the root. The crown is the part you can see in your mouth and is the functioning part of the tooth you chew with. Enamel covers the crown and helps shield the tooth from both cavities and temperature sensitivity. The root is the part of the tooth embedded in the bone providing support. The root is typically below the bone and is covered by gum tissue.

#### Pre Root Coverage



#### Post Root Coverage



There is no enamel on the root surface which makes it more susceptible to decay and temperature changes. If the gum and bone levels recede, more root will be exposed making cavities or sensitivity more prominent. In addition, grooves or small cracks in the teeth may allow decay and temperature sensitivity to occur more readily. All of these issues can be identified during a dental appointment.

### TREATMENT OPTIONS

A common reason for root sensitivity is the loss of gum tissue covering the tooth due to recession. In many cases, this type of situation can be treated with root coverage procedures (also known as a gum graft). This type of procedure is usually not painful and offers the opportunity to add gum tissue over the part of the tooth that is now exposed to mouth and no longer covered by the gums. When this treatment is performed, the benefits can be numerous. The added tissue can help protect the root from future cavities and shield from temperature sensitivity. In addition, this therapy can help slow future loss of gum and bone tissue, which ultimately can help you keep your teeth longer.

In cases where grooves are present in the teeth themselves, your dentist may be able to use tooth colored filling materials or other dental restorations (such as crowns or veneers) to help cover these areas. Some situations can benefit from both root coverage tissue grafting, along with dental restorations.

There is no one solution that is good for all situations. In many cases, root coverage procedures offer multiple benefits such as decreased sensitivity, decreased loss of bone around the teeth, protection from cavities and ultimately the possibility of keeping your teeth longer. A dental and periodontal examination can help determine which treatment options are best suited for your needs.

### 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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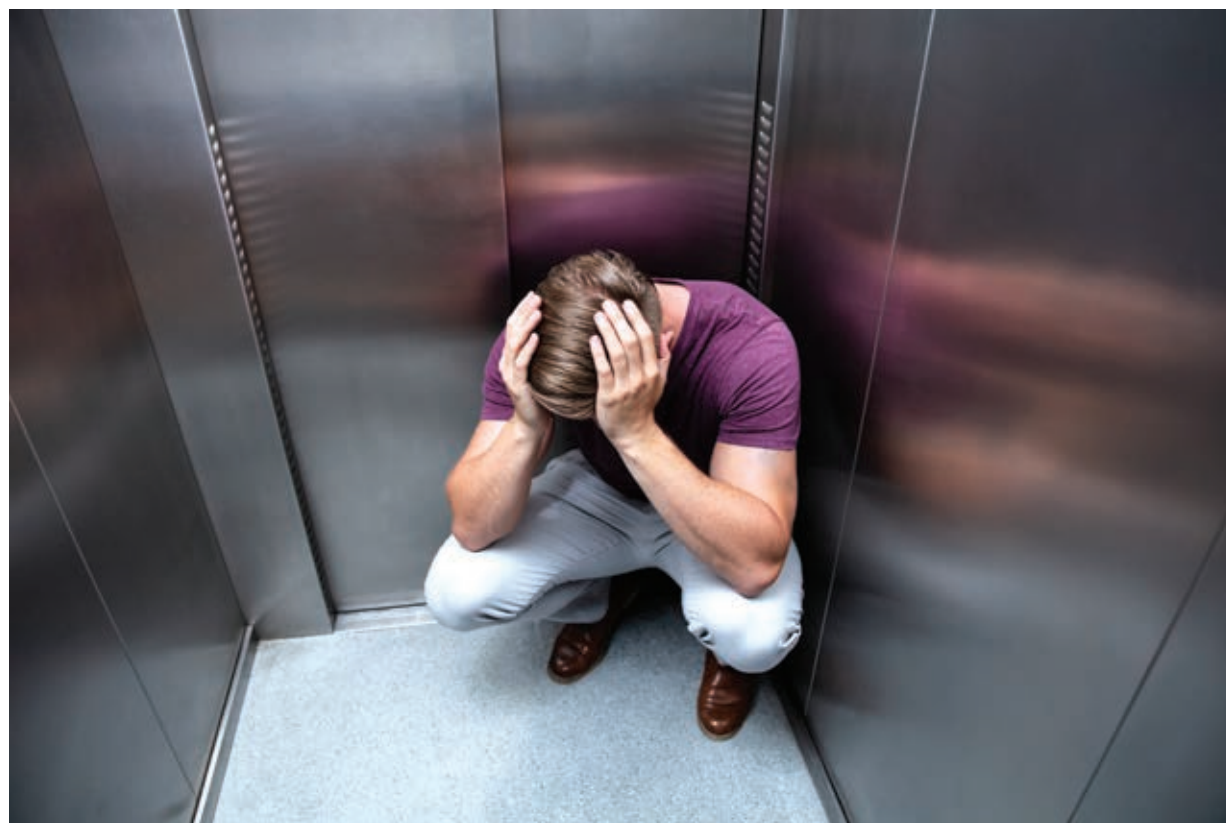
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# PANIC ATTACKS?

## Today's Biofeedback Helps You Tackle Life Without Them (and So Can Improved Gut Health)

by Michael Cohen, Director and Chief of Neurotechnology



**PANIC ATTACKS** can be debilitating. They can occur out of the blue. They cause intense fear or discomfort. They're accompanied by physical symptoms—sweating, racing heart, stomach issues, and tightness in the chest or extremities.

*Do you or someone you love suffer from panic attacks?*

*Do you live in daily fear that a panic attack can occur any time, any place?*

You're not alone. Every day millions of people in the U.S. experience panic attacks, and the pandemic certainly hasn't helped.

**You can reduce the number and intensity of your panic attacks without medication or therapy.**

In the past 10 years, and particularly since the pandemic began in early 2020, I've seen a significant increase in the number of teens and adults coming to me for panic attacks, and I hear the same thing from my colleagues.

Exactly why panic attacks were already becoming more frequent pre-pandemic is unknown, but I speculate that some of the causes have to do with environmental factors, like the **decreased nutritional value** of food and more **pesticide residues in our food**. It may also have to do with the proliferation of **smart phones**, the **internet and social media** resulting in **too much screen time** and **too little sleep**. I'm also concerned about **increased exposure to EMF's like Wi-Fi**.

### **Drugs don't work for many people**

Many of the people who come to the Center for Brain Training have already gone to doctors or emergency rooms and been prescribed drugs like Xanax, which didn't work very well. They're at the end of their rope.

### **The Center for Brain Training Experience**

Clients have a very different experience at our clinic.

**Holistic. No drugs.  
No therapy. No judgment.**

**Customizing our approach to each person is a hallmark of care at the Center for Brain Training.**

We offer a unique approach to dealing with panic attacks that combines neurofeedback with body biofeedback, also known as bioregulation therapy. This combination helps re-set and calm the nervous system and breaks the cycle.

Our approach works for about 80% of our clients. By the fifth session, most people have noticed improvement. (We may recommend that some people, depending on their situation, do as many as 15 more sessions to ensure that the benefits hold.)





### THE GUT HEALTH FACTOR

Many experts now believe that mental health isn't only in your head but can also be greatly influenced by your gut health. Emerging research is showing that an unbalanced gut microbiome (microorganisms that live in the digestive tract) can be highly related to panic attacks and anxiety symptoms.

As part of our comprehensive approach, we frequently suggest diet changes and special dietary supplements that can help improve gut health. We also sometimes refer our clients to a functional or integrative medicine doctor to rule out underlying physical causes.

### Case histories of panic attack sufferers

"Nicole" had worked for years as a waitress to put herself through nursing school. When she got her dream job, it soon became a nightmare. Severe anxiety and daily panic attacks made walking into the hospital every day an exercise in courage. She worried that her mental state might impact her ability to care for her patients. A year of experimenting with different medications didn't help.

Desperate, she tried neurofeedback. After her third session she felt calm enough to discontinue her medication. After her fifth session she was panic-free with significantly less anxiety and was able to discontinue her neurofeedback training.

Brett\* had become so paralyzed by panic attacks that he had been unable to work or drive for two years. He was on heavy-duty mood stabilizers, an antipsychotic medication and other drugs. The medications helped somewhat but not enough for him to function. After one month of intensive neurofeedback training, his panic attacks and extreme anxiety diminished, and he was able to drive again.

"My skin was crawling. I was sick to my stomach all the time and my whole body felt like it was shocking me." That's how Aaron\* described the debilitating and tortuous months when he was so engulfed by the flames of panic and sudden-onset anxiety that he couldn't sleep, stopped eating and shut out everything and everyone he cared about.

After doctors – and medications – couldn't help, he found his way to the Center for Brain Training. After three months of neurofeedback, body biofeedback and CBD oil he was "back to his old self 100 percent"

•Names changed to protect confidentiality

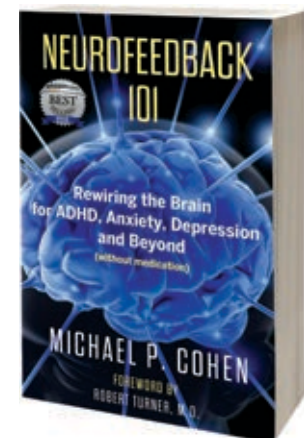
To learn more about how we can help improve your anxiety or gut health, contact my office to schedule a consultation with me or go to

<https://www.centerforbrain.com/center-for-brain-consultation/>. You can also learn about neurofeedback for anxiety and panic here: <https://www.centerforbrain.com/conditions/anxiety/>.



**Michael Cohen**  
*Director and Chief of Neurotechnology*

Mike is one of the leading experts in brain biofeedback. For more than 25 years he has helped children and adults feel better who suffer with a wide range of problems including ADHD, anxiety, sleep challenges, and learning and processing issues. He has taught neurofeedback to over 3,000 healthcare professionals, including medical doctors, all over the U.S. and the world.



**Interested in learning more about neurofeedback?**

You'll have all your questions answered in Mike Cohen's Amazon best selling book

*Neurofeedback 101: Rewiring the Brain for ADHD, Anxiety, Depression and Beyond (without medication).*

Available in paperback or e-book format on Amazon.



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# INDEXED UNIVERSAL LIFE (IUL) INSURANCE



IULs are not for everyone, but in some instances, they offer greater flexibility for those who need to plan for multiple events and outcomes.

## What is Indexed Universal Life (IUL) Insurance?

Based on the life of the insured, After a premium is paid, a portion goes toward the cost of the overall insurance. The additional is added to the cash value of the insurance. Not invested in the direct stock, the cash value with interest is credited in an equity index. Written into some policies, the holder can select the percentage to be allocated to one or multiple indexes to credit with the funds.



IULs are evaluated at the end of each month. If the value has increased, the interest is added to the cash value. These gains can be added back to the policy monthly or annually, depending on what the policy holder has decided. If the index goes down, no interest is available to credit.

#### Why Many People Love IULs

- IULs has low premiums because the policy holder is taking more risk.
- There is greater flexibility because the policy holder controls how much of the value is risked
- Death benefit amounts can be adjusted over time if necessary.
- The cash value earned can out-grow the policy and therefore, allow one to stop making out-of-pocket payments.
- Because it's not a stock market investment, the risk is reduced
- IULs allow for unlimited contribution, so if a policy holder wants to invest or change allowances, there is no limitations involved.

In regards to long-term care, these come with high dollar investments necessary to pay the 50-upwards of 200,000 per year. Many individuals are thinking ahead and preparing for long-term care with their IULs. A hybrid IUL that allows many retirees to use an alternative to traditional long-term care policies. Hybrid policies are less restrictive. Some hybrid policies offer a death benefit if the policyholder does not use the long-term care benefits.

To find out more about your options, you need an experienced expert.

#### 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 Americo Financial Life and Annuity Insurance Company (Americo) 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.

Please call Cheryl Masters at 877-374-3205 or email her at [ms.cheryl.masters@gmail.com](mailto:ms.cheryl.masters@gmail.com) for more information or to schedule an appointment.

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.

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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 Americo Financial Life and Annuity Insurance Company (Americo), 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 Americo.



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

**S**imply 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.



**S**erving 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.

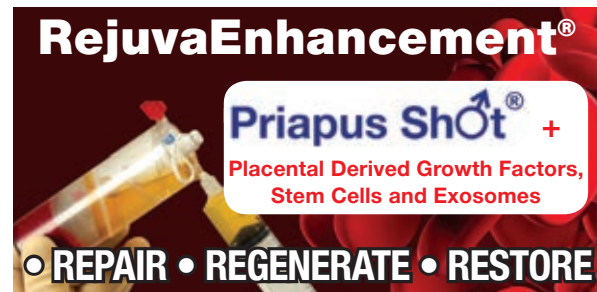
## Is RejuvaWAVE® Safe? Instead of Medicating – Cure with RejuvaWAVE®?

Yes RejuvaWAVE® is an FDA cleared technology, originally developed in Europe and used world-wide 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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# KNEE PAIN

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



**D** **O 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.



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

### Causes of knee osteoarthritis

- Age
- Trauma
- Postural Imbalance
- Repetitive strain or overuse
- Abnormal gait pattern
- 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. Their medical practitioner will inject directly into your knee joint using a high-tech medical device called a fluoroscan to pinpoint the exact location intended with extreme accuracy, which provides the best possible outcome from each injection.

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 is different about the Supartz procedure?

- They perform blind injections without image guidance
- They use antiquated equipment from as far back as 2001, even in some of the largest hospitals.
- They use Cortisone, which can have 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, 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
- 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. Please call **(561) 721-0492** now to schedule your appointment. To learn more, please visit their website at [advancedspineandjoint.com](http://advancedspineandjoint.com) or Facebook page.

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# Cataract Surgery in 2023: What should you expect?



By David A. Goldman MD

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

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

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

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



DAVID A. GOLDMAN

Prior to founding his own private practice, Dr. David A. Goldman served as Assistant Professor of Clinical Ophthalmology at the Bascom Palmer Eye Institute in Palm Beach Gardens. Within the first of his five years of employment there, Dr. Goldman quickly became the highest volume surgeon. He has been recognized as one of the top 250 US surgeons by Premier Surgeon, as well as being awarded a Best Doctor and Top Ophthalmologist, was recently ranked as a 'Top 40 under 40' most influential ophthalmologist in the world by British magazine 'The Ophthalmologist'.

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

Dr. Goldman's clinical practice encompasses medical, refractive, and non-refractive surgical diseases of the cornea, anterior segment, and lens. This includes, but is not limited to, corneal transplantation, 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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# Don't Give Up!

Brent Myers

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

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

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

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

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

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

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

Perseverance reveals a lot about ourselves.

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

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



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

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

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

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

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

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

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