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Health & Wellness[®] MAGAZINE

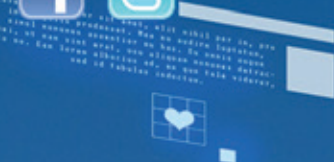
June 2021

North Palm Beach Edition - Monthly

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FREE



**THANKS, DAD!
WHY YOUR FATHER'S GENES
COULD BE PLAYING A ROLE
IN YOUR HAIR LOSS**

**STILL YOU, ONLY BETTER:
DO YOU NEED VOLUME RESTORATION?**

**EXTENDING
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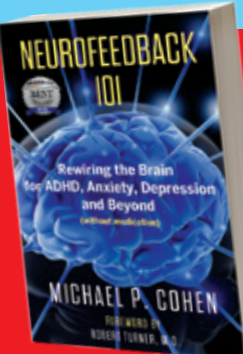
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About Michael P. Cohen
Michael Cohen is a leading expert in brain biofeedback. For over 25 years he's worked with clients, taught courses and provided consulting to physicians and mental health professionals around the world.



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Read about neurofeedback's impact on panic attacks on Page 14-15

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CONTACT US

OWNER / ACCOUNT EXECUTIVE
Sybil C. Berryman
sybil@sflhealthandwellness.com

OWNER / ACCOUNT EXECUTIVE
Bryan Berryman
bryan@sflhealthandwellness.com

BERRYMAN
Marketing Group LLC

GRAPHIC DESIGNER
Sonny Gensing
sonny@gwhizmarketing.com

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Life Beyond a Cancer Diagnosis

It is estimated there are 17 million cancer survivors in the U.S. today; yet researchers are just beginning to understand the complex issues that are a part of survivors' lives. According to the National Cancer Institute (NCI), survivorship focuses on "... the physical, mental, emotional, social and financial effects of cancer that begin at diagnosis and continue through treatment and beyond." The goal throughout survivorship is to experience as high a quality of life as possible.

Most patients diagnosed with early-stage cancer can expect their overall health and functioning to return to near normal levels, while others with certain types of cancer and those diagnosed at later stages may face challenges physically and psychologically. Research from the American Cancer Society (ACS) shows that some survivors "... may have difficulty returning to former roles, such as those in the workplace or as parents, or finding health or life insurance."

While the end of successful cancer treatment is a time for celebration, it can also mean new challenges for survivors. Milestones such as returning to work, managing emotional issues, and the ongoing physical effects of cancer and treatment can also present unanticipated changes for patients and their families. The key to returning to a normal life after cancer treatment may be found in establishing new habits of diet and exercise or learning to cope with a range of emotional and physical challenges.

Nutrition and Exercise

Cancer survivors typically should turn first to their care team for information and advice about nutrition, physical activity and dietary supplements to improve quality of life and long-term survival. In times past, doctors often advised patients to rest and reduce physical activity to avoid fatigue associated with cancer and treatment. If patients experience pain, shortness of breath or rapid heart rate, this is good advice; however, recent research indicates that exercise during and after treatment can be safe and beneficial. Your cancer team is the best resource for beginning or resuming a more active post-cancer lifestyle, and they can refer patients and family caregivers to other professionals for a personalized post-treatment plan.



Physical and Emotional Challenges

The aftereffects of chemotherapy, surgery or radiation therapy should not be underestimated. Pain, fatigue and nausea are not unusual; more serious conditions include anemia, lymphedema (a buildup of fluid in fatty tissues just beneath the skin) and even severe infections. For both men and women, cancer and cancer treatment can cause changes in fertility and side effects in sexuality. Your oncology team is trained to monitor and manage the short- and long-term effects of treatment, so it's important to discuss your concerns with your team and then follow their instructions.

The emotional side of cancer survivorship touches both patients and their families. The stress associated with a cancer diagnosis and the physical effects of treatment are often still fresh in memory. Survivors and their families can feel a complicated mixture of relief and worry about the future; some people suffer episodes of anxiety and even depression. All these are matters to discuss with your oncology team, who can help you achieve balance or refer you to another appropriate professional, if needed.

Healthcare After Cancer

In the rush to put cancer in the past, it's important to remember that the end of treatment doesn't mean the end of seeing your cancer team. Most often, long-term follow-up appointments and tests, followed by routine checkups and health screenings, will continue for many years. It's important to keep your follow-up appointments and undergo tests and screenings as recommended by your oncologist. There's no absolute certainty that seeing your oncologist will prevent cancer from returning, but it will help make sure that any recurrence is detected and treated early.

WORLD-CLASS CANCER TREATMENT CLOSE TO HOME

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Thanks, Dad!

Why Your Father's Genes Could Be Playing a Role in Your Hair Loss

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

“LIKE FATHER LIKE SON” IS USUALLY A GOOD THING ON FATHER’S DAY, BUT BEING LIKE A FATHER WHO LOST HIS HAIR IS SOMETHING MOST MEN WOULD RATHER DO WITHOUT.

Did you know that more than a third of men experience thinning hair by age 35, and half of all men are dealing with some hair loss by age 50?

That equates to tens of millions of men in America going bald.

You may be wondering why so many men experience hair loss.

A big factor is genetics.

GENETIC HAIR LOSS

A common misconception about male hair loss is that it’s inherited from your mother’s side of the family. That’s only partly true because it’s now known that of the 200 “SNPs” (Single Nucleotide Polymorphisms aka “genes”) we inherit that affect our hair can also come from your father’s side. Or it could be a double whammy and come from both sides.

Most male pattern hair loss is believed to be due to a combination of genetics and hormones called androgens that play a role in male traits. The biggest androgen culprit is DHT dihydrotestosterone, which is made in various parts of the body from testosterone. In men with certain genetics, DHT causes hair follicles to progressively shrink and produce weaker, thinner, and shorter hair over time in a very predictable pattern. The result is Male Pattern Baldness, or in medical terms – Androgenetic Alopecia, which starts as a receding hairline and thinning in the crown and can result in the loss of all hair up top, sparing the sides and back of the scalp.

This doesn’t mean that a guy with male pattern hair loss has more testosterone or DHT than guys without



hair loss, however. He’s just inherited sensitivity to DHT, and that causes his follicles to miniaturize in the typical pattern.

While you can’t undo the genetics causing your hair loss, today there are both invasive and non-invasive ways to encourage your hair to grow back or to stop or slow down hair loss.

More about that in a minute.

TESTOSTERONE REPLACEMENT THERAPY

A common contributor to hair loss is testosterone replacement therapy. It’s growing in popularity among men because of its many benefits. It can increase energy, improve sex drive and reduce erectile dysfunction. It’s great for muscle mass, stamina, strength, and brain function. But it has risks when it comes to your hair.

Even without a severe genetic predisposition to male pattern hair loss, testosterone therapy might have hair loss side effects. Extra testosterone might end up converted to DHT and can accelerate an otherwise slow male pattern hair loss process. In other words, it can have the same hair loss effect as a man with a stronger genetic predisposition who isn’t doing testosterone therapy.

Fortunately, whether you’re wrestling with genetics, or an unwanted side effect of testosterone therapy, or both, there are things that can be done to help you avoid the same follicular fate as your father may have had.

NON-INVASIVE HAIR GROWTH OPTIONS

Platelet Rich Plasma (PRP) with Extracellular Matrix (ECM) for Hair Growth

PRP is an in-office treatment that takes about an hour and has no recovery or downtime. A blood sample is obtained, platelets are separated from the other elements of the blood like red blood cells, concentrated, then applied into the scalp under painless local anesthesia, and followed

by professional microneedling. When performed by a hair restoration specialist, the procedure is 100% painless because a local anesthetic ring-block is used. The infusion of a high density of platelets triggers hair growth through a release of powerful platelet-derived growth factors. ECM is added to the PRP to maximize the quality, strength, and duration of the PRP treatment so most patients treated with this method—PRP+ECM—typically need only one treatment per year instead of monthly visits.

PDOgro™

Performed within about the same time as a PRP treatment, PDOgro™ combines PRP with the use of thin, absorbable polydioxanone threads that are implanted painlessly into the scalp. PDO is an FDA-cleared synthetic absorbable material that stimulates endogenous collagen production, elastin, hyaluronic acid, new blood vessel formation, and fibroblast activity through a release of growth factors, synergizing with high-quality PRP, to stimulate hair regrowth that has been clinically shown to be more powerful and longer-lasting than PRP alone.

Exosome Therapy

Exosomes are tiny “packets” of powerful regenerative biosignals derived from adult stem cells in FDA-registered laboratories which are collected, purified, quantified, sterilized, and then provided to medical clinics for use. In a typical treatment, 30-50 billion exosomes are applied comfortably into the scalp under local anesthesia. There is no recovery or downtime associated with Exosome Therapy. Consistent hair growth measurements would determine how often the treatment would need to be repeated.

Compounded Formula 82M Minoxidil

A more powerful, non-greasy Rogaine or generic minoxidil alternative.

Compounded Formula 82F Topical Finasteride + Minoxidil

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Low-Level Laser Therapy

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Vitamins and Nutraceuticals

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Non-surgical 3D-Printed Hair Systems or Cranial Prostheses

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HAIR LOSS RISK MANAGEMENT

We identify medical, lifestyle, and other risk factors that impact hair growth so you can make adjustments.

HAIR TRANSPLANT PROCEDURES

FUE (Follicular Unit Extraction)

No plugs, no rows, and no linear scar, FUE is an advanced minimally invasive method of harvesting DHT-resistant hair follicles directly from the sides and back of the scalp, as little as one follicle at a time without a scalpel incision or the need for sutures or staples. It replaces the older invasive method of “strip” or linear harvesting, aka FUT Follicular Unit Transplantation, which always left a long telltale linear scar to hide. FUE has a shorter, more comfortable, and less restricted recovery than a strip-harvest FUT procedure. Skillfully and artistically performed with the help of sophisticated robotic or mechanical/manual devices, FUE hair transplantation provides a permanent and undetectably natural result.



Before and after FUE Hair Transplant by Dr. Alan Bauman



Before and one day after No-shave VIP|FUE™ by Dr. Alan Bauman

VIP|FUE™ No-Shave Long-Hair Preview

VIP|FUE is the most discreet hair transplant available. It has all the advantages of the traditional FUE but doesn't require any trimming or shaving of the donor area and therefore no dramatic change in your hairstyle. It's called a “preview” because it allows you to see the results of your transplant immediately after your procedure. VIP|FUE is a highly advanced, more difficult technical procedure that requires special skill and instrumentation, so treatment times and costs may be higher than traditional FUE.

As you can see, there are lots of options, so... if you're a guy looking to “turn the clock back” on your hairline or crown or simply just prevent any further hair loss, connect with us today. We'll give you straight answers about which of the many options are right for you.



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.”



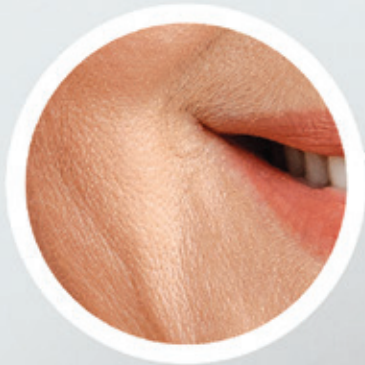
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- A Top Hair Restoration Physician is someone who specializes exclusively in the medical diagnosis, treatment, and tracking of hair loss and hair regrowth, as well as the latest in hair transplantation procedures. A Top Hair Restoration Physician has typically been recognized by his peers and the industry as a pioneer, leader, expert, and educator in the field.
- Look for a full-time hair transplant surgeon who is certified by the American Board of Hair Restoration Surgery (ABHRS) and accepted by the International Alliance of Hair Restoration Surgeons (IAHRS).
- Avoid part-time or “non-core” cosmetic physicians/plastic surgeons who may offer multiple types of cosmetic procedures on their “menu,” but lack specific expertise, training, credentials, and experience in hair restoration.
- 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 Zoom or FaceTime, etc. one-on-one with your doctor.
- Avoid the lure of coupons, discounts, or free consults when seeking cosmetic treatments or procedures, especially hair transplants. Consider if a surgeon offering a “Free Consultation” or “Rebate” truly has your best interest in mind.
- 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.
- Ask for a referral from your primary care doctor or dermatologist to a 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.

Still You, Only Better: DO YOU NEED VOLUME RESTORATION?



INTERESTED IN LOOKING LIKE YOU, BUT BETTER? AGING IS DIFFICULT ON MANY ASPECTS, BUT WHEN IT COMES TO OUR FACE AND BODY, GRAVITY, LOOSE SKIN, CELLULITE AND VOLUME LOSS IN THE FACE CAN LEAVE US LOOKING GAUNT AND OLDER THAN WE FEEL.



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Renuva

Renuva is a groundbreaking treatment that, when injected, gradually replaces age-related fat loss with your body's own fat. Proudly produced in the United States, Renuva is safe and effective for replacing volume loss in the face, hands and body.

Where can Renuva be used?

Renuva is injected where fat naturally exists, to replace volume where fat loss occurs. It is commonly used to restore volume in the face and hands, as well as areas of the body. The treatment is also helpful for erasing cellulite dimples, smoothing liposuction irregularities, and flattening depressed scars.

How does Renuva work?

Renuva contains the same collagens, growth factors and proteins as your own fat. When injected, Renuva is gradually replaced with your own fat cells over the next few months. Post injection, new blood vessels and fat cell formation results in volume restoration – which helps you look natural, youthful and healthy.

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Daniela Dadurian, M.D., Medical Director

Daniela Dadurian, M.D., specializes in anti-aging medicine, laser treatments, and cosmetic medicine. She's traveled the world to research the safest and latest technologies on the market to provide you with the best possible treatments and care.

Dr. Dadurian received her medical degree from the University of Miami School of Medicine and is board-certified in anti-aging and regenerative medicine, as well as laser surgery. Her expertise in anti-aging techniques and her passion for excellence are reflected in the attentive personal care she gives each patient.

MD Beauty Labs offers medical, spa, and body treatments within a luxurious contemporary loft environment. We are committed to providing a revitalizing experience. Dr. Dadurian, alongside her team of nurses, medical estheticians, massage therapists, permanent makeup specialist, and medical spa concierge, is here for you.

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Source: <https://myrenuva.com>



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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TubcuT® Can Help Alleviate Slip and Falls and trouble getting in and out of the Bath



Wisdom may come with age but getting older has its set of challenges. People are living longer but not necessarily healthier. From diminished eyesight, arthritis, immobility, to cognitive decline, some conditions make it high-risk and unsafe for seniors living on their own or with limited supervision.

Some of the biggest hurdles for seniors are tripping, slips and falls, slippery bathtubs, and getting in and out of the bath or shower. These can be extremely hazardous for those with arthritis, dementia, fibromyalgia, cardiac conditions, Parkinson's and many other conditions that cause stiffness, pain, lack of coordination, immobility and failure to be able to follow direction.



BEFORE



AFTER

Whether from injury or aging, getting in and out of a bathtub can be challenging. Instead of spending thousands of dollars on a bathroom renovation, you can easily convert your tub into a walk-in shower with the TubcuT® Company.

The TubcuT® is the original tub to shower conversion, and it helps to improve accessibility, reduce accidents, serious injuries and help people remain in their homes longer. And the good news is, you will save on average, 90% of replacement costs with TubcuT® as they convert your tub into a walk-in shower in just one day. There is no plumbing or demolition required, and there is little to no disruption. A regular shower curtain is all that's needed to stop any water overspray concerns; they can also install shower doors if you'd prefer.

IT'S LIKE HAVING A WALK IN SHOWER WITHOUT THE COST!

TubcuT® creates an opening that fits your needs. Unlike cap systems, The TubcuT® adapts to you and what your lifestyle requires. With TubcuT's® exclusive process, you dictate where they create the opening, how wide it will be, and how low.

The TubcuT® threshold is typically 4" above the floor giving you more accessible, safer access, the same as a typical shower pan. TubcuT® Follows the same exact contour of your tub there, and there is no ledge on the

threshold or bulky plastic inserts. Those inferior plastic inserts are just caulked in and are subject to leaking and will need service down the road. The TubcuT® is custom fitted to your tub creating a seamless, waterproof shower with a professional factory appearance that's unlike anything else available. The TubcuT® is the only tub to shower conversion that can be reversed! If you save the cutout section of the tub, they can easily restore your bathtub to its original condition if needed.



The TubcuT® changes lives, but many dismiss it as something only for the elderly. However, there is another class of customer that it suits just as well, those with health and mobility issues. People with multiple sclerosis, Parkinson's disease, arthritis, fibromyalgia, muscular dystrophy, cerebral palsy to name a few, will benefit significantly from The TubcuT®.

For accident victims, anyone in chronic pain, people with knee or hip replacements or any neuro-muscular disease, the TubcuT® can be a life-changing product. To find out more, contact them today!



The Tub Cut Company

877-882-2887

www.TUBCUT.COM

VA APPROVED

PLANNING FOR THE INHERITANCE OF A DISABLED CHILD



Many families are not aware that once a disabled child (minor or adult), who is receiving government benefits, receives an inheritance all their government benefits will be stopped until the inheritance is spent down.

All parents worry about what will happen to their children after they die. Parents of adult children with a chronic disability have an additional concern: whether the child will have financial security.

Additionally, many families are not aware that with proper planning through a Third-Party Special Needs Trust the loss of government benefits can be avoided.

The disabled child can utilize their inheritance to provide for their health, maintenance, education and support. The Trusted Law Office welcomes you to contact us at (561) 998-6039 to schedule a free consultation with us to discuss your specific planning needs.

How can you plan for the inheritance of a disabled child in order to preserve their ability to receive government benefits?

Do you have a disabled child who will be inheriting from your estate?

Does this disabled child receive government benefits?



**TRUSTED
LAW OFFICE**

(561) 998-6039

Extending Your Healthspan



By Linda A. Kiley, MD



Since Ponce de Leon spent extraordinary time and effort searching for the "Fountain of Youth", humans have been searching for ways to extend life and functionality. The telltale signs of aging that seem to magically (or diabolically) appear after age 40 are reminders of our mortality. Those few extra pounds, wrinkles or gray hairs are really the result of cumulative damage to our cellular functions and in particular to our DNA. As we learn more about the molecular process of aging, we begin to contemplate a method for "biohacking" our cells to create more youthful cells and slow the aging process. This has to go beyond treating the visible signs of aging with cosmetic surgery, fillers, Botox, or other superficial changes. In order to have a meaningful effect on the signs of aging, we must go deeper into the actual cellular processes that support life. One component of this process lies in the understanding and proper use of peptides.

One of the most exciting areas of research in treating multiple disorders from neurological diseases to intestinal problems, diabetes or trauma, is the multitude of naturally-occurring peptides in the body. Supplementing the appropriate peptides for the appropriate condition, in conjunction with proper nutrition and exercise, may provide a significant improvement in overall health and particularly in the area targeted by the peptides. These measures create the effect of what is called epigenetics, which refers to the environmental impact on genes.

Our cells use peptides to communicate and metabolize nutrients. When the appropriate peptides are present, they are better able to function and eliminate toxins. Any program of treatment or recovery utilizing peptide therapy should be customized for the individual and treated accordingly. A lack of understanding of the impact of varying formulations of these compounds may result in, at best, a suboptimal response to treatment, and at worst, an imbalance leading to health complications.

It is vital to understand cellular function, metabolism, and interactions with environmental chemicals whether they are produced by the body or produced in a laboratory. Cells have multiple receptors, which are like little locks on the surface and inside the cell. Ligands are things that bind to receptors to create a change in cell function. It is just as undesirable to expose the cell to an excess of a specific ligand or for too long as it is to have a lack of that ligand. In other words, neither too much nor too little is a good thing. Our goal with peptides is to help the cell produce the correct substances leading to optimal levels of Growth Hormone, IGF-1, and other factors leading to optimal cell function without overloading the system and developing undesirable side effects, such as can be seen with administration of Growth Hormone and excessive other hormones. Hormone balance, and peptide balance, should always be the goal of any anti-aging treatment.

It's very important to understand that using any substance, nutrient, peptide or hormone is not going to have the desired effect without other lifestyle actions such as a healthy, optimized diet

and regular exercise program. There is no substitute for exercise! There is no substitute for a proper diet and adequate nutrition! If these things are optimized, we can have the best effects on health and longevity.

A sound understanding of the function of proper diet, proper exercise, proper nutrient balance, proper hormone balance, and optimized peptide levels is key to living our best life. Instead of dying longer, we should be living longer with good quality! For a consultation regarding the proper use of peptides for weight management and other anti-aging therapies, call our office at **Ultra Health & Wellness, 561-671-0041.**



Ultra
HEALTH & WELLNESS

561-671-0041

**3375 Burns Road, Suite 204
Palm Beach Gardens, FL 33410
www.ultrahw.com**

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



I Want a Dental Implant But I Will Be Leaving Soon For the Summer... What Can I Do?

Many of our “snowbird” patients run into this dilemma during the late winter and early spring. This particular question is one we are asked routinely with good cause. Understanding the steps of dental implant therapy can help simplify the decision process when it comes to timing treatment around your schedule.

THE PROCESS:

Dental implants can be used in many different ways. They can serve to replace a single tooth, multiple teeth or even help restore a smile and chewing function for your whole mouth. The easiest way to understand a basic dental implant is to think about a single tooth. A tooth has 2 parts: the crown (which you see when you smile) and the root (which anchors the tooth in the bone). A dental implant is nothing more than a replacement root.

Once the tooth is extracted, a new root (the implant) can be placed in the empty socket where the old root used to live. The implant is typically hidden under the gum tissue and is not visible. As the area heals, the implant “glues” to the bone. This typically occurs with a high probability of success, but as with any procedure, there are no guarantees. It is also important to remember that medical issues and personal habits, such as smoking, can impact if the dental implant “takes”. The time for this healing and gluing can vary. The range of time is determined by a number of factors based on your individual situation, but often ranges from 12 weeks to 6 months. After successfully gluing to the bone, the implant root is ready to have your dentist fabricate the crown.

THE WAIT:

In a typical treatment, time is needed for the implant or implants to glue to the jaw bone. If the implant and bone have not fused and a crown is attached, it is possible to injure the site and require the implant to be removed and replaced. This can be compared to pouring wet concrete around a pipe and moving the pipe before the concrete sets. On the other hand, waiting slightly longer than necessary for the implant to fuse, does not carry the same risk.

The fact that implants need time to fuse to the bone actually fits very well with the schedules of our snowbird patients. Many of them choose to have their implants placed prior to leaving for the summer. This option allows them to use the summer months to let the area heal while forgetting the treatment has been started. When returning to the area in the fall or winter, the implants are typically fused to the bone and ready to have the dentist fabricate the permanent crowns. This sequencing is similar to baking a cake. The initial work is completed and then forgotten about until the timer is up. Spacing treatment to utilize the summer months as healing time can be an effective way to continue your treatment without delaying the final results.

Every patient’s treatment needs are not the same. A complete examination is necessary to develop a plan that will meet your individual desires. In many cases, the use of the summer months as healing time can help keep your treatment on track without unnecessary delays.

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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Biofeedback: Get a Better Night's Sleep without Medication

By Michael Cohen, Director and Chief of Neurotechnology

For many people, getting a good night's sleep isn't easy, and the recent worldwide pandemic hasn't helped. We're seeing more people than ever with anxiety, and most of those people are experiencing disrupted sleep.

In a desperate quest to get some shuteye, nine million Americans regularly turn to prescription and non-prescription sleep remedies, but is medication the answer?

According to Matthew Walker, Ph.D., a top sleep researcher and author of *Why We Sleep*, most sleep meds over time can do more harm than good. Although they may put you to sleep, they might hamper and degrade the quality of your sleep by interfering with your brain's natural electrical rhythm (EEG).

Sleep stage disruption

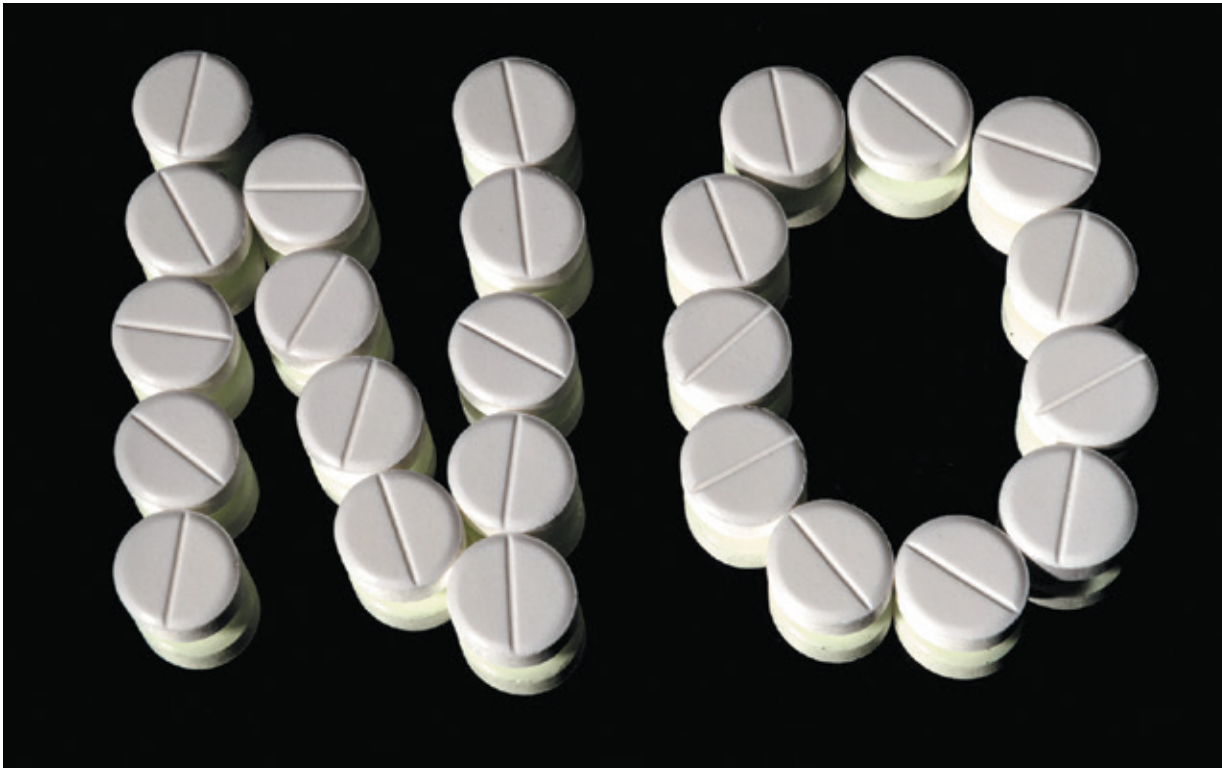
In order to sleep well, your brain waves need to be slow and even and able to change as you enter and exit various sleep stages. Medication may “knock you out,” but it can alter your sleep stages.

Interrupted sleep stages can impact cognitive ability, attention span, memory, the ability to learn new things or remember new things you learned the day before, and mood. It's also believed to interfere with the removal of amyloid proteins, which are linked to Alzheimer's disease.

Circadian rhythm disruption

Medications also interrupt your circadian rhythm.

The American Sleep Foundation defines circadian rhythm as “...a 24-hour internal clock running in the



background of your brain (which) cycles between sleepiness and alertness at regular intervals. It's also known as your sleep/wake cycle.”

In addition to influencing when you get sleepy and when you feel awake, the circadian rhythm impacts hormone release, eating habits, digestion, body temperature and other important bodily functions.

Whatever your symptoms, this disruption can lead to not getting enough sleep and not feeling rested. Sleep deficits can cause emotional outbursts, poor decision-making, diminished memory and mental acuity and compromised health.

The case against sleeping pills

In *Why We Sleep*, Dr. Walker devotes a chapter to the downsides of sleep medication.

Below are some of the salient points he covers. These are shortened and paraphrased for brevity:

Sleeping pills:

- Impede the brain from achieving the large, deep brainwaves characteristic of good, natural sleep.
- Have many side effects including next-day grogginess, daytime forgetfulness, unconscious acts after falling asleep (like sleep eating), slow reaction time during the day, and may negatively impact motor skills (such as driving).
- Can cause a “vicious cycle.” You awake groggy, seek out caffeine to stay alert during the day,

then have trouble falling asleep because of all the caffeine. You once again need a pill to go to sleep and may even need a higher dose as you build up a tolerance to it.

- Can cause “rebound insomnia.” When you stop using the sleep aid, your sleep is far worse than it was before you first used it.
- Can be physically addictive.

A safe and effective alternative to sleep medicine

So, what can help you sleep better that is both safe and effective?

Biofeedback.

Today’s biofeedback employs high-technology tools to enhance its effectiveness. Biofeedback can be a potent, non-drug solution for improving sleep that doesn’t “mess with Mother Nature.” One type of biofeedback, neurofeedback, helps the EEG normalize itself and gets your circadian rhythm back on track.

Comprehensive Sleep Program

The Center for Brain Training has developed a comprehensive sleep program. About 75% of people respond well. This program combines neurofeedback with other biofeedback tools and technologies to reduce your reliance on sleep medications, re-set the circadian rhythm and guide you into a natural, healthy and restful sleep habit.

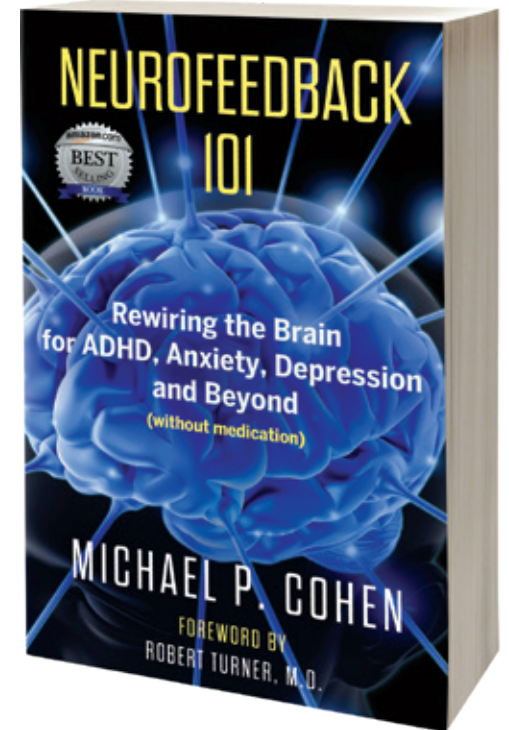
“I couldn’t get over how easily I fell asleep after my fourth session,” said “Joan, 43. “It had been years since I’d gone to sleep and slept through the night. I felt like I had been reborn.”

To learn more about how we can help improve your sleep, contact my office or go to <https://www.centerforbrain.com/conditions/insomnia/>.



About Michael Cohen

Michael Cohen is a leading expert in brain biofeedback. For over 25 years he’s worked with clients, taught courses and provided consulting to physicians and mental health professionals around 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 Kindle format on Amazon.



Welltower Center

550 Heritage Drive, Suite 140, Jupiter, FL 33458

Phone: 561-744-7616, Text: 561-291-9562

www.CenterforBrain.com



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.

- 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

I can schedule a time to see if you qualify for an HMS Plus policy. Feel free to call me at **(786) 338-0481** or email **ms.cheryl.masters@gmail.com** for more information or to schedule an appointment.

Sincerely,
Cheryl Masters Independent Agent

1HMS 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.

Americo 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 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.



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.



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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

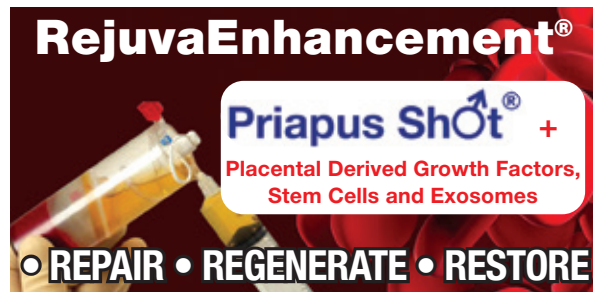
the first to introduce Acoustic Pressure Wave therapy (shockwave) for erectile dysfunction (ED) in South Florida. And now Simply Men's Health is revolutionizing the field of men's sexual health by introducing the state-of-the-art RejuvaEnhancement® Procedure to help reverse the inevitable aging process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



**CALL TODAY –
AND GET YOUR LIFE BACK
TOMORROW!
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The patient and any other person responsible for payment has the right to refuse to pay, cancel payment, or be reimbursed for payment for any other service, examination or treatment that is performed as a result of and within 72 hours of responding to the advertisement for the free, discount fee, or reduced fee service, examination or treatment.

An Alternative to Pain Medications

Chronic pain affects many people in the United States. It's diagnosed when a person has experienced pain for at least three months or longer. Many individuals suffer for your years in silence before they seek medical help, but unfortunately, the standard of care for chronic pain is to mask it with drugs or injections.



With the epidemic of people becoming addicted to pain relievers like oxycontin and other narcotics, educating the public on proven alternative methods that actually heal the body to reduce pain instead of “numbing it” is helping many people to overcome their painful conditions.

COMMON CAUSES OF CHRONIC PAIN

- Injury & Trauma
- Disease & Infections
- Fibromyalgia
- Spinal compression
- Arthritis
- Neuropathy (Nerve Damage)

Neuropathy is associated with many of the above-listed types of pain, as it's common for nerve damage to have occurred in individuals with diabetes, chemotherapy treatment, injuries, autoimmune diseases, compressed spinal vertebrae, cholesterol medication side effects, a build-up of toxins, and vascular disease.

In the United States alone, neuropathy affects nearly 20 million people. This nerve damage happens because the small blood vessels, which supply blood and nutrients to the nerves becomes impaired. When the nerves are no longer fed nutrients, they either die, or their signals to the brain become restricted and unsuccessful.

SYMPTOMS OF NEUROPATHY MOST OFTEN INCLUDE THE FOLLOWING SENSATIONS

- Tingling
- Numbness
- Burning
- Sensations of cold/hot
- Stumbling
- Impingements
- Electrical vibrating sensations
- Falling & stumbling
- Lack of strength
- Decreased range-of-motion
- Muscle cramps
- Joint inflammation



HOW LASER THERAPY WORKS

As mentioned, the most common treatment for pain and nerve damage is to mask it with prescription medications, but there is a way to actually "treat" the symptoms and improve the nerve function in the body. Over the past decade, Laser Therapy has proven effective in treating and reducing chronic pain and neuropathic issues.

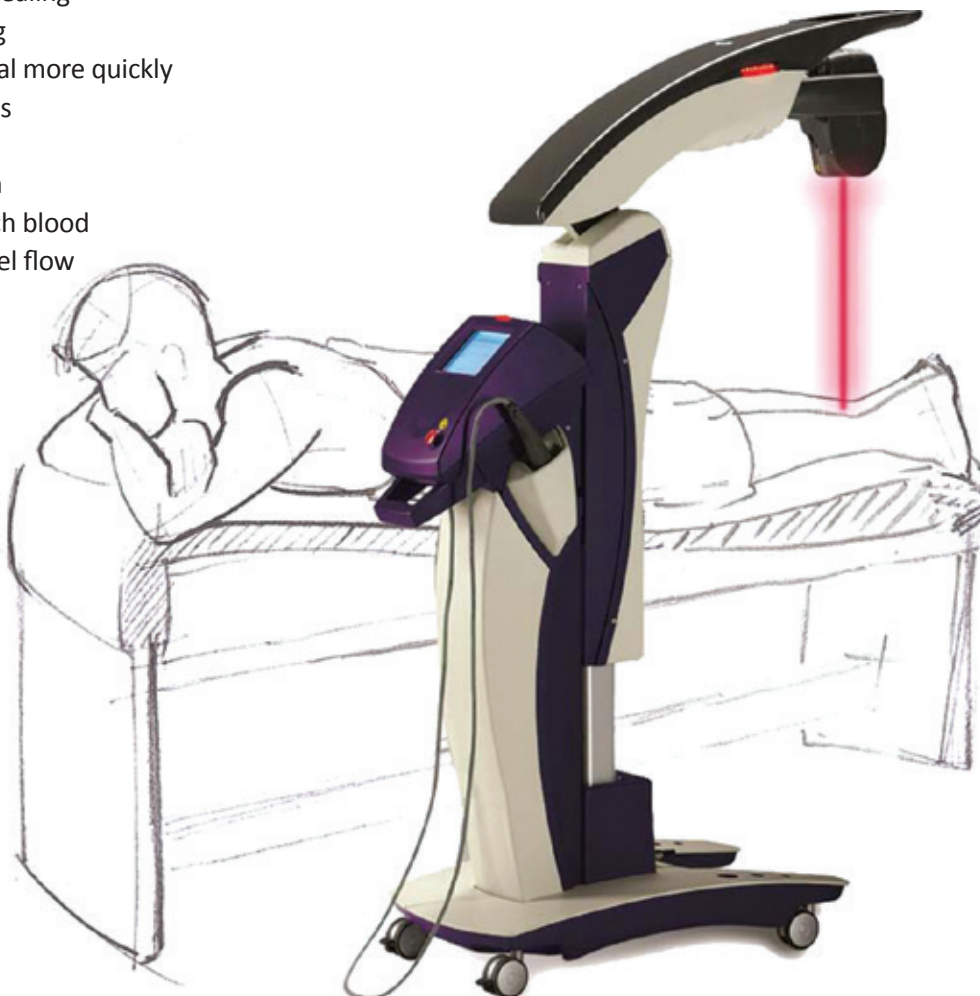
Laser Therapy uses no thermal or heating effect; it creates microcirculation around the soft tissue and nerve fibers through a concentrated light that penetrates through the skin without any injections or cutting. It is easily placed on the areas of concern and permeates the body through an intense light beam.

Laser Therapy is quick, painless and highly effective. The laser light's infiltration, an increase in ATP (Energy) and mitochondrial cell function, increases and produces the healing and stimulation of damaged tissues and nerves.



ADVANTAGES OF LASER THERAPY

- Decreases inflammation
- Stimulates tendon healing
- Incites nerve healing
- Helps wounds to heal more quickly
- Decreases numbness
- Decreases tingling
- Improves circulation
- Increases oxygen-rich blood
- Improves microvessel flow
- Relieves back and spinal inflammation
- Remove toxins



It is often beneficial to co-treat severe cases of chronic and neuropathic pain by combining laser therapy and synergistic approaches. These are regularly sought after by patients to improve mobility, functionality and alleviate pain faster.

SYNERGISTIC TREATMENT

- Decompression
- Electrical nerve stimulation
- Manual stretching
- Massage therapy
- Natural supplementation to regenerate the myelin sheath
- Therapeutic ultrasound

Treating the underlying cause of your pain is essential. Having a comprehensive evaluation to define your level of discomfort and conditions are critical steps to eliminating your pain naturally and improving your long-term outcomes.

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10233 Okeechobee Blvd, Suite B-6
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How Doctors Choose Surgeons

By David A. Goldman MD

When it's time to have an elective surgical procedure how would you choose a surgeon? Most people will ask friends and family, others may do their own internet research. When I needed a hernia repair, I did what all other doctors do – I asked another doctor. Not just any doctor, but in this case the residents who worked with all the doctors in the department of surgery. When a family member needed surgery, I called and spoke to one of the scrub nurses at the local surgery center. While top degrees and awards certainly contain value, there is not always a direct correlation with surgical skill. Scrub nurses, OR technicians, and residents are in unique positions to compare surgeons not on a one-time basis, but on an annual day-in day-out experience. Surgical representatives are often the best because they survey hundreds of doctors within a large geography (and yes, I have relied on the advice of surgical reps many times for my family members).

This is not to downplay the value of resumes, accolades, internet research, and word of mouth. If a personal associate of yours had an excellent experience with a surgeon, you should absolutely trust their opinion. In southern Florida, the population is continually changing, with new patients relocating here every day. In some cases you may not know whom to see for care. Remember that there are multiple sources available for you to check.

So what occurred in my situation? I selected a surgeon based on the advice of residents and fellows who worked with all general surgeons. I had minimal postoperative discomfort and was extremely satisfied with the end result. Of note, a colleague sought out a "renowned" surgeon for the same procedure and had significant pain. When he developed a hernia on the opposite side he saw my surgeon. He couldn't believe how much better the experience was.

In summary, there are many ways to select a surgeon. But, if in doubt, do what the doctors do.



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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Brent Myers

You Deserve a BREAK TODAY...

I know it's ironic to quote a famous fast-food chain advertisement in a health and wellness magazine, but on this one – they got it right!

They understood one of the most overlooked principles of our health: the need for rest. (How they recommend fulfilling that need, and what many others think is where we differ...)

Most studies indicate that we operate at our best when we have sufficient rest. Our bodies were not created to be able to go without stopping and taking a break. We were designed to wear down, be refreshed, and go again. Rest is important for all areas of our lives...

PHYSICALLY. Sleep and metabolism are controlled by the same area of the brain. Sleep releases hormones that control appetite. Researchers at the University of Chicago found that dieters who were well rested lost more fat. And a 2010 study found that C-reactive protein, which is associated with heart attack risk, was higher in people who got six or fewer hours of sleep a night.

EMOTIONALLY. Sleep and stress have similar effects on your cardiovascular stress. Being well rested can reduce stress levels and improve your overall health.

MENTALLY. Lack of sleep can make it difficult for you to concentrate and retain information. When you sleep, your brain goes through all the activities and impressions of the day which is important for memory formation.

But what's most interesting about rest, is that God knew the importance of rest long before the golden arches recommended it. God created us with the need for rest; He modeled it and even commanded it.

His Model

“By the seventh day God had finished the work he had been doing; so on the seventh day he *rested* from all his work. Then God blessed the seventh day and made it holy, because on it he *rested* from all the work of creating that he had done.” (Genesis 2:2-3, NIV)

God didn't NEED rest. But he **CHOSE** to rest – giving us an example to follow. Think about this: if the Creator of the heavens and earth and the Sustainer of all living things was able to rest, then I think I could carve out some time to make sure I'm resting, too.

His Command

“Remember the Sabbath day by keeping it holy. 9 Six days you shall labor and do all your work, 10 but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. 11 For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.” (Exodus 20:8-11)

This, by the way, is in the Ten Commandments. Consider this: of all the possible things God could tell us to do – if you pared them down to the “top ten”, most of us would start with the Ten Commandments. And one of the top ten things God tells us to do is: REST.

As God's creation, He knows us better than we know ourselves. He designed us and put us together so He knows exactly what we need. And with all that knowledge and wisdom, what does He tell us to do? Rest.

We should be working hard to make sure that we rest daily (getting a good night's sleep); rest weekly (taking at least one day off from work); and rest annually (retreating for an extended time of refreshment).

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Your treatment. **Our Journey.**

We are dedicated to serving our cancer patients and have extensive COVID-19 safety and protection protocols in place.

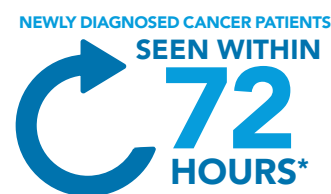
A cancer diagnosis can feel unexpected, leaving you questioning what to do next. But, within 72 hours, Florida Cancer Specialists gives you and your family the comfort of a personalized treatment plan. Our experienced doctors and nurses provide immunotherapy, the latest technologies from clinical trials and targeted treatment based on your cancer's genomic profile. And with world-class care that's close to home, we're always here to make treatment simple and clear.

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*All required paperwork must be provided at time of referral.

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