

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

Health & Wellness[®]

MAGAZINE

June 2021

South 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?**

**PLATELET-RICH-PLASMA (PRP)
THERAPY FOR PAIN CONDITIONS**

**PLANNING FOR
THE INHERITANCE
OF A DISABLED CHILD**

**WHAT IS BRAIN TRAINING
AND CAN IT HELP ME?**



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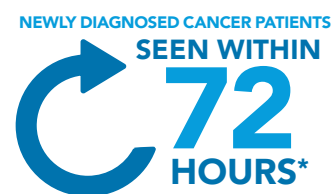
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- LLM in Taxation New York University Law School 1986
- JD Georgetown University Law School 1983
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Andrew Curtis is an attorney whose practice concentrates in the areas of trusts, estates, and elder law. He is a graduate of some of the top universities in the country. He devotes his time to estate planning for the middle class, charging moderate fees, and then getting referrals from happy clients.

Revocable Living Trust

ATTENTION SENIORS:

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- Why you may have probate in more than one state if you own out-of-state real property
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Knee arthritis affects more Americans than any other joint disorder in the United States. By age 60, an estimated 10 percent of men and 13 percent of women have knee arthritis. Knee arthritis and chronic knee pain often mean that you have to avoid the activities you love (from hiking to dancing to chasing the grandchildren), relying on over-the-counter pain medications, toxic steroid injections, dangerous narcotics, knee arthroscopy, and knee replacement surgery. But new advancements in bone marrow derived stem cell therapy (that comes from the patient, not someone else) offer hope, healing, and pain relief for arthritis of the knee.

Symptoms and Treatments:

How is Knee Arthritis Identified and Cured?

Arthritis of the knee, as with arthritis anywhere else in your body, is the result of chronic inflammation in your joints resulting in deterioration and degeneration of the structures in the knee. Common symptoms for knee arthritis include:

- Swelling and tenderness in your knee or knees, with swelling being more prominent after activity.
- Unstable knee. Over time, if left untreated, knee arthritis can create weakness and instability in your knee. This can cause your knee to lock up, freeze up, or even buckle when you put weight on it.
- Poor, limited range of motion in your knee when doing everyday activities, such as sitting, standing, and walking.

If your doctor diagnoses you with knee arthritis, he or she may recommend a combination of medical interventions and lifestyle modifications. These may include:

- Low-impact exercise/Physical Therapy
- Losing weight if you're overweight
- Acupuncture, natural topical creams, and ice packs

Common medical interventions often start with taking over-the-counter pain medications like aspirin, ibuprofen, and other nonsteroidal anti-inflammatory drugs (NSAIDs). NSAIDs can temporarily help pain associated with arthritis but can lead to damage in the heart, kidneys, and GI tract over the long term and do not improve long-term pain. More serious medical approaches often graduate to:

- Prescription pain drugs
- Injections, such as corticosteroid injections to temporarily reduce pain
- Surgery

Are Corticosteroid injections Helpful For Knee Arthritis?

Your doctor may recommend corticosteroid injections for knee arthritis. Corticosteroids are powerful anti-inflammatory agents that temporarily reduce

Knee Pain Treatments:

New FDA-Compliant Bone Marrow Concentrate Procedure Advancements, Containing Stem Cells, Bring Hope and Relief For Knee Arthritis

By: Regenexx at Gold Coast Orthopedics, Regenerative Medicine

inflammation in an arthritic joint. Unfortunately, corticosteroids are also toxic to cartilage and increase the rate of arthritic progression. In a recent 2020 study from The Bone and Joint Journal, patients with knee arthritis who underwent corticosteroid injections were compared to patients with similar levels of knee arthritis who did not have any steroid injections. The patients who were given steroid injections were more than 6 times as likely to undergo a knee replacement.

While helpful for knee pain in the short term, corticosteroid injections can actually worsen knee arthritis and pain over the long term.

Is Surgery the Right Answer For Knee Pain and Knee Arthritis?

Your doctor may recommend a knee replacement, which involves removing the damaged knee joint entirely and installing an artificial knee.

In fact, arthritis is the #1 reason for people to get knee replacement surgery or hip replacement surgery. However, most surgeons recommend joint replacement surgery be the last resort because:

- Knee replacements wear out and most will need to be replaced, which is an even bigger operation than the first.
- There have been many “mechanical problems” and manufacturer recalls related to artificial joints
- The surgery itself can cause damage to your joints and bones and may entail a long recovery process
- An artificial joint that becomes infected is a very serious complication that can lead to another joint replacement and long term IV antibiotics in the best case or can lead to leg amputation in more serious cases.
- More than one-third of patients who have a knee replacement still have knee pain.
- Range of motion in the knee after the surgery is usually reduced significantly.

Thankfully, a growing body of research is revealing new, cutting-edge approaches to knee arthritis, with many men and women finding the relief they need through orthobiologic injection procedures using: bone marrow concentrate, containing one's own stem cells, platelet-rich-plasma (PRP), and/or microfragmented adipose/fat.

Bone Marrow Concentrate and Knee Arthritis

The premise is simple, yet the science is groundbreaking. Your bone marrow and blood get drawn through a patented same-day protocol, and processed by a specialized lab.

Then, the layers containing concentrated stem cells and natural growth factors are injected under precise image-guidance using sonographic and X-ray devices directly into multiple tissue structures in your affected knee (eg. cartilage, ligaments, tendons, bone, meniscus). This provides more healing cells to the injured, degenerated, weakened, and inflamed joint tissue than your body

would otherwise send to the area, resulting in significant improvements in your knee pain and knee function within just a couple of months.

Unfortunately, the world of stem cell treatments is often referred to by scientists as a “wild wild west.” Many companies have rushed in with various false health claims about “stem cell” procedures. Alas, many (if not most) of what you'll find on the market — such as the use of exosomes or umbilical cord “stem cells” — isn't backed by real research and in fact, is illegal to use.

When choosing an orthobiologic procedure for knee arthritis, it's critical that you look for a procedure that's truly backed by science, and specifically peer-reviewed randomized controlled medical trials and other clinical trials.

When reviewing the published research, the science is clear: The most advanced and effective orthobiologic procedures for knee arthritis are platelet-rich-plasma for mild to moderate arthritis and bone marrow concentrate (BMAC), containing one's own stem cells, injected into the joint and other weakened, painful, or inflamed tissue.

In one study, BMAC injections into the knee joint significantly reduced the need for knee replacement surgery. Another study tracked patients for 15 years and found that BMAC injections into the bone also significantly reduced the need for knee replacement.

At Regenexx, this is the exact same procedure we employ in our clinics. The advancements in this technology mean that our Regenexx approach, overseen by expert technicians and clinicians who have been doing this for over a decade, is far more effective than the run-of-the-mill treatments offered by other providers. Regenexx tracks all willing patients in the world's largest database registry evaluating outcomes and safety, and has done the hard work of publishing results from this registry and from clinical trials year after year. With consistent laboratory and clinical procedural skill advancements, Regenexx is the clear leader at the forefront of this blossoming field.

If you suffer from knee arthritis and want to avoid costly and invasive knee replacement surgery, contact us today to learn how you can use these advancements to naturally and effectively target your knee health concerns.



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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.

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Florida Cancer Specialists & Research Institute (FCS) has a statewide network of expert, board-certified physicians who bring world-class cancer treatments to local communities 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 comprehensive range of services, including an in-house specialty pharmacy, an in-house pathology lab, financial counselors at every location and more. With world-class care that's close to home, we deliver the most advanced and personalized care to our patients, every step of the way.



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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.

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Topical hair growth formula that blocks DHT production at the level of the follicle and reduces the risk of side-effects from oral finasteride (Propecia).

Low-Level Laser Therapy

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Vitamins and Nutraceuticals

Published peer-reviewed research supports the use of these supplements for hair growth, including SuperBiotin, Nutrafol & ViviscalPRO.

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

Medical-grade hair and scalp prosthetics are more natural than traditional wigs, weaves, toupees, and extensions. They are created with 3D printing and 100% unprocessed human hair for a beautiful and customized short or long-term non-surgical hair replacement option.

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.



TIPS ON FINDING A TOP HAIR RESTORATION PHYSICIAN

- 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.

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.

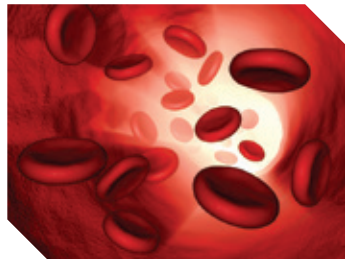
Dr. Bauman was voted “#1 Top Hair Restoration Surgeon” in North America by Aesthetic Everything for the 5th consecutive year, “Top Hair Restoration Surgeon of the Decade”, and he was recently named by Forbes as one of “10 CEOs Transforming Healthcare in America.”



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



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

A growing number of people are turning to PRP injections to treat an expanding list of painful conditions and or injuries, including osteoarthritis. It is commonly used for knee arthritis, we also use

this method on other joints as well such as shoulders, wrists, sacroiliac, ankles and hips. This is also used to help treat pain from the neck and low back. This can be used to treat disk pain and or arthritic pain from the entire spine.

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

The goal is to:

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

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



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

WHAT ARE PLATELETS? Like red and white blood cells, platelets are a normal component of blood. Platelets secrete substances called growth factors and other proteins that regulate cell division, stimulate tissue regeneration, and promote healing.

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

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

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

Whether the patient has a one-time injection or a series of injections spaced over weeks or months is up to the individual patient and doctor. If a series of injections is planned, a doctor may recommend a single blood draw during the first visit and use fresh PRP in the first injection and freezing and thaw the remaining PRP as needed for future injections. However, some experts believe freezing and thawing PRP negatively affects its usefulness and prefer to do a separate blood draw for each PRP injection. Dr. Rosenblatt believes it is safer to take a fresh sample of blood prior to any new injection.

PLATELET-RICH PLASMA INJECTIONS REQUIRE PRECISION

- An experienced physician, like Dr. Rosenblatt, should perform the injections. The use of imaging technology (e.g., fluoroscopic guidance) ensures a precise injection.
- Precision is important because, like viscosupplementation treatments, platelet-rich plasma injections must be made directly into the joint capsule.



By Aaron Rosenblatt, MD

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

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

In Dr. Rosenblatt's beautiful freestanding interventional pain management building in Delray Beach, FL, individuals have been able to benefit from this technique. People have flown in from all over the United States for this treatment specifically with Dr. Rosenblatt. He has been performing this procedure with great success. Every patient is evaluated by the Dr. Rosenblatt and a comprehensive treatment plan is always made. Please look forward to more articles about Dr. Aaron Rosenblatt and the vast number of procedures he performs to help people with all types of pain. His main focus is to help individuals avoid surgery, eliminate pain medications and to ultimately feel much better on a daily basis and enjoy life!

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**Early Pain Treatment
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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!



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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.



An innovative procedure that was developed in the US can safely and effectively help you look like a younger, more vibrant version of yourself. It's called Renuva.

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.

MD Beauty Labs & Wellness Center is one of the only practices in the area providing this elite, innovative treatment option.



MD Beauty Labs & Wellness Center

MD Beauty Labs offers groundbreaking technology for their patients that provides surgical-like results with no incisional scars, less downtime, and long-lasting results. Come to MD Beauty Labs to find out why clients from across the Palm Beach area choose us to help them reach their aesthetic goals. We proudly serve residents throughout Palm Beach County, including West Palm Beach, Boca Raton, Wellington, Jupiter, Royal Palm Beach, Lake Worth, and Delray. Our team is dedicated to finding and meeting your every beauty need

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.

Do you want to have tighter, brighter skin, and turn back the clock without surgery? Contact the experts at MD Beauty Labs today!

To schedule your appointment, please call West Palm Beach at **(561) 513-5817**, Palm Beach at **(561) 288-6678**, or visit **MDbeautylabs.com**.

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.

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



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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

Do You Need a Little Something to Brighten Your Day?

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

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

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

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

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

ATC's Safety Protocols

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

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

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

IV Therapy

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

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

ATC is Gaining Attention

Mindy and Dr. Marc were recently featured on Kathy Ireland's show, Worldwide Business with Kathy Ireland to discuss the connection between science and beauty. You can view the full video here, ATC. [WorldwideBusinessYoutube.com](https://www.youtube.com/watch?v=...).

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

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

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

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

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



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Hours

Monday - Friday 9-5 Saturday: By appointment

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Mindy DiPietro
CEO

Kathleen M. Marc, MD
Medical Director



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.

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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.



Tell us a little about yourself...

Name: _____ Spouse: _____

Date of Birth: _____ Date of Birth: _____

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Tobacco Use: ☐Yes ☐No Tobacco Use: ☐Yes ☐No

Phone Number: _____

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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.

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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

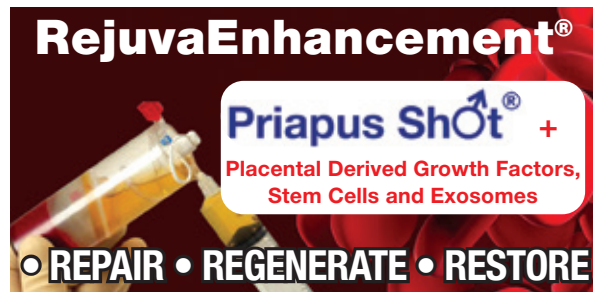
the first to introduce Acoustic Pressure Wave therapy (shockwave) for erectile dysfunction (ED) in South Florida. And now Simply Men's Health is revolutionizing the field of men's sexual health by introducing the state-of-the-art RejuvaEnhancement® Procedure to help reverse the inevitable aging process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



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WHAT IS BRAIN TRAINING AND CAN IT HELP ME?



Brain Training or Neurofeedback training can teach your brain to be more balanced and more regulated. When this improved balance and regulation happens, you feel better and function better. Neurofeedback can help clients of all ages, everyone can benefit from balancing and regulating their brain better.

DO YOU SUFFER FROM ANY OF THESE?

- Anxiety
 - Sleep disorders
 - Depression
 - ADD/ADHD
 - Sensory processing disorder
 - Bipolar disorder
 - Seizure disorders
 - Auditory/visual processing
 - Chronic pain/Fibromyalgia
 - Migraines/headaches
 - Traumatic brain injuries
 - Stroke
 - Cognitive decline
 - Peak performance
 - Oppositional defiant disorder
 - Rages/mood swings
 - Attention/focus/concentration
 - Reactive attachment disorder
 - Autism/Asperger's
 - Learning disabilities
 - Obsessive compulsive disorder
- If you do suffer from any of the above, Neurofeedback can help. But what is it?

WHAT IS NEUROFEEDBACK?

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

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

It is important to understand that the neurofeedback approach does not "cure" or "fix" your brain. We teach and guide your brain to produce frequencies which help it relax and/or focus. We provide the brain with gentle "challenges" and encouragement in a user-friendly, stress-free format so it learns to regulate or shift to healthier states more smoothly on its own at the appropriate time.

HOW DOES A "BEEP" OR SOUND TRAIN MY BRAIN TO WORK BETTER?

The auditory or sound reward that corresponds to an increase or decrease in desired brainwave activity is able to affect the brain on a neurological level. Auditory reward stimulates auditory pathways, impacts the vestibular system, and has many connections to the reticular activating system, which modulates wakefulness and attention. These systems operate in our brains without conscious effort. Therefore, neurofeedback teaches your brain through automated learning with little or no behavioral effort. Another way to say this is that neurofeedback involves operant conditioning or learning. This type of learning teaches us through a reinforced reward system. The auditory reward (beep) is delivered on a schedule of reinforcement that promotes

optimal learning; not too hard and not too easy. This schedule of reinforcement or reward provides just the right amount of resistance to evoke a positive learning pattern.

WHY TRAIN YOUR BRAIN?

Mental clarity improves when you operate a calmer, more efficient brain. As you learn to slow down “inner chatter” or activate a “sleepy” brain, you become more effective at responding to stress and adapt more readily to different situations, both psychologically and physically. Parenting becomes less exhausting, appointments are more easily kept, decision-making improves, and mood swings and depression often lift.

Neurofeedback has also been shown to be of remarkable value with school-age children who experience focus and learning problems. Through brain training, children can learn to better concentrate on schoolwork, increase their frustration tolerance level, and are less prone to be overwhelmed with sensory overload while seated in a noisy classroom. With their thoughts more organized, they can focus more clearly on what others say to them and can begin to develop friendships and learn effectively.

HOW MANY SESSIONS ARE NEEDED TO BEGIN SEEING RESULTS?

As the brain learns, you will see the changes. However, everyone learns at different speeds, so it cannot be determined how quickly someone will learn. On average, children take about 10-20 sessions to see changes and we can discuss what to expect during the intake appointment. For adults changes are usually noticed within 10 sessions. Total treatment is an average of 40 sessions, however we individualize treatment – some people need more and some less.

NEUROFEEDBACK AND MEDICATION

As your brain begins to work more efficiently, medications also work better. For those who cannot take or are only marginally responsive to medication, neurofeedback can offer an alternative or supportive role to drug therapy by stimulating or inhibiting brain activity at the same basic neurological level as medication. Eventually with training, many people find they are able to reduce the dosages or cease taking some prescription drugs, but only after careful consultation and planning with the prescribing physician. For this reason, neurofeedback practitioners advocate consistent communication between clients and their physicians during training and encourage discussion of their neurofeedback experience with therapists and doctors so accommodations can be made as training progresses.

WHAT IS A QEEG (QUANTITATIVE EEG) OR BRAIN MAP AND DO I NEED ONE?

The QEEG is a quantitative EEG. It’s also called a brain map and does just that...it gives us a map of what is going on with the entire brain at one time. We attach electrodes to the whole head, 19 spots, and then record the brain waves with his eyes open for 5 minutes and



with his eyes closed for 10 minutes. This recording is then sent to Advanced Psychological Services in North Carolina to be read and analyzed. They are able to not only give us a summary of significant findings but the report also shows the results of analyzing the data several different ways. The brain activity is not only compared spot by spot over the entire head, but we can also look at connections, symmetry, how different parts are communicating and all of this data is compared to a database of peers (same sex, handedness and age). It can help us see what areas need to be addressed more efficiently than just training spot by spot.

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

IS THERE ENOUGH RESEARCH?

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

Look up the work of:

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

Look for specific researched conditions:

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

Print Resources:

Journal of Neurotherapy
NeuroRegulation Journal
Applied Psychophysiology and Biofeedback

Books:

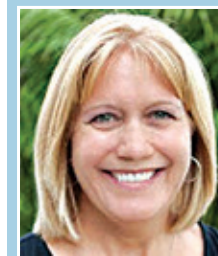
A Symphony in the Brain by Jim Robbins
Healing Young Brains by Robert Hill & Eduardo Castro

The Healing Power of Neurofeedback by Stephen Larsen
Neurofeedback in the Treatment of Developmental Trauma by Sebern Fisher

Neurofeedback 101: Rewiring the Brain for ADHD, Anxiety, Depression and Beyond (without medication)
by Michael P. Cohen

HOW DO I GET STARTED?

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



Renee Chillcott, LMHC

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



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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.

561-630-7120 | www.goldmaneye.com



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 affects 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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