

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

Health & Wellness[®] MAGAZINE

July 2021

North Palm Beach Edition - Monthly

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**UV SAFETY CAN REDUCE
YOUR RISK OF CANCER**

**FOOD SENSITIVITIES,
INFLAMMATION,
LEAKY GUT AND MORE**

LOST TIME - LOST HAIR

**A SUPERIOR TECHNOLOGY &
IS ALL THE RAVE FOR TREATING
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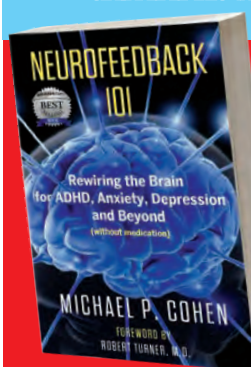
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About Michael P. Cohen
Michael Cohen is a leading expert in brain biofeedback. For over 25 years he's worked with clients, taught courses and provided consulting to physicians and mental health professionals around the world.



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



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UV Safety Can Reduce Your Risk of Cancer

In July, UV Safety Month reminds us of the connection between ultraviolet (UV) light and cancers of the skin, lips and eyes and it educates us about ways we can protect ourselves from UV rays. The majority of all skin cancers are caused by overexposure to UV light rays – either from the sun (a natural source) or from an artificial source, such as tanning beds. Especially here in Florida, it is important to learn the risks of too much sun exposure and take precautions to protect yourself and your family, so that everyone can enjoy the outdoors safely.

About one in five Americans is likely to develop skin cancer, according to the American Cancer Society (ACS), making it the most common form of cancer in the U.S. Generally, it is highly treatable; however, it should still be taken seriously and you should seek a medical evaluation if you notice a suspicious lesion or mark anywhere on your skin. The good news is that, in addition to being the most common type of cancer, skin cancer is also the most preventable cancer. In fact, research indicates that protecting your skin before you turn 18 can cut your risk of some types of skin cancer by as much as 78%.

There are three main types of skin cancer – basal cell, squamous cell and melanoma, which is the most serious type. Basal cell skin cancer is the most prevalent and least dangerous type of skin cancer. It generally appears on the head, neck or upper torso and it grows slowly. Spots, blemishes, freckles and moles are signs of sun-damaged skin. They are usually harmless, but if you notice them changing, see a doctor.

While not as dangerous as melanoma, squamous cell skin cancer can spread to other parts of the body over some months. It usually appears as a thickened, red, scaly spot that may bleed easily, crust or ulcerate. It is generally found on those areas of the skin that are most often exposed to the sun.

Risks and Warning Signs of Skin Cancer

Most moles, brown spots and other growths on the skin are usually harmless; however, it's a good idea to have an annual skin check by a professional



healthcare provider. Older adults, people who are fair-skinned, or those who have a lot of moles are generally at greater risk, so it's important to know your skin well and recognize any changes that you see on your body.

Here is an easy way to recognize if a mole or other skin lesion may be cancerous – just remember the **ABCs of skin cancer:**

Asymmetry: one half of the mole doesn't match the other

Border: is irregular

Color: is not uniform

Diameter: greater than 6 mm (about the size of a pencil eraser)

Evolving: size, shape or color changes

To reduce your risk of skin cancer:

- Whenever you are in the sun, wear a sunscreen with a sun protection factor (SPF) of 30+
- Do not use tanning beds
- Have an annual skin check by a medical professional
- Watch for any changes in moles or new suspicious skin growths

WORLD-CLASS CANCER TREATMENT CLOSE TO HOME

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

Florida Cancer Specialists treats patients with all types of cancer and offers a number of services, including an in-house specialty pharmacy, an in-house pathology lab, financial counselors at every location and 24/7 access to Care Managers, who help deliver the most advanced and personalized care in your local community.



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By Linda A. Kiley, MD

Food Sensitivities, Inflammation, Leaky Gut and More

One of the common complaints I hear from patients when they come into the office for a visit is abdominal bloating. I also see patients with chronic constipation, other types of bowel disturbances, skin and lung problems along with fatigue and a host of other symptoms that may seem unrelated to their stated issue. A common thread among these complaints is the periodic worsening or improving of symptoms seemingly without any cause. In some cases, I see patients with multiple immune system related problems such as chronic pain, lupus, fibromyalgia, urinary tract infections, and a host of other similar problems with some common periodic symptom in the gut. We start to talk about what they are eating and drinking, and in many cases, they seem to have a fairly healthy diet. However, one of the important things to realize about living in the modern world is that our food supply has changed, and because of mass production, common practices in terms of pesticide use, growth factors and taking food before it has ripened naturally and treating it to make it appear ripened creates a set of exposures that our ancestors didn't have to deal with. Some of the things used in mass food production actually get into the food, and

the byproducts bind with proteins in the plant itself, creating something unique to present to the gut and the body's immune system. When the substance is presented to the gut and the immune system, it may trigger a mild reaction leading to an immune response. Although this response is not a typical allergic reaction, the irritation of the intestinal lining by the presence of this food may create a situation wherein the protective tight junctions between the cells in the gut are opened up exposing the immune system to these compounds. This then leads to the production of inflammatory chemicals in the body which in turn creates a negative effect on the microorganisms living in the intestine (the gut microbiome) leading to suboptimal digestion, increased gas production, impaired nutrient absorption and in some cases, a chronic immune response creating problems in other parts of the body. When I see someone who has suspicious complaints, I recommend food sensitivity testing in order to determine what foods and food additives may be causing this problem or worsening it. The advantage of doing testing is that we don't need to put someone on a random diet that is not customized to their particular needs and sensitivities. Some of the



common diets we prescribe for Interstitial Cystitis, Irritable Bowel syndrome and other inflammatory problems can be helpful but are not specific enough. A food sensitivity test is an excellent way to determine what specific foods are likely to cause the greatest problems and then create a customized plan to help the gut, and the rest of the body, begin to heal. We perform food sensitivity testing on a regular basis for our patients in an effort to help them achieve optimal health and wellness as well as more appropriately treat their specific problems. If you have symptoms that do not seem to respond to the standard dietary changes, or if you have an autoimmune issue, you might benefit from food sensitivity testing. Contact our office at **561-671-0041** to learn more about food sensitivity testing and achieving your optimal health and wellness.



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Lost Time – Lost Hair

Guess Which One You Can Get Back in Our Post-Pandemic World

By Alan J Bauman, MD, ABHRS Board-Certified Hair Restoration Physician

AMERICA IS SLOWLY GETTING BACK TO NORMAL AS WE ANTICIPATE SEEING THE PANDEMIC IN OUR REARVIEW MIRROR SOON. BUT WHAT ELSE DO YOU SEE IN THE MIRROR THESE DAYS NOW THAT YOU CAN'T HIDE BEHIND A MASK?

Perhaps your hair was thinning before the pandemic. Perhaps the stress of the pandemic jumpstarted or exacerbated your hair loss problem.

Whatever the situation, if thinning hair is making you uncomfortable about going out in public again, socializing or returning to work, it might be time to consider what you can do before it gets worse.

When it comes to hair loss, time is of the essence. Many people don't know that once your hair follicles die, they're "dead." They can't be revived and won't ever again produce hair. If the loss is severe, the only thing to bail you out is a hair transplant. Therefore, the sooner you address the problem, the less hair loss you'll have, and the less likely you may need a transplant down the road.

You may be asking yourself, "What should I do first?" You might be tempted to first try a specialty shampoo you saw online or take some "miracle vitamin" touted to solve your problem, but in most cases, those products simply don't work the way you'd expect. Fortunately, modern medicine offers a number of scientifically proven modalities that do work by slowing your hair loss and re-energizing your follicles.

Here are a few popular options:

TOPICAL PRESCRIPTION MEDICATIONS

Compounded Formula 82M Minoxidil is a more powerful, quick-dry alternative to the over-the-counter minoxidil Rogaine solution or foam that doesn't leave a thick greasy residue. 82M is a customized compounded prescription solution that contains the FDA-approved hair growth medication Minoxidil 5%,

along with Tretinoin 0.01% for enhanced penetration and hair growth effect, the anti-inflammatory Fluocinolone 0.01%, and a sophisticated blend of powerful antioxidants, scalp conditioners and hair conditioners in a non-irritating propylene glycol-free base.

Formula 82F "Finoxidil" offers the powerful DHT-reducing effect of finasteride, the active ingredient in the FDA-approved drug Propecia, along with a deeply penetrating minoxidil formulation in a non-greasy, user-friendly, hairstyle friendly, compounded topical prescription formula. Finasteride reduces dihydrotestosterone (DHT), a known trigger for hair loss, in order to enhance hair growth. Topical Formula 82F may reduce the chance of side effects that may occur with the more common oral finasteride treatment.

LOW-LEVEL LASER THERAPY

Low-level laser therapy produces a particular wavelength of light associated with an increase of energy production within the cells. This increased energy production has been shown to produce thicker, healthier-looking hair.

The patented Bauman TURBO LaserCap® is the most powerful lasercap available. It's worn just five minutes a day, and it's drug- and chemical-free with no side effects. It packs flat so it's easy to travel with and is adjustable to fit no matter your head size.



The first step is scheduling a consultation with a qualified Hair Restoration Physician

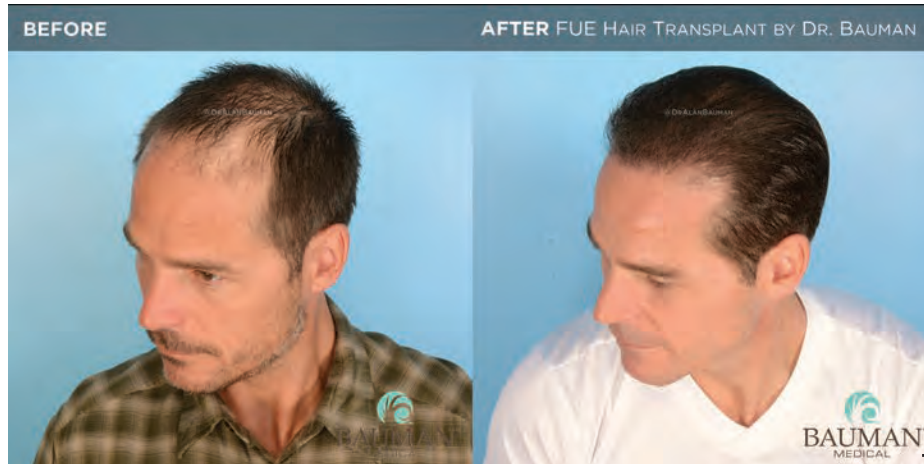
REGENERATIVE MEDICINE

There are a lot of exciting developments in the field of regenerative medicine that are now used for hair regrowth. Here are two that we employ most often:

PRP (PLATELET RICH PLASMA)

PRP is a comfortable, in-office procedure that takes about an hour and has no recovery, downtime, or

significant risk. Derived from a small blood sample, platelets and plasma are separated from other blood components, concentrated, then painlessly applied into the scalp under local anesthesia where weak hair follicles exist. You can expect hair growth improvements that last a year or more from a single treatment when combined with an injectable biological extracellular matrix ECM scaffold.



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

PDOGRO™

Researched and developed right here at Bauman Medical, we were the first hair restoration center in the U.S. to use PDO threads to enhance hair growth. PDO, or polydioxanone, is a synthetic absorbable FDA-cleared material. This procedure is typically performed in combination with PRP. PDOgro™ releases powerful rejuvenating growth factors. It stimulates hair regrowth, collagen production and new blood vessel formation. It may also help prevent or reduce the need for hair transplantation by stopping, slowing, or reversing hair loss.

HAIR TRANSPLANTATION – THE “LAST RESORT”

In some cases, hair loss is so advanced that a hair transplant is the only way to achieve lasting hair regrowth in areas like a receded hairline, thinning crown, or places where hair follicles are severely depleted or gone. The good news is that procedures have become more effective and comfortable and are 100% natural looking when performed by a skilled surgeon.

FUE (follicular unit extraction) is Bauman Medical’s most popular transplantation technology. Using a variety of techniques we helped pioneer well over a decade ago, we employ several types of FUE devices, depending on each patient’s particular need or situation. Using robotics, or

with the aid of mechanical instruments, we harvest hair follicle grafts individually from the scalp, replacing the older, invasive method of “strip harvesting.”

FUE hair transplantation leaves behind no telltale linear scar and has the added benefit of a shorter, less restricted, and more comfortable recovery.

Learn More

If you’re ready to take on the post-pandemic world looking good and feeling good about your hair, don’t wait. Let’s discuss!

For more information on the causes of and treatments for hair loss, or to learn what treatment regimen is right for you, call **561-220-3480** or point your camera at the QR code to schedule your private one-on-one in-person or virtual consultation at **www.baumanmedical.com**.



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

WHAT DO HAIR TRANSPLANT CREDENTIALS MEAN?

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

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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Sofwave comfortably delivers Synchronous Ultrasound Parallel Beam SUPERB™ technology, providing a reduction in fine lines and wrinkles and restoration of natural smooth skin features, no matter the skin type.

WHAT IS SOFWAVE?

Starting in our mid-20's, collagen and elastin starts to break down causing our skin to wrinkle. Sofwave is a new, clinically-proven, no downtime, non-invasive approach to rebuilding collagen.

Sofwave is FDA cleared for the treatment of fine lines and wrinkles. Sofwave uses a unique delivery form of ultrasound waves, enabling a fast and safe treatment for all ages and skin colors and can be done on all facial and neck areas.

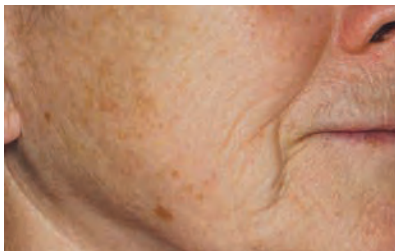
HOW DOES SOFWAVE WORK?

The depth for treating wrinkles is 1.5mm under the skin. Our unique, Synchronous Ultrasound Parallel Beam Technology SUPERB™ generates heat at this exact depth in the mid-dermis. Additionally, there

is an integrated cooling SofCool™ mechanism that protects the uppermost skin layer from burning. The impacted treatment zones stimulate a healing response, called neo-collagenases, which increases and regenerates the collagen in the skin, leading to the reduction in fine lines and wrinkles.

HOW LONG IS A TYPICAL SOFWAVE TREATMENT?

The treatment itself is fast, taking approximately 30-40 minutes for the full face and neck region.

BEFORE



AFTER



BEFORE



AFTER

HOW LONG DOES IT TAKE TO SEE RESULTS?

Immediate results can be seen as soon as 1 week following the treatment. However, the collagen regeneration process can sometimes take up to 12 weeks, so patients are expected to see ongoing improvements in the 3-month period after their treatment.

HOW IS SOFWAVE DIFFERENT FROM OTHER COSMETIC PROCEDURES?

Today there are various energy-based technologies designed to treat facial lines and wrinkles, among them: ablative and non-ablative laser technology, Intense Pulsed Light (IPL), radiofrequency devices and High Intensity Focused Ultrasound (HIFU). Yet, the need for non-invasive aesthetic treatments with proven efficacy, safety and minimal downtime, are still unfulfilled. The more aggressive options can cause damage to the upper skin, which in turn, requires a long healing period and considerable downtime. In addition, there is a higher risk of side effects, including discoloration and discomfort. Even RF micro needling treatments, that have recently become popular, can be uncomfortable, risky and require lengthy downtime. On the other hand, other non-invasive solutions haven't shown adequate results. High Intensity Focused Ultrasound (HIFU) has also become an accepted mode of treatment for treating wrinkles. This treatment has been associated with multiple drawbacks, among them, limited treatment areas, longer treatment times, excessive pain and additional adverse effects, such as burns and injury to nerves. Sofwave's unique technology protects the skin surface with a cooling

mechanism and the treatment is effective and safe for most patients. There is no downtime or pain post treatment.

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: Sofwave.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 an array of anti-aging, functional medicine, cosmetic and laser therapies.

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



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



D **O YOU HAVE KNEE PAIN?** DOES IT KEEP YOU FROM CERTAIN ACTIVITIES? DO YOU TAKE MEDICATION FOR KNEE PAIN? DO YOU HAVE KNEE PAIN AFTER EXERCISE? DO YOU HAVE DIFFICULTY GOING UP AND DOWNSTAIRS? ARE YOU CONSIDERING KNEE REPLACEMENT SURGERY? HAVE YOU TRIED EVERYTHING TO GET RID OF KNEE PAIN WITHOUT SUCCESS? IF YOU HAVE ANSWERED YES TO ANY OF THESE QUESTIONS YOU NEED TO KNOW YOUR OPTIONS.

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

Causes of knee osteoarthritis

- Age
- Trauma
- Postural Imbalance
- Repetitive strain or overuse
- Abnormal gait pattern
- Previous knee injury
- Overweight
- Improper joint alignment

If you've been suffering from constant or intermittent knee pain that just won't go away no matter how much ibuprofen you take – there is another option. With knee arthritis, the cartilage breaks down and wears away leaving the bones to rub together causing pain, swelling, and stiffness, and limited range of motion in affected joints.

The American Academy of Rheumatology recommends the use of Supartz for one potential treatment option for osteoarthritis of the knee. Supartz has been shown to be effective for thousands of individuals relieving their knee pain without surgery.

At the Advanced Spine & Joint Institute, their goal is to give you the best chance of preventing knee replacement surgery, which is what arthritis frequently involves if left unprotected or untreated. Their medical practitioner will inject directly into your knee joint using a high-tech medical device called a fluoroscan to pinpoint the exact location intended with extreme accuracy, which provides the best possible outcome from each injection.

With knee replacement surgery, once done, there is no turning back to a more conservative approach. A total knee replacement is a very extreme measure to take without considering all of your options for a condition as common as knee arthritis.

Supartz is a gel like substance similar to the synovial fluid in your knees, which reduces inflammation and increases cushioning and lubrication of your knees immediately. Supartz is a purified compound, which is found naturally. This treatment protocol is used to treat the symptoms associated with arthritis.

Countless numbers of patients have experienced successful results with the Supartz treatment and are now experiencing life once again without knee pain.

"I was told I was bone on bone and needed replacement surgery. Knees are very important to me, as I am a dancer. I decided to address the problems and began injections. What a difference this is made in my life. Words cannot express how grateful I am for all that has been given back to me. Icing on the cake is I'm getting triple twirls (I'm 82 years young), which I have not done in years I highly recommend this treatment." – Patricia M.

Why do knee injections often fail?

What is different about the Supartz procedure?

- They perform blind injections without image guidance
- They use antiquated equipment from as far back as 2001, even in some of the largest hospitals.
- They use Cortisone, which can have side effects

Most blind injections result in needle misplacement. With this much inaccuracy, it's no wonder most people never find relief. When properly injected into the knees, Supartz helps to cushion and lubricate the knee joint, nurturing the cartilage for natural pain management. This solution helps to restore normal function to the knee, including its natural lubrication. Patients experience less pain and are able to enjoy a more active lifestyle.

The Advanced Spine & Joint Institute offers the latest therapies and technology to relieve joint pain more effectively without drugs or painful surgery. Their protocol system offers many people a safe and straightforward technique to relieve chronic joint pain. They offer a no-cost, no-obligation consultation where you can get all of your questions answered in a warm and friendly environment. Once complete, you will know exactly what your treatment options will be for your specific knee pain issues.



Benefits

- No surgery
- Little to no recovery time
- Return to normal activities shortly after treatment
- Accepted by most major insurances and Medicare

With so many people suffering from knee arthritis, the demand for this procedure has been overwhelming. Please call **(561) 721-0492** now to schedule your appointment. To learn more, please visit their website at advancedspineandjoint.com or Facebook page.

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Cure Erectile Dysfunction and Peyronie's

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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 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™ P-Shot® 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



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

pills stop working. Their exclusive, state-of-the-art RejuvaWAVE® (acoustic-pressure wave) combined with RejuvaEnhancement™ Procedure (PRP Pshot®) repairs damaged tissues and stimulates the regrowth of new blood vessels. Thereby helping to REVERSE and CURE the underlying cause of Erectile Dysfunction and Peyronie's.

Simply Men's Health is the leader and pioneer in the field of Men's Sexual Health, and changed the way Erectile Dysfunction was treated in the United States. 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 combining RejuvaWAVE® with the state-of-the-art RejuvaEnhancement™ P-Shot® Procedure to help reverse the inevitable aging process and treat ED and Peyronie's Disease. Peyronie's is a build up of scar tissue in the penis that causes a curvature or bend in the erected penis. This disorder typically causes a great deal of pain during intercourse.

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

Yes RejuvaWAVE® is an FDA cleared technology, originally developed in Europe and used worldwide and has virtually no risk and no side effects. Although acoustic pressure wave technology has been used in Europe for almost 20 years, it is relatively new to the US for ED and Peyronie's. RejuvaWAVE® uses state-of-the-art, scientifically proven technology that uses Acoustic Pressure Waves to stimulate cellular metabolism, enhance blood circulation, and to stimulate tissue renewal, 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 helping men return to their younger healthier selves, and enabling a spontaneous, active sex life.

RejuvaEnhancement™ PRP P-Shot®

RejuvaWAVE® stimulates your body's own healing response and stimulates the growth of new blood vessels and renews tissue in the area treated. The RejuvaEnhancement™ Procedure uses the growth factors from your own body to activate your own body's stem cells and restorative healing capacity.



Enhance Size as well with the P-Shot®

The RejuvaEnhancement™ Procedure works synergistically with and exponentially magnifies the restorative effects of RejuvaWAVE® to restore one's sexual vitality. Imagine be able to enjoy a spontaneous and active sex life again. No more pills. Also, this procedure can increase both the length and girth of the penis by up to one inch.

Journal of Sexual Medicine publishes new study June 2021:



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Procedure
Helps Men
with Erectile
Dysfunction**

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P-Shot® procedure — which uses PRP improves the circulation, nerve conduction, and collagen production and so to improve the health of tissue in over thirteen thousand research papers in multiple tissue types.

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Imagine enjoying sex again with your loved one in just one visit. Simply Men's Health has customized Intracavernous Pharmacotherapy (ICP) which can give you back you love life in ONE VISIT. 98% success rate Results guaranteed or the visit is free!

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 the new direction in medicine, Erectile Dysfunction is no longer an inevitable part of aging. Simply Men's Health's innovative approach can restore your sexual confidence and allow you to enjoy a Spontaneous and Active Sex life again!



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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™ procedures are remarkable. I feel like Superman." – E.M.

Can I *Ever* Get Off Medication? for my *Anxiety* *Depression* *ADHD* *Sleep problems*

By Michael Cohen
Director and Chief of Neurotechnology



One of the most frequent questions I hear from people seeking help from us is: Can I ever get off my medication?

Some have anxiety. Others suffer from depression, ADHD or sleep issues.

Many have tried stopping medications and struggled badly. Often they're resigned to taking drugs, even though those drugs may not work very well or may have unpleasant side effects. They've been told by their doctors that they are probably going to be on medication for the rest of their lives.

Why did their doctors give them such discouraging news? Because medication is what doctors have been taught about in school – it's what's in their toolbox. Why don't they mention neurofeedback (non-drug biofeedback for the brain)? Because they likely know very little - or nothing at all - about it.

The fact is, it's possible to reduce your reliance on medications. Approximately 75 percent of our clients who want off their meds are able to significantly reduce or eliminate them altogether when they are conscientious about completing neurofeedback sessions and taking certain brain-boosting supplements, when appropriate.

3 Cases – Coming off Medications

1. A recent client suffered from depression for 40 years. She had been treated by top psychiatrists and psychologists for decades and was taking several medications. Despite all that, she wasn't functioning well. She was overwhelmed by the smallest life challenges and resisted even leaving her house.

After 12 neurofeedback sessions in a month, a regimen of specific supplements and some home brain exercises, she reported feeling dramatically better. At that point her psychiatrist reduced her medications by more than 50 percent.

2. Another client, age 35, had up to five panic attacks a day. To cope, she took Xanax, as well as a low dose of anti-depressant medication. She came to us because she wanted to get pregnant but was worried what those medications might do to a developing fetus. She was looking for an alternative way to manage her anxiety. After 12 neurofeedback sessions, her panic attacks had disappeared. She was able to get off all her medications, and she felt more confident about getting pregnant.
3. Another of our clients had been on medication for mood disorders for 36 years and was spending up to \$1,000 per month on them. After working with us for nine months, he was down to just one medication, a very low dose of Lexapro for \$30, and no longer ruled by feelings of anxiety and depression.



When medication is useful

Now, don't get me wrong. I'm not against medications. They are a completely reasonable short-term answer for people in crisis. However, in the long term, it's better whenever possible to tackle the underlying problems rather than rely on medications your whole life.

Medication is useful in helping you *manage* your symptoms. However, when you get off the medication, your brain's ability to function hasn't improved.

Often patients we see have tried getting off their medications unsuccessfully. Some have been told: "This is proof that you need the medication." Well, keep this in mind...

Nobody's brain is deficient in Prozac or Xanax (though your brain gets used to it). Unless you have something like neurofeedback to help your brain transition, it can be difficult to get off.

Neurofeedback – A tool for the brain

Neurofeedback teaches your brain and nervous system to be more resilient and to work better. *When your brain works better, there's typically less need for medications.*

Add certain brain-boosting supplements, and the benefit can be even greater.

The result? Over time you can gradually wean off medications and do so far more smoothly, even after years of use.

Brain supplements – How can they help?

I'm sure you're wondering about the supplements I mentioned above, but before I tell you about them, here's something you should know about *me*:

For more than 20 years I've investigated supplements reputed to contribute to brain health and optimal cognitive functioning. Frankly, I have been unimpressed with most of them, in part because they didn't meet one of my most important criteria: consistently working.

In recent years, however, I have been recommending two products. One is a micronutrient vitamin. The other is a free-form amino acid compound. These supplements, when taken in combination and as part of a neurofeedback training program, have impressive synergistic benefits. They seem to significantly and consistently increase the rapidity with which our clients respond to their training.

It appears that the high-quality nutrition provided by these micronutrient supplements, combined with neurofeedback, helps create a more resilient and stable brain. A more stable brain facilitates an easier transition from medication. (The Center for Brain Training always coordinates medication-reduction efforts with our clients' physicians).

By the way, the impact of micronutrient vitamins has not gone unnoticed in scientific circles. In a published scientific review, Harvard psychiatrist Charles Popper, M.D. noted that "Broad-spectrum micronutrient interventions... (are) surprisingly effective for altering mood, cognition, and behavior." He has also noted that micronutrients appear effective in early controlled trials "as potent treatments of ADHD, aggressive and disordered conduct, and mood disorders in youth and adults."

Is neurofeedback right for you? That's where a consultation comes in

So, what happens when you come to us and say you want to get off or reduce your medications?

- We assess your situation to ensure that your goal of getting off or reducing medication is appropriate
- We custom-design your neurofeedback training protocol based, when appropriate, on a qEEG brain map
- We may also recommend a brain vitamin supplement regimen
- We look for environmental, lifestyle and other issues that can exacerbate your problem
- We assess if there are tools or exercises you can use at home

- We provide guidelines on how to talk to your doctor about lowering your dosage. Most doctors are open to trying medication reduction gradually if they feel it's being done responsibly. We suggest you discuss with your doctor having extra medication or a prescription on hand if needed. (This seldom happens, but it gives our clients peace of mind.)

Call Us Today!

If you've been hoping to find a solution other than medication for anxiety or depression, I urge you to call us today for a **consultation**. During this consultation I will determine what is appropriate for your unique situation.

If I think what we do at The Center for Brain Training can make a difference I'll explain why and what's involved. We specialize in tools and support to assist you in feeling better and reducing or eliminating your reliance on medications. It's a much healthier long-term approach.



Michael Cohen

Director and Chief of Neurotechnology

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, helping them incorporate into their practices new biofeedback technologies for chronic pain, anxiety and mood disorders, ADHD and neurological problems.



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Many of us have heard the phrase, “you have deep pockets” when visiting the dentist’s office. This is not a reference to your financial status, but a description of the health of your gums and bone. Part of a proper dental examination and routine dental hygiene appointment is the assessment of health of the gum tissue and bone surrounding your teeth. If evaluated on a routine basis, changes in status of these important tissues can be identified.

THE EVALUATION:

A typically painless evaluation includes the measurement of the space under the gum tissue. This is performed with the use of a “periodontal probe”, which is a fancy term for measuring stick. In health, a small space of 1-3mm exists between the top of the gum and the base of the area measured. This small distance is very reachable for the hygienist to debride (clean) at your recall appointments. A change in this distance can signify inflamed gums and possibly bone loss around your teeth. This change is typically related to factors such as improper oral hygiene (a buildup of plaque and tartar) or infrequent recall appointments. In certain situations, this can occur due to some medical conditions such as diabetes, smoking, autoimmune disease and other issues. Assuming you have no medical issues causing any gum and bone problems, we typically see a progression from health to disease based on common factors such as plaque and tartar. Plaque is that light film we have on our teeth. Over time, if plaque is not removed it hardens into tartar (which cannot be removed with a tooth brush). This film is actually bacteria that are viewed by the body as an “infection”. As in any area of infection, such as a cut on your hand that becomes red and swollen, extra blood floods the area to fight the bacteria. In the mouth, swollen gums appear red and often bleed when touched. In addition, when measuring the swollen area under the gum, we see deeper than healthy gum pocket depths (often times 4-5mm).

This initial swelling is called Gingivitis. Typically, the area is treated with “Root Planing and Scaling”, which is a non-surgical procedure often referred to as a “deep cleaning”. In many cases, this is all that is needed to remove the plaque and tartar present which allows the area to heal and the gum to return to normal (Gingivitis is reversible).



If left untreated, Gingivitis can proceed to a more advanced situation called “Periodontitis”. At this level of disease, we see both bone and tissue loss around the teeth. Recent research has shown that periodontal disease can cause gum and bone loss from the initiation of an inflammatory process in our body. In simple terms, as our body attempts to ward off the infection, it also destroys the healthy supporting tissue and bone as well. When measuring these areas in the mouth, the periodontal probe often drops below the gum level anywhere from 6-10mm. These depths are not reachable by the hygienist and need to be addressed in other ways. If left untreated, this painless disease can progress until teeth are lost. In addition, a link between the bacteria from this disease and cardiovascular disease has been made. Therefore, those patients at risk for stroke or heart attacks are often advised to have a periodontal examination.

A complete periodontal evaluation usually includes a review of a recent (typically within 2 years) full set of dental x-rays and a full mouth periodontal probing. A clinical examination of your mouth and review of your radiographs are needed to determine your exact gum and bone health.

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 Periolas 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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By Aaron Rosenblatt, MD

AVOID BACK AND SPINE SURGERIES!!!

Back surgeries can fail for a devastatingly simple reason; the operation was not the right treatment, because the surgeon never pinpointed the source of the pain. As a result, patients may be just as miserable as they were before, or worse off. Unfortunately a desperate number choose to try surgery again. This is usually the wrong decision as well and this should be avoided. Statistics show also that by two years after a patient's first surgery, about 8% of patients have had another operation and by 10 years after, the rate jumps to 20%, an analysis of Washington State hospital data found.

There is no one best way to treat everyone. But the chance of finding relief for ongoing pain unquestionably lies in understanding what has gone wrong. This is not an easy task. Then seeing the most appropriate specialist for your problem and asking the right questions is quite important. With back problems, perhaps more than with any other medical condition, getting the best care at the utmost importance. The most important doctor you can see, at this point, is an Interventional Pain Management Specialists like Dr. Aaron Rosenblatt. A well qualified and certified doctor like him can evaluate a patient completely. He will order the appropriate scans and or test needed in order to come up with a plan to properly diagnose and the treat the issues WITHOUT SURGERY.

Once all of the appropriate tests are done Dr. Rosenblatt can see what diagnostics need to be completed in his state-of-the-art pain management facility. That's why it's critical to have a thorough workup. To get a sense of the cause of your pain X-rays and MRI/CT scans can be helpful but just because these scan say you have a disc problem here and or an arthritic problem there does not mean that this is where your pain is generated from.

As an interventionalist, Dr. Rosenblatt will take this information and set up diagnostic tests within his office to properly pinpoint the exact regions of the spine which require any type of treatment. Without these diagnostic tests, the wrong diagnoses can be made and then ineffective treatment with surgery becomes likely. That's because

high-tech images routinely uncover bulging discs and other "abnormalities." Dr. Rosenblatt will use this information and interventional techniques to avoid surgery.

Trouble is, many findings on scans often have nothing to do with what's hurting. If you take 100 people off the street and give them MRI's or Cat Scans, 33% of them, even if they had no back pain whatsoever, would have obvious structural problems. Data also points out that less the 5% of all patients who experience back pain will EVER require surgery but, unfortunately, a much higher percent of patients wind up with an operation. We will help avoid this situation.

Here's the real problem... Patients tend to think of back surgery as the BIG CURE or consider it the treatment that will work successfully. Sometimes, in our desperation to get our lives back, it may seem like a good idea to jump over those less invasive procedures and go right to the big one. This is rarely true.

Dr. Rosenblatt says, "Per my experience, it is rarely the case that a patient I see in my office will ever require surgery for pain. I also see too many patients who have already had 1 or more back surgeries without any relief." Surgery should NEVER be seen as worth trying for pain. This approach usually fails to help patients overcome their pain and now their spines are complicated and worse off due to after effect of surgery.

If a doctor recommends an operation, get a second opinion as soon as possible. A good surgeon should understand that you need to be comfortable with any decision and prior to having a surgery other opinions are necessary. For a truly useful second look, Dr. Rosenblatt can fully evaluate this situation and give what options exist.

Dr. Rosenblatt explains, "There have been too many times where patients were scheduled for one type of surgery and something totally different was causing their




pain. Specifically, issues with sacroiliac joints, hips and other regions of the body can mimic pain which would also NOT require surgery."

Dr. Rosenblatt continues, "I'm always trying to help a patient fully understand what is causing them a pain issue. This is usually pinpointed easily, diagnosed properly and then treated successfully without the need for any type of surgery."

Avoiding surgery is our number one goal to help to treat a growing older and active community. At Dr. Rosenblatt's beautiful freestanding interventional pain management building in Delray Beach, FL, he serves at the medical director and is board certified. Every patient is evaluated by Dr. Rosenblatt himself and a comprehensive treatment plan is always tailor made for each individual. Patients are NOT seen by PA's (physician assistants) or NP's (nurse practitioners). You will see the doctor at each and every visit. Dr. Aaron Rosenblatt specializes in performing Interventional Pain Management procedures and also in the field of Physical Medicine and Rehabilitation. His knowledge encompasses each region of the body which can cause pain. He runs on time and does not make patients wait hours in his office to see him. He is not only a pleasure to talk to regarding pain issues, but also enjoys every day topics such as sports, movies, entertainment and current events. 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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THE CORNEA

By David A. Goldman MD



Although people may have heard the word ‘cornea’ in reference to the eye, many are unaware of what it really refers to. While diseases such as glaucoma and macular degeneration affect the back of the eye, the cornea is in the front of the eye.

In fact, the cornea is the most anterior structure of the eye. It is the clear part responsible for much of the focusing of light waves which enter the eye. When patients place contact lenses on their eye, they are placing them on their corneas. When patients develop an abrasion (scratch) or infectious ulcer of the eye, it is typically in the cornea.

The cornea consists of several layers, but it is simplest to break it down into three: epithelium,

stroma, and endothelium. The epithelium is the superficial outer layer of cells. When a scratch occurs on the cornea, the epithelium acts quickly to fill in the scratch. In cases of severe dry eye, tiny dried out “holes” can also appear in the epithelium.

The stroma is the central portion of the cornea, and comprises the bulk of it. It provides the majority of structural support to the cornea. When patients undergo LASIK surgery, it is the stroma that is affected. In LASIK, a laser creates a flap within the stroma. That flap is then lifted and a laser then reshapes the cornea under the flap. For patients who are myopic (nearsighted), the laser flattens the center of the cornea. For patients who are hyperopic (farsighted), the laser removes tissue in a circular pattern to steepen the cornea. The endothelium is

the most posterior layer of the cornea. Consisting of a layer of cells, these endothelial cells work as microscopic pumps to pump fluid out of the cornea to keep it clear. As we age the number of endothelial cells decline. Typically this is asymptomatic. In conditions such as Fuchs Dystrophy, however, patients are born with a lower number of endothelial cells and at some point may require surgery. Fortunately, the surgical options have improved greatly – less than ten years ago a new procedure was developed called DSAEK. In the past, corneal swelling which did not respond to topical eye drops required a full thickness corneal transplant. With the DSAEK procedure, solely the posterior layer of cells is transplanted. With this newer technique, vision can be restored in weeks instead of months.

This is not to say that a full thickness corneal transplant does not have its place in eye care. Conditions such as keratoconus, where the cornea becomes irregularly cone shaped, and scars of the cornea can significantly limit visual acuity. In these cases, replacing all layers of the cornea can work well to restore vision. In many cases, laser vision correction can be performed over a corneal transplant so that the patient can see well without glasses.

While problems of the cornea, whether inherited or environmental, can significantly disturb vision, there are multiple procedures available to improve vision. As opposed to posterior eye pathology such as glaucoma and macular degeneration, the overwhelming majority of vision problems related to the cornea can be fixed.



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, microincisional 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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IT'S HOT EVERYWHERE IN JULY

Brent Myers



Have you noticed that Summer has arrived? If you haven't, just wait, you will. This is how I can usually tell that our wonderful south Florida Summer has come: when I bathe, get dressed, walk outside the house thirty feet to my car and when I get in – I feel like someone has rubbed a glazed doughnut all over my face.

Is it just me? I doubt it.

But don't misunderstand my description for complaining. Several years ago I learned a very valuable lesson that has had a profound spiritual impact on my life. There was a July Summer day that I was grumbling about how hot and humid it was and wondering aloud how nice it must be in another part of the country. At that moment, a wise man looked at me and said, "Brent... it's hot *everywhere* in July."

Wow!! Simple, but so true!

He wasn't providing a meteorological analysis of the climate zones of the United States, but instead he was telling me: "Be content."

Too many times in our lives we look at our circumstances and wish things were better – or at least different. But spiritually speaking, we need to learn to be content with the life that God has given us – even if it stinks (for right now.)

St. Paul wrote these words: *"I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want."* (Philippians 4:11-12)

Paul was sharing the reality of his life – that he had learned to be content. Whether he was poor or rich – regardless of the circumstances of his life – he was content. Oh, and just for a frame of reference... Paul wrote these words while in prison in ancient Rome!

But before we say to ourselves, "Well, that was the great St. Paul and I could never do that." Let's read a bit further: *"I can do all this through him who gives me strength."* (Philippians 4:13) Do you see that?! Paul couldn't do it on his own either!! He understood that his contentment in life – even in prison – came because Jesus Christ enabled him to deal with it.

So the next time life gives you a bad turn or the next time you find yourself complaining... seek to be content. Try to find the reality of the situation you are in – that God is doing something for a bigger purpose than yourself and He will get you through it. Learn to be content.

Socrates is credited with saying: "He who is not contented with what he has, would not be contented with what he would like to have."

Why? Because it's hot everywhere in July.

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