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October 2022

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ents

6 What are All-on-4 Dental Implants? Understanding Advantages & How They Work

Я Does Your Hair Look Affright? Don't be Scared to Do Something About It

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

Men. Let's Talk About Prostate Cancer

12 Silhouette InstaliftTM A Game Changer for Non-Surgical Facial Contouring and Body Contouring

14 Planning for the Inheritance Of a Disabled Child

15 About Accepting Death

October 2022

16 Why the Stock Market Will Catapult Higher, and Soon

18 Who Benefits from Brain Therapy?

20 From Diagnosis to Remission With Faith

23 TubcuT® Can Help Alleviate Slip and Falls and Trouble Getting In and Out of the Bath

24 Stop the Pain And Inflammation!

25 Don't Let Those Dark Spots on Your Face Scare The Kids this Hallowing Shed the Dead with a Chemical Peel Today!

26 Understanding Dry Eye and Blepharitis

27 Spiritual Wellness: Selfie

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What are **All-on-4 Dental Implants?** Understanding Advantages & How They Work

f you find yourself in the unfortunate situation of having several missing teeth, you may find that you are experiencing a great deal of frustration and loss of confidence as a result. Missing teeth can be a contributing factor to several other dental health problems and can also have significant effects on your overall well-being. Patients in this situation should take steps to have their missing teeth replaced as soon as possible to ensure that good oral health is maintained and that the overall quality of life is improved. But other than dentures, what are the options for replacing several missing teeth?



While dentures are a tried and true solution for many patients who are missing multiple teeth, they don't always deliver the level of comfort or confidence that leads to complete satisfaction with your treatment. Fortunately, advancements in dental science and technology have led to the development of a better solution for the replacement of multiple teeth that delivers far greater results and many advantages over other treatment options. This solution is known as Allon-4dental implants.

What are All-on-4 Dental Implants? The Allon-4 system is a combination of different dental methods and technologies that provide a solid and secure connection for the replacement teeth that is much more stable and reliable than traditional methods for affixing dentures, such as simple natural suction or denture adhesives. All-on-4 uses a set of fixed dental implants that are embedded in the patient's jaw in order to provide a firm and solid platform that holds the set of replacement teeth in place. Because of this, All-on-4 are often also referred to as a type of 'implant supported dentures', although this is a broad term covering other styles of replacement teeth as well.

The dental implants that are used in the All-on-4 treatment procedure are slightly different from a normal dental implant, which is designed to simply replace an individual tooth. The portion of the implant that is affixed inside the bone of the jaw is essentially the same, but the top exposed portion of the implant replaces the artificial tooth of a regular implant with a specialized cap-shaped tip. These four tips are used to provide a physical connection between the jaw and the artificial teeth, which has a matching set of four receptacles on the underside. It's this solid, physical connection between the implants and the new teeth that provides a much more natural feeling for the patient when wearing their teeth, especially when chewing or talking.

The four implants used to provide a secure connection are strategically positioned in the patient's jaw after careful examination and analysis by the dental surgeon to ensure the most effective placement for each implant to achieve the best results. Usually, the most common arrangement for the implants is two near the front of the mouth that are inserted in a nearly vertical alignment. Two more implants are inserted towards the back of the mouth, in the molar area, and are usually placed at a steeper angle to provide greater stability and support thanks to the increased contact with the bone of the jaw. Once the implants are securely in place, the implant supported dentures can be used immediately, providing a fast recovery time and a quick return to your daily life and usual routines.

What are the Advantages of All-on-4? The advantages of the All-on-4 method are numerous, both directly related to your oral health and

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indirectly as they provide benefits in other areas of your life. Here are some of the key benefits that patients will realize from undergoing the All-on-4 procedure.

Prevent Bone Loss & Degradation - One of the most common effects of lost and missing teeth is the degradation of bone in the jaw as a result. The All-on-4 system is effective in minimizing the effect of bone loss since the implants are affixed directly to the jawbone and act in a similar fashion to the roots of natural teeth. The pressure exerted into the jawbone mimics that of natural teeth, encouraging the retention of bone mass and providing strength to the area. Even in patients that have experienced some level of bone loss, the All-on-4 system can still be used. Since the implants provide such a secure connection into the existing jaw bone, there is a substantially reduced likelihood that a bone graft will be needed in order to proceed. By avoiding the need for a bone graft, recovery and treatment timelines are significantly reduced.



Greater Self Confidence – Patients who receive All-on-4 treatments end up with a complete set of natural-looking teeth connected securely and comfortably in their mouth, enabling them to enjoy all their favourite foods, and a great variety of food and drink, without worry. Knowing that your teeth will stay in place at all times, patients experience a great boost in their self-confidence as they no longer need to be concerned about situations where loose dentures may be a source of embarrassment.

Easier Care & Better Hygiene – Caring for your Allon-4 teeth and implants is easy and follows many of the normal oral care habits that you are already familiar with. Brushing, flossing, using oral rinses, and going for regular dental checkups are all still necessary habits that you need to keep up with. All-on-4 has the added benefit of doing away with the need for any messy or costly adhesives that are commonly required with other traditional styles of dentures. This saves time, hassle, and money in the long run.

A Permanent Solution – One of the major benefits that the All-on-4 treatment provides is that the results are permanent, and do not necessitate the frequent fitting sessions that traditional dentures require. Because the All-on-4 system uses a denture that is securely fastened to the mouth via the implants, the connection is not prone to the same problems that result from gum recession, which cause traditional dentures to become loose and uncomfortable over time. All-on-4 provides a permanent solution that results in greater comfort and convenience for the patient.

Conclusion – It's important for patients who are missing teeth to understand that the more time that passes before they receive treatment, the more likely they are to risk developing conditions as a result, such as gum recession, bone loss, and other oral health concerns that can become quite serious if left untreated. By taking action early to replace missing teeth, you are investing in your overall health and well-being and will avoid these potential problems in the future. If you are missing several teeth and would like to learn more about what the best treatment options may be for you, we recommend scheduling a free, no-obligation consultation with our team here at 5th Avenue DENTAL. Our staff is professional and friendly, and we will take the time to discuss all your available options, including whether the All-on-4 method is the solution that you've been waiting for. We are happy to answer all your questions on All-on-4, including what you can expect from the treatment and the types of results that other patients have already achieved through this innovative procedure. A full set of naturallooking teeth is assuredly in your future, and with the All-on-4 system, you can be confident that your smile will definitely be back in style!

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Dr. Forrest is the Clinical Director of **5th Avenue DENTAL**. For 20 years, Dr. Forrest has been one of Florida's leading dentists treating some of the most challenging cases. Using a multi-specialist approach, his team is composed of four advanced trained dentists who focus on general, cosmetic, orthodontic, and implant dentistry. His team, 5th Avenue DENTAL is located here in Boca Raton in the 5th Avenue Plaza on Federal Highway. They are located next to Living Green and CVS.



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DOES YOUR HAIR LOOK AFFRIGHT? Don't be Scared to Do Something About It

by Alan J. Bauman, MD, ABHRS



OES LOOKING IN THE MIRROR AT YOUR THINNING HAIR MAKE YOU WANT TO SCREAM? ARE YOU HAUNTED BY THOUGHTS THAT SOMEDAY YOU'LL HAVE EVEN LESS HAIR THAN YOU DO NOW?

At Bauman Medical we specialize in scaring away hair loss nightmares. We offer many diagnostic tools and treatment options that can eliminate the need next year to wear a wig with your Halloween costume – unless you want to.

Read below where I unmask several of the most bewitching approaches in our goodie bag to give you the head of hair you'd like to see again.

DIAGNOSTIC TOOLS HairMetrix®

Our practice is one of the first in the world to offer HairMetrix[®], a game changer in evaluating the state of your hair. Instead of using a microscope to make educated guesses, our HairMetrix[®] device takes a snapshot of your scalp. Its AI Artificial Intelligencepowered algorithm then creates a readout of your precise hair quantity and quality (and other metrics).

One benefit—it allows us to track the progress of your hair restoration over time. Another—this information improves diagnosis, guides treatment decisions, and monitors *better than ever before* how well you're responding to your treatment.

Trichotest™

Trichotest[®] is a genetic test based on state-of-the-art DNA microarray technology. It's designed to identify the *exact hair loss treatments* that will perform best *for you*, based on your genetics.

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All it requires is a cheek swab and some details about your lifestyle. The software then analyzes the characteristics of your specific metabolism that may be contributing to your particular hair loss situation. An algorithm then identifies the treatment options likely to be the most successful for you, saving you time, money, frustration... and follicles!

The Trichotest^{\mathbf{M}} can be performed in our office or from home.

NON-INVASIVE HAIR RESTORATION TREATMENTS

TED (TransEpidermal Delivery) is one of the most exciting innovations I've seen in years for defeating hair shedding, hair loss, and thinning hair. This restorative "lunchtime" treatment is for patients wanting to improve the overall thickness and appearance of their hair but who've avoided medical options because they're averse to needles for local anesthesia or having their blood drawn. TED is needle-free, pain-free, requires no anesthesia, and is highly effective.

The procedure is simple and can be relaxing...

First, a device that looks like a small massage tool uses painless ultrasonic sound waves to temporarily increase scalp permeability. Then, we apply a topical hair growth serum to your scalp in the treatment zone and use the device to gently deliver the serum into your scalp. This serum contains powerful growth factors, peptides, and amino acids that reactivate dormant hair follicles, help existing hair follicles grow thicker, healthier hair, and also improve the anchoring of hair shafts. The treatment also increases and optimizes blood flow, further enhancing scalp health and fortifying your follicles.

TED takes only about 25 minutes.

Typically recommended in a series of three treatments one month apart, TED can be used to treat early male/ female pattern hair loss, excessive shedding, post-COVID hair loss, or to enhance other hair growth therapies.

PRP (Platelet-Rich Plasma)

PRP is a comfortable in-office procedure that takes about an hour with no recovery time, downtime, or discomfort. Derived from a small blood sample, platelets and plasma are separated from other components of the blood, concentrated, then painlessly applied into the

South Palm Beach Edition -October 2022 Health & Wellness 9



Before and 6 months after PDOgro[™] by Dr. Alan Bauman



scalp under local anesthesia to strengthen hair follicles. Hair growth results from a single PRP at our clinic have been shown to last a year or more.

PDOgro[™]

PDO, or polydioxanone, is a synthetic absorbable FDAcleared material. PDO threads placed into the scalp have been shown to stimulate hair regrowth. This procedure helps make PRP even more effective and longer-lasting. with no additional discomfort or downtime.

LEADING EDGE HAIR TRANSPLANTS

For advanced hair loss, sometimes a hair transplant is the only way to achieve lasting hair regrowth in areas like a receded hairline, thinning crown, or other areas where hair follicles are severely depleted or gone. Our hair transplant results appear completely natural, with no "pluggy" look like hair transplants from the past.

FUE (Follicular Unit Extraction) FUE is one of Bauman Medical's most popular hair restoration technologies. With the aid of robotics and other microsurgical instruments, hair follicles are harvested directly from the scalp without leaving behind a telltale linear scar.

FUE is minimally invasive, uses no staples or stitches, and requires little downtime. This technique replaces the older, invasive method of cutting out a strip of skin known as "strip harvesting."

VIP|FUE™

VIP|FUE[™] offers patients all the advantages of traditional FUE, as described above.

What makes it different? It's the only transplant procedure not requiring any trimming or shaving of the donor area. That means no dramatic change in your hairstyle after the procedure (such as looking like you had a buzzcut), making it totally

discreet. It often includes the unique benefit of the "long hair preview," which allows you to see the results of your transplant immediately after your procedure. In short, it's the most discreet hair transplant available today.

INTRIGUED? WANT TO LEARN MORE?

You've read this far, so please note that these services are just a *fraction* of the many hair restoration options we offer, both surgical and non-surgical, and none of them are scary. Promise.

For more information on how we can help you have the best hair possible, please visit www.baumanmedical.com.



You can also call 561-220-3480 or point your camera at the QR code below to schedule your private one-on-one in-person or virtual consultation.

GENETICS AND HAIR LOSS

- There are now over 200 known genes(or "SNPs" that contribute to genetic baldness.
- Hair loss genes can be inherited from either your mother's or father's side of the family or a combination of the two.
- · Hair loss can start as soon as puberty ends, depending on your hereditary sensitivity to DHT.
- · Color quality, texture, length of growth cycles, balding patterns, the speed of balding -- all of those put together will determine how quickly you see loss occur, how quickly it progresses, and how long it will occur later in life.
- Because it is a recessive condition, hair loss can be passed on but skip generations, skip siblings, etc.
- Many consumer DNA tests (e.g., 23andMe) include a prediction of whether you are likely to experience hereditary hair loss.
- Genetic testing like TrichoTest™ can help determine what hair growth treatments will work best for you based on your unique genetics.

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 33,000 patients, has performed more than 12,000 hair transplant procedures and over 12,000 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 6th consecutive year, "Top Hair Restoration Surgeon of the Decade", and received the 2022 "Lifetime Achievement Award in Hair Restoration". He was also recognized by Forbes as one of "10 CEOs Transforming Healthcare in America."



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



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 oth-

er 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.



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Scientists are still exploring which arthritis patients should be eligible for PRP injections. While nodefinitive 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 CAN PREVENT Prolonged Suffering!

MEN, LET'S TALK ABOUT PROSTATE CANCER

ne in eight men will be diagnosed with prostate cancer in their lifetime, according to the American Cancer Society. Other than skin cancer, it's the most common cancer in American men.

The majority of cases (6 in 10) are diagnosed at age 65 or older, with the average age at diagnosis around age 66. Although rare, it can occur in men below the age of 50. Research indicates that African American men are 60 percent more likely to develop the disease than white, Latino, or Asian men.

The prostate, a gland found only in males, is located between the bladder and the rectum. Its primary function is to produce fluid that nourishes and transports sperm. Cancer develops when normal cells in the prostate gland become abnormal and begin to grow out of control. In many cases, prostate cancer is relatively slow-growing.

While some men have no symptoms, warning signs of prostate cancer can include:

- Frequent urination, often with the sudden need to urinate in the middle of the night
- Pain or burning during urination
- Blood in the urine
- Weak urine flow

Men who experience any of these symptoms should talk to their doctor sooner rather than later. Your health care provider will do a physical exam and may suggest a cancer screening test.

Screening tests can help detect prostate cancer early

A blood test that measures the level of prostate-specific antigen (PSA), a substance made by the prostate, is often the first step in screening for prostate cancer. As a rule, the higher the PSA level in the blood, the more likely that a prostate problem is present. A digital rectal exam can also detect abnormalities in the prostate. If the result of either test is abnormal, your doctor may recommend a biopsy to investigate further.

The American Cancer Society recommends screening beginning at:

- Age 50 for men who have an average risk for prostate cancer
- Age 45 for men with a high risk of prostate cancer, including African American men and any male with an immediate family member diagnosed with the disease under the age of 65

Talk with your doctor to make the best personal decision about whether and when to undergo PSA screening. Early detection can make all the difference for treating the disease before it spreads, often resulting in a better outcome.



When found early, while cancer is confined to the prostate or the region surrounding it, treatment success rates and survival rates are very high. In fact, in the U.S., the five-year survival rate for men diagnosed with early-stage prostate cancer is more than 99%.

Treatment for prostate cancer

Many men who are diagnosed with prostate cancer are surprised when their doctor recommends watchful waiting, but this is sometimes the best plan. Because it is often slow-growing, prostate cancer can take years to become detectable and even longer to metastasize outside the prostate. In these cases, physicians may choose to closely monitor the prostate cancer with PSA testing and biopsies and begin treatment only if it grows or causes symptoms.

However, some prostate cancer cases are more aggressive and need more urgent treatment. Surgery and radiation therapy are among the most common treatments. A prostatectomy surgically removes the prostate. Radiation seeks to kill the cancer either by directing radiation at the cancer cells externally or by surgically placing seeds or pellets into or near the cancer to destroy the cancer cells, known as brachytherapy.

A urologist or oncologist will recommend the best treatment plan for your unique needs.

Thanks to ongoing advancements, many prostate cancers can be treated in very short schedules that result in optimal outcomes, decreased cost, and increased patient convenience.

Ways to reduce your risk

While no one can control age and hereditary factors that can contribute to the development of prostate cancer, lifestyle changes can help decrease a man's risk. A healthy diet and regular exercise are important factors men can control. Following a plant-based diet, maintaining a healthy weight, and increasing exercise have all been shown to lower the risk of prostate cancer.

Knowing the risk factors, symptoms, and recommended screening guidelines is vital to early detection. The majority of prostate cancer cases are discovered in the early stages, making the disease more likely to respond to treatment.

Talk with your doctor for more information during your annual wellness check.

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About Florida Cancer Specialists & Research Institute, LLC: (FLCancer.com)

Recognized by the American Society of Clinical Oncology (ASCO) with a national Clinical Trials Participation Award, Florida Cancer Specialists & Research Institute (FCS) offers patients access to more clinical trials than any private oncology practice in Florida. The majority of new cancer drugs recently approved for use in the U.S. were studied in clinical trials with Florida Cancer Specialists participation.* Trained in prestigious medical schools and research institutes, our physicians are consistently ranked nationally as Top Doctors by U.S. News & World Report.

Founded in 1984, Florida Cancer Specialists has built a national reputation for excellence that is reflected in exceptional and compassionate patient care, driven by innovative clinical research, cutting-edge technologies, and advanced treatments, including targeted therapies, genomic-based treatment, and immunotherapy. Our highest values are embodied by our outstanding team of highly trained and dedicated physicians, clinicians, and staff.



Lake Worth Cancer Center 4801 S. Congress Avenue, Suite 400, Lake Worth, FL 33461

Delray Beach 5130 West Linton Boulevard, Suite B-4 Delray Beach, FL 33434

Palm Beach Gardens 3401 PGA Blvd, Suite 200 Palm Beach Gardens, Florida 33410

Wellington North 1037 S State Road 7, Suite 303 Wellington, Florida 33414

West Palm Beach 1309 North Flagler Drive West Palm Beach, Florida 33401

For more information, visit FLCancer.com

12 Health & Wellness October 2022 – South Palm Beach Edition

SILHOUETTE INSTALIFT[®] A GAME CHANGER FOR **NON-SURGICAL FACIAL CONTOURING AND BODY CONTOURING**

LOOKING FOR A NATURAL LOOKING WAY TO COMBAT SAGGING SKIN WITHOUT SURGERY? CONSIDER THE SILHOUETTE INSTALIFT™.

ore and more patients prefer to avoid or at least postpone surgery, or simply are not a candidate for surgery due to medical reasons. This is a good alternative for those patients.

First let's discuss what aging really is in order to understand how we can combat it effectively. Aging consists of volume loss and sagging skin. If we want to "naturally" rejuvenate our face and body we need to address both these issues. The Silhouette Instalift[™] is the only non-surgical procedure that addresses both issues.

This Silhouette technology is in a class of its own, it's not a filler and it's not your typical thread. It is both, "dual action" means it lifts and volumizes at the same time. It is an advanced micro-suspension technology that uses small (3D) 360 degree cones made from PLLA (also known as "Sculptra") to simultaneously lift skin and build collagen. The lifting effect is immediate while collagen production is gradual and peaks at about 8-12 weeks.

After the patient's needs are assessed, and the entry points are marked, a local anesthetic is injected and the sutures are placed. There is very little discomfort during and after the treatment.

Once the sutures are placed, the skin will be repositioned to obtain the desired lifting effect. The ends of the suture are then cut. The number of sutures applied depends on each individual patient's skin elasticity and condition of the skin. Possible side effects are, as with any procedure that involves needles, bruising and minor pain and swelling. This is an office procedure that takes about 45 minutes and lasts about 18-24 months. The Silhouette Instalift[™] was FDA approved in April 2018 for use in the mid-face and was awarded the prestigious 2018 New Beauty Magazine breakthrough award. It has been popular in both South America and Europe for many years.

Silhouette Instalift[™] now has different sutures with varying numbers of cones, depending on where on the body it is being used. The 8 cone suture is used on the face, whereas the 12 and 16 cone sutures can be used to lift butts, saggy skin above the knees, elbows and saggy belly skin. It also works well for cellulite.









AFTER Control of the second seco

Why choose Silhouette Instalift™?

- Non-surgical procedure
- Minimally invasive
- Minimal recovery time/no down time
- Immediate lifting effects
- Volumizing in addition to lifting effects due to PLLA collagen stimulation
- Sutures are entirely re-absorbable
- Natural looking

I am so excited to be able to perform this procedure right here in my office. Call today to see if you are a candidate for the Silhouette Instalift[™]. MD Beauty Labs **(561) 655-6325.**

- www.sflHealthandWellness.com

Medical Director, Daniela Dadurian M.D.

- Board Certified Anti-Aging Medicine
- Board Certified
 Laser Surgery

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.



BEAUTY LABS Spa & Wellness Center

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The patient and any other person responsible for payment has the right to refuse to pay, cancel payment, or be reimbursed for payment for any other service, examination or treatment that is performed as a result of and within 72 hours of responding to the advertisement for the free, discount fee, or reduced fee service, examination or treatment.

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OUR FURRY FRIENDS Offer More Than Just Love And Laughs

WASTE BAGS + WIPES

DISPENSER



The CDC (Centers for Disease Control) warns that one single dog dropping can contain 3 million fecal bacteria, along with parasites and viruses that can that be passed to humans adults and children as well as other pets.

This chart shows some of the Parasites, Bacteria and Viruses that could be present in dog feces.

Parasites	Bacteria	Viruses
Cryptosporidium	Salmonella	Rabies
Giardia	E. coli	Parvovirus
Hookworms	Campylobacter	Coronavirus
Roundworms	Leptospira	Distemper
Tapeworms	MRSA	Canine Hepatitis

If you are infected by any of these though contact with dog feces, the symptoms can range from fever, rashes, diarrhea, vomiting, blindness, liver or nervous system damage or even death.

A dog's digestive system can handle just about anything and often this makes its poop very toxic. In fact, a single dog will produce more bacteria in one day than a person, a horse and a cow combined.

Our product puts the solution right at your fingertips! No more uncomfortable feeling of dirty hands after picking up your pet's waste. Simple. Easy. Clean.

Our uniquely designed pet waste bag integrates a hand sanitizing wipe with a pet waste bag to form a single unit for the purpose of cleaning your hands after picking up your pet's waste.

WHY WAGS WIPES AND BAGS?

Easy to use familiar design with added sanitary benefits.

- Unique Biodegradable (both bag and wipe) Eco-friendly
- First of it's kind
- Aids in the prevention of illness and disease, putting your mind at ease.

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Vines

PLANNING FOR THE INHERITANCE OF A DISABLED CHILD



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?



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.



TRUSTED

(561) 998-6039

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About Accepting Death

By Ernest Morgan, from Dealing Creatively with Death

f we were to walk across the fields in summertime to some undisturbed spot and mark off a piece of ground say four feet square then examine this little area minutely, we would find an astonishing variety of life. There would be many species of plants; possibly a mouse's nest, and other small creatures. Then resorting to a microscope, we would observe an incredible host of microorganisms functioning in association with the larger life forms.

In that little square of ground we would have seen an interdependent community of life in which birth and death were continuously taking place and in which diverse life forms were sheltering and nourishing one another. Written in the rocks beneath was a story of a similar process going back through eons of time.

Humankind is part of the ongoing community of nature, on a world scale, subject to the same cycle of birth and death which governs all other creatures and, like them, totally dependent on other life. Sometimes we tend to forget this. Birth and death are as natural for us as for the myriad of creatures in that little square of ground.



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16 Health & Wellness October 2022 – South Palm Beach Edition

Why the Stock Market Will Catapult Higher, and Soon

Chris Rowe



You'll never forget the experience of buying cheap stocks, then watching them shoot higher *literally uninterrupted.*

Why would stocks shoot higher off a market bottom?

When the market falls very far (into "bear market territory") it creates a "slingshot effect."

The further down it goes, the further back the slingshot is pulled.

When it finally "lets go," the market tends to blast off.

And stocks don't just move higher. They keep moving higher *unopposed*.

This happens thanks to something you're familiar with – Supply and Demand.

Demand (buying) pushes stock prices up. Supply (selling) pushes prices down.

Imagine if all you had was Demand. No Supply. That can and does happen, every three years on average.

Imagine a Dolphins game with *no defense on the field.* Imagine Tua Tagovailoa throwing passes while no one tried to stop him!

That's what happens at a market bottom. Buyers (Demand) are "on the field" while sellers (Supply) are in the locker room.

Why?

For the market to fall a lot, which it has lately, a tremendous amount of *selling* must have occurred. So much selling that stock buyers (Demand) are so exhausted they can baley lift their arms to block a pass or tackle a runner.

Imagine if sellers prove so strong, they roll over the buyers like a tsunami rolling over a town.

South Palm Beach Edition -October 2022 Health & Wellness 17



But...

Think about how many fund managers took a chance and bought stock lately, only to have that tsunami of sellers roll over them.

Think about them as people watching the value of their funds get smashed.

How would YOU feel if you bet on a stock that got smashed, while your job is to manage a fund that 200,000 people own?

The morale of fund managers is low or nonexistent. They think, "If you can't beat 'em, join 'em." And they *become sellers* themselves.

But not all of them.

The market is a battlefield where some weaker fighters (buyers) retreat and fearless ones remain. They have zero fear. They don't run (sell).

Once the battle of Supply versus Demand ends, anyone left standing is never going to run (sell).

When the market reverses back up, they will not turn into the forces of Supply. Meaning, they will NOT oppose the march of prices higher.

So when the stock market is going higher following a bottom, no sellers remain on the field. They've already sold, or they're crazy/fearless and will never sell. No sellers means no "defense" to block Tua Tagovailoa's passes and his march downfield to where your trading account has doubled... tripled... or more.

With sellers gone, there's no reason for prices not to soar.

That's why stocks went straight up after 2003, 2008/9, 2012/13, 2016...

And again in 2018/19... And also after the 2020 Covid Crash.

And that's why they'll almost certainly go straight up this time around!

Now, the market has fallen very low, but it can fall lower. Perhaps much lower.

Let it!

Wait for the market to reverse higher. Wait for the slingshot to let go!

Thanks for reading, and I'll see you downfield for a dance in the endzone.

For trading ideas visit TMIfree.com and sign up to receive my free newsletter.

Chris Rowe Founder and CEO, True Market Insiders "You see it in the price before you see it on the news."

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Founder of True Market Insiders, **Chris Rowe**, has been involved with some of the most dynamic companies to emerge from the financial services sector.

Working within the financial services industry since 1995, Chris held various senior positions at money management and investment banking firms where he served high-net worth and institutional investors.

Since 1996, he has been analyzing and managing investment portfolios of publicly traded equities, debt securities, derivatives, options, commodities and private securities. Since 2003, he has been publishing financial analysis, education and editorial.

He consulted for large hedge funds identifying attractive investment opportunities, writing reports and helping them hedge positions.

He was an active underwriter of both initial public offerings and secondary/followon offerings, some of which acted as the investment banker placing angel investors' money into the private placements.

Chris Rowe currently is the CIO of Rowe Wealth Management, a registered investment advisory firm. He is the non-executive chairman of True Market Insiders.



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WHO BENEFITS FROM BRAIN THERAPY?

By Renee Chillcott, LMHC



HOW YOUNG IS YOUNG AND HOW OLD IS OLD?

Have you heard the saying "You can't teach an old dog new tricks? This saying comes from the knowledge that the brain learns information differently throughout our life cycle and that there are "windows" of opportunity for learning certain things such as language acquisition.

Through research we also know that the brain changes throughout our life cycle. However, when it comes to being mentally healthy, the brain can learn, change, and improve, regardless of age.

Mental health is a broad term that encompasses our emotional, psychological, and social well-being. It can also have a profound impact on our physical well-being and daily functioning. Mental health affects how we think, feel and act as we cope with life and is important at every stage of life, from childhood and adolescence through adulthood.

At The Brain and Wellness Center in Boca Raton, our mission is to help bring education and optimal mental

health to the clients that we serve. We enjoy utilizing all our skills to enhance the quality of life and bring hope towards a better future for our clients.

HOW CAN I BE MENTALLY HEALTHY?

Being mentally healthy can be achieved in different ways for different people. At our clinic, we don't take a one-size-fits-all attitude. Instead, we customize each session to fit the individual and base this on their needs, symptoms, and individual differences. We offer several different services in-house and will not hesitate to refer out for services we don't offer if needed. Through Neurofeedback, EMDR, and counseling, optimal mental health is within reach.

NEUROFEEDBACK

Neurofeedback, also known as EEG biofeedback, has been studied and practiced since the late 60's. It is exercise for your brain; allowing you to see the frequencies produced by different parts of your brain in real-time and then through auditory feedback, teaches the brain to better regulate itself. Neurofeedback can be used to help detect, increase, and/or inhibit activity in the brain safely and without medication. It can help

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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. Neurofeedback is an effective treatment for all ages. From infants to geriatric, everyone benefits from improving brain patterns.

WHAT TYPES OF CONDITIONS DOES NEUROFEEDBACK HELP?

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

- Anxiety
- Sleep disorders
- Depression
- ADD/ADHD
- Sensory processing disorder
- Bipolar Disorder
- Seizure Disorders
- Auditory/visual processing
- Chronic pain/Fibromyalgia
- Migraines/headaches
- Traumatic brain injuries
- Stroke
- Cognitive decline
- Peak performance
- Oppositional defiant disorder
- Rages/mood swings
- Attention/focus/concentration
- Reactive attachment disorder
- Autism/Asperger's
- Learning disabilities
- Obsessive Compulsive Disorder
- Long and Short-term Covid and Vaccine Symptoms

The QEEG is a quantitative EEG. It's also called a brain map and does just that... it gives us a map of what is going on with the entire brain at one time. We attach electrodes to the whole head, 19 spots, and then record the brain waves with eyes open for 5 minutes and with eyes closed for 10 minutes. The QEEG is not a medical EEG and cannot replace it. The QEEG is unable to detect seizures or pathology in the brain that is diagnosed by a Neurologist. However, the QEEG is an excellent tool for implementing treatment. With a QEEG the brain activity is not only compared spot by spot over the entire head. but we can also look at connections, symmetry, and how different parts are communicating. We don't always need this data to make improvements in symptoms, but we do recommend it in certain situations. A QEEG can also be helpful information when diagnosing and/ or trying to decide the best medication/supplement recommendations.

EMDR

EMDR or Eye Movement Desensitization and Reprocessing, focuses on the memories we have that were stored incorrectly and therefore continue to disturb us, even if we've reasoned them out. These memories get stored in the emotional part of our brain, so accessing them leaves us feeling as if we are still experiencing them, and all the same hurt comes back. EMDR allows the brain to tap into these feeling memories and conjoin them with more logical reasoning so that we can heal them. We don't lose the memories, but we lose the emotional grip they have on us. EMDR is an effective treatment for all ages. Even small children can get "stuck" in trauma experienced early in life that the brain stores and they are unable to connect.

What are the Symptoms that can be helped by EMDR?

- High anxiety and lack of motivation
- Depression
- Memories of a traumatic experience
- Fear of being alone
- Unrealistic feelings of guilt and shame
- PTSD

- Difficulty in trusting others
- Relationship problems

IS EMDR NEW?

Since the initial medical study in 1989 positive therapeutic results with EMDR have been reported with the following populations:

- People who have witnessed or been a victim to a disaster.
- Clients suffering from PTSD (post-traumatic stress disorder)
- Suffers of panic disorders and anxiety attacks
- Suffers of phobias
- Chemically dependent clients
- Persons exposed to excess loss
- First Responders
- Accident or burn victims

EMDR is similar to that of REM sleep, when our eyes move as we sleep, our brain is able to process the information we have collected through the day. In an EMDR session, your eyes are guided with hand movements or tappers, back and forth at a calming pace. While the movement is happening, you may experience different memories, thoughts about the memories, feelings may come up and they may sometimes be intense. Through this process, you will be guided and supported. By the end of the process, your memory, and thoughts about the memory will be different. It won't hold the same feelings for you anymore, and you may see yourself, and indeed your life, in a new way.

EMDR is a powerful with children as well, helping them move past fears and behaviors triggered by past events. It is done through play and can help move children through tough times with less stigmatizing affects. The children continue to work through therapy in play, with the EMDR allowing the brain to work out their feelings much faster.

COUNSELING

There is no "right or wrong" way to benefit from counseling. Rather, it's all about the "fit" and needs of

our clients. At The Brain and Wellness Center we partner with different therapists in order to present options and techniques of counseling to fit your needs. Different counseling styles and approaches for individual clients of all ages, couples, and families; make us a unique and inviting place to heal and grow.

HOW DO I GET STARTED?

South Palm Beach Edition - October 2022 Health & Wellness

Getting started is easy, just contact us. Through a FREE, scheduled, telephone consultation; the Brain and Wellness Center staff will answer your questions, help you get scheduled and can help you determine what services are best for you. Text, call, or email 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/Mental

Health Counseling 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, SSP, EMDR, Learning Programs, and counseling are among a few of the services offered.



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FROM DIAGNOSIS TO REMISSION WITH FAITH

ave you ever experienced nerve-wracking news that you think might change your life forever? Ever felt so helpless, shocked, and lost? Well, this is my story in 2013; our trip to Europe was cut short when my husband experienced sharp pain in his lower back. Upon diagnosis, my biggest fear and nightmare befell us; it was cancer. We were both shocked and did not know what to do, it was tough, but we never lost hope.



My husband and I decided that we will fight and explore all possibilities. Our quest began in search of every single treatment available to us. Like most cancer patients, we started Chemotherapy. As my husband was going through Chemo, I started feeling a strange emptiness and did not find the real meaning of healing with toxic substances. Despite all that, I felt science says that this was our best chance to defeating the disease.

Having little knowledge on Chemo and cancer, I decided to ask questions from my husband's nurse, who told me "Be smart." The response came with a significant breakthrough, after which I searched for ways to heal cancer naturally and met this massive world of hope and beautiful people. From that point, one point led to the other, we changed oncologists, and I started the quest to research alternative ways to supplement my husband's Chemo treatment.

We started using Vitamins, Minerals, Amino acids, herbs, and multiple natural substances to help him heal and detoxify what contributed to make him sick as for example heavy metals. He took Digestive Enzymes every day with and without food. Probiotics, Vitamin B Complex, Immune boosters, mushroom complex, between many more.

Minerals are so important because we require all minerals for our overall health, some play a more important role in cancer treatment. A lot of these minerals are found in the food we eat but due to processing and cooking, they are lost. Besides this, the soil in which our food is grown is also depleted of minerals. As a result, we don't get the required amounts of these minerals from our diet. This is where supplements come in.

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Magnesium is one such mineral that is crucial for our health. It is involved in over 300 biochemical reactions in the body including energy production and detoxification. Cancer cells have a higher requirement for energy and produce more toxins than normal cells. This makes magnesium an important nutrient for cancer patients. The role in DNA replication and repair makes it doubly important. The role of magnesium for patients with cancer doesn't stop there. It is also involved in the relaxation of smooth muscles, making it beneficial for patients suffering from constipation or diarrhea. For patients undergoing chemotherapy, magnesium can help to reduce some of the side effects such as nausea and vomiting. While magnesium supplements are readily available, it is always best to get your minerals from food. Some good sources of magnesium include dark leafy greens, nuts, seeds, and fish.



I decided to start my own Supplement brand choosing clean, non-toxic, natural formulas that could really benefit the body. **My Balance Nutrisentials.**

and Medicine. Then I decided to start my own Supplement brand choosing clean, non-toxic, natural formulas that could really benefit the body. My Balance Nutrisentials.

Join our journey to wellness and learn more about Alternative Medicine and how supplements help aid the body in the prevention and recovering process during a Cancer diagnosis with Conventional and Natural methods, The best of both Worlds. You can rest assure that when you'll take My Balance Nutrientials you are getting ingredients with the highest quality.

> "Prevention supporting the body with what it needs is the key to wellness" Blanca Nieto N.D



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Similarly, another important mineral for cancer patients is selenium. It is an antioxidant that helps to protect the cells from damage caused by free radicals. Free radicals are produced in large quantities by cancer cells. Selenium also helps in the production of glutathione, another important antioxidant. Glutathione plays a role in detoxification and boosts the immune system. Selenium can be found in Brazil nuts, eggs, fish, and meat.

After years of observing how his body was gaining strength, from the supplements and alternative treatments, my husband felt stronger and healthier. From the start, my husband was always positive and highly energetic. After the diagnosis, he told me, "It's not about healing the Physical body, but the Soul," and since that moment we put every treatment in God's hands. I became a Naturopathic Doctor, that lead me to start my own business My Road to Wellness with passion, experience, and testimony with love for Supplements, Raw vegetable juices, Herbs,



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



For the 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.





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

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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!



24 Health & Wellness October 2022 - South Palm Beach Edition STOP THE PAIN AND INFLAMMATION!



Simply Men's Health REJUVAnation Medical Center, a pioneer in the emerging field of Restorative Medicine, has combined with the world-renowned Carmen Care Laser Institute. We offer the most revolutionary, cutting-edge non-invasive therapies with an 80-90% success rate treating acute and chronic pain. Despite our name, Simply Men's Health,our REJUVAnation Medical Center division treats both men and women.



ARTHRITIS

Knee Arthritis (even bone on bone) Shoulder & Elbow Pain Post Injury Arthritis

SPORTS INJURIES Tendonitis Golfer's or Tennis Elbow Rotator Cuff Tendonitis or Tears

Muscle Bruises, Tears & Sprains

Knee Ligament, ACL, Meniscus Injuries



CHRONIC PAIN & INFLAMMATION CONDITIONS

Sciatica

Carpel tunnel Syndrome Bursitis, Frozen Shoulder Hip Pain

Spinal Stenosis

Chronic Lower Back Pain

Traditional medicine only treats symptoms with pain killers, cortisone injections etc, while the underlying condition worsens until invasive surgery is the only option to relieve your excruciating pain. In contrast, Simply Men's Health treats the underlying cause and REVERSES chronic degenerative diseases and heals acute injuries. Specifically, we combine cutting-edge technology and Restorative Biologics using Platelet-Rich-Plasma (PRP), umbilical mesenchymal growth factors and RejuvaWAVE® acoustic wave therapy with Photobiomodulation (Low-Level Laser therapy) to repair, restore and renew damaged tissue.

HOW DOES EPAT ACOUSTIC WAVE THERAPY WORK?

RejuvaWAVE[®] EPAT acoustic wave therapy is FDA cleared for musculoskeletal conditions. EPAT uses acoustic

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pressure waves to cause micro-trauma and regeneration of damaged tissue. As a result, EPAT stimulates cellular metabolism, enhances blood flow and activates the body's ability to heal. In addition, acoustic wave therapy (often called shockwave) stimulates the growth of new blood vessels, nerves and tissues and alleviates pain and accelerates healing.

WHAT DISTINGUISHES OUR TREATMENT FOR ACUTE AND CHRONIC PAIN?

We combine EPAT therapy with the proven, non-invasive Photobiomodulation (LowLevel Laser Therapy) which has a 90% success rate. The red and near infra-red lasertherapy light is absorbed into the cell and photons trigger the mitochondrial ATP production encouraging blood flow, increasing circulation, decreasing inflammation and stimulating cellular healing and repair. The AcousticWave EPAT works synergistically with the Photobiomodulation (Laser therapy) to improve circulation, decreaseinflammation and swelling, alleviate pain and restore and heal injured tissue.

Simply Men's Health REJUVAnation Medical Center combines the restorative EPAT and Laser therapies, which have an 80-90% success rate in pain-relief, with restorative biologics including Platelet-Rich-Plasma (PRP) and umbilical/placental-derived mesenchymal messaging cells and growth factors.

ENJOY YOUR GOLDEN YEAR AND GET BACK INTO THE SWING OF LIFE WITH REJUVAWAVE®PHOTOBIOMULATION THERAPY AND RESTORATIVE BIOLOGIC THERAPY.

Both EPAT acoustic wave therapy, FDA-cleared for musculoskeletal conditions, and Laser therapy are proven, non-invasive treatments for pain with an over 80-90% success rate. When combining with Restorative Biologics, these growth and healing factors work synergistically, like fertilizer to a garden, and accelerate and enhance the anti-inflammatory pain-relief and healing and restorative capacity of the combined EPAT and Laser therapy.

If youor someone you love is suffering from inflammation and pain, give our team a call and let's discuss the combination of treatments that are right for you. You don't have to live in pain any more.



Simply Men's Health has closed our west Boca Raton office and moved to a Bigger and Better location in East Boca Raton



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Don't Let Those Dark Spots on Your Face Scare the Kids this Halloween - Shed the Dead with a Chemical Peel Today!

Kathleen M. Marc, MD, Medical Director Board Certified by the American Board of OB/GYN

ummer has officially come to an end. We are well into the grind of daily life again. That summer glow is fading fast and some of us are starting to notice that the sun wasn't as good to us as it felt while we were laying by the pool. We're looking in the mirror and noticing uneven skin tones, dark spots, and fine lines we don't remember from before. To put it in Halloween terms-we look a fright! What do we do to look and feel younger post-sun? Is there recovery from the damage the sun has already done?

Chemical peels are cosmetic treatments that improve the appearance of sun-damaged skin. They can be used to treat photoaging, wrinkles and fine lines, and general discoloration. Chemical peels are made up of different formulas of glycolic acid, trichloroacetic acid, salicylic acid, and phenol. The different chemical solutions used produce a controlled injury to the face that promotes growth of new skin, thus giving your skin a more uniform appearance.

There are two layers that make up the skin. The outer layer is known as the epidermis and the inner layer, the dermis. Superficial peels (glycolic acid) produce a superficial injury that affect only the epidermis. They are used on conditions like acne. Deeper peels (phenol) affect the dermis and can reverse signs of photoaging like dark spots and wrinkles. Generally speaking, a deeper peel produces more dramatic results.

For the last 20+ years a patented system called the Marinin Peel System has become very popular and widely used. It involves an advanced two-step peel process that begins with a multi-acid combination that exfoliates the skin. The second step is a leave-on 1% retinol activator peel with anti-aging peptides and antioxidants. This step enhances results and gets the healing process underway. There are three different formulas available that will provide the best possible results for varying skin types and problems being addressed.



Chemical peels, like the Marini Peel, leave the skin looking younger and healthier. It diminishes the appearance of fine lines and wrinkles, smoothes and softens skin, increases hydration and suppleness, and balances out irregular skin tones. It can also help to improve conditions such as oily skin and acne.

Chemical peels aren't just for the face, though that is where we often tend to focus when we look in the mirror. They can be used on the neck, the chest, and the hands as well. It is also important to note that they are safe for all types of skin. A chemical peel can be performed on fine or thick skin, normal or oily skin, caucasian, black, and Asian skin as well.

If you want the optimal results from your peel, it is best to have a chemical peel performed as an in-office treatment by a trained professional rather than using at-home products. The procedure is quick, generally taking between 15 minutes to a half an hour. And there is very little recovery time. You can return to your normal routine the same day with little to know pain or discomfort. Though you will notice a difference with your first treatment, it usually takes 4-6 treatments at 3-4 week intervals to reach the best possible results. Also, it is important to note that treatment on other parts of the body like the hands or chest will improve at a slower rate than the face.

Chemical peels have been around for hundreds of years and have been shown to be quite safe. When administered by gualified professionals under controlled conditions, the risks are minimal. Your skin care professional can help you determine which type of peel is right for you.

If you are interested in learning more about the Marini Peel, contact Aesthetic Treatment Centers in Naples today. Their highly trained staff of professionals will be happy to help you decide if the Marini Peel is right for you and help you along your journey to looking and feeling younger.

Aesthetic Treatment Centers

As a leader in the industry, ATC always offers the latest technology in skin and body care. By combining their expertise through industry leaders, innovative procedures, and cuttingedge products, you will always receive remarkable results within the serene, inviting atmosphere of the Aesthetic Treatment Centers.

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UNDERSTANDING DRY EYE AND BLEPHARITIS

ry eye is believed to be one of the most common ocular conditions in the United States. More common in women, one study estimated the prevalence of dry eye in women \geq 50 years old was 7.8% or 3.23 million women in the US. Called keratoconjunctivitissicca, the underlying pathology is a decreased production of tears by the lacrimal gland. If insufficient tears are produced, the ocular surface begins to dry out. When mild, a simple occasional irritation may be all that is noted by the patient. Moderate dry eye sufferers can develop superficial abrasions of the cornea and conjunctiva. Severe dry eye sufferers can have corneal ulcerations that can cause permanent loss of vision. The treatment of dry eye consists of rebuilding the tear film. Artificial tears provide an immediate increase in the wetness of the cornea, but are time-limited. Medications such as Restasis work by increasing the amount of tears being produced, but they can take several months to achieve therapeutic success. Other treatments involve punctal plugs - these are microscopic tops that are used to effectively cap off the puntcum (hole in the lid closer to the nose where your tears naturally drain). Much like putting a plug in a sink, these allow the tears created to remain on the ocular surface longer.

Of course, if tear production is minimal, the effect of plugs will be small. Unfortunately, not all dry eye diagnosis and treatment are that simple. Blepharitis, a distinct entity from dry eye, can have similar symptoms and signs. Blepharitis refers to an inflammation of the eyelid margin. Sometimes, it can mimic dandruff on the eyelashes. In these cases, eyelid scrubs with baby shampoo or tea tree oil shampoos may be helpful. However the most common type of blepharitis affects small glands in the eyelid called meibomian glands. These meibomian glands are responsible for secreting the oil component of the tear film. Though our tears are mostly water-like, there is an oil component to them. Much like oil creates a separate



layer in a pot of water, so too does the oil from the meibomian glands form a layer of the natural tear. In severe forms of blepharitis, these glands can become dysfunctional, leading to an absence of oil. In cases such as these, the patient's tears evaporate rapidly and, despite producing enough tears and not having "dry eye", experience the exact same symptoms. In these cases, treatment is targeting more at improving function of the meibomian glands.

While there is no complete cure for all forms of dry eye, proper identification of the underlying cause is critical to resolving symptoms. While dry eye and blepharitis contribute significantly to ocular discomfort, there are many other causes. Evaluation with an eye professional is always recommended to uncover these causes. In most cases, early treatment of these findings is much simpler than treating later on.

- www.sflHealthandWellness.com

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.



Spiritual Mellness



A selfie is a photograph of yourself taken with a mobile phone or other handheld device, and uploaded to social media – Facbook, Instagam, Twtitter, etc.

Personally, I am fascinated with the whole selfie concept. I wonder: do people think so much of themselves that they want others to look at them? Or do they think so little of themselves that they portray an unrealistic image through photos? Or maybe they just do it for fun? Who knows? But what I do know is that the selfie tells others a lot about ourselves.

And probably more than you even realize.

I read this the other day: "We (people) are God's selfie." When I first read it, I thought to myself: what a disappointment. But then as I spent more time letting the statement soak in, I began to

understand the truth behind it - and the impact it could have on our lives if we began to embrace the whole idea.

We are God's selfie.

In the Bible we see in Genesis chapter one that God created the heavens and the earth. He created the seas, the animals, and all that we see everyday. "Then God said, "*Let us make human beings in our image, to be like us... So God created human beings in his own image.* In the image of God he created them; male and female he created them." (Genesis 1:26-27)

That passage also tells us what God thinks of "His selfie". When God created all of the other things, at the end of the day He said it was 'good'. When God created humans in His image, He said it was *very* good.

So here's the deal: we are God's selfie.

But what does that mean for us? It means that when you look in the mirror at yourself you should see something different. When you think that you don't have value as a person you should think again. Because God sees great value in you.

The Apostle Paul write this: "...we are God's *masterpiece*..." (Ephesians 2:10) King David wrote a song in which he wrote these words: "For you formed my inward parts; you knitted me together in my mother's womb. I praise you, for *I am fearfully and wonderfully made.*" (Psalm 139:13-14)

No matter how breath taking the sunset may be. No matter how majestic the scenery may look. No matter how beautiful the painting appears or how wonderful the symphony sounds. None of it compares to you. Because you are God's masterpiece.

You are God's selfie.

Brent Myers



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