

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

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

January 2023

South Palm Beach Edition - Monthly

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**FREE**



**WHAT ARE ALL-ON-4  
DENTAL IMPLANTS?**

**HAPPY NEW HAIR!  
OUT WITH THE BALD,  
IN WITH THE NEW**

**THE NEW YEAR AND NEW SKIN  
YOU DESERVE**

**SENIORS AGING IN PLACE**

**TECHNICAL TUESDAY –  
THIS IS THE BOTTOM, SO IGNORE  
THIS MARKET'S SELL SIGNAL**





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## TRUSTED LAW AMANDA ACHONG, ESQ

- Florida State University
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Amanda Achong is an attorney whose practice concentrates in the areas of trusts, estates, and elder law. She is a graduate of some of the top universities in the country. She devotes her time to estate planning for the middle class, charging moderate fees, and then getting referrals from happy clients.

# Revocable Living Trust

## ATTENTION SENIORS:

- Why Forbes Magazine says that the middle class may need living trusts
- Why a will may not avoid probate
- How a living trust may avoid probate
- Why you may have probate in more than one state if you own out-of-state real property
- How a trust may protect your child's inheritance from divorce
- How a trust may protect your child's inheritance from sons-in-law and daughters-in-law

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# What are **All-on-4 Dental Implants?**

## Understanding Advantages & How They Work

If 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 All-on-4 dental implants.

What are All-on-4 Dental Implants? The All-on-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





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 All-on-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 natural-looking 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!



**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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# Happy New Hair!

## OUT WITH THE BALD, IN WITH THE NEW

by Alan J. Bauman, MD, ABHRS



*Did you know...  
More than half of the people  
who make New Year's  
resolutions have dropped  
them by the end of January,  
and almost everyone has  
put them in their rearview  
mirror by the end of March?*

Why is that? Well, sometimes the goals are unrealistic (lose 30 pounds by March; stop smoking cold turkey), there's no concrete plan, or there's no one partnering with them to help keep them on track.

At Bauman Medical we formulate an individualized treatment plan for every patient, promising only hair goals we know are realistic. And we encourage and support you throughout whatever type of hair restoration or hair growth solution we determine is best for you.

Below are some (but not all) of the exceptional products and services Bauman Medical offers that address just about any hair goal you might have, with something for every budget.

### HOME USE

#### Low-Level Laser Light Caps

A popular option for people with thinning hair are our low-level laser light caps (we have five models). Bauman's LaserCaps™ are drug-free, chemical-free, non-invasive, FDA-cleared, and can be used at home on your schedule. Proper and consistent use of medical-grade low-level laser light therapy has been scientifically proven to improve hair quality, strength, and thickness, as well as promoting hair regrowth.

Our newest and most high-tech LaserCap, the TURBO LaserCap™, is especially popular. Here's why:

- Usage requires just five minutes per day.
- Its 300 high-quality laser diodes deliver more energy and power to 25% more area of the scalp than any other portable hands-free laser hair regrowth device on the market.
- It's easy to travel with. Its flexible spine lets you fold it flat.
- It has a long battery life, requiring fewer recharges.
- It's adjustable for a perfect fit for you and someone else you'd like to share it with.
- It has a lifetime warranty.

### IN-OFFICE PROCEDURES

Some situations require in-person visits to get your hair follicles in tip-top shape. (It's not unusual for patients to fly in from long distances specifically to see us). Below are some of our most popular procedures.

#### PRP (Platelet-Rich Plasma)

PRP is comfortable and takes only about an hour. It requires no recovery or downtime.

Platelets and plasma are separated from other components of a small sample of your blood, then concentrated and painlessly applied into your scalp under local anesthesia where weak hair follicles exist. When performed using the appropriate concentration of platelets and proper application techniques, you can expect hair growth improvements that last a year or more from a single treatment.

#### PDOgro™

Researched and developed right here at Bauman Medical, we were the first hair restoration clinic in the U.S. to use PDO threads to enhance hair growth. PDO, or polydioxanone, is a synthetic, absorbable FDA-cleared material.

PDO threads placed into the scalp have been shown to stimulate hair regrowth. Typically performed in combination with PRP in a no-downtime "lunch-break" procedure, the threads are comfortably applied into the scalp. They dissolve and are absorbed over time. They safely stimulate collagen production, new blood vessel formation, and the release of powerful rejuvenating growth factors.

The PDOgro™ procedure may help prevent or reduce the need for future hair transplantation by stopping, slowing, or reversing hair loss.

#### FUE (Follicular Unit Extraction)

FUE is an advanced, minimally invasive method of harvesting DHT-resistant hair follicles directly from the sides and back of the scalp, as little as one follicle at a time without a scalpel incision or the need for sutures or staples.

FUE replaces the older invasive method of "strip" or linear harvesting known as FUT (Follicular Unit Transplantation), which leaves a telltale linear scar. FUE requires a shorter, more comfortable, and less restricted recovery than the strip-harvest FUT procedure. Skillfully and artistically performed with the help of sophisticated robotic or mechanical/manual devices, FUE hair transplantation provides a permanent, natural-looking result.

#### VIP|FUE™ No-Shave Long-Hair Preview

VIP|FUE™ is the most discreet hair transplant available. It has all the advantages of traditional FUE but requires





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



Before and after FUE Hair Transplant by Dr. Alan Bauman

no trimming or shaving of the donor area and therefore produces no dramatic change in your hairstyle. It's called a "preview" because it allows you to see the results of your transplant immediately after your procedure. VIP|FUE™ is a highly advanced, technical procedure that requires special skill and instrumentation, and is only available here at Bauman Medical.

#### TED

TED (TransEpidermal Delivery) is ideal for people who want to improve the overall thickness and appearance

of their hair but have avoided getting medical treatment because they're averse to needles or having their blood drawn. TED is needle-free, pain-free, requires no anesthesia of any kind, and is highly effective.

It involves applying a specialized topical hair growth serum on your scalp in the treatment zone. A handpiece that looks like a small massage gun is moved slowly over the scalp, emitting safe ultrasonic sound waves and air pressure for 20-25 minutes. This process gently enhances the penetration of the serum into the scalp by temporarily increasing scalp permeability and stimulating the hair follicles. TED is clinically proven to help minimize shedding and improve hair growth and scalp health within minutes.

#### LEARN MORE

OK. I know. It's hard to make that first contact. I feel that way sometimes when contemplating

doing something I've never done before. But I can assure you, from your first contact with us, you'll feel like you're our most important patient. Why wait another day? Let's talk to see what treatment regimen is right for you.

Call **561-220-3480** or point your camera at the QR code below to schedule your private one-on-one in-person or virtual consultation at **www.baumanmedical.com**.



## Genetics and Hair Loss

- There are now over 200 known DNA locations (genes and 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 gene, hair loss can skip generations, skip siblings, etc.
- Consumer DNA tests (e.g. TrichoTest™) include a prediction of whether you are likely to experience hereditary hair loss and what treatments will work best for you based on your unique DNA.

### About Dr. Alan J. Bauman



#### Alan J. Bauman, MD, ABHRS, IAHR 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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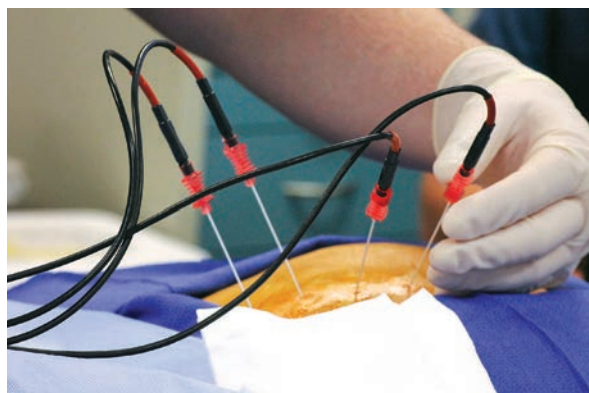
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**N**eck (cervical), mid back (thoracic) and low back (lumbar) pain are common ailments which can be acute or chronic. This may be debilitating and stop people from their usual activities of daily living. As many do not know, this pain from the spine can easily be treated by a qualified Interventional Pain Management Specialists, like Dr. Aaron Rosenblatt. Aaron Rosenblatt, MD is a board certified medical specialist whose brand new state-of-the-art facility is located conveniently in the heart of Delray Beach, FL. He has been successfully treating patients in south Florida now for over 12 years. Patients also come from all over the country to see Dr. Rosenblatt due to his expertise in spine pain, joint pain (knee, hip, shoulder, wrist and ankle) and their treatment options. Spine pain from arthritis of the neck, mid back and low back are the most common pain syndrome he sees among his patients and he wants to spread awareness how this issue can be treated.

Before a RF rhizotomy is performed, the pain generating facet joint nerves have been identified by means of a diagnostic injection, such as a facet joint or medial branch nerve block. Other tests may include MRI. Since the medial branch nerves do not control neck or low back muscles, it is not harmful to disrupt or turn off their ability to send signals to the brain conceived as pain.



# Pain Management for Facet Joint Pain: Radiofrequency (RF) Ablation/Rhizotomy



By Aaron Rosenblatt, MD

RF ablation is a precisely targeted injection that works by creating energy to destroy a facet joint's medial branch nerve. Relief from pain and related symptoms may last a year or longer. However, the medial branch nerve root regenerates (grows back) and facet joint pain may come back in years time. Results vary from patient to patient. For example, if there is instability at the segment where the RF neurotomy is performed, pain relief and its duration is less.

## BASIC FACET JOINT ANATOMY

Each vertebra in the cervical (neck), thoracic (chest), and lumbar (low back) has two sets of facet joints at the back of the spine. One pair faces upward and one downward with a joint on the left and right sides of the vertebra. Facet joints are hinge-like and link vertebrae together. Each facet joint is innervated by a medial branch nerve. The medial branch nerves control sensation to the facet joint. These nerves DO NOT control sensations or muscles in your arms or legs and therefore are safe to treat.

**What to Expect During and After the Procedure**  
The procedure is performed in a sterile setting similar to an outpatient procedure suite.

Your injection site is cleaned and draped. Skin numbing medication is injected and given time to take effect.

Dr. Rosenblatt uses fluoroscopic guidance (real time x-ray) to guide the needle electrode beside the medial branch nerve. Through the electrode, mild electrical current (radiofrequency) stimulates the medial branch nerve. As the electrode is energized, the nerve is changed so the patient's arthritic spine pain will improve.

After the procedure, the patient is moved to the recovery area where our medical staff continues to monitor you if needed.

You may be discharged home following your RF ablation. Our medical staff provides you with written aftercare and home instructions.

## BENEFITS OF RADIOFREQUENCY

### ABLATION INCLUDE:

- Pain relief for up to 2 years
- Significant and longer lasting pain relief compared to steroid injections
- Low complication and morbidity rates
- Appreciable pain relief compared to surgery: Nearly half of back pain sufferers are not helped by surgery
- Greater range of motion
- Lower or no use of analgesics (pain meds)
- Improved quality of life
- No significant recovery time

Dr. Rosenblatt explains, "This procedure is so valuable to help people of all ages virtually eliminate their arthritic spine pain. It is great for neck and lumbar spine. It has saved people from requiring spine surgery. It is simple to perform and provides life changing relief."

In Dr. Rosenblatt's beautiful freestanding interventional pain management building in Delray Beach, FL, thousands of individuals have been able to benefit from this technique. Dr. Rosenblatt has been performing this procedure for more than 15 years with great success. 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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# PROMISING TRENDS IN CANCER CARE

**T**he outlook for people diagnosed with cancer is becoming brighter all the time, thanks to a variety of ongoing advancements.

There are nearly 17 million cancer survivors living in the U.S. today, according to the American Cancer Society. Increasingly, many of the nearly 2 million Americans who will be diagnosed with cancer this year will experience cancer more like a chronic disease than a dim prognosis.

## Screenings Save Lives

Screening tests that are effective at finding many types of cancer before signs or symptoms appear are now available. When detected early, certain cancers are much easier to treat, preventing thousands of additional cancer cases and deaths.

Recommendations can vary based on your age, family history and lifestyle. Talk to your doctor about cancer screening, and do not skip or delay your recommended screenings. It cannot be overstated: Early diagnosis and treatment is a substantial factor in surviving cancer.

## The Power of Genetics

Genetic screening and testing are powerful tools that are enabling oncologists to diagnose cancers faster and more precisely and rapidly develop customized treatments based on each patient's unique genetic makeup and mutations.

Genetic mutations inherited from our parents can put us at increased risk of developing certain cancers. Knowing personal risk factors for hereditary cancers early can be lifesaving.

Genetic screening involves a review of personal and family cancer history, including type(s) of cancer and age(s) at diagnosis. Based on this information, specially trained genetics specialists can refer individuals for consultation and genetic testing or provide guidance to make lifestyle changes or explore other preventive options to reduce future risk.

Clinical testing known as Next Generation Sequencing (NGS) is an advanced form of genetic testing that can detect mutations in hundreds of different genes derived from tumor cells simultaneously. NGS testing provides a more precise understanding of each patient's individual diagnosis. When oncologists know the specific genetic alteration a patient has, they may be able to identify a therapy that actually targets that exact mutation. The results also help to identify clinical trials the patient would be eligible for based on their molecular profile.

## Immunotherapies

Chemotherapy and radiation have been widely used for decades to directly target cancer cells. While effective, these treatments can also destroy healthy blood cells and harm the body's production of new cells.

Immunotherapies work to stimulate or boost the natural defenses of the body's immune system to work harder to fight cancer. They can be injected directly into a vein, swallowed in pill or capsule form, or applied topically through a cream that is rubbed onto the skin.

Immunotherapy may be used alone or in combination with chemotherapy, radiation and/or surgery. While side effects can occur, a key difference is that they are often less severe than those encountered with conventional therapies.

In the last few decades, immunotherapy has been approved for the treatment of many cancers, including bladder, cervical, breast, colorectal, lymphoma and melanoma, among others. Patients may receive immunotherapy in a doctor's office, an oncology clinic or, in some cases, a hospital setting.

## Clinical Research Drives Cancer Treatment Advancements

Every drug or therapy that is in place today to treat cancer had its start in a clinical trial.

After promising results are seen in the laboratory, medical breakthroughs then require careful research through closely monitored studies conducted in humans, called clinical trials. These studies deserve credit for new treatments of cancers that were previously considered incurable.

Studies of new cancer drugs or medical procedures are not a last resort, but rather an opportunity to expand an individual's treatment to include early access to the most effective and promising options.

## More Hope on the Horizon

Scientific researchers around the globe continue their work toward a cure at a very fast pace.

In particular, researchers are focusing on several major areas to improve immunotherapy. Even though immunotherapy can prevent or slow cancer growth, cancer cells do have ways to avoid destruction by the immune system. Increased understanding of how cancer cells get around the immune system could lead to the development of new drugs that block those processes and ways to reduce the side effects of treatment.

Cancer vaccines are actually a form of immunotherapy. While several vaccines are effective in preventing diseases caused by bacteria and viruses, the development of cancer vaccines is significantly more complicated due to several factors. Currently, four vaccines that can help prevent cancer and two vaccines that treat cancer have been approved by the U.S. Food & Drug Administration.

Increasingly, immunotherapy and other exciting new advancements are leading to the development of truly targeted therapies to achieve the best possible outcome. Hope is clearly on the horizon. Patients with cancer and their health care teams have more options to pick from than ever before, with more on the way.

## World-Class Cancer Treatment Close to Home

About Florida Cancer Specialists & Research Institute, LLC: ([FLCancer.com](http://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. Over the past five years, the majority of new cancer drugs approved for use in the U.S. were studied in clinical trials with FCS participation.\* Trained in such prestigious medical schools and research institutes as Duke, Stanford, Harvard, Emory, MD Anderson and Memorial Sloan Kettering, our physicians are consistently ranked nationally as Top Doctors by U.S. News & World Report.

FCS 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 values are embodied by our outstanding team of highly trained and dedicated physicians, clinicians and staff.



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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](http://FLCancer.com)





ARE YOU TIRED OF TRYING COUNTLESS SKINCARE PRODUCTS THAT PROMISE THE WORLD BUT FAIL TO DELIVER THE RESULTS YOU DESIRE? IT'S TIME TO TRY EMFACE BY BTL, THE CUTTING-EDGE NON-INVASIVE TREATMENT THAT IS TAKING THE BEAUTY INDUSTRY BY STORM.

**E**mFace uses advanced radio frequency technology to lift and tighten the skin, reducing the appearance of fine lines, wrinkles, and sagging skin. The treatment is quick, painless, and requires no downtime, making it the perfect solution for busy individuals looking to maintain a youthful appearance without the need for surgery or injections.

But don't just take our word for it – the results speak for themselves. Clinical studies have shown that EmFace can significantly improve skin elasticity and tighten sagging skin, resulting in a more youthful and rejuvenated appearance. And with regular treatments, the results only get better over time.

# THE NEW YEAR AND NEW SKIN YOU DESERVE

EmFace is suitable for all skin types and can be used to treat a variety of concerns, including wrinkles, fine lines, sagging skin, uneven skin tone, and more. It is a safe and effective alternative to invasive procedures, such as facelifts and dermal fillers, and can be customized to meet the specific needs and goals of each individual client.

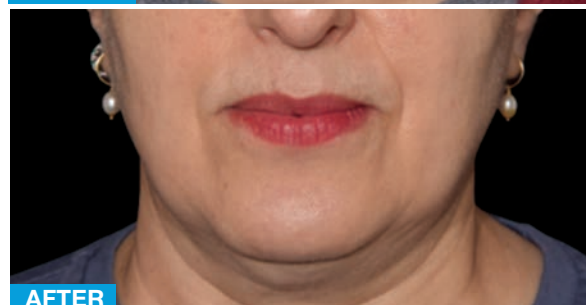
At MD Beauty Labs, we are dedicated to providing our clients with the latest and most effective skincare treatments on the market. That's why we are proud to offer EmFace by BTL as part of our extensive range of services. Our experienced and knowledgeable staff will work with you to create a personalized treatment plan that addresses your specific skincare concerns and goals.

We understand that choosing the right skincare treatment can be overwhelming, which is why we offer complimentary consultations to help you make an informed decision. Our team will take the time to listen to your concerns, assess your skin, and provide you with all the information you need to make an informed decision.

So why wait? Visit MD Beauty Labs today and discover the transformative power of EmFace by BTL. Your skin will thank you! With our commitment to excellence and dedication to delivering the best possible results, you can trust that you are in the best hands at MD Beauty Labs. We look forward to helping you achieve the radiant, youthful skin you deserve.



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AFTER



BEFORE

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# SENIORS AGING IN PLACE

**F**or today's seniors, the desire to stay at home is strong. In fact, the modern elderly population is much different from its past counterparts. Almost 90% of people over 65 want to live in their home and community as long as possible, according to a report by the AARP Public Policy Institute and the National Conference of State Legislatures. A whopping 80% believe they will stay in their home for the remainder of their life. Aging in place allows seniors to enjoy all the comforts their familiar home has to offer. Today's options to support seniors in their home offer seniors and their families the peace of mind and support to make staying at home a healthy option.



## AGING IN PLACE PROVIDES A SENSE OF COMMUNITY

Seniors have spent a lifetime building family relationships and likely years bonding with neighbors. Removing older adults from their long-time homes can make them feel like those connections have weakened. According to research published in *The Gerontologist*, the majority of seniors want to age in place because of the attachment and familiarity they feel with their home and communities.

## IT FIGHTS ISOLATION

That sense of community provided through aging in place does more than make seniors feel comfortable. It is also integral for fighting feelings of isolation, a dangerous trend among seniors. Researchers from the University of Chicago found a link between loneliness and high blood pressure in older adults. The study authors noted that feelings of loneliness can occur even when a senior is surrounded by people. This further demonstrates the importance of the familiarity and sense of community provided through aging in place.

Besides being preferred by seniors, aging in place offers another benefit: savings.

While it may seem that aging at home would be more expensive than moving to a nursing or assisted living home, the opposite is actually true. With help from a home healthcare worker, staying in your home costs about 20% of what a nursing home costs on a monthly basis.

## HOME HEALTH CARE CAN HELP

For many families and seniors, home health care is a beneficial choice – a safe and affordable solution that supports the family, while allowing seniors to stay in the comfort of their own homes and communities.

## HERE ARE TEN WAYS HOME HEALTH CARE CAN SUPPORT YOU:

1. Home health care professionals can be there when needed. If family and loved ones are a distance away, home health care can give you peace of mind. Trained and qualified professionals

can assess safety risks and make simple corrections in the home – from placing a rug on a slippery floor, to recommendations for ambulatory assistance.

2. Home care supports activities of daily living (ADLs). In-home services allow adults to receive day-to-day help with the personal care they need, preserving their dignity and maintaining a good quality of life. Assistance with activities of daily living can include bathing, grooming, and medication reminders.
3. Access to skilled nursing care at home. Skilled medical care can be delivered at home by thoroughly supervised nurses, certified, licensed and knowledgeable about high-technology medical equipment. Home health care can ensure that your loved one's complex medical needs are met.
4. Support with diet and nutrition. Adults age 65 and older, people with chronic conditions, and those recently discharged from a hospital or nursing facility are likely to be nutritionally at-risk. Aging, bed rest, illness, and injury can all contribute to the loss of lean body mass. Home care may include nutritional counseling and home-cooked meals to protect against malnutrition.
5. Medication management. Multiple prescriptions it can be confusing to manage. Home health care professionals can ensure the right medications are being taken at the right times to control health conditions and prevent harmful drug interactions.
6. Home health care professionals provide caring companionship. Research shows that aging adults stay healthier with social interaction. Home health aides can become trusted friends for walks, reading, cards, games, movies, meals, and other social activities. Accompaniment on errands such as grocery shopping, medical appointments, and other activities are also added benefits.
7. Home care helps with light household chores. When aging adults struggle the daily demands of housework, such as laundry, vacuuming, dishes, and simple chores home care helps to consistently maintain a safe and healthy living environment.

8. Home health care clients have comparable or better health outcomes. Research has shown that clinical results are comparable or better with fewer complications when home care is provided to individuals with chronic conditions such as pneumonia, diabetes, or COPD.

9. One-on-one focus and support. Home health care services are truly unique, providing meaningful, one-on-one personal and skilled care that builds strong bonds between professionals and their clients. According to the *Cleveland Clinical Journal* a person who is seen by a clinician in the comfort of home more readily trusts that the health care team places their needs first.

10. An affordable alternative to facility or hospital care. According to the National Association of Home Care, the average cost of care from a skilled nursing facility is \$544 dollars per day, while the average cost of home health care is \$132 dollars.

## OUR PROMISE

Through Trusted HomeCare Home Care Services, you can rest assured that your loved one and family will be safe and secure in a positive environment right at their home. Even if you simply have questions or want to understand how to better care for your elderly loved one experiencing the inevitable process of aging, we are able to help with that.

## TRUSTED HOMECARE SERVICES MISSION STATEMENT

As a whole group, our mission statement says that we are here to access the needs of each client to help them maintain their independence while living in their own homes and communities.

Contact our team at  
Trusted HomeCare and let's discuss  
how we can support  
you or your loved one  
**561-314-3976**





# About Accepting Death

By Ernest Morgan, from *Dealing Creatively with Death*

If 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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# “CUT” YOUR TUB?

## WHY THIS EASY, INEXPENSIVE PROJECT CAN ADD SERIOUS HOME SAFETY

**ONE DAY BATH’S TUBCUT® ADDS CONVENIENCE AND PROTECTION FOR ALL AGES**

**W**hen was the last time you faced the need for a home project that you knew would absolutely solve your problem and also go easy on your wallet?

For most homeowners, there’s usually an endless list of modifications and renovations that we need to make as both we and our homes age. And if you’re like most people, you put off projects that have more to do with your own safety or comfort.

But chances are, you or someone you know has had to deal with everyday aches and pains, arthritis, bad knees, foot or ankle problems, a handicap or overall mobility problems, aging in place, acting as a caregiver, or general worries about slip and falls in the bathtub.

You’ve probably already heard that there are ways to make your bathtub more accessible, but pushed the thought to the back of your mind because you’re worried about how long your bathroom is going to be out of commission, the cost of the project, and even if having your bathtub modified is actually going to serve its intended purpose.

### **WELCOME TO THE NOVEL IDEA OF THE TUBCUT®.**

If a person has difficulty lifting his or her legs over a traditional tub wall, then a portion of that tub wall can actually be cut and removed, then refinished. The cutout reduces the lift required to step or swing one’s legs into the tub, and instead turns it into a walk-in shower. The modification can be done in less than one day. Even better? The cut portion of the tub can be saved, and the project can be reversed if you want to sell your home and not lose value.



## “YOU WON’T HAVE ANYMORE TROUBLE GETTING IN AND OUT OF THE BATHTUB WITH TUBCUT®”

“We can do this without disturbing the plumbing or making a big deal of construction. We’re in and out of there in half a day, and then the customer is using their shower and their bathroom again by the next morning,” says Paul Echavarria, owner of One Day Bath for the past two decades. “We also have no problem with doing a complete reversal for this project, and once that’s complete, you would never know what that tub looked like before. It’s seamless and waterproof. The whole entire tub gets resurfaced so that when we’re done, the tub looks brand new again.”

Since the original TubcuT® was first offered on the market, there have been a number of national companies offering what looks like an identical product and service. One Day Bath, however, points out that with TubcuT®, the user chooses how wide the opening is and where it starts and ends. This allows the panels to structurally become part of the tub through a strong bonding process. The panels are also made of a durable material that is easy to clean, and your tub’s color can

be matched perfectly to the panel’s edge for a seamless look and watertight construction. Competitors use plastic caps or one-piece inserts, and their products are typically attached to the tub with caulk only and don’t have any of the versatility of the TubcuT®.



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# Technical Tuesday – This is the Bottom, So Ignore This Market’s Sell Signal

By Chris Rowe



Hi...

If the two-week long December downturn in the stock market has got you down... you're not alone.

And I totally get that it can be scary to hold onto stocks – and even harder to buy them – at this particular time.

That said, today I'll show you why right now you can ignore the most recent Sell signals and either...

Resist the urge to sell out of your bullish positions, or, better yet...

Use this first Sell signal off a bear market bottom as a buying opportunity and be a buyer of stocks

These are not sentiments you'll see in the mainstream financial media. But trust me – ignoring the first Sell signal after a bear market bottom is almost certainly the right move to make right now.

At a bear market low, the economic news is always ugly and sentiment is always negative. That's one of the key characteristics of a bear market low.

When people see that first sell signal, they freak out and make the mistake of exiting the market. But that's almost always the very best time to step in and buy.

In fact, from a stock market low into the next bull market is when we see the sharpest gains. And it's also when we see the absolute worst news.

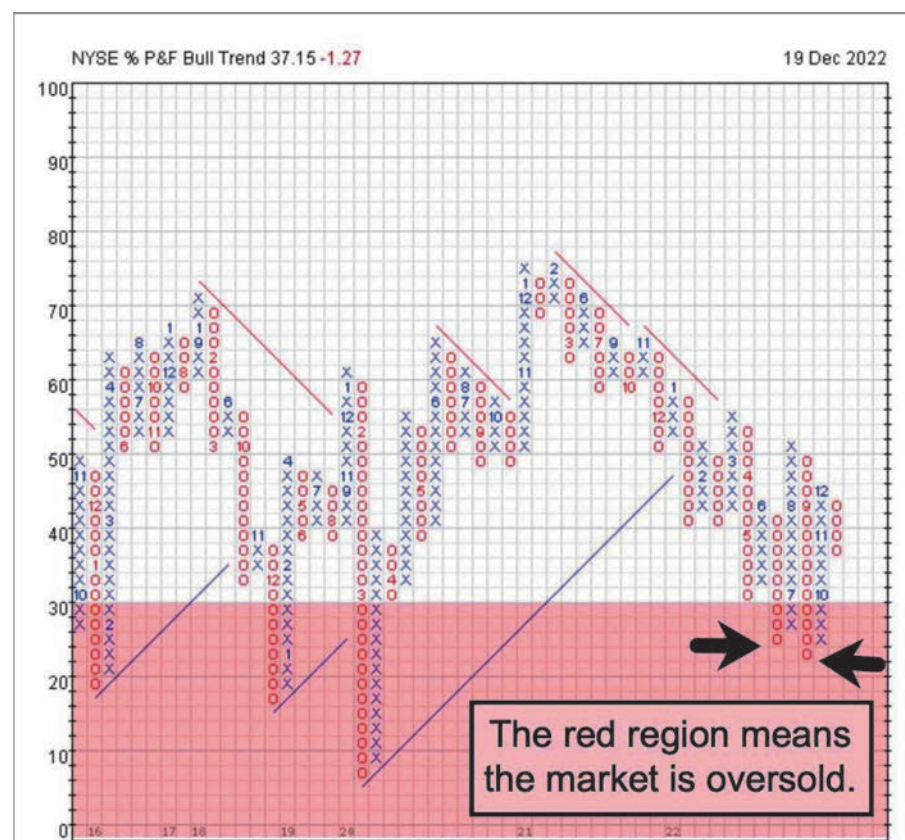
Since the economic news is dire and the geopolitical situation is scary, and since gas prices are high and the Federal Reserve is saying they're going to keep increasing the cost of borrowing...

The mood of everyone from the greenest DIY investor to the most seasoned veterans is — negative.

How do we define “bear market bottom?”

We use the granddaddy of all technical indicators – the New York Stock Exchange Bullish Percent Index (NYSE BPI).

When this indicator moves below the 30% level (shaded in red, below) the market is oversold or washed out.



The black arrows point to the most recent times the market was oversold in 2022 -- in June and October.

(For more detail on the NYSE BPI, visit our free webpage [TrueMarketInsiders.com](http://TrueMarketInsiders.com), dedicated to important changes in this indicator.)

By the way, this rule – ignore the first Sell signal off a washed out, bear market bottom – applies to all technical indicators, not just the NYSE BPI.

And this rule was not arrived at because of any “theory.” You can see it operate in real life at real bear market market bottoms.

In all of the examples below, we saw the BPI get oversold before reversing higher. Then, the first Sell signal we got turned out to be a great buying opportunity.



In these examples, I show two of the most popular indicators – the RSI and the MACD.

You don’t need to know the nuts-and-bolts of those indicators to see how the market behaved at their respective bear market bottoms. The black arrows show the Sell signals and the green arrows show the S&P gunning higher.

The crash of 1987 and the correction of 1991...



The major dip in 1997 - 1998...



After the Tech crash in 2002...



The bear market of 2008 - 2009...



The quick “flash crash” of 2011 going into 2012 after the U.S had its credit rating downgraded...



The COVID crash of 2020...



To sum up: No matter how scary it might seem... NOW is the time to be a buyer of stocks.



Trade Safely,  
**Chris Rowe**  
Founder and CEO, True Market Insiders



support@truemarketinsiders.com  
Toll Free: 855.822.0269

*“You see it in the price before you see it in the news.”*



# Enjoy a Spontaneous Sex Life Again – Rekindle the Spark!

**NEW 1st-of-it's-kind potential cure for Erectile Dysfunction and Peyronie's over 95% Success**



**S**IMPLY MEN'S HEALTH IS QUICKLY GRABBING ATTENTION AS BOCA RATON'S #1 MEN'S SEXUAL HEALTH CLINIC & LEADER IN THE FIELD.

In 2015, Dr. Joan Katz, a Harvard-trained physician and owner of Simply Men's Health was the first to introduce ED shockwave and revolutionized the treatment of ED with RejuvaWAVE®.

And now again in 2022, Dr. Katz introduces the game-changing RejuvaWAVE Multi-Wave Shockwave™, the first-of-its-kind therapy, boosting the success rate to over 95% curing ED and Peyronie's Disease and reversing the inevitable aging process.

Turn back the clock with Simply Men's Health most advanced, cutting-edge treatments. Men of all ages can once again enjoy the spontaneous, active sex life they enjoyed in their youth.

#### **ATTENTION MEN!**

#### **NOT ALL ED SHOCKWAVE IS THE SAME**

Since Simply Men's Health pioneered the new standard of care with RejuvaWAVE®, many clinics have popped up offering different versions of shockwave. However, not all ED shockwave treatments are the same. Unfortunately, many men have sought treatment at franchise operations gone, often not owned by physicians, and have been disappointed. Some have even paid thousands of dollars to franchises touting 1000's of procedures performed and got little to no results. We know the genuine RejuvaWAVE® protocol works and we want you to experience the difference RISK FREE!





If you have tried shockwave treatment at another clinic or at our previous Glades Road location which was shared with another clinic, Simply Men's Health wants you to experience for yourself the genuine RejuvaWAVE® DIFFERENCE performed by our highly trained and certified technicians: Call Simply Men's Health and get one FREE session – absolutely NO obligation – No fee – No purchase! Judge for yourself as Jeff, one of many of our happy patients states:

*"I've come to Simply Men's Health. I had gone to a previous place... this one is the REAL deal. Absolutely a completely different procedure. Everything is much better. The procedure working the first time. Completely satisfied."*

#### HOW DOES REJUVAWAVE MULTI WAVE SHOCKWAVE DIFFER FROM OTHER SHOCKWAVE THERAPIES?

The NEW RejuvaWAVE Multi-Wave Shockwave<sup>SM</sup> protocol is the first-of-its-kind ED treatment combining acoustic pressure waves and state-of-the-art photobiomodulation technology to synergistically treat the root cause of the problem, not just the symptoms. This multi-wave shockwave treatment distinguishes itself from all others by our proprietary multi-modality protocol, the RejuvaWAVE® application technique combined with low-level red and near infra-red laser technology, we use the state-of-the-art Storz medical device and lasers. As a result, RejuvaWAVE Multi-Wave Shockwave<sup>SM</sup> ED treatment has over a 95% success rate curing ED and Peyronie's.

#### WHAT ARE THE BENEFITS OF REJUVAWAVE MULTI WAVE SHOCKWAVE<sup>SM</sup>?

RejuvaWAVE Multi Wave Shockwave<sup>SM</sup> NATURALLY restores spontaneous sexual function, gives you harder and longer lasting erections, and increases penile sensation

- **100% SAFE and Non-invasive**
- **Drug Free, Needle Free, Pain Free**
- **No downtime, No side effects**
- **Activates your body's own stem cells and healing power**
- **Stimulates cellular metabolism and ATP production**
- **Promotes tissue regeneration**
- **Dissolves micro-plaque in blood vessels restoring blood flow**
- **Stimulates growth of new blood vessels increasing blood flow**
- **Breaks up scar tissue decreasing the curvature of Peyronie's Disease**
- **Stimulates regeneration of nerve tissue improving sensation and pleasure**
- **Promotes natural growth in penis size and girth**
- **Improves sexual performance**
- **Over 95% patient satisfaction**



#### WHAT IS REJUVAWAVE® MULTI-WAVE SHOCKWAVE LASER PROTOCOL?

This state state-of-the-art, scientifically proven technology combines a proprietary acoustic pressure wave application technique along with photobiomodulation. Photobiomodulation employs a combination of cold, low-level red and near-infrared laser therapy which reduces oxidative stress and stimulates mitochondrial ATP production. Photobiomodulation works synergistically with shockwave to stimulate cellular metabolism, enhance blood circulation, promote tissue regeneration, and stimulate the growth of new blood vessels and nerves in the treated areas.

Unlike pills which lose effectiveness over time, our treatment heals damaged tissue and reverses the hands of time, helping men return to their younger, healthier selves and enabling men to enjoy a spontaneous sex life again. The results have been nothing short of amazing!

*"I haven't been able to get an erection in 5 years... After several visits I noticed improvements. After a couple of months, I was able to have a spontaneous sex life again. You gave me my life back." - Bob M.*

#### HOW TO EXPERIENCE THE REJUVAWAVE® DIFFERENCE

Pick up the phone ONE CALL can change your life!

We respect your time and privacy.

Each client receives individualized care from our experienced staff of physicians.

We pinpoint the exact cause of your Sexual health challenge and create a customized Treatment protocol.

**Call today and enjoy  
a Spontaneous and Active Sex life again.**



*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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# RESEARCHING “THE BEST OF BOTH WORLDS”

**E**lectro medicine, Herbs, Ozone, diet were part of daily life in 2014. I first heard about Doctor Raymond Royal Rife’s scientific work during a conversation with a health coach. He mentioned to me that I should get a device that broadcasts radio frequencies to kill pathogens. The scientific device named the Beam Ray machine was invented by a gifted scientist Raymond Rife, born in 1888 who studied bacteriology at John Hopkins University. Doctor Rife began his experiments using electronic frequencies on viruses and bacteria in 1920. The doctor used powerful microscope to see microbes invisible at the time. He claimed that each microbe has its resonance frequency. With Rife technology, he bombarded the microbes with light frequency, which marked the microbe at an intense level. Doctor Rife claimed that after flooding, the microbes would either explode or shrivel up and die. Hence, I decided that it is worth finding a similar device. I went ahead to search for more information, a quest that led me to meet Dr. RL. Dr. RL’s herbal products and knowledge have been priceless and contributed significantly to understanding my husband’s recovery journey. When it comes to electricity, frequencies, HZ Etc., Dr. RL is highly knowledgeable helping me through the years and still helps me whenever I need his help, prayers and support. I have since learned other modalities using frequencies even remotely. Despite it being challenging, we took every event that happened in our lives as a lesson, example, and opportunity to explore different ways of thinking and seeing life. Everyone we met was very special to us as they offered their support and brought the knowledge to our lives. Proteolytic, digestive, and pancreatic enzymes were the core of the entire treatment; for they function to digest and break down proteins into amino acid components. These components are essential for the body’s immune system. Cancer patients usually need help with their food digestion. Dr. K took it upon him to teach and help me follow Dr. Gonzalez’s treatment, which he initially learned from Dr. Kelly. He taught me everything I needed to know about metabolism and rebuild the body through nutrition and detoxification. Dr. K is a mentor and a teacher who helps people like me to get through with knowledge, and thanks to him, I was able to meet and understand enzymes which are one of the most magnificent substances I know. The Journey was full of hope, emotions, and expectations. Cancer is always something that brings fear to our lives because it leaves us without knowing how much time we have. With no clear-cut cure, we are only left to hope that the trials we understand all along

the way will work. Sometimes I felt as if I was in dark tunnels holding on to the hope to see the light with faith as my pillar and desire to see my husband recover. Every day my husband was feeling better, with more energy and strength.

Boston, Massachusetts, was our next stop in our healing journey, a beautiful city full of life. I love life in the city, the trolleys, shopping, the people and long walks exploring the streets. We had gone to see one of the world’s most famous Oncologists at Dana Farber Cancer Institute. We wanted to hear his thoughts on treatments available for Multiple Myeloma.



We were referred to Dana Farber by our local Physician as the institute is home to most of the best doctors. I remember getting to the hospital; my heart filled with high expectations. The first impression was a homely place as the staff members were friendly, supportive, and exceptional, which was all we could ask for. I was granted the chance to see a nutritionist for cancer. I wanted to be advised on how I would safely use a combination of herbal products and chemotherapy. Dr. Richardson was so friendly and compassionate to us. He explained the protocol they do, and he mentioned that a transplant was going to be the route, but we had to see when would be the best time for it because it was just a matter of time. However, I felt that if a transplant were to happen,



it would be at God’s time. The visit had gone well, and we went to the cafeteria to find out something for my husband, but I was shocked to find only the regular meals. Being a cancer center, I expected the cafeteria to have healthier meals. He only had a salad, after which we went to whole foods to buy all kinds of greens, flaxseed oil, coconut water, and many others that I would make his juices. I used to travel with my blender to make him his vegetable juices any time of the day. While researching in my room, I had come across stories of people healing through alternative and conventional treatments. Since I love everything natural, I decided to contact them directly and ask them how they would treat blood cancer. I was aware that everyone had a different modality and different way of thinking regarding cancer. Through every doctor or patient that I spoke to I have learned so much that I could understand both worlds with the aim to heal and better.



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# TAKE A LOOK AT ENTREPRENEUR MELISSA, WISHING YOU THE SAME ‘NO SUNBURN’

**Melissa Juried Kriebel** recommends that your New Year’s Resolution be “Don’t Burn on First Day!”

Melissa, the founder of IceCream Sunscreen ([www.icecreamsunscreens.com](http://www.icecreamsunscreens.com)), cites the National Library of Medicine naming sunburn among Beachgoers a major problem in the United States, with one study estimating that 15% of beachgoers report sunburn in a single beach visit.

Also, the number of U.S. adults treated for skin cancer each year has increased rapidly. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7271251>

Entrepreneur Melissa, who was always having issues applying sun protection on her son, knew it was time for a change in the sun protectant industry.

She wanted to create a brand that makes it fun to use sun protection as opposed to a boring task. So she created **Ultra-Protective Sunscreens and Lip Balms**

Sun protection should be used on a daily basis, but most people default on this.

But did you know that having five or more sunburns can double your risk of getting skin cancer? That’s 1 in 5 Americans that could develop skin cancer by the age of 70. Melissa has since created a fun, playful, and invigorating brand that’s made for all ages.

So Melissa says say goodbye to your bad smelling sunscreen that leaves you with a greasy and oily feeling and say hello to IceCream Sunscreen which will have you smell good while protected. It’s so lightweight you won’t even know it’s on, she says.



Melissa Juried Kriebel

“STAY COOL AND PROTECTED” is her tagline! These ultra-protective sunscreens and lip balms are perfect for soaking up some rays or just having a causal day on the golf course all while maintaining healthy skin protection!

The sunscreens are reef-friendly, animal cruelty free, sulfate free, parabens free, water- resistant, sweat-resistant, and made for all ages to enjoy! All products are American made too! They are light enough to use on facial skin, yet strong enough to protect the entire body. All of IceCream Sunscreen products are FDA approved and are used on the founders most precious gems, her family and friends!

IceCream Sunscreen makes it enjoyable to put sun protection on with their array of different scents and flavors! Their hydrating SPF15 lip balm comes in Original, Vanilla, Tropical, and Chocolate. It is ultra-moisturizing, smells great and even has a mild taste of the flavor when placed on your lips! Delicious flavors to choose from while maintaining healthy and soft lips! IceCream Sunscreen’s sunscreen SPF30 is a broad spectrum formula that protects against UVA/UVB rays. Choose from Original and Vanilla scents. The company plans on expanding the scents soon, so be on the lookout!

Melissa urges people to take care of their skin! Not only does the sun damage the skin, creating opportunity for skin cancer, but it is the leading cause of premature aging! It is never too early or too late to start taking care of your skin. Make sure to start your summer off right with IceCream Sunscreen and remember to “Stay Cool and Protected.” Products can be purchased at Amazon or <https://bit.ly/3jrnaSo>

**STAY COOL  
AND PROTECTED.**



**Lip Balm:** IceCream Sunscreen’s SPF15 lip balm comes in an array of flavors and is ultra-moisturizing! Fun flavors to choose from while maintaining healthy and plump lips!  
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<https://icecreamsunscreens.com/index.php/product/spf15-lip-balm-original/>



**Sunscreens:** IceCream Sunscreen’s SPF30 sunscreen is light enough for the facial skin, yet strong enough to protect the whole body from UVB rays. Healthy and protected skin from head to toe!  
**\$19.99**  
<https://icecreamsunscreens.com/index.php/product/spf30-lotion-original/>



[www.icecreamsunscreens.com](http://www.icecreamsunscreens.com)  
Instagram: @icecream\_sunscreens  
Or order on Amazon

Photo Credit: Maggie Lyons





**HAPPY NEW YEAR!** As you're making resolutions to lose those extra pounds, use that exercise equipment you got for the holidays and be more positive in the new year; don't forget the most important resolution of them all and resolve to **MAKE YOUR BRAIN HAPPY!**

*"Happiness is when what you **THINK**, what you **SAY**, and what you **DO** are in **Harmony**."* – Mahatma Gandhi.

#### HAPPY BRAIN, HAPPY LIFE...

When our brain releases neurotransmitters or feel-good chemicals such as dopamine, serotonin, and endorphins, we notice a lift in our mood, or a feeling of euphoria, a "pep in our step". We go through life believing that these chemicals "just happen", are always present or are only produced when we adjust our environment. The perfect job, the perfect house, the perfect relationship, or the perfect family are all benchmarks we use to measure happiness. But what if I told you that happiness only exists inside Your brain and that only YOU can make your brain "happy"?

# WAYS YOU CAN MAKE YOUR BRAIN HAPPY IN THE NEW YEAR

By Renee Chillcott, LMHC

Here are ways you can make your brain produce "happy" chemicals:

#### PRACTICE GRATITUDE

You can practice gratitude regularly by writing in a journal, being mindful, and meditating on all the good things in your life or finding ways to show appreciation to those close to you. Gratitude can also be in the form of volunteering, contributing to a charity, or spiritual worship.

#### MOVE YOUR BODY

Get up and move daily for at least an hour to release endorphins and boost your mood. Movement, thinking, and talking all boost serotonin and dopamine levels in the brain as well. Walking, biking, talking, playing games, learning something, reading, writing and enjoying/experiencing nature are all ways to make your brain "happy". Avoid over-exertion or artificial stimulation as these things create "stress" on a brain that obstructs "happiness".

#### YOU ARE WHAT YOU EAT

Nutrition has an essential role in the proper release of chemicals in our brain and as a result, will have a tremendous impact on our brain. The gut and brain are connected; therefore, we must not ignore one or the other in our pursuit of "happy". We are learning more and more about how "good nutrition" goes beyond eating healthy. Good nutrition should incorporate an individualized look at how our bodies are reacting, digesting, and absorbing nutrients from the food we eat.

#### SURROUND YOURSELF WITH SUPPORT

Surrounding yourself with those who are positive and supportive will stimulate the release of "feel good" brain chemicals and help you remain in a peak state. And just as important as social support, make sure you are including the proper supplement support. Work with a specialist to be sure you are taking natural supplements that help facilitate an increase in the levels of chemicals that cause happiness.

#### TRAIN YOUR BRAIN WITH NEUROFEEDBACK

Teaching your brain how to more balanced and more flexible, like Yoga, makes you and your brain happy. Neurons use the neurotransmitters (dopamine, serotonin, etc.) to create a firing action in the brain. EEG measures the speed and amplitude of those neurons

and then we train them to fire in a more balanced pattern. When chemicals are out of balance, we can say that neurons are out of balance. We call Neurofeedback BRAIN YOGA because the goal of training, is to have a more flexible and balanced brain, therefore, more balanced neurotransmitters (chemicals). Neurofeedback is a gentle and healthy way to "treat" your brain and make it HAPPY.

#### HOW DOES NEUROFEEDBACK WORK?

Neurofeedback is like 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, stimulate, and/or inhibit activity in the brain safely and without medication. It can help restore a wider "range of motion" in brain states, much like physical therapy does for the body.

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

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

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

The auditory or sound reward that corresponds to an increase or decrease in desired brainwave activity can





affect the brain on a neurological level. Auditory reward stimulates auditory pathways, impacts the vestibular system, and has many connections to the reticular activating system, which modulates wakefulness and attention. These systems operate in our brains without conscious effort. Therefore, neurofeedback teaches your brain through automated learning with little or no behavioral effort. Another way to say this is that neurofeedback involves operant conditioning or learning. This type of learning teaches us through a reinforced reward system. The auditory reward (beep) is delivered on a schedule of reinforcement that promotes optimal learning; not too hard and not too easy. This schedule of reinforcement or reward provides just the right amount of resistance to evoke a positive learning pattern.

### HOW MANY SESSIONS ARE NEEDED TO BEGIN SEEING RESULTS?

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

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

The QEEG is a quantitative EEG. It's also called a brain map and does just that...it gives us a map of what is going on with the entire brain at one time. We attach electrodes to the whole head, 19 spots, and then record the brain waves with eyes open for 5 minutes and with his eyes closed for 10 minutes. 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. It can help us see what areas need to be addressed more efficiently than just training spot by spot or by looking at a surface or "quick" EEG.

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

### DOES NEUROFEEDBACK HURT?

Neurofeedback is a non-invasive, non-medication, and most importantly a non-painful approach. Your experience will be very relaxing and positive. We gently teach your brain how to regulate more efficiently and do not force your brain into a brain state that is not comfortable. We believe in "Happy Brain, Happy Life".

### IS THERE ENOUGH RESEARCH?

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

#### Look up the work of:

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

#### Look for specific researched conditions:

<https://www.eeginfo.com>

<https://www.isnr.org>

<http://www.eegspectrum.com>

#### Print Resources:

*Journal of Neurotherapy*

*NeuroRegulation Journal*

*Applied Psychophysiology and Biofeedback*

#### Books:

*A Symphony in the Brain* by Jim Robbins

*Healing Young Brains* by Robert Hill & Eduardo Castro

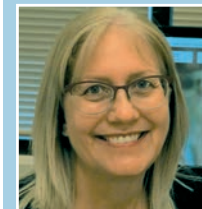
*The Healing Power of Neurofeedback* by Stephen Larsen

*Neurofeedback in the Treatment of Developmental Trauma* by Sebern Fisher

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

### HOW DO I GET STARTED?

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

## Expert shares first steps towards wiping the slate ‘clean’ in 2023

By Tom Madden

**F**ew practice it’s better to give than to receive as passionately as addiction expert and advocate, **Jack Alan Levine**.

Levine has been running tirelessly on a health and wellness track ever since he conquered his own drug addiction years ago. Today, his mission to guide struggling addicts and their families along the winding road to recovery comes with a free ‘roadmap’; Levine’s acclaimed book *Addiction and Recovery Handbook*, *Unmask Addiction*, *Unchain Recovery!* can now be downloaded for free onto e-readers, phones or computers. [jackalanlevine.com/ebooks](http://jackalanlevine.com/ebooks).

“It’s a fast, simple read offering concrete answers and proven solutions,” said author Jack Alan Levine.

“Addiction professionals, doctors, even celebrities like former NY Mets’ Darryl Strawberry share what works and what doesn’t, along with a healthy dose of inspiration and motivation.”

Levine continued, “Many helpful networks and resources, including Sober.com and SoberNetwork.com have shared my ‘roadmap’ across social media platforms as well as the SoberVerse Community.”

Before an individual can follow a concrete path/plan, here are the top 3 spiritual wellness affirmations Levine prescribes to move towards an addiction-free future:

- **DON’T BE AFRAID:** Many people don’t do things because of fear of the unknown, it’s the same with addiction. If you understand addiction and what it does, why it does it and how it works, you will be less afraid of it. And, certainly, if you understand recovery, what it does, how it works and why, you will be more excited and encouraged to embrace it and have it work for you.
- **ADDICTS ARE NOT HOPELESS.** Like every other person on earth, addicts were created by God with a purpose to live a happy, joyful, abundant life. THERE IS HOPE. DO NOT GIVE UP.
- **AVOID MAKING THIS MISTAKE:** It’s so easy to put things off. Yet, if you were dying from a heart attack you wouldn’t put off going to the emergency room for life-saving heart surgery. Why? Because even when short-term pain is involved, when the long-term result outweighs the short-term pain - you run to that choice. Don’t delay in getting help, breaking free and having a lifetime of victory over your addiction.

“Going into a New Year is a unique time to truly develop a clear perspective and clean slate,” said Levine. “A life filled with Joy, Peace and Happiness starts with Reality, Fact and Faith. You Got This.”



### MORE ABOUT JACK ALAN LEVINE

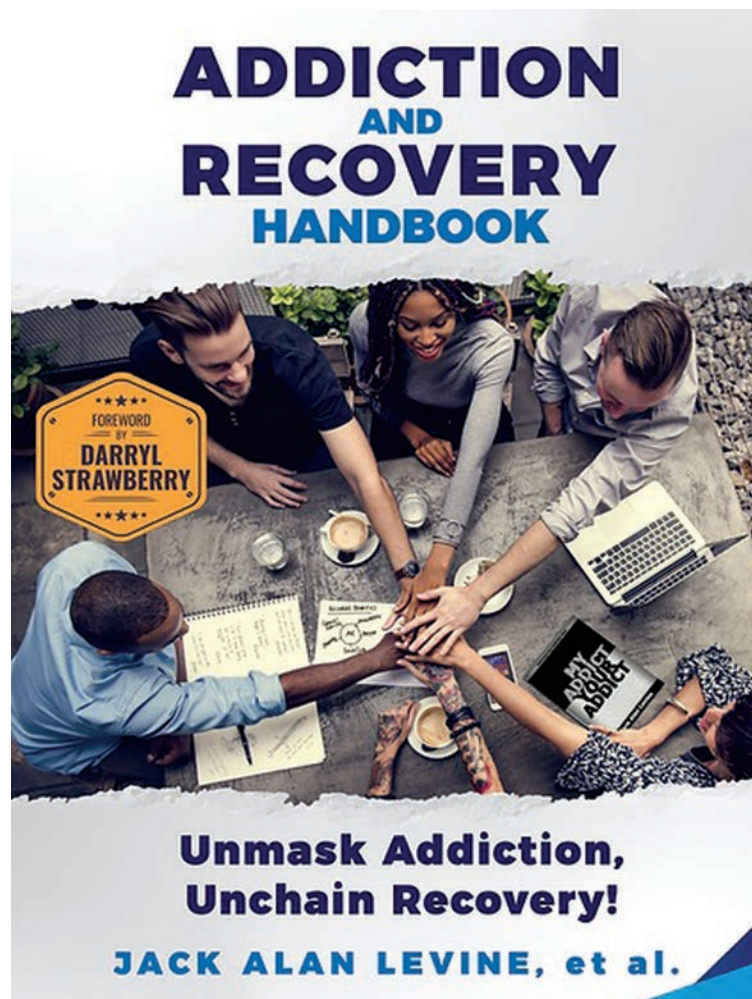
Jack serves on the Board of Directors of Washed Clean Ministries, National Addiction and Recovery Association and Purpose Church Orlando. He also advises NOW Matters More and served on the Board of Directors at Oasis Compassion Agency and Changed Lives Church.

Jack spoke at the Palm Beach Leadership and Recovery “Winning The Battle Over Addiction” conference along with Dr. Henry Cloud, Mark Glasser and Dr. Jared Pingleton. He’s also spoken at Faith Farm, Teen Challenge and other organizations devoted to overcoming addiction.

Jack’s articles on overcoming addiction have been published in *Sober World Magazine* and addiction blogs including *Addiction Land*.

Levine’s books *My Addict Your Addict*, and *Addiction and Recovery Handbook* cover his victorious battle with addiction and ways for those struggling to find lasting freedom. His “Free For Life” Overcoming Addiction online video program helps addicts and their families.

Tom Madden is an author himself, who has written five books, his latest *WORDSHINE MAN*, full of tips on how to make writing inviting. When he’s not writing articles and his weekly blog at [www.MaddenMischief.com](http://www.MaddenMischief.com), he’s running [TransMedia Group](http://TransMedia Group), the PR firm he founded when he left NBC where he was vice president, assistant to the president, then the late Fred Silverman.





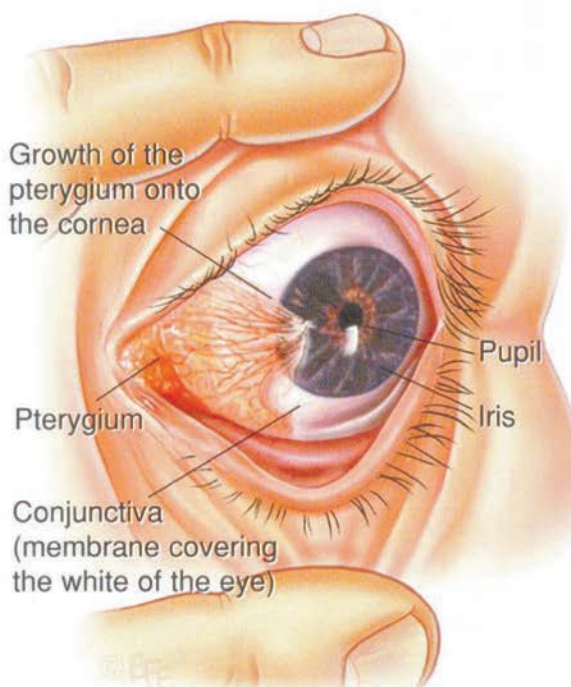
# PTERYGIA AND SOUTH FLORIDA

By David A. Goldman MD

**A** pterygium is a fibrovascular growth that typically starts from the conjunctiva (skin of the eyeball) on the nasal side and grows onto the cornea. These are almost always the result of longtime sun exposure; thus, they are very common here in southern Florida. During my residency in Miami's Bascom Palmer Eye Institute, there was literally a book filled with names of people who desired pterygium surgery the demand was so great. In contrast, one of my colleagues related how during her training in Michigan, there was only one pterygium surgery a year and the OR was packed to see this "rare" case.

While a pterygium is non-cancerous, occasionally it can cause problems. In advanced cases, the pterygium may grow so far over the cornea as to induce astigmatism or even obstruct vision. Milder cases may only present with chronic foreign body sensation or redness. Still, some may cause significant cosmetic problems that the patient desires excision. Whichever the case, removal can be fairly simple.

Since the pterygium grows on the surface of the eye, it can be carefully dissected off. Just removing the pterygium alone, however, would leave a significant defect in the superficial eye which, besides being painful, would carry a high risk of recurrence. When pterygia grow back after surgery they tend to grow back very aggressively and repeat surgeries can be more challenging. To prevent recurrence, ophthalmologists will close the defect, either by using an allograft (transposing some of the patient's own conjunctiva over) or an amniotic membrane graft. While oftentimes these can be secured with sutures, more and more surgeons are securing the grafts with fibrin glue to allow more postoperative discomfort. While cosmetic outcomes can be wonderful, it is important to repeat that pterygia are in general benign lesions that do not require removal.



A pterygium may grow large enough to obstruct vision.

That said, there are several lesions that can mimic pterygia. These can include conjunctiva intraepithelial neoplasia and conjunctival amelanotic melanoma. Both of these lesions can appear as pterygia but can become malignant tumors and removal is highly recommended. Important distinguishing characteristics include pigmentation and rapid increase in lesion size. If you notice any of these changes, you should contact your ophthalmologist immediately



Before

After



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 2<sup>nd</sup> 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.



# SELFIES



**A SELFIE** is a photograph of yourself taken with a mobile phone or other handheld device, and uploaded to social media – Facebook, Instagram, Twitter, etc.

**P**ersonally, 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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