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May 2023

South Palm Beach Edition - Monthly

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TRUSTED LAW AMANDA ACHONG, ESQ

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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.

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- Why a will may not avoid probate
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CALLING ALL CROWNS! NOT THE ROYALS



Porcelain crowns have been used to restore, protect, and cosmetically enhance teeth since before the Queen was a tot. Unlike its namesake, crown technology, improved tremendously since the abandonment of methods using precious metals like gold or silver in favor of more life-like porcelain material. Today, most crowns are made from solid Zirconia, that not only look beautiful, but to endure the pressures of daily chewing or biting. While crowns are often utilized as restorations for missing teeth, they're also commonly used to as a cap, or, "jacket" over a jeopardized, but still-viable tooth. Here are three situations where a crown could improve a tooth's form and function.



Traumatized teeth. A significant blow to the face or mouth could generate enough force to chip away or fracture a significant amount of structure from a tooth. If the root remains healthy and firmly attached within the jaw, a crown can replace the missing structure and restore the tooth's function and appearance.



Root canal treatments. Root canal treatments remove infected or dead tissue within a tooth's pulp chamber, its inner core, and the root canals. The procedure rescues the tooth but, may in the process, significantly alter the tooth's structure and appearance. A crown not only restores the tooth but also provides added protection against further decay or tooth fracture.

Teeth with multiple fillings. We can effectively treat cavities caused by tooth decay by filling them. But with each filling, we must remove more of the decayed structure and shape the cavity to accommodate the filling. After a number of times, a tooth may not have enough structure left to support another fill. If the tooth is still viable, a crown could solve this dilemma.



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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From Tears to Terrific Innovative Hair Restoration Tools that Transform Women's Hair Loss

by Alan J. Bauman, MD, ABHRS

Women's hair has long been the subject of numerous poems written by lovesick admirers who've, well, waxed poetic about the beauty of a woman's hair. Let's face it. Nothing conveys good health more than thick, shiny tresses.



Women's hair has long been the subject of numerous poems written by lovesick admirers who've, well, waxed poetic about the beauty of a woman's hair. Let's face it. Nothing conveys good health more than thick, shiny tresses.

To commemorate National Women's Health Month in May, I asked the artificial intelligence ChatGPT robot to write a poem about a woman who comes to see me because she's concerned about hair loss. Here's what it created:

She looked in the mirror with tears in her eyes.
Her once luscious locks were thinning in size.
Gloom filled her heart, and she felt much despair.
The hair she so cherished was no longer there.

She searched for solutions and finally found,
The good Dr. Bauman, who turned it around.
He knew what to do and just what she needed.
In no time at all, he'd superbly succeeded.

Slowly but surely, her hair grew and shone.
Her follicles sprouting as fast as a clone.
Now, she stands in the mirror, her heart full of glee.
Her hair full and vibrant, as it once used to be.

OK, it's a far cry from the words of Lord Byron extolling the loveliness of a woman's hair in his poem *She Walks in Beauty*, published in 1815. However, it was a fun way to share what I hope is the experience of every woman I see when *She Walks in Our Doors* seeking a solution for her hair loss.

It's not uncommon for women to experience hair loss. Did you know that between 40-50 million American women have it, but it's often less obvious than it is to men. Most women have lost at least 50 percent of their hair before they realize it!

Factors contributing to hair loss include stress, hormones, heredity, certain medications, nutritional issues, and age.

Women will consult with their hairdressers about their hair loss, but there's not much most hairdressers can do but adjust the style or recommend products to help their hair look thicker.

What many women don't realize (and sometimes their hairdressers don't either) is that there's a **multitude of truly astonishing options** today to help women **restore** the hair they once had.

And Bauman Medical has them all.

In fact, **Bauman Medical is at the forefront** of the latest in hair restoration technology and medicine. And just as important to know...

...Hair restoration isn't a sideline for us. It's all we do.

Below is a mere fraction of the vast banquet of services we offer, ranging from products to procedures to services. Once we've had a consultation with you, we can help you choose the specific route that we know will give you the best results possible.

HOME USE

82M Minoxidil

Our proprietary Formula 82M prescription minoxidil is designed for hair loss patients who experienced scalp and hair side effects from over-the-counter products or want a more powerful topical hair growth treatment they can use at home. If you've tried over-the-counter minoxidil 2% or 5% solutions, foam, a generic-brand (e.g., Kirkland) or Rogaine and found them greasy or goopy, try 82M!.

Low-Level Laser Light Therapy

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 Bauman 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.



Before and 12 months after starting Low-Level Laser Light Therapy

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.

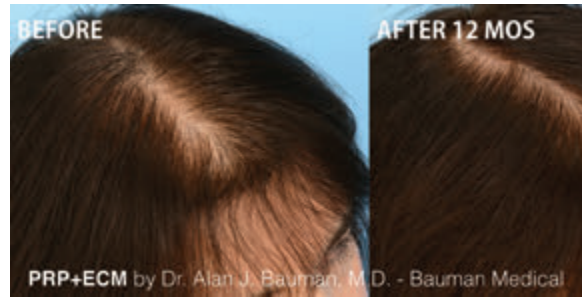
IN-OFFICE SERVICES

Scientific Scalp Makeover* (AKA: Hair Grows While You Doze treatment)

The Scientific Scalp Makeover is a patient favorite – an ultimate pampering experience with a bonus for your hair and scalp.

I created our SalonB Trichology Lab to help patients maximize their scalp health and to offer them a relaxing spa experience aimed at reducing stress. It's so relaxing, in fact, that many people fall asleep!

SalonB is equipped with low lighting and soft music, just like a regular spa. It's your chance to relax, rewind, get pampered, get treated and indulge yourself. It consists of a 90-minute-to-three-hour session during



Before and 12 months after PRP by Dr. Alan Bauman)

which you're treated to a variety of soothing services, including:

- Aromatherapy
- A customized scalp mask treatment for optimum scalp health and hair beauty
- A deep scalp massage to stimulate and purify the scalp and increase circulation
- Deep cleansing shampoo
- Hydrodermabrasion/Exfoliation Treatment
- A customized conditioner or hair mask

While the makeover is particularly geared toward helping reverse hair loss in people with stress-related conditions, many people without scalp issues come regularly to enjoy some self-indulgence and shut out the rest of the world for a while.

*(One of many too numerous to list here).

Learn more

OK. I know. It's hard to make that first contact, but keep in mind, we understand the special concerns of women. In fact, 90 percent of my staff is comprised of remarkable women who enjoy being part of our mission to help other women look their best.

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 or visit us at **www.baumanmedical.com**.



If you know a woman who would love to benefit from our services, consider giving her a Bauman gift certificate. It can be applied to any product or service, in-person, remotely, or for purchases in our eStore.

Here are a few ways of the many ways your e-gift card recipient might want to use it (in addition to what you read about above):

Consultations with me or Trina Arce, our nurse practitioner

Hair transplantation

Trichotest™ (identifies the exact hair loss treatments that will perform best for you based on your genetics)

High-density Platelet Rich Plasma (PRP) “Vampire” hair regrowth therapy

Compounded Formula 82F Topical Finasteride + Minoxidil (designed to reduce the risk of side effects from oral finasteride/Propecia)

TED (TransEpidermal Delivery) Non-invasive technology that uses ultrasonic sound waves and air pressure to enhance the penetration of a specialized topical hair growth serum into the scalp

Laser hair removal

Non-surgical 3D-printed hair systems or cranial prostheses

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 7th 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.”



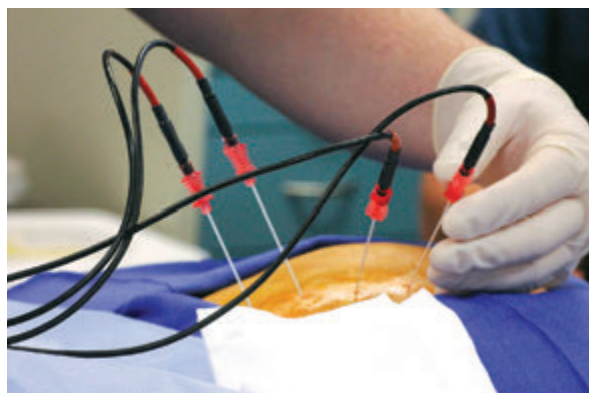
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Neck (cervical), mid back (thoracic) and low back (lumbar) pain are common ailments which can be acute or chronic. This may be debilitating and stop people from their usual activities of daily living. As many do not know, this pain from the spine can 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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BLADDER CANCER

Bladder cancer typically affects older adults and is very rare in children. About 90 percent of all bladder cancer is diagnosed in people over 55; the average age at diagnosis is 73.

There are some definite gender differences as well. In the U.S., bladder cancer is among the most common cancers in men, according to the American Cancer Society. Overall, the chance men will develop bladder cancer during their lifetime is about 1 in 28. For women, the chance is about 1 in 91.

The Basics of Bladder Cancer

The bladder is part of the body's urinary tract. The main job of the bladder, a hollow organ located in the lower pelvis, is to store urine. When we urinate, the muscles in the walls of the bladder contract, forcing urine out of the bladder through a tube called the urethra.

The wall of the bladder has several layers made up of different kinds of cells. When the DNA in these cells changes, the cells can grow out of control and form a tumor. These abnormal cells can break away and spread.

Most bladder cancers, about 90 percent, start in the cells on the surface of the innermost lining of the bladder. The most common form of bladder cancer is called urothelial carcinoma, a non-muscle invasive cancer in which the tumor stays within the bladder's inner lining.

Invasive bladder cancers grow into deeper layers of the bladder wall and may spread to nearby lymph nodes or other organs and parts of the body, such as the bones, lungs or liver.

Warning Signs & Symptoms

The symptoms of early-stage bladder cancer are often obvious, which can lead to early detection and more effective treatment.

The early stages can cause bleeding but no pain. Blood in the urine can appear pinkish, brown or bright red. Blood in the urine does not always mean bladder cancer is present, but it should be reported to your doctor promptly.

Sometimes no blood is visible in urine but can be detected through a lab test. Other signs and symptoms can include frequent or painful urination, difficulty urinating, a weak urine stream or back pain.

More advanced bladder cancer can cause other symptoms, including being unable to urinate, lower back pain on one side, swelling in the feet or bone pain, fatigue, loss of appetite and weight loss.

There is no screening test for bladder cancer. If your health-care provider suspects cancer may be present, various tests can help confirm a diagnosis.

Bladder Cancer Treatment

When found in early stages, bladder cancer is highly treatable.

Treatment depends on the type, stage and grade of the tumor, as well as the patient's overall health, and may include more than one type. Early-stage tumors are usually removed during a procedure called cystoscopy and transurethral resection of bladder tumor (TURBT). Surgery to remove the entire bladder and nearby lymph nodes may be recommended for patients with muscle-invasive bladder cancer.

Even after successful treatment, bladder cancers can come back. Follow-up tests may continue for years after treatment to detect any recurrence.

What's Your Risk?

Research has shown that smoking causes about half of all bladder cancers in both men and women. Smokers are at least three times as likely to get bladder cancer as non-smokers due to the harmful chemicals that can accumulate in the urine and damage the bladder's lining.

Certain industrial chemicals have been linked to bladder cancer, and exposure to these chemicals can place people at higher risk. The industries where chemical exposures are more likely include:

- Manufacturing of dyes, rubber, leather and textiles
- Painting and printing
- Photography, if using film-developing chemicals
- Hairdressers (through exposure to hair dyes)
- Truck drivers (through exposure to diesel fumes)

Previous cancer treatment can increase the risk as well. Patients who received radiation treatment aimed at the pelvis or treatment with certain anti-cancer drugs have a higher risk of developing bladder cancer.

Chronic inflammation of the urinary tract or repeated urinary infections may also increase risk.

As with many forms of cancer, family history can play a role.

We cannot control some common risk factors for bladder cancer, such as age and gender. However, we can take steps to reduce risk:

- Don't smoke.
- Be careful around chemicals. If you must work with chemicals, know and follow all safety instructions.
- Eat healthy foods. A diet rich in fruits and vegetables may help reduce your risk for many types of cancer.

Talk with your doctor or other healthcare provider for helpful tips and resources to make healthy lifestyle choices and changes.

New Options Through Clinical Trials

Advancements in the diagnosis and treatment of all forms of cancer continue at a rapid pace, thanks to ongoing clinical research. Clinical trials have played a significant role in these advancements, now saving more lives. Patients participating

in these safe and carefully supervised groundbreaking research studies receive the latest treatments available, which can positively impact their outcomes.

WORLD-CLASS CANCER TREATMENT, CLOSE TO HOME

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



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Delray Beach, FL 33484

Palm Beach Gardens
3401 PGA Blvd., Suite 200
Palm Beach Gardens, FL 33410

Wellington North
1037 S. State Road 7, Suite 303
Wellington, FL 33414

West Palm Beach
1309 N. Flagler Drive
West Palm Beach, FL 33401

For more information, visit FLCancer.com

MOXIE: YOUR ANSWER TO SKIN CONCERNS

MD BEAUTY LABS IS EXCITED TO INTRODUCE **MOXIE BY SCITON**, A REVOLUTIONARY NEW LASER TREATMENT THAT OFFERS A RANGE OF BENEFITS FOR OUR CLIENTS. MOXIE IS A VERSATILE LASER THAT CAN ADDRESS A VARIETY OF SKIN CONCERNS, INCLUDING SUN DAMAGE, FINE LINES AND WRINKLES, UNEVEN SKIN TONE AND TEXTURE, AND EVEN ACNE SCARS.



One of the key features of Moxie is its ability to deliver precise, controlled energy to the skin. This allows our skilled practitioners to target specific areas of concern and deliver effective treatment without damaging surrounding tissue. The result is smoother, clearer, and more youthful-looking skin with minimal downtime.

In addition to its precision, Moxie is also a safe and effective treatment option for a wide range of skin types and tones. Its innovative technology allows for customizable treatment settings, ensuring that each client receives the right amount of energy for their unique skin concerns and goals.

One of the most popular uses of Moxie is for the treatment of sun damage and uneven skin tone. Sun exposure can cause hyperpigmentation, age spots, and uneven skin tone, which can make skin appear older and less radiant. Moxie's laser energy targets and destroys the excess pigment that causes these imperfections, leaving the skin looking smoother and more even.



Moxie is also highly effective for reducing the appearance of fine lines and wrinkles. As we age, our skin's natural collagen production decreases, leading to the development of wrinkles and sagging skin. Moxie's laser energy stimulates the production of collagen, which helps to tighten and firm the skin, resulting in a more youthful, rejuvenated appearance.

In addition to these cosmetic benefits, Moxie can also be used to treat acne scars and other scarring on the skin. Its laser energy targets the underlying tissue, stimulating the production of new collagen and elastin, which helps to smooth out and soften the appearance of scars.

Moxie is a quick and easy treatment, with most sessions lasting only 30 minutes or less. There is little to no downtime following treatment, so clients can return to their normal activities immediately. While some redness or swelling may occur, these side effects are typically minimal and resolve within a few days.

Overall, Moxie by Sciton is a safe and effective laser treatment that can address a variety of skin concerns and help clients achieve smoother, clearer, and more youthful-looking skin. If you're interested in learning more about Moxie and how it can benefit you, we encourage you to schedule a consultation with one of our skilled practitioners at MD Beauty Labs. We look forward to helping you achieve your skin goals!



Medical Director, Daniela Dadurian M.D.
* Board Certified Anti- Aging Medicine
* Board Certified Laser Surgery

Daniela Dadurian, M.D. received her medical degree from the University of Miami School of Medicine. She is certified by the Board of Anti-Aging & Regenerative Medicine and the Board of Laser Surgery. Dr. Dadurian has also completed a fellowship in Stem Cell Therapy by the American Board of Anti-Aging Medicine. She is a member of the International Peptide Society, the American Academy of Anti-Aging Medicine and the Age Management Medicine Group. Dr. Dadurian is the medical director of several medical spa and wellness centers in palm beach county with locations in West Palm Beach and on the island of Palm Beach. She is a leading expert in anti-aging & aesthetic medicine. Her state of the art facilities offer an array of anti-aging, functional medicine, cosmetic and laser therapies.

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



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SENIORS AGING IN PLACE

For 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



“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

When 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.



BEFORE



AFTER



BEFORE



AFTER

“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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The Play for 2023? International Stocks!

By Chris Rowe



I sent a special briefing to our flagship *Sector Focus* members.

In it, I give them everything they'll need to know to stay well ahead of other investors at least for the first half of this year.

And while I can't reveal all of that here, I think that the main points are so important that you deserve to know them.

So here are some of them.

Climbing the wall of worry, U.S. stocks seem to be stumbling up the stairs. (At least they're stumbling up and not down.)

International stocks, however, are running up the stairs like children who just ate a sugar-filled dessert. While everyone you know is debating the strength of the U.S. markets, you'll be cranking out profits using stocks and ETFs they've never heard of.

Here's some context...

The current global bull market in stocks is in its early stages, although International stocks got a major head start right under the noses of many investors.

Expect to continue to hear bad economic news but don't let that sway you from buying stocks. Especially International stocks. The economy is not the stock market.

The stock market behaves based on what investors believe the economy will be doing in 6-9 months. In fact, today's stock market strength suggests the economy will be doing pretty well in 6-9 months.

Unlike a *mature* bull market, where stock prices advance due to clear economic skies ahead with the world partying like it's 1999, an *early-stage* bull market happens when life is scary. In this type of bull market, stocks advance as they "climb the wall of worry".

The "wall of worry" is when there's clearly bad news but as the bad news is removed, the stock market moves higher.

Inflation subsidies so stocks climb...

China's economy comes back online after being hampered by harsh covid restrictions so stocks climb...

You get the idea.

The Play Is in International Stocks.

Don't take this as just another article in a sea of stock market jargon you see each week that's quickly forgotten about before the week ends.

The pivot to International Equities is the most important shift you can make in 2023. So far it looks like, although U.S. stocks look good, we should focus even more on non-U.S. stocks.

Notice how strong the **Vanguard Total International Stock Index Fund (VXUS)** (Diversified Global Stocks, all Except U.S. Stocks) looks. It has broken well above both trend lines and confirmed that the old resistance level is a new support level.



And if you think that's impressive, wait until we narrow down to the strongest International stock markets, long-term and short-term.

Subtle Brag: As far as I can tell, I am **the** top dog in the industry when it comes to calling market direction and specifically the areas of the market liable to be strongest or weakest. I’ve had a knack for it since the 90s.

The stock markets of Emerging Europe and Latin America are the strongest with confirmed long-term market strength. But Asia-Pacific is the strongest in the short-term.

Even though the Asia-Pacific stock markets haven’t yet shown enough confirmation to be considered strong in the long-term, for sure they are **the strongest markets in the short-term**.

One very easy and great way to quickly gain exposure to a stock market with huge upside potential and confirmed strength is to own the **iShares MSCI All Country Asia ex-Japan ETF (Symbol: AAXJ)**.



It has a quick 21% - 33% upside in it just in the next 6 months or sooner. This is based on a 100% or 161% Fibonacci extension of the recent move off of the low.

Look at how much higher Fibonacci studies say these Asia-Pacific markets are likely to go this year. First, look at the strongest China Market ETFs.

- China Internet (KWEB) – Fibonacci ext. 45% higher
- China Consumer Cyclical (CHIQ) – Fibonacci ext. 45% higher
- “Chindia” (FNI) – Fibonacci ext. 33% higher
- Hang Seng Tech (KTEC) – Fibonacci ext. 47% higher
- China Tech (CQQQ) – Fibonacci ext. 35% higher
- China 50 Large-Cap (FXI) – Fibonacci ext. 37% higher

Here are some other indexes based on **Asia Pacific excluding Japan**.

- iShares MSCI Pacific ex-Japan (EPP)
- The above has a “total return” index that reinvests its dividends (EPP.TR)
- Australia (EWA)
- The above has a “total return” index that reinvests its dividends (EWA.TR)
- BetaBuilders Developed Asia (BBAX)
- All Country Asia ex-Japan (AAXJ)

U.S. stocks may be going up but their strength, relative to International, is declining. It’s not even that they’re accelerating at a slower pace than International. It’s that the strength of U.S. stocks is slightly decelerating.



Again, we are talking about relative direction and relative speed. And relative strength tells us much more about the likely future than absolute direction or strength.

Now is the time to erase your old stock market stance and quickly get with the program if you haven’t yet done so.

The global markets’ price behavior reveals it currently makes sense to also have exposure to the U.S. stock market, but definitely direct your attention to International markets. That’s the real play.

Thanks for reading, and I’ll have a LOT more to say about International Equities in the coming weeks and months.



Chris Rowe
Founder and CEO, True Market Insiders

See you soon,
Chris Rowe
Founder, True Market Insiders



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“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



SIMPLY 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 2023, Dr. Katz collaborates with Michael Lada PA-C, the co-inventor of the Gainswave and introduces the game-changing RejuvaWAVE Multi-Wave ShockwaveSM. This shockwave treatment is the first-of-its-kind therapy combining both Radial and Focused waves to boost the success rate to over 95% curing ED and Peyronie's Disease. In addition to treating ED and Peyronies, it enhances performance and reverses 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 ShockwaveSM 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 ShockwaveSM ED treatment has over a 95% success rate curing ED and Peyronie's.

WHAT ARE THE BENEFITS OF REJUVAWAVE MULTI WAVE SHOCKWAVESM?

RejuvaWAVE Multi Wave ShockwaveSM 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 PROTOCOL?

This state state-of-the-art, scientifically proven technology combines a proprietary acoustic pressure wave application technique combining both Radial and Focused waves 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.



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100% SAFE • Non-invasive • No Down Time • No Side Effects

BEST NATURAL LIVER SUPPLEMENT FOR HEALTHY LIVER FUNCTION ON THE MARKET

The liver is the largest solid internal organ of the body. It cleanses and removes toxins from our blood. The liver performs hundreds of functions in the body. Like any other part of the body, the liver also needs to be taken care of. A healthy liver means a healthy body. However, we often neglect our liver. In order to avoid liver diseases, it is necessary to maintain a healthy lifestyle. Liver supplements are not new on the market. There are many formulas available in the market that claim to improve your liver health. However, many of them neglect one or two essential ingredients. In this article, we will discuss in detail why liver care premium formula is the best natural liver supplement available on the market, what ingredients it contains, and the role of these ingredients in liver health.



LIVER CARE: A COMPLETE SUPPLEMENT FOR YOUR LIVER

My Balance Nutrisentials' liver care premium formula contains 22 unique ingredients that have proven benefits for the liver. All the ingredients are carefully chosen and blended in a precise amount to make a powerful supplement for the liver. It detoxifies and rejuvenates the liver. Liver care also increases the production of bile and optimizes liver function. It is an all-inclusive dietary supplement that supports good liver health. A bottle of liver care contains 60 veggie capsules which means that one bottle lasts for 30 days. The dose recommendation of the liver care supplement is two capsules per day before a meal.

WHAT IS INSIDE OUR PREMIUM FORMULA – LIVER CARE?

Our Liver care Premium formula contains a combination of 8 ingredients plus a proprietary blend of 14 distinctive ingredients.

Zinc Oxide: Zinc is a key element for the smooth functioning of the liver. It activates various enzymes including ornithine transcarbamylase (OTC) and glutamate dehydrogenase (GDH). The liver is responsible for zinc metabolism, which is why in conditions like chronic liver diseases, the levels of zinc decrease in the body. Zinc deficiency leads to abnormal functioning of hepatocytes and impacts immunity responses in inflammatory liver diseases. Many studies have found that liver supplements are necessary to improve the function of the liver and for an overall healthy liver. In liver care premium formula, one capsule contains 30mg of zinc as zinc oxide. Each capsule will ensure that your body gets enough zinc.

Milk Thistle: Milk thistle has been used for thousands of years in herbal remedies. It is one of the main ingredients in herbal supplements for the liver. Silymarin is the active ingredient responsible for antioxidant and anti-inflammatory properties. There are numerous benefits of this flowering herb. Milk thistle is commonly used for liver,

gallbladder, and even for the treatment of cancer. As it is evidenced by the studies that milk thistle has protective effects on the liver and thus reduces liver damage and inflammation. Some studies have also claimed that it is helpful in the treatment of liver cirrhosis and chronic hepatitis. We have added a precise amount of milk thistle to our premium formula which is 200 mg per serving.

Beet Root: Another crucial ingredient of liver care premium formula which preserves your healthy liver function. Beetroot is a great source of antioxidants and nitrates. It is beneficial for all detoxification organs including, the liver, kidney, and digestive system. It cleanses your blood and improves the flow of oxygen. Naturally, beetroot is rich in vitamin C and contains lots of fibers that keep your digestive system healthy. As beetroot reduces oxidative damage and liver inflammation, our premium formula contains 50 mg of beetroot per capsule. It also increases detoxifying enzymes in your body.

Artichoke Extract: Artichoke or Cynara Cardunculus has been used as a medicine to ease symptoms of nausea, vomiting, spasm, etc. It protects the liver and lowers cholesterol levels. It contains cynarin and other compounds which have positive effects on the liver. Artichoke extract promotes the growth of new tissue and protects your liver from damage. Some studies have shown that it increases the production of bile and helps in the removal of harmful toxins from the body. Artichoke extract is also used for high blood pressure, hepatitis C, lowers blood sugar, and irritable bowel syndrome. My Balance Nutrisentials' liver support also contains artichoke extract. Each capsule provides 50 mg of artichoke extract.

Dandelion: These weeds have been commonly used in herbal medicine for centuries. Dandelion is a liver tonic as it detoxifies your liver. Dandelion contains polysaccharides which help in reducing liver stress. It promotes the flow of bile and helps your liver to filter harmful toxins. A study suggested that it benefits in relieving symptoms

of liver disease and improves liver function. In our liver care premium formula, each capsule contains 50 mg of dandelion. It also helps to relieve skin and eye conditions. Dandelion has antifibrotic effects which reduce inflammatory cell activation and free radicals in the body.

Chicory Root: Chicory root has a long history of being used to treat different ailments. Ancient Romans and Egyptians used chicory root as a purifier for blood and liver. It is also used to enhance the richness of the coffee as well as a replacement for coffee. We choose chicory root in our liver care formula because of its high level of beta carotene, antioxidants, and its ability to detoxify the liver and gallbladder. Liver care premium formula contains pure and organic chicory root.

Yarrow: Achillea millefolium commonly known as Yarrow has many potential health benefits. Yarrow has been used for skin and liver inflammation. In conditions like non-alcoholic fatty liver disease, it reduces the severity of the disease. Yarrow is also a useful herb for your skin in addition to skin inflammation it is also believed to increase skin moisture naturally. Yarrow contains a number of flavonoids and alkaloids which help to relieve the issues of the digestive system. In short, Yarrow is a complete supplement for your body and that is why we have added it to our liver care premium formula. Each serving contains 50 mg of natural Yarrow.

Jujube seed: Jujube fruit has been used in traditional medicine for almost thousands of years. Minerals and vitamins are abundant in it. Jujube seed has antioxidant properties, it contains compounds like polysaccharides, flavonoids, and others. Free radicals are the main cause behind many diseases such as diabetes, and heart and liver diseases. Studies have found that jujube seed has extraordinary antioxidant properties that make it perfect to protect your liver from damage. Each capsule of Liver care premium formula contains 50 mg of jujube seed which makes this formula a perfect supplement for the liver.

PROPRIETARY BLEND: A PERFECT BLEND OF INGREDIENTS FOR A HEALTHY LIVER

A proprietary blend is a collection of different ingredients blended together for specific purposes in dietary supplements. My Balance Nutrisentials' liver care has a unique blend of 14 ingredients that improves your liver function and thus makes it healthy. Here is the list of ingredients that our liver care' proprietary blend contains plus their role in making your liver healthier.

Celery seed: You may not have heard of celery seeds before, but they are as beneficial as the celery stalks. They have been a part of ayurvedic Indian medicine for centuries used to treat flu, cold, and much more. They are small in size and brown. The elements found in the seeds help excrete uric acid much more effectively by enabling the renal system. They also help in lowering blood pressure, cholesterol, and any kind of liver damage. Celery seeds are rich in restoration and regenerative properties.

Alfalfa: Alfalfa is also known as lucerne and is an important forage crop. Alfalfa can prevent the leaking of liver enzymes by reforming the membranes of liver cells. The reason for using this crop in our proprietary blend is to make sure that the liver enzymes are protected, and liver cells are healthy. Some studies show that alfalfa can even clear kidney stones. Even though there is not much evidence that alfalfa clears kidney stones, there is still enough information that shows how beneficial it is for our kidneys and liver.

Burdock root: Traditionally burdock root has been used as a diuretic and a digestive aid. Several studies have found burdock root has excellent antioxidant properties. It has also been used for detoxifying the body and liver for centuries. It is said that it can even reverse the damage caused to the liver by excessive alcohol consumption. Burdock clears our body from germs and bacteria, preventing bladder infections and others. It acts as a blood purifier and also shows activity against certain types of cancers.

Yellow dock: A common weed used in salads and the medicinal world. Yellow dock or Rumex Crispus has hepatoprotective effects due to its high levels of glycosides. It works as a laxative and has anti-inflammatory properties. Yellow dock also has antioxidative properties which prevent oxidative stress caused by free radicals. We have used yellow dock in our liver care premium formula because regular consumption of this herb initiates the detoxification process and increases the production of bile. In this way, it supports the liver in the elimination of toxins and waste from the body.

Methionine: Methionine is an essential amino acid. Amino acids are the building block of proteins. It is found in many food items including fish, meat, and dairy products. Methionine plays numerous roles in our body. It helps in the smooth functioning of cells. It prevents liver damage, especially in acetaminophen poisoning. It restricts the breakdown product of acetaminophen to damage your liver and thus protects the liver. It is also used in the management and treatment of depression, allergies, copper poisoning, drug withdrawal, and other health issues. Because of its numerous health benefits and its protective role for the liver, our experts have incorporated methionine in liver care's proprietary blend.

Grape seed extract: The extract is rich in antioxidants such as flavonoids, oligomeric proanthocyanidin complexes (OPCs), and others. It is grape seed extract's antioxidant property which makes it an effective ingredient against a number of health conditions including inflammation, oxidative stress, cell damage, etc. A grape seed extract has a detoxifying effect through which it protects the liver from harmful substances like drugs, viral infections, alcohol, and other environmental pollutants. Different scientific studies have concluded that grape seed extract significantly lowered liver enzymes such as ALT and also played a beneficial role in non-alcoholic fatty liver disease.

L Cysteine: L-cysteine is the basic building block of glutathione which is one of the most powerful antioxidants. L-cysteine is a semi-essential amino acid and is naturally made in the human body. However, its level is depleted in many health issues which is why it is important to consume it through diets or supplements. It promotes detoxification by reducing the harmful effects of drugs and other toxic chemicals. It also boosts immunity and increases male fertility. L-cysteine is our choice of ingredient in liver care because of its amazing antioxidant properties and its role in boosting the levels of glutathione.

Feverfew: Feverfew has been used in various herbal remedies because of its amazing health benefits. It is used to treat fever, migraine, rheumatoid arthritis, and dermatitis. In liver care premium formula, we have chosen feverfew because of its anti-inflammatory properties. Feverfew contains high levels of parthenolide, sterols, and triterpenes. It also has anticancer, antispasmodic, as an enema for worms and other pharmacological activities.

N-Acetyl Cysteine: It is an antioxidant that works well in liver diseases. N-acetyl cysteine improves liver function. It shows a great role in acetaminophen-induced liver failure as well as in non-acetaminophen-induced liver failure. In a fatty liver disease where oxidative stress is the main cause, N-acetyl cysteine plays a protective role because of its antioxidative abilities. It plays an important role in the detoxification of the liver and protects the liver from environmental toxins. Most of the liver supplements available on the market do not contain this ingredient. But, in the liver care premium formula, we have added N-acetyl cysteine in a proprietary blend.

Choline: Choline is one of the essential nutrients for the proper functioning of your mind and body. Choline deficiency in pregnant women can cause birth defects. According to studies, choline is necessary for liver function. It protects the liver against fatty liver disease. Our body produces some amount of choline but it is necessary to consume it through diet. Choline plays a vital role in producing a neurotransmitter called acetylcholine, fat metabolism and transport, synthesizing phospholipids, and other functions in the body. Research has confirmed that choline deficiency causes fatty liver disease in dogs and cats. So, choline is quite essential for your liver as well as for an overall healthy body.

Turmeric: It is one of the most popular spices. Turmeric contains a key component called curcumin which is responsible for its numerous health benefits. It has anti-inflammatory properties which make it an ideal ingredient in conditions like nonalcoholic fatty liver disease. Turmeric also has antioxidant abilities. It protects your liver against

the effect of drugs. It reduces the levels of liver enzymes such as ALT and AST. In liver care, we have used turmeric in a proprietary blend. The amount of turmeric in our blend is carefully calculated so that this supplement gives you maximum benefits.

Red raspberry: It contains strong antioxidant properties which make this ingredient ideal for Liver care premium formula. Red raspberries also show remarkable activity against cancer. Some studies have found red raspberry a useful ingredient in hepatic cancer. It contains several active components including flavonoids, phenolic acids, and others. Two important components which show anti-tumor activity found in red raspberry are proanthocyanidins, and ellagic acid. The antioxidant effect of raspberry protects the liver from damage.

Berberine: Another ingredient with remarkable benefits that support liver function. Berberine has a proven effect on liver function, it promotes cholesterol excretion and thus reduces blood lipid. It also improves hepatic steatosis and regulates lipid metabolism. Many studies have confirmed the effect of berberine in liver fibrosis, renal fibrosis, and myocardial fibrosis. Berberine is indeed an essential ingredient of our proprietary blend. We have chosen this ingredient because of its numerous health benefits, especially for the liver.

Ginger: Ginger is the most commonly used ingredient in culinary as well as in herbal medicine. It is one of the powerful ingredients with remarkable benefits. Some studies have proved that ginger reduces bad cholesterol, inflammation, and ALT. Ginger contains two compounds namely shogaols and gingerols that actively protect against cell damage and inflammation. Ginger also protects from alcohol damage. It is quite beneficial in diseases like non-alcoholic fatty liver diseases (NAFLD). As ginger holds many benefits that is why we have added this precious ingredient to our liver care premium formula. If your liver needs some extra support, then Our liver care premium formula is a must for you. By consuming two capsules every day you might improve your overall liver health. This is a complete supplement for your liver that contains all the essential ingredients that might support your liver function.

"These **statements have not been evaluated** by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease."



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ANYONE CAN SUFFER FROM ANXIETY

NEUROFEEDBACK CAN HELP

By Renee Chillcott, LMHC



It's human nature to seek out the reasons why we feel anxious. Very often we look at external factors for the root cause; the economy, COVID, being unhappy in a job, unhappy with a living situation, or conflict with family or significant others tend to be our "go to". We may also look at our past experiences, upbringing, or past trauma, to explain this unrelenting uneasy feeling we have inside.

The truth is that anxiety is a pattern of neuron firing in the brain that can be present from birth and life situations can exacerbate it to the point of dysfunction. Brain neural patterns don't necessarily dictate how we will behave, however, trying to change the environment, situation or behavior won't alter the patterns. Therefore, you can't talk someone out of anxiety. Anxiety is also not reserved for adults, it can cause dysfunction and issues in life regardless of age. Adults are unable to "change" their way out of anxiety and for children and young adults, you can't change their routines or discipline them from feeling anxious.

In babies and infants, anxiety neural patterns in the brain may present as:

- Colic
- Fussiness
- Not a good sleeper
- Tantrums
- Sensitive

As a child gets older into the toddler years it may present as:

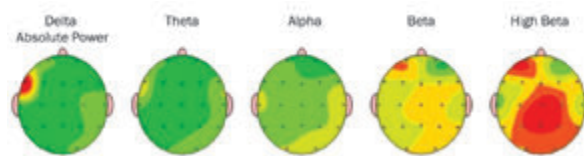
- Terrible two's, three's, and four's
- A spirited child
- Cranky, fussy, and not a good sleeper or napper
- Tantrums
- Picky or sensitive
- Difficulty with separation

I know what you are thinking. These symptoms are normal for children this age. And you are correct; they are perfectly normal, developmental behaviors for infants and toddlers. This is why diagnosing anxiety in young children is very difficult and not usually done unless symptoms are severe. In most cases, anxiety manifests at an older age when the symptoms are abnormal for the age or stage of development. And even then, parents tend to want to attribute what they observe to behavioral, personality or social causes.

"She didn't study for her test and that is why she's refusing to go to school today". "He's unmotivated to do anything except play video games and that is why his stomach hurts all of the time and he sleeps all day". "She just has too many activities scheduled and that's why she's overwhelmed". "He has too much homework and is up all night studying which explains why he doesn't sleep well".

The reality of the situation is that neither your child's personality nor their hectic schedule is the culprit. It's their brain, or rather, the neural patterns in their brain, that is not allowing them to handle the workload at school, pressure with friends, feeling good, making good food choices, having a normal sleep schedule, and so on. And to make it even harder to diagnose or differentiate, anxiety patterns can look different but produce the same results.

Here is an example of one type of anxiety pattern. Increased BETA and High BETA is located in the central and frontal lobes. This could cause anxiety symptoms that range from OCD, anger control issues, irritability and impulsivity, poor judgement, excessive worrying, feelings of being overwhelmed and depressed, among others.



Very often, we contribute anxiety to traumatic events. As in the case of PTSD (Post-Traumatic Stress Disorder). Therefore, it becomes difficult to recognize the early symptoms of anxiety in children who haven't experienced a traumatic event. However, as mentioned previously, these neuron firing patterns can be present from birth and may not have a root or cause in emotional

or physical trauma. It's a pattern in the brain that they are born with.

As a child reaches school age, anxiety may look like:

- Worrying about performance, grades
- Worrying about parents or loved ones dying
- More separation anxiety
- Fear of getting sick (vomiting is most popular)
- Fear of getting sick at school
- Social anxiety, difficulty with friends
- Feeling overwhelmed
- Nightmares or unable to sleep/fall asleep alone
- Sleep walking, talking or restless sleep
- Fatigue
- Refusal to go to school or meltdowns when going to school
- Frequent trips to the clinic
- Vocal or motor tics
- Loss of appetite or poor diet
- Somatic symptoms such as stomachaches, headaches, diarrhea, or digestive problems
- Poor grades usually due to missing school or falling behind

As they reach the teenage and adult years, the problem can become more apparent and more severe:

- Continued worry and difficulty handling traumatic events
- Dropping out of extra-curricular activities
- More social interaction difficulties or isolation
- Depression, suicidal or homicidal ideations
- Poor choices when confronted with life decisions (drugs, alcohol, sex)
- Beginning to develop dysfunctional coping skills or self-medicating
- Poor school performance/ failing classes, suspensions or expulsions
- Poor conduct: lying, stealing, violence
- Onset of panic attacks
- Continued somatic symptoms and fluctuation in weight (gain/loss)
- Manifestation into other anxiety disorders such as: Obsessive-compulsive Disorder, Eating Disorders, Trichotillomania, PICA, Body Dysmorphic Disorders, Phobias, Panic Disorders, Addiction, Social Anxiety, Performance Anxiety, etc.

According to The Anxiety and Depression Association of America, “Anxiety and depression are treatable, but 80 percent of kids with a diagnosable anxiety disorder and 60 percent of kids with diagnosable depression are not getting treatment, according to the 2015 Child Mind Institute Children’s Mental Health Report.”

Many health professionals believe that anxiety is a normal part of childhood and symptoms are not cause for alarm. Others believe that parenting and discipline need to be improved or implemented to treat the symptoms. In severe cases, medication is introduced as a treatment, but unfortunately, many children who suffer with symptoms, are medication resistant or not severe enough to medicate.

Adults can experience similar frustration when treating anxiety with medication. The diagnosis is a broad one and there may be very different neuron patterns causing the anxious feelings. This can cause treatment to be somewhat of a guessing game. Others struggle with side effects and dependency.

Neurofeedback can help. Neurofeedback can not only help reduce the anxiety symptoms specific to you, but it can “retrain” the neural patterns in the brain so that anxiety is better managed or controlled throughout your life. Through Neuroplasticity, Neurofeedback becomes a permanent correction of the anxiety patterns in the brain.

WHAT IS 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 visual and auditory feedback, teaches the brain to better regulate itself. Neurofeedback can be used to help detect, stimulate, and/or inhibit activity in the brain safely and without medication. It can help restore a wider “range of motion” in brain states, much like physical therapy does for the body.

While the client sits comfortably watching a movie or pictures appear on the screen (a calm and focused state), the EEG equipment measures the frequency or speed at which electrical activity moves in the areas where electrodes have been placed. This information is sent to the therapist’s computer. The therapist is then able to determine what frequencies are out of balance.

For example, when the EEG shows that you are making too many “slow” or “sleepy” waves (delta/theta) or too many “fast” waves (high beta), the therapist adjusts a reward band to encourage more balanced activity. This encouragement or “reward” happens through an auditory reinforcement of “beeps” and sometimes through visual reinforcement of changes on the screen.

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

WHAT IS AN EXAMPLE OF IMPROVEMENTS I MAY SEE?

At our center, our goal is to teach you how to tune into your own functioning. With children, we also teach the parents how to look at overall functioning rather than piecing together events or moments. We help you open your mind to possibilities with Neurofeedback rather than give too many examples that confuse the process or feel like a placebo. Changes you may experience or observe after a session are indicative of a learning process that will lead to improved functioning. Examples of those positive changes may be:

- Sleep patterns/quality of sleep
- Energy levels, calmer or more activated
- Ability to focus or concentrate
- Physical symptoms such as pain, headaches, migraines, tics, balance issues
- Mood or emotions
- Motivation and organization
- Feelings of Well Being
- Obsessive behaviors or thoughts
- Memory/cognitions
- Anxiety patterns or trauma patterns
- Coping
- Regulation
- Learning, communicating, and/or performance

WHAT IS A QEEG (QUANTITATIVE EEG) OR BRAIN MAP?

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

We don’t always need this data to make 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.

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

Applied Psychophysiology and Biofeedback

A Symphony in the Brain: The Evolution of the New Brain Wave Biofeedback (Curtain Up) Paperback – 31 May 2001 by Jim Robbins.

Healing Young Brains: The Neurofeedback Solution Paperback – 15 May 2009 by Robert W. Hill, Eduardo Castro.

HOW DO I GET STARTED?

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



Renee Chillcott, LMHC

Renee Chillcott is a Licensed Mental Health Counselor that has been practicing Neurofeedback training since 2005. Renee holds a BA degree from The University of Central Florida and a Master’s Degree in Psychology/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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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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Cataract Surgery in 2023: What should you expect?



By David A. Goldman MD

While there are certainly new developments in cataract surgery every year, these pale in comparison to the innovations that occur over decades. While many of the technologies discussed in this article are currently available in trials, it is important to remember that they are still in trials for a reason. Once safety data has been confirmed and designs have been optimized, cataract surgery in the next decade will be revolutionized.

To begin, the way surgery is performed will have completely changed. Today, cataract surgery is typically performed with a high-frequency microincisional ultrasound device. While it is very safe and provides great results, it is still dependent on the skill of the surgeon. In the next decade, these steps will likely become completely automated by computer and performed by a femtosecond laser. While these lasers are currently available in some areas of the country, the technology still needs some development – for example the surgeon controlled ultrasound device is still required to be used. That said, the rate at which these lasers are improving is impressive to say the least, and they will certainly play a role in cataract surgery in the future.

With intraocular lenses, exciting advances are also coming. The light-adjustable-lens (LAL) is currently under clinical trials from Calhoun vision. This lens contains components that are photopolymerized upon exposure to ultraviolet light. In essence, applying specific light onto the lens after implantation can not only correct refractive error (nearsightedness, farsightedness, astigmatism) immediately following surgery, but may even hold potential to adjust the patient's refraction as they age if needed. Another interesting technology is the FluidVision lens from Powervision. Instead of a fixed firm lens that is implanted into the eye, this lens contains fluid and channels that allow the shape of the implanted lens to change just like the eye's natural lens. This changing shape of the lens, referred to as accommodation, is the reason why most young people do not require glasses at all. Once an artificial lens is able to accommodate the same extent as the young human eye, we may be able to throw our glasses away forever.

Ultimately, over the years many exciting technologies come and not all turn out to deliver on what they had promised. That said, the products mentioned in this article have already done well in early testing and, though far from perfect, hint at a very exciting future for us all to see.



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, was recently ranked as a 'Top 40 under 40' most influential ophthalmologist in the world by British magazine 'The Ophthalmologist'.

Dr. Goldman received his Bachelor of Arts cum laude and with distinction in all subjects from Cornell University and Doctor of Medicine with distinction in research from the Tufts School of Medicine. This was followed by a medical internship at Mt. Sinai – Cabrini Medical Center in New York City. He then completed his residency and cornea fellowship at the Bascom Palmer Eye Institute in Miami, Florida. Throughout his training, he received multiple awards including 2nd place in the American College of Eye Surgeons Bloomberg memorial national cataract competition, nomination for the Ophthalmology Times writer's award program, 2006 Paul Kayser International Scholar, and the American Society of Cataract and Refractive Surgery (ASCRS) research award in 2005, 2006, and 2007. Dr. Goldman currently serves as councilor from ASCRS to the American Academy of Ophthalmology. In addition to serving as an examiner for board certification, Dr. Goldman also serves on committees to revise maintenance of certification exams for current ophthalmologists.

Dr. Goldman's clinical practice encompasses medical, refractive, and non-refractive surgical diseases of the cornea, anterior segment, and lens. This includes, but is not limited to, corneal transplantation, micro-incisional cataract surgery, and LASIK. His research interests include advances in cataract and refractive technology, dry eye management, and internet applications of ophthalmology.

Dr. Goldman speaks English and Spanish.

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Don't Give Up!

Brent Myers

OK. So here we are... five months into a new year. How are things working out for you? Did you set goals for making this year the best year ever? Did you have dreams and ambitions to make this year different? Did you plan on making things better? Well... how are you doing?

Too often we wait until it's too late to ask these types of questions. But let me encourage you with this today: Don't Give Up!

Maybe you're well on your way to accomplishing your goals. To you I say: Press On! Keep pushing on! Perhaps you've had a rough go of it and you've been derailed or don't think you could ever reach the sights you set for this year. To you I say: Press On! Keep pushing on!

Now you may be thinking, "that's the same advice for both groups." You're right. The reason is because I believe this to be a fundamental principle we all need to learn: perseverance.

The apostle Paul penned these words nearly 2,000 years ago: "So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up." (Galatians 6:9, NLT)

Think about that for a moment. Let that settle in. "let's not get tired of doing what is good," "we will reap a... blessing," but here is the kicker: "IF we don't give up."

Wow! That's an awfully big "IF"...

Perseverance reveals a lot about ourselves.

Perseverance reveals our conviction. Do I really believe in what I'm pursuing? Do I really feel deep down in my gut that what I'm going after is right and true? If I don't believe in it, then I'll give up quickly. But if I do believe, then how can I possibly give up?

Perseverance reveals our commitment. In his pursuit of creating a sustainable light bulb, Thomas Edison never gave up because he was committed.



Edison is quoted as saying, "I have not failed, I've just found 10,000 ways that won't work." If I'm really committed to it, then it's not just a matter of "I won't give up" but really a matter of "I can't give up."

Perseverance reveals our character. Who are you when no one else is watching? What do you do when you're alone in your pursuit of your dreams and goals? If we persevere, we show our character. Winston Churchill once said: "Never, never, in nothing great or small, large or petty, never give in except to convictions of honor and good sense. Never yield to the apparently overwhelming might of the enemy."

The writer of Hebrews put it this way: "So don't throw it all away now. You were sure of yourselves then. It's still a sure thing! But you need to stick it out, staying with God's plan so you'll be there for the promised completion." (Hebrews 10:35-36, The Message)

Stick with it. Press on. Reach your goals. Go for it!

I used to work for a gentleman who would say this: "We do not determine a man's greatness by his talent or worth, as the world does, but rather by what it takes to discourage him." (JF)

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