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Health & Wellness[®] MAGAZINE

June 2023

South Palm Beach Edition - Monthly

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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

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- 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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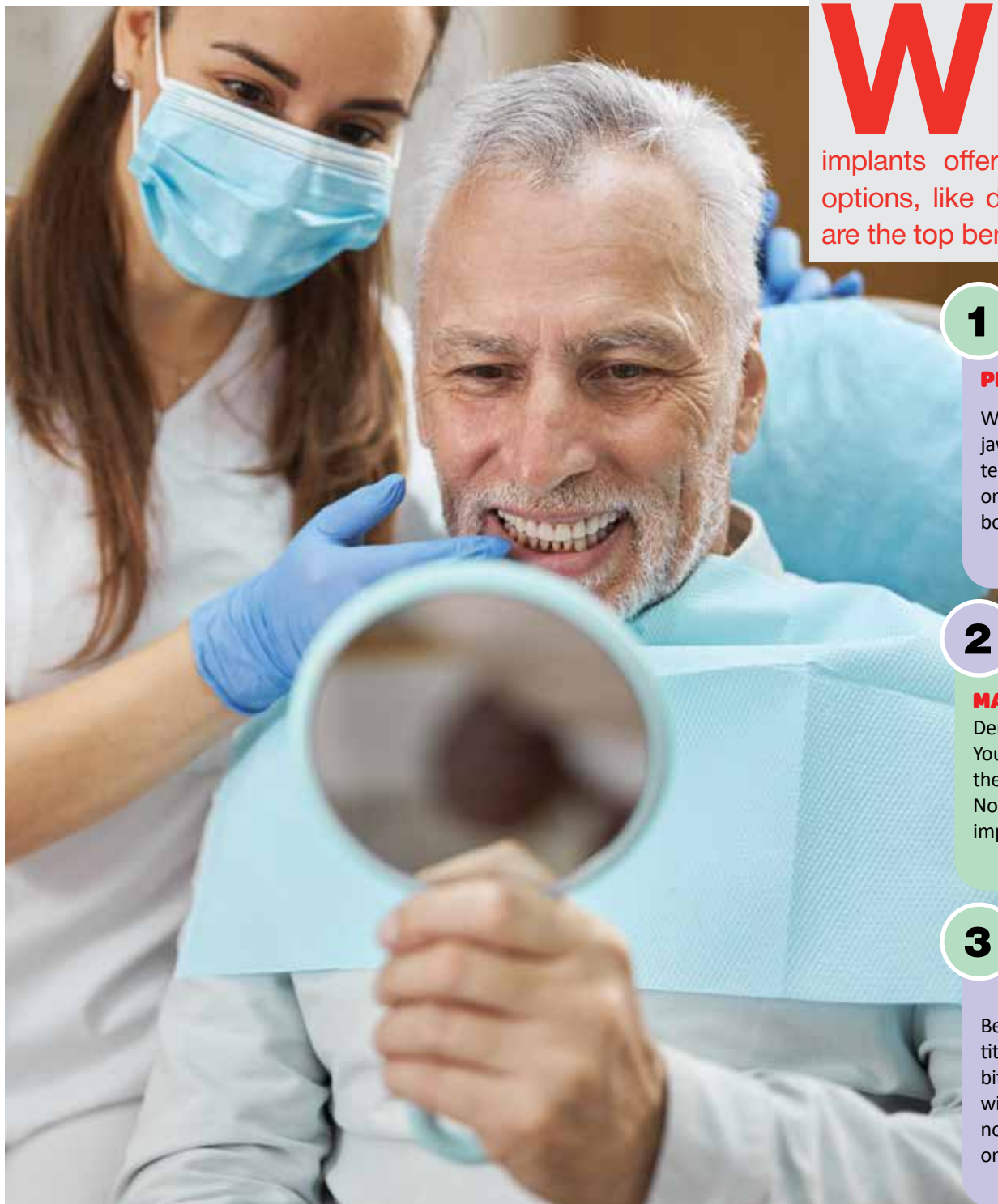
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The Top 10 Benefits of DENTAL IMPLANTS



When it comes to replacing teeth that are missing or damaged, you have several options. However, one option stands out above the rest is dental implants. Dental implants offer benefits that other tooth replacement options, like dentures or bridges, just can't offer. Here are the top benefits of this innovative option:

1

PREVENTS BONE LOSS

When you lose teeth, you also tend to lose bone mass in your jaw. Your jawbone needs the stimulation it gets when your teeth connect to maintain its mass. Dental implants are the only tooth replacement option that also replaces that jaw bone stimulation, helping to prevent bone loss.

2

MATCHES YOUR NATURAL TEETH

Dental implants come in a wide variety of shapes and sizes. Your dentist will work with you to design implants that match the color of your surrounding teeth and fit perfectly in the gap. No one but you and your dentist will know which teeth are implants.

3

RESTORES BITE FORCE

Because dental implants are anchored into your jaw with a titanium post that replaces the tooth root, they allow you to bite with more or less the same amount of force you could use with your natural teeth. Other tooth replacement options do not restore nearly as much of your bite force because they sit on top of the gums and aren't anchored in place.



4

**PREVENTS CHANGES
IN THE SHAPE OF YOUR FACE**

Your teeth help support your facial structure. When you lose teeth, you lose that support, which eventually causes your face to change shape, making you appear older. Dental implants provide similar support for your face as your natural teeth, preventing it from changing shape.

8

NO EMBARRASSING SLIPPAGE

Patients with dentures sometimes feel self-conscious about speaking, laughing, or eating in public, as dentures can visibly shift or slip inside your mouth. Dental implants are firmly anchored in place and will never embarrass you.

5

ENABLES NATURAL SPEECH

Some tooth replacement options, like dentures, can impact your ability to pronounce words correctly. Missing teeth can also alter your speech. Because dental implants feel and function just like natural teeth, they enable you to speak easily and naturally.

9

SUPPORTS ADJACENT TEETH

A gap in your mouth caused by a missing tooth can cause the teeth on either side of the gap to shift positions, leading to misalignment. Dental implants fill the gap, allowing you to maintain a straight, even smile.

6

WON'T GET CAVITIES

Artificial teeth still need to be cared for to prevent bacteria from building up in your mouth and causing infections, but the material that dental implants are made of can't decay. You'll never have to worry about getting cavities in your dental implants!

10

PREVENTS BONE LOSS

Other tooth replacement options will need to be repaired or replaced periodically, but dental implants are designed to last for the rest of your life.

7

EASY TO CARE FOR

Taking care of dental implants is easy! Just brush and floss like you normally would. Dental implants don't require you to buy any special products to clean or care for them. There's no need for cups, cleansing tablets, adhesive, or special flossers. You just brush and floss, just the way you would with your natural teeth.

If you're in need of a tooth replacement option, you should definitely consider dental implants. To find out if you're a good candidate for dental implants, you can schedule a complimentary consultation and 3D CT scan with our specialist team. Please call **(561) 205-5000** to reserve your visit! We look forward to meeting you.



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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Amusing Father's Day Card Messages Aside, Hair Loss Isn't Funny

by Alan J. Bauman, MD, ABHRS

I was looking at some Father's Day cards the other day in a gift shop when I found myself intrigued by several humorous (corny, really) ones that playfully addressed the topic of hair loss.

Here were a few of the messages (I snapped pictures of them, so I'd get this right):

Dad, remember that you're not losing hair; you're just gaining a bigger forehead.

Dad, you might be losing your hair, but you're acquiring a great hat collection!

Happy Father's Day, Dad! Remember, you may be losing hair on your head, but you're gaining it in your nose and your ears...and on your back.*

I can assure you, I've never seen a Mother's Day card joking about a mom losing her hair. That's because it's culturally more acceptable for a man to have thinning hair, and because men are experts at using self-deprecating humor to cover up how they really feel. I know this because men make cracks all the time about going bald when I'm doing a consultation with them. But they also often confide in me how much it bothers them.

So, let's get real for a moment here.

If you're a man losing your hair, it's probably concerning you more than you care to admit. Am I right?

It's not unusual for my male patients to confess that their hair loss makes them feel embarrassed and self-conscious, that they worry (a lot) about how their appearance might be affecting their professional life and, especially, their love life.

Most male pattern hair loss (androgenic alopecia) is believed to be due to a combination of genetics and hormones called androgens that play a role in male traits. The biggest androgen culprit is DHT (dihydrotestosterone), a by-product of testosterone production.

In men with certain genetics, DHT causes hair follicles to progressively shrink and produce weaker, thinner, and shorter hair over time in a predictable pattern. The pattern starts as a receding hairline and thinning in the crown and can result in the loss of all hair up top, sparing the sides and back of the scalp.



This doesn't mean that a man with male pattern hair loss has more testosterone than those without hair loss (sorry guys). He's just inherited a sensitivity to DHT, causing his follicles to miniaturize in the typical pattern.

While you can't undo the genetics causing your hair loss, we offer several powerful ways to encourage your hair to grow back, to thicken, or to stop or slow down hair loss. Here are a few of our most popular ones:

TED (TransEpidermal Delivery)

TED is ideal for people averse to surgery or having their blood drawn. It's *needle-free, pain-free, requires no anesthesia of any kind*, and is highly effective, especially for people with early androgenic alopecia.

It involves massaging a specialized topical hair growth serum into your scalp, assisted by ultrasonic sound waves and air pressure. The process gently enhances the penetration of the serum into the scalp by temporarily increasing scalp permeability. At the same time, increased blood flow optimizes scalp health and stimulates hair follicles to produce thicker, stronger, healthier hair. This FDA-cleared Class 1 medical device is clinically proven to quickly start minimizing shedding and improve hair growth and scalp health.

Low-Level LaserCaps

Bauman's low-level LaserCaps – we offer five of them – are drug-free, chemical-free, non-invasive, FDA-cleared, and scientifically proven to improve the appearance of hair quality, strength, and thickness of thinning hair and to stimulate measurable and visible hair growth.

Our newest and most high-tech LaserCap, the TURBO LaserCap™ is especially popular because using it takes just five minutes per day.

PDOgro™

Bauman Medical was 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. Used for decades in surgery, and more recently in aesthetic procedures to reverse the appearance of skin aging, PDO threads placed into the scalp stimulate hair regrowth. This procedure is typically performed in combination with PRP. Hidden under the skin, the threads dissolve and are absorbed over time, stimulating collagen production, new blood vessel formation, and a release of powerful rejuvenating growth factors.



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



Before and After 3 TED Treatments by Dr. Alan Bauman

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

PRP (Platelet Rich Plasma)

PRP is a comfortable in-office procedure requiring no recovery, downtime, or significant risk. Derived from a small sample of your blood, platelets and plasma are separated from other components of the blood, concentrated, then applied into the scalp under local anesthesia to invigorate weak hair follicles. With

our methods, which use 10-12 Billion platelets per treatment, you can expect hair growth improvements from a single treatment to last a year or more.

VIP|FUE™ hair transplant procedure

VIP|FUE™ offers patients all the advantages of traditional minimally invasive FUE (follicular unit extraction) – no linear scar and a quicker, more comfortable recovery. (FUE involves extracting individual hair follicles from a donor area and transplanting them to the balding area.)

However, VIP|FUE™ is the only transplant procedure that doesn't require the donor area to be trimmed or shaved. Hair left in the donor area remains the same length through the procedure and recovery. It's the ultimate in discretion because your hairstyle does not change through the process.

*And....ah, hem...about that back hair...

Bauman Medical does **hair removal** too! Ask us about Clarity, our state-of-the-art laser hair removal tool. It's so good you may come back some day, but not for your back.

Learn more

I realize it's impossible to know from reading everything above which option is best for you. The best way to find out is to schedule your private one-on-one in-person or virtual consultation. So take a minute to call us at **561-220-3480**, point your camera at the QR code below, or visit us at **www.BaumanMedical.com**.



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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Genetics and Hair Loss

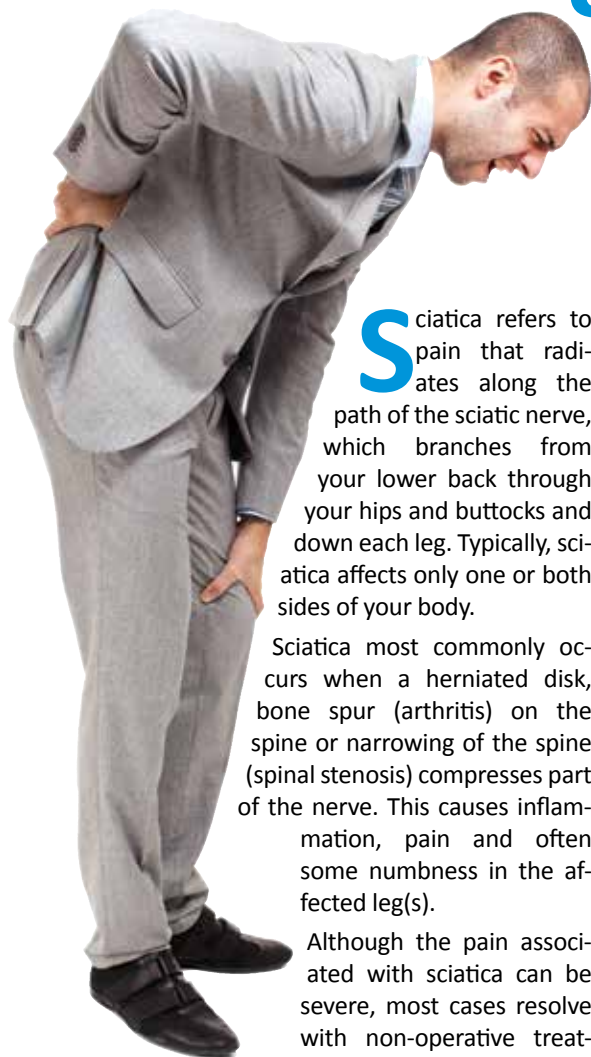
- There are now over 200 known DNA locations (genes and SNPs) that contribute to genetic baldness.
- Hair loss genes can be inherited from either your mother's or father's side of the family, or a combination of the two.
- Hair loss can start as soon as puberty ends, depending on your hereditary sensitivity 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. HairDX and 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.

Pain Management for Sciatica

SCIATICA TREATMENT



By Aaron Rosenblatt, MD



Sciatica refers to pain that radiates along the path of the sciatic nerve, which branches from your lower back through your hips and buttocks and down each leg. Typically, sciatica affects only one or both sides of your body.

Sciatica most commonly occurs when a herniated disk, bone spur (arthritis) on the spine or narrowing of the spine (spinal stenosis) compresses part of the nerve. This causes inflammation, pain and often some numbness in the affected leg(s).

Although the pain associated with sciatica can be severe, most cases resolve with non-operative treatments in a few weeks with

treatment that Dr. Rosenblatt can easily perform.

Pain that radiates from your lower (lumbar) spine to your buttock and down the back of your leg is the hallmark of sciatica. You might feel the discomfort almost anywhere along the nerve pathway, but it's especially likely to follow a path from your low back to your buttock and the back of your thigh and calf.

The pain can vary widely, from a mild ache to a sharp, burning sensation or excruciating pain. Sometimes it can feel like a jolt or electric shock. It can be worse when you cough or sneeze, and prolonged sitting or walking can aggravate symptoms. Some people also have numbness, tingling or muscle weakness in the affected leg or foot. You might have pain in one part of your leg and numbness in another part. You do not have to have low back pain to have sciatic pain.

Please call Dr. Rosenblatt when self-care measures fail to ease your symptoms or if your pain lasts longer than a week, is severe or becomes progressively worse. **Get immediate medical care if:**

- *You have sudden, severe pain in your low back or leg and numbness or muscle weakness in your leg*
- *The pain follows a violent injury, such as a traffic accident*
- *You have trouble controlling your bowels or bladder*

Sciatica occurs when the sciatic nerve becomes pinched, usually by a herniated disk in your spine or by an overgrowth of bone (bone spur) on your vertebrae. More rarely, the nerve can be compressed other tissue or damaged by a disease such as diabetes. Shingles is another common cause that would require treatment.

During the physical exam, Dr. Rosenblatt will check your muscle strength and reflexes. For example, you may be asked to walk on your toes or heels, rise from a squatting position and, while lying on your back, lift your legs one at a time. Pain that results from sciatica will usually worsen during these activities.

any people have herniated disks or bone spurs that will show up on X-rays and other imaging tests but have no

symptoms. So doctors don't typically order these tests unless your pain is severe, or it doesn't improve within a few weeks.

- **X-RAY.** An X-ray of your spine may reveal an overgrowth of bone (bone spur) that may be pressing on a nerve.
- **MRI.** This procedure uses a powerful magnet and radio waves to produce cross-sectional images of your back. An MRI produces detailed images of bone and soft tissues such as herniated disks. During the test, you lie on a table that moves into the MRI machine.
- **CT SCAN.** Can also be used for a faster imaging result or when an MRI is not allowed.

After evaluation, Dr. Rosenblatt might recommend injection of a medication into the area around the involved nerve root(s). This can help reduce and or eliminate pain by suppressing inflammation around the irritated nerve. This can greatly improve the pain and discomfort from the multiple causes of sciatica and help improve an individuals overall function. There are several different types of nerve root treatments to consider based on the location and severity of the impingement of the nerve. Usually treatment takes no longer than 5-6 minutes and can provide immediate relief!

Dr. Rosenblatt explains, "This procedure is simple and helps people of all ages to help feel less pain and function at a higher level. It is great for neck and lumbar spine pain. It will also help to avoid unnecessary spine surgery."

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 17 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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AS THE DAYS HEAT UP REMEMBERING TO GRAB ALL YOUR VALUABLES BEFORE LEAVING YOUR CAR BECOMES MORE AND MORE IMPORTANT!

THE DON'T FORGET APP IS SAVING LIVES!

According to Consumer Reports: "About 38 Children die each year from vehicular heatstroke. Heatstroke is the leading cause of death in vehicles (excluding crashes) for those 14 and younger."

As it gets hotter and people become overwhelmed with all that they need to remember it becomes increasingly likely that a child or pet can get left behind. The Don't Forget App created by Burt Firtel is perfect for those parents who have a never-ending checklist of things to get when exiting the car. Burt urged his app engineers to create an easy-to-use and customizable app for all ages!

Burt says, "It's a simple idea but one that some people are saying why hasn't it been thought of before? I would park my car in the underground garage, take the elevator to my apartment, get undressed, turn on the tv, and reach for the phone. You dummy, I left it in the car and would do so a couple of times each week. So, I invented the "Don't Forget APP".

The Don't Forget App is life-saving and can stop a tragedy from occurring. It works with your car's Bluetooth so that when your car turns off it reminds you to take up to 15 items. Burt wants to try and prevent any more children and pets from becoming part of those tragic statistics.

Burt is now an 84-year-old retiree who just wants to help others.



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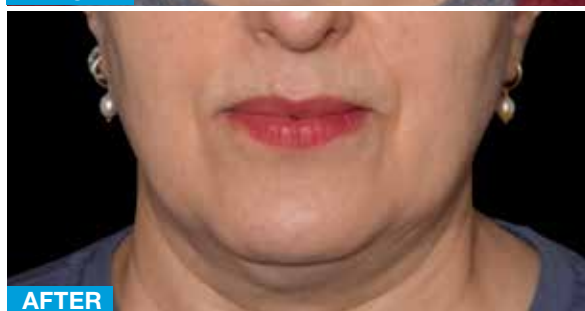


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EmFace uses advanced radio frequency technology to lift and tighten the skin, reducing the appearance of fine lines, wrinkles, and sagging skin. The treatment is quick, painless, and requires no downtime, making it the perfect solution for busy individuals 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.

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.



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

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

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



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PLANNING FOR THE INHERITANCE OF A DISABLED CHILD



Many families are not aware that once a disabled child (minor or adult), who is receiving government benefits, receives an inheritance all their government benefits will be stopped until the inheritance is spent down.

All parents worry about what will happen to their children after they die. Parents of adult children with a chronic disability have an additional concern: whether the child will have financial security.

Additionally, many families are not aware that with proper planning through a Third-Party Special Needs Trust the loss of government benefits can be avoided.

The disabled child can utilize their inheritance to provide for their health, maintenance, education and support. The Trusted Law Office welcomes you to contact us at (561) 998-6039 to schedule a free consultation with us to discuss your specific planning needs.

How can you plan for the inheritance of a disabled child in order to preserve their ability to receive government benefits?

Do you have a disabled child who will be inheriting from your estate?

Does this disabled child receive government benefits?



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



Wisdom may come with age but getting older has its set of challenges. People are living longer but not necessarily healthier. From diminished eyesight, arthritis, immobility, to cognitive decline, some conditions make it high-risk and unsafe for seniors living on their own or with limited supervision.

Some of the biggest hurdles for seniors are tripping, slips and falls, slippery bathtubs, and getting in and out of the bath or shower. These can be extremely hazardous for those with arthritis, dementia, fibromyalgia, cardiac conditions, Parkinson's and many other conditions that cause stiffness, pain, lack of coordination, immobility and failure to be able to follow direction.



Whether from injury or aging, getting in and out of a bathtub can be challenging. Instead of spending thousands of dollars on a bathroom renovation, you can easily convert your tub into a walk-in shower with the TubcuT® Company.

The TubcuT® is the original tub to shower conversion, and it helps to improve accessibility, reduce accidents, serious injuries and help people remain in their homes longer. And the good news is, you will save on average, 90% of replacement costs with TubcuT® as they convert your tub into a walk-in shower in just one day. There is no plumbing or demolition required, and there is little to no disruption. A regular shower curtain is all that's needed to stop any water overspray concerns; they can also install shower doors if you'd prefer.

IT'S LIKE HAVING A WALK IN SHOWER WITHOUT THE COST!

TubcuT® creates an opening that fits your needs. Unlike cap systems, The TubcuT® adapts to you and what your lifestyle requires. With TubcuT's® exclusive process, you dictate where they create the opening, how wide it will be, and how low.

The TubcuT® threshold is typically 4" above the floor giving you more accessible, safer access, the same as a typical shower pan. TubcuT® Follows the same exact contour of your tub there, and there is no ledge on the

threshold or bulky plastic inserts. Those inferior plastic inserts are just caulked in and are subject to leaking and will need service down the road. The TubcuT® is custom fitted to your tub creating a seamless, waterproof shower with a professional factory appearance that's unlike anything else available. The TubcuT® is the only tub to shower conversion that can be reversed! If you save the cutout section of the tub, they can easily restore your bathtub to its original condition if needed.



The TubcuT® changes lives, but many dismiss it as something only for the elderly. However, there is another class of customer that it suits just as well, those with health and mobility issues. People with multiple sclerosis, Parkinson's disease, arthritis, fibromyalgia, muscular dystrophy, cerebral palsy to name a few, will benefit significantly from The TubcuT®.

For accident victims, anyone in chronic pain, people with knee or hip replacements or any neuro-muscular disease, the TubcuT® can be a life-changing product. To find out more, contact them today!



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VA APPROVED

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.”

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SIMPLY MEN'S HEALTH
IS QUICKLY GRABBING
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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 along with Photobiomodulation LASER 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 and 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, 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, 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**

100%SAFE•Non-invasive•NoDowntime•NoSideEffects



WHAT IS REJUVAWAVE® MULTI-WAVE SHOCKWAVE PROTOCOL?

This proprietary, state-of-the-art technique using both Focused and Radial waves stimulates cellular metabolism, enhances blood circulation, and stimulates the growth of new blood vessels and nerves in the treated areas. In addition, Cold Laser accelerates healing and potentiates the effects of RejuvaWAVE® shockwave treatment.

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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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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Why Do I have The Summertime Blues?

By Renee Chillcott, LMHC



When we think of summer we imagine swimming pools, beach time, picnics, vacations and loads of fun-in-the-sun. Our emotions are happy and carefree. We don't usually imagine depression or anxiety during the summer months, as we reserve that emotion for the winter.

SO WHY DOES SUMMER MEAN INCREASED DEPRESSION, ANXIETY AND HEADACHES FOR ME OR MY LOVED ONES?

The answer is simple....INFLAMMATION. But what exactly is inflammation?

The term for opening of capillaries and increased flow of blood is called vasodilation. Capillaries open and an increase in blood flow occurs in the area. An area of injury may visibly swells up and we describe the area as "swollen" or "inflamed". In the case of body temperature, "when we are too hot, blood vessels supplying blood to the skin can swell or dilate (vasodilation). This allows more warm blood to flow near the surface of the skin, where the heat can be lost to the air." After healing or a reduction in body temperature, the capillaries return to normal through a process called vasoconstriction. This process is happening on an almost consistent basis during the summer months when temperatures can reach into the 90's to 100's, even in the evenings and early mornings.

If the capillaries do not close or do not close fast enough, we help them along. We apply ice (constricting the capillaries) or take a medication that reduces inflammation (such as ibuprofen) or promotes vasoconstriction (such as caffeine).

But, what happens to our heads if our body temperature rises, we experience vasodilation, but then do not experience vasoconstriction? A headache occurs. This is the result of increased blood flow we can feel through pain receptors covering the brain or scalp.

What if there is increased blood flow in our actual brain? This part of our body does not have pain receptors. Our brain doesn't technically "feel" pain. The result of increased blood flow in the brain that does not constrict is what we call Brain Inflammation.

WHAT ARE SOME CAUSES OF VASODILATION OR INCREASED BLOOD FLOW IN THE BRAIN?

- Heat or increased body temperature
- Inflammatory foods such as Gluten or Dairy
- Traumatic Brain/Head injuries
- Concussions

- Viruses such as Lyme
- Medications such as Antibiotics or Anesthesia
- Illness, Sinus irritation or colds/flu

WHAT HAPPENS IF THERE IS INCREASED BLOOD FLOW (INFLAMMATION) IN A PART OF THE BODY THAT WE CANNOT SEE?

After vasodilation or increases in blood flow, the brain, just as with other parts of the body should enter a period of vasoconstriction where blood flow decreases. If this does not happen, the blood flow or swelling remains. Unlike swelling in a wrist or ankle, the swelling that remains in your brain is not easily observed. Our first indication that we have increased blood flow that is not constricting is from symptoms.

Some of the symptoms that result from Brain Inflammation are:

- Depression
- Anxiety or related disorders
- Brain Fog
- Fatigue
- Trouble with memory
- Trouble with concentration
- Trouble with learning
- New allergies or sensitivities to food
- Headaches
- Irritability
- Increased pain
- Insomnia or sleep problems

HOW DO I FIX BRAIN INFLAMMATION?

Because we cannot see increased blood flow in the brain without special equipment, it can be difficult to know it is happening. As mentioned earlier, there are not pain receptors in the brain so we don't have pain to indicate swelling or inflammation. Typically, we notice symptoms that do not seem to resolve as an indication that there's a problem that needs to be fixed. There are medications that can provide some relief. However, when we are prescribing medication based solely off of symptoms, you can easily end up on the wrong medication track and not receive relief. Natural anti-inflammatory supplements can also provide relief as well as an adjustment to diet or change in lifestyle. However we recommend an evaluation and EEG study to confirm the inflammation and then suggest the appropriate treatment options for your situation.

WHAT IS AN EEG STUDY?

An EEG study or QEEG (Quantitative EEG) is 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 be



read and analyzed. We provide a summary of significant findings and the report shows the result 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 of the brain have increased blood flow by indicating what areas of the brain have excessive amounts of slower neuron activity (slow neurons promote more blood flow). Another study that can be helpful is the SPECT scan.

HOW CAN NEUROFEEDBACK HELP?

Once the areas of inflammation or dysregulation are identified, we use Neurofeedback or EEG Biofeedback to balance the neural patterns

and reduce excessive slow activity. Teaching the brain to reduce these waves will help the brain to slow down increases in blood flow and return the brain to a more balanced and flexible state, thus relieving symptoms.

HOW DO I GET STARTED?

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

Renee Chillcott, LMHC

Renee Chillcott is a Licensed Mental Health Counselor that has been practicing Neurofeedback training since 2005. Renee attended The University of Central Florida where she received her Bachelor of Arts Degree in Psychology in 1995. She then went on to complete her Master's Degree in Mental Health Counseling with Nova Southeastern University in 2001. She has been a mental counselor in a variety of settings including Outpatient Treatment Agencies, Alternative Education Settings, and Private Practice. Renee received her license in Mental Health Counseling in 2004. Renee decided to enter the field of Neurofeedback because there was very little information made available to people/parents about alternatives to medication. Through the use of Neurofeedback she saw more significant and permanent changes in not only her clients, but also her own family and herself. This inspired her to become 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, Nutritional Counseling, Learning Programs, and counseling are among a few of the services offered.





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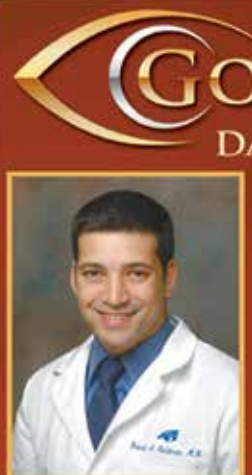
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About Accepting Death

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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How Doctors Choose Surgeons

By David A. Goldman MD

When it's time to have an elective surgical procedure how would you choose a surgeon? Most people will ask friends and family, others may do their own internet research. When I needed a hernia repair, I did what all other doctors do – I asked another doctor. Not just any doctor, but in this case the residents who worked with all the doctors in the department of surgery. When a family member needed surgery, I called and spoke to one of the scrub nurses at the local surgery center. While top degrees and awards certainly contain value, there is not always a direct correlation with surgical skill. Scrub nurses, OR technicians, and residents are in unique positions to compare surgeons not on a one-time basis, but on an annual day-in day-out experience. Surgical representatives are often the best because they survey hundreds of doctors within a large geography (and yes, I have relied on the advice of surgical reps many times for my family members).

This is not to downplay the value of resumes, accolades, internet research, and word of mouth. If a personal associate of yours had an excellent experience with a surgeon, you should absolutely trust their opinion. In southern Florida, the population is continually changing, with new patients relocating here every day. In some cases you may not know whom to see for care. Remember that there are multiple sources available for you to check.

So what occurred in my situation? I selected a surgeon based on the advice of residents and fellows who worked with all general surgeons. I had minimal postoperative discomfort and was extremely satisfied with the end result. Of note, a colleague sought out a "renowned" surgeon for the same procedure and had significant pain. When he developed a hernia on the opposite side he saw my surgeon. He couldn't believe how much better the experience was.

In summary, there are many ways to select a surgeon. But, if in doubt, do what the doctors do.



DAVID A. GOLDMAN

Prior to founding his own private practice, Dr. David A. Goldman served as Assistant Professor of Clinical Ophthalmology at the Bascom Palmer Eye Institute in Palm Beach Gardens. Within the first of his five years of employment there, Dr. Goldman quickly became the highest volume surgeon. He has been recognized as one of the top 250 US surgeons by Premier Surgeon, as well as being awarded a Best Doctor and Top Ophthalmologist.

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

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

Dr. Goldman speaks English and Spanish.

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Brent Myers

You Deserve a BREAK TODAY...

I know it's ironic to quote a famous fast-food chain advertisement in a health and wellness magazine, but on this one – they got it right!

They understood one of the most overlooked principles of our health: the need for rest. (How they recommend fulfilling that need, and what many others think is where we differ...)

Most studies indicate that we operate at our best when we have sufficient rest. Our bodies were not created to be able to go without stopping and taking a break. We were designed to wear down, be refreshed, and go again. Rest is important for all areas of our lives...

PHYSICALLY. Sleep and metabolism are controlled by the same area of the brain. Sleep releases hormones that control appetite. Researchers at the University of Chicago found that dieters who were well rested lost more fat. And a 2010 study found that C-reactive protein, which is associated with heart attack risk, was higher in people who got six or fewer hours of sleep a night.

EMOTIONALLY. Sleep and stress have similar affects on your cardiovascular stress. Being well rested can reduce stress levels and improve your overall health.

MENTALLY. Lack of sleep can make it difficult for you to concentrate and retain information. When you sleep, your brain goes through all the activities and impressions of the day which is important for memory formation.

But what's most interesting about rest, is that God knew the importance of rest long before the golden arches recommended it. God created us with the need for rest; He modeled it and even commanded it.

His Model

“By the seventh day God had finished the work he had been doing; so on the seventh day he *rested* from all his work. Then God blessed the seventh day and made it holy, because on it he *rested* from

all the work of creating that he had done.” (Genesis 2:2-3, NIV)

God didn't NEED rest. But he CHOSE to rest – giving us an example to follow. Think about this: if the Creator of the heavens and earth and the Sustainer of all living things was able to rest, then I think I could carve out some time to make sure I'm resting, too.

His Command

“Remember the Sabbath day by keeping it holy. 9 Six days you shall labor and do all your work, 10 but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. 11 For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.” (Exodus 20:8-11)

This, by the way, is in the Ten Commandments. Consider this: of all the possible things God could tell us to do – if you pared them down to the “top ten”, most of us would start with the Ten Commandments. And one of the top ten things God tells us to do is: REST.

As God's creation, He knows us better than we know ourselves. He designed us and put us together so He knows exactly what we need. And with all that knowledge and wisdom, what does He tell us to do? Rest.

We should be working hard to make sure that we rest daily (getting a good night's sleep); rest weekly (taking at least one day off from work); and rest annually (retreating for an extended time of refreshment).



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Picture a dear family member, friend, or grandparent getting a disturbing phone call from someone pretending to be you, asking for help. Or imagine them receiving a call from a stern voice, intimidating them with threats of jail, deportation, or the loss of their essential Social Security benefits if they don't respond to immediate payment demands. Trusted institutions like the Social Security Administration, Medicare, or the IRS are transformed into weapons by heartless fraudsters.

This horrifying scenario is the stark reality for Florida's elderly community. It only takes one unsuspecting phone call or an innocuous-looking QR code scan to cause serious harm. The fallout is more than just financial ruin, as these seniors are left dealing with physical and emotional trauma.

Scammers, thanks to emerging AI technologies, can now convincingly mimic the voice and appearance of a loved one. This makes seniors, who are already susceptible due to a lack of technological knowledge, easy victims. Scammers use complex tricks, such as playing on emotions and creating an immediate need, which can be harder for older folks to detect.

When emerging technologies are used by malicious actors, they bring more than financial risk. They cause significant psychological and physical distress among the elderly. Successful scams can leave victims grappling with emotional turmoil, declining physical health, tarnished reputations, and altered behaviors. The emotional trauma from being deceived can lead to new health problems or worsen existing ones in seniors, who often already have health issues. As a result, those over 65 are more susceptible to adverse physical effects resulting from scams.

In-depth research has also shown a worrying link between particular brain functions in healthy older adults and their susceptibility to financial exploitation. Even without neurological disorders, seniors' cognitive functions, decision-making abilities, and awareness of exploitation can be impaired. These findings underscore the urgent need for protective regulations to shield the elderly from the devastating impact of financial abuse and the profound influence of age-related brain changes on crucial cognitive abilities.

Prevention strategies and interventions are critical in combating elder fraud. Cybersecurity expert and best-selling author Amir Sachs knows how important it is to act fast in this rapidly evolving environment. Even though AI technology is still developing, Amir and his team at Blue Light IT in Boca Raton, Florida, are diligently exploring the best immediate actions people and organizations can take to protect their loved ones.



Blue Light IT offers complete IT administration, strategic technology advice, and specialized Cyber Security services. Amir has deep knowledge of the internet's early years and has a unique understanding of the mindset and tactics used by hackers. Currently, at the cutting edge of AI, he is committed to finding solutions to combat the rise in QR codes scam and AI fraud while assisting businesses in utilizing the advantages of this technology.

Amir and his team at Blue Light IT, are instrumental in building a more secure environment for all companies by sharing their vital expertise and services. Armed with a deep understanding of cybersecurity, strategic technology advice, and IT administration, Amir and his team are devoted to increasing awareness, educating the general public, and encouraging collaboration to protect everyone, including seniors, from the disastrous effects of fraud.

Amir Sachs, Founder and CEO of Blue Light IT in Boca Raton, FL helps small and medium sized companies around the globe reduce the risk of cyberattacks. Co-Author of the Amazon Best-Sellers: "Cybersecurity NOW, Crucial Strategies from 11 IT Security Experts" and "Managing Your Business Risk in the Cybersecurity Minefield," Sachs has 25+ years of experience in the small and medium-sized enterprises (SMEs) across multiple industry sectors and founded Blue Light IT in 2003.

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