

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

Health & Wellness[®]

MAGAZINE

July 2023

South Palm Beach Edition - Monthly

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FREE



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

**DECLARE YOUR
INDEPENDENCE
FROM HAIR LOSS**

SILHOUETTE INSTALIFT

**EVERYTHING YOU WANTED
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- Silhouette Instalift
- Medical Grade Cosmetic Facials
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TRUSTED LAW AMANDA ACHONG, ESQ

- Florida State University
- Western Michigan University Cooley Law School

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

Understanding Advantages & How They Work

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



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

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

also referred to as a type of 'implant supported dentures', although this is a broad term covering other styles of replacement teeth as well.

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

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

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



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

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



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

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

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

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



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



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Declare Your Independence from Hair Loss

by Alan J. Bauman, MD, ABHRS



If you're like many of the men I see, you may not realize that thanks to advances in science and medicine there are numerous effective options for hair loss that are much, much better than anything you'll find in a drugstore or barber shop or touted in an infomercial.



As a nod to July, the month when we celebrate independence, why not join the growing army of men who've freed themselves from the tyranny of balding imposed on them by the rule of their genetics; men who are now pursuing happiness with a full head of healthy, youthful-looking hair that's there to stay.

Losing hair presents a dilemma for lots of men. Ignore what's happening and "live with it" or flounder around for a solution and be constantly on the march to adapt to their head's ever-shifting geography.

Maybe you've tried some of these remedies?

- Shaved your head
- Got a buzz cut
- Perfected your comb-over
- Slicked your hair back with "product"
- Sprayed on artificial hair fibers or pigment

The problem is that these remedies are all temporary and—let's face it—they don't fool anyone.

Am I right?

Tell me if I'm right: You've been worrying about your hair loss for a long time. You've been wondering what could be done, if anything. It's kicking your self-confidence in the butt. You think a transplant is your only recourse. And you're too embarrassed to make that call to a hair restoration doctor to even ask.

...but did you know there are several very powerful non-transplant options you may not have heard of that can give you the freedom to have more hair on your head than you ever dreamed possible?

Read on. I think you'll be pleasantly surprised.

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.

And another plus: they 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 promote 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.

PRP (Platelet-Rich Plasma)

PRP is a comfortable in-office procedure requiring no recovery, downtime, or significant risk. With our methods, which use 10-12 billion platelets per treatment, you can expect hair growth improvements from a single treatment that last a year or more.

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.

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.

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



Before and 12 months after PRP by Dr. Alan Bauman



Before and after FUE Hair Transplant by Dr. Alan Bauman

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.

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 (male pattern hair loss).

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. TED can also be used to apply Exosome Therapy topically, as well as deliver medications such as finasteride and dutasteride to the scalp.

Hair Transplantation

Alas, in some cases, hair loss is so advanced that a hair transplant is the only way to achieve lasting hair regrowth in areas like a receded hairline, thinning crown, or other areas where hair follicles are severely depleted or gone. *But you won't know that for sure until you've had a consultation.*

The good news is that transplant procedures have become more effective, comfortable, and are 100% natural-looking due to major innovations in techniques and technology.

FUE (follicular unit extraction) is one of Bauman Medical's most

popular hair restoration technologies. Using a variety of techniques that we helped pioneer over a decade ago, we employ several types of FUE, depending on each patient's particular need or situation.

Using robotics, or with the aid of mechanical instruments, we harvest hair follicles directly from the scalp, replacing the older, invasive method of "strip harvesting." FUE hair transplantation allows for the minimally-invasive harvesting of follicles without leaving behind a telltale linear scar and with the added benefits of a shorter, less restricted, and more comfortable recovery.

Learn more

Ready to declare your independence from hair loss? It's easy to get started. Take a minute to call us at **561-220-3480** to schedule your in-person or remote consultation, 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

With over 25 years of specialization in hair restoration, he offers an impressive array of state-of-the-art technologies, including proprietary hair restoration procedures, low-level laser light therapy, customized hair growth medications, supplements, and other modalities that produce excellent results. Thanks to his many tools, you may not even need a transplant!

Dr. Bauman's "Hair Hospital," housed in a dedicated 12,000-square-foot building, is recognized as one of the premier hair restoration practices in the country.

As one of approximately 250 physicians worldwide to achieve board certification from the American Board of Hair Restoration Surgery (ABHRS), Dr. Bauman has treated over 33,000 patients. He's also a pioneer in numerous technologies in the field of hair restoration, both for diagnostics and treatment.

In recognition of his expertise, 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."

Forbes magazine recognized him as one of "10 CEOs Transforming Healthcare in America" for bringing restorative hair treatment into the mainstream and pioneering robotic technologies.

Dr. Bauman is a sought-after guest expert at international scientific meetings and live surgery workshops, and a frequent expert source on national news and educational shows.



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Why Choose Bauman Medical? Experience the Difference

The demand for hair restoration services has grown significantly in recent years, leading to an increase in the number of medical professionals offering hair transplant services. While some dermatologists, plastic surgeons, and other medical professionals have received specialized training to offer hair restoration services, for many doctors, it's a sideline. Therefore they may have limited experience and may provide only minimal hair regrowth options beyond transplantation, and most don't even bother to accurately measure and track their patients hair growth.



SILHOUETTE INSTALIFT™

A GAME CHANGER FOR NON-SURGICAL FACIAL CONTOURING AND BODY CONTOURING



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

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

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

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

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



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.

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

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

Why choose Silhouette Instalift™?

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

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

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.

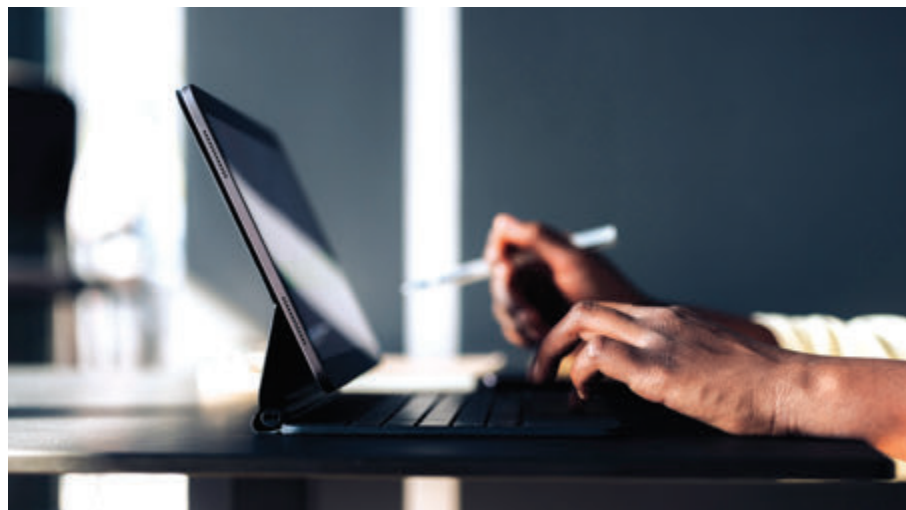
TRUSTED HOMECARE SERVICES MISSION STATEMENT

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**

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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potential cure for
Erectile Dysfunction &
Peyronie's combining
Shockwave & Laser
over 95% Success**



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 introduces the game-changing RejuvaWAVE Multi-Wave Shockwave™. 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 • No Down Time • No Side Effects



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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WHAT IS NEUROFEEDBACK? AND CAN IT HELP ME?

By Renee Chillcott, LMHC

IS IT BIOFEEDBACK?

Biofeedback is a very broad term that is used to describe a technique that allows you to learn information about your body. With Neurofeedback, we zero in on the neuron firing in the brain. So, Neurofeedback is a technique that allows you to learn information about your brain. Or more specifically, the neuron patterns in your brain. At times, Neurofeedback can be referred to as EEG Biofeedback or Brain Training.

Brain Training can teach your brain to be more balanced and better regulated. When this improved balance and regulation happens, you feel better and function better. Training your brain can help clients of all ages, as everyone can benefit from balancing and regulating their brain better.

Do you suffer from any of these?

- 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

If you do suffer from any of the above, or anything not listed that is brain related, Neurofeedback can help. But what is it?

WHAT IS NEUROFEEDBACK?

Neurofeedback 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.

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

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

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

WHY TRAIN YOUR BRAIN?

Mental clarity improves when you operate a calmer, more efficient brain. As you learn to slow down "inner chatter" or activate a "sleepy" brain, you become

more effective at responding to stress and adapt more readily to different situations, both psychologically and physically. Parenting becomes less exhausting, appointments are more easily kept, decision-making improves, and mood swings and depression often lift.

Neurofeedback has also been shown to be of remarkable value with school-age children who experience focus and learning problems. Through brain training, children can learn to better concentrate on schoolwork, increase their frustration tolerance level, and are less prone to be overwhelmed with sensory overload while seated in a noisy classroom. With their thoughts more organized, they can focus more clearly on what others say to them and can begin to develop friendships and learn effectively.

HOW MANY SESSIONS ARE NEEDED TO BEGIN SEEING RESULTS?

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

NEUROFEEDBACK AND MEDICATION

As your brain begins to work more efficiently, medications also work better. For those who cannot take or are only marginally responsive to medication, neurofeedback can offer an alternative or supportive role to drug therapy by stimulating or inhibiting brain activity at the same basic neurological level as medication. Eventually with training, many people find they can reduce the dosages or cease taking some prescription drugs, but only after careful consultation and planning with the prescribing physician. For this reason, neurofeedback practitioners advocate consistent communication between clients and their physicians during training and encourage discussion of their neurofeedback experience with therapists and doctors so accommodations can be made as training progresses.

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

The QEEG is a quantitative EEG. It's also called a brain map and does just that...it gives us a map of what is going on with the entire brain at one time. We attach electrodes to the whole head, 19 spots, and then record the brain waves with his eyes open for 5 minutes and with his eyes closed for 10 minutes. This recording is then sent to be read and analyzed. 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 an improvement in symptoms, but we do recommend it in certain situations. A QEEG can also be helpful information when diagnosing and/or trying to decide the best medication/supplement recommendations.

DOES NEUROFEEDBACK HURT?

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

IS THERE ENOUGH RESEARCH?

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

Look up the work of:

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

Look for specific researched conditions:

<https://www.eeginfo.com>
<https://www.isnr.org>
<http://www.eegspectrum.com>

Print Resources:

Journal of Neurotherapy
NeuroRegulation Journal
Applied Psychophysiology and Biofeedback

Books:

A Symphony in the Brain by Jim Robbins
Healing Young Brains by Robert Hill & Eduardo Castro

The Healing Power of Neurofeedback
by Stephen Larsen

Neurofeedback in the Treatment of Developmental Trauma by Sebern Fisher

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

HOW DO I GET STARTED?

Getting started is easy, just contact us. The Brain and Wellness Center staff will schedule you for a FREE telephone consultation to answer 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 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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www.BocaBrainCenter.com

EVERYTHING YOU WANTED TO KNOW ABOUT EARWAX (but were afraid to ask)

Why do we produce earwax? Why do some people develop more than others? Why? Let's try to answer some questions.

What is earwax?

Earwax, known medically as cerumen, is a naturally occurring sticky substance made up of oil and sweat, mixed with dirt and dead skin cells.

Earwax is natural and helpful

- Earwax is a natural barrier that prevents dirt and bacteria from entering the deeper end of the ear canal. Because it is sticky, it is able to collect microscopic debris that can cause infections.
- Earwax acts a moisturizer and protective coating of the ear canal. Without wax, your ear canal can become irritated and itchy, which can lead to an outer ear infection.
- Surprisingly, earwax acts as an insect repellent. The smell of earwax keeps bugs out of your ears. The stickiness of earwax traps any bugs that might have a bad sense of smell.

Why cleaning your ear canals daily is not necessary

Contrary to popular belief, we do not need to clean our ears with cotton swabs. Keep cotton swabs, paper clips, fingers etc out of your ears. An ear that is too clean is susceptible to infections and to wax impactions.

However, hearing aid users do need to clean their ears periodically. Earwax is the most common reason why a hearing aid will stop working. Please consult with your hearing care professional for advice on your particular needs.

What to do if you have impacted wax?

- Buy an over-the-counter ear cleaning kit from the pharmacy; however, if you are prone to ear infections or you have PE tubes, see your physician before trying any over-the-counter products.
- Do not use cotton swabs (Q-tips), paperclip or any other device you have lying around. This only pushes the wax further down into the ear canal which can impact on the eardrum or worse, puncture the eardrum.
- Do not try ear candling. Besides not being effective, people have experienced burning from the candle, furthering of the impaction, and puncturing of the eardrum.
- If you are not sure what to do, see your Physician or Audiologist for a professional cleaning. Your hearing care professional can look in your ears to determine if the wax needs to be removed or if it is not an issue.

Summer Fundraiser

We are taking ticket orders for the Summer Fundraiser!
The drawing will be August 4, 2023.

Grand Prize: a new set of Phonak Slim premium hearing aids

2nd Prize: TV transmitter

3rd Prize: \$50.00 cash

Tickets are \$5.00 apiece.

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Healthy Hearing

What your earwax says about you



Wet or dry?

Wet earwax is more common in Caucasian and Africans.

Dry earwax is more common among Native Americans, Pacific Islanders and Asians.

What color is it?

Dark brown or black colored earwax is typically older, so its color comes from the dirt and bacteria it has trapped. Adults are more likely to have this kind.

Light brown, orange or yellow earwax is healthy and normal. Children tend to have softer, lighter-colored earwax.

Dark brown earwax that is tinged with red may signal a bleeding injury.

White, flaky earwax indicates you lack a chemical associated with body odor.

Super producers


Stress and exercise can increase earwax production. Excess earwax is more common in people:

- with a lot of hair in their ear canals.
- who suffer from chronic ear infections.
- who have abnormally-formed ear canals or osteomata.
- who are elderly, have certain skin conditions or certain learning disabilities

A wide range of normal

For the most part, your ears are self-cleaning. Never insert an object in your ear, including a cotton swab, to remove earwax.

Hearing aids can sometimes get clogged with earwax. Over-the-counter ear cleaning kits and wax guards can help.





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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THE CORNEA

By David A. Goldman MD



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

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

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

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

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

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

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

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



DAVID A. GOLDMAN

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

Dr. Goldman received his Bachelor of Arts cum laude and with distinction in all subjects from Cornell University and Doctor of Medicine with distinction in research from the Tufts School of Medicine. This

was followed by a medical internship at Mt. Sinai – Cabrini Medical Center in New York City. He then completed his residency and cornea fellowship at the Bascom Palmer Eye Institute in Miami, Florida. Throughout his training, he received multiple awards including 2nd place in the American College of Eye Surgeons Bloomberg memorial national cataract competition, nomination for the Ophthalmology Times writer’s award program, 2006 Paul Kayser International Scholar, and the American Society of Cataract and Refractive Surgery (ASCRS) research award in 2005, 2006, and 2007. Dr. Goldman currently serves as councilor from ASCRS to the American Academy of Ophthalmology. In addition to serving

as an examiner for board certification, Dr. Goldman also serves on committees to revise maintenance of certification exams for current ophthalmologists.

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

Dr. Goldman speaks English and Spanish.

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IT'S HOT EVERYWHERE IN JULY

Brent Myers

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

Is it just me? I doubt it.

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

Wow!! Simple, but so true!

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

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

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

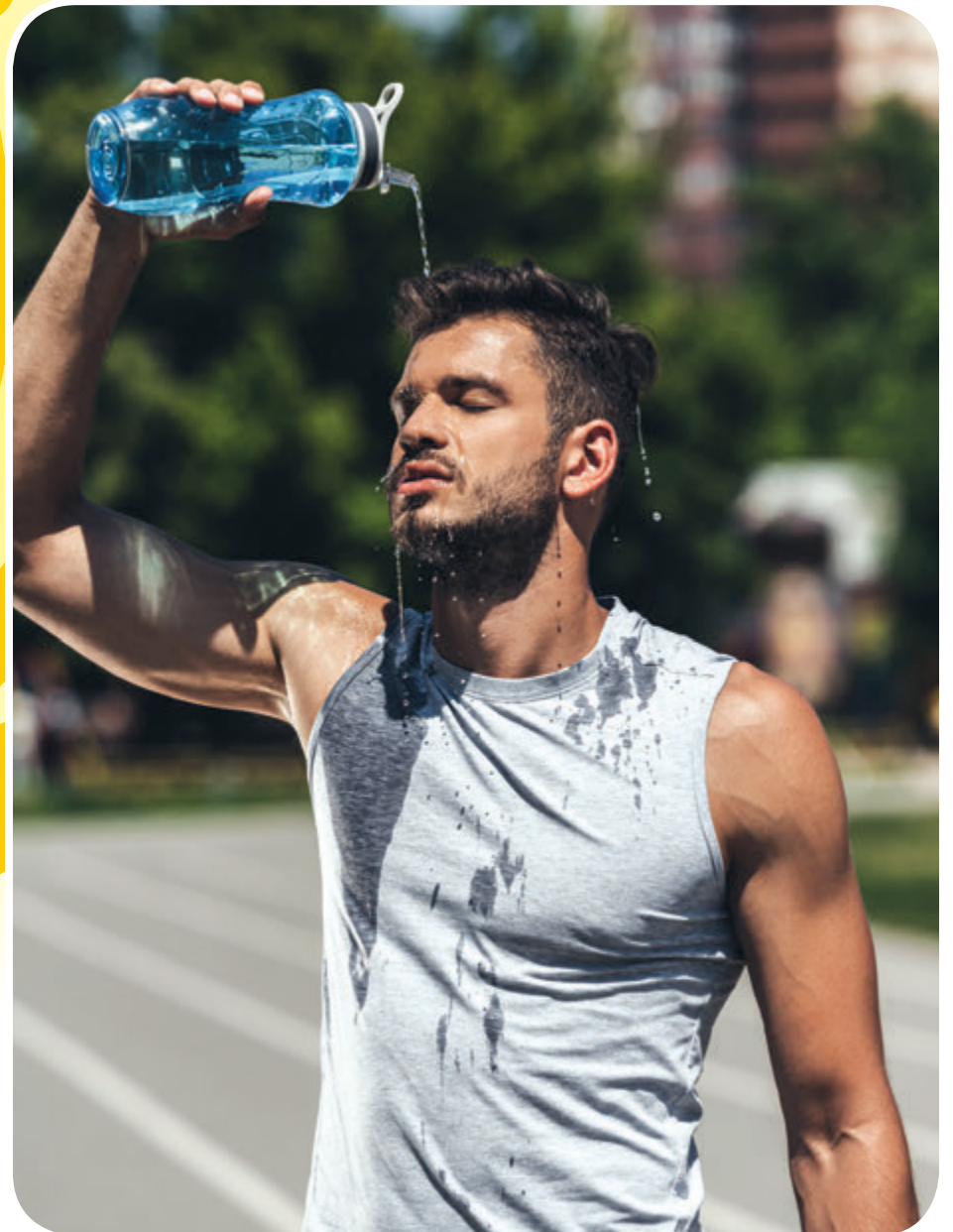
Paul was sharing the reality of his life – that he had learned to be content. Whether he was poor or rich – regardless of the circumstances of his life – he was content. Oh, and just for a frame of reference... Paul wrote these words while in prison in ancient Rome!

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

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

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

Why? Because it's hot everywhere in July.



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