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September 2023

South Palm Beach Edition - Monthly

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CALLING ALLCROWNS! NOTTHEROYALS



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



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



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

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



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



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Don't Be "Losin' It"

Help *Us* Help *You* During Alopecia Awareness Month

by Alan J. Bauman, MD, ABHRS



As I scanned an article the other day in a business magazine about retail theft, I saw the term “loss prevention.” Loss prevention is what stores employ to try to minimize the loss of merchandise people haven’t paid for.

It struck me that although I’m a hair restoration expert, I’m also a loss prevention expert. My focus, however, is helping minimize my patients’ hair loss. And just like retailers, I employ every state-of-the-art tool and technology available to do it—just different ones.

ALOPECIA

There are many causes of hair loss, known in the medical community as “alopecia.” Alopecia is nothing more than a fancy medical term for hair loss, and there are many types.

Because September is Alopecia Awareness Month, I want to tell you about one type of alopecia in particular, *androgenetic alopecia*. It’s the most common type of hair loss, accounting for almost 95 percent of hair loss cases. You may have heard of it. It’s known colloquially as male (and female) pattern baldness.

Male and female pattern baldness are lumped together because both are caused by a hereditary sensitivity to DHT (dihydrotestosterone), a derivative of the male hormone testosterone. In people with a genetic predisposition to it, DHT causes hair follicles to shrink over time and eventually stop producing new hairs, whereas for others DHT is harmless.

They’re unlumped, however, in terms of how the hair loss expresses itself. (I’m not sure “unlumped” is a real word, but if it’s not, it should be).

Androgenetic alopecia in most men starts as a receding at the temples/hairline or decreased coverage in the back or crown of the head and proceeds towards the top of the scalp, often leading to partial or complete baldness, save for a fringe around the head. Androgenetic alopecia in women typically first causes diffuse thinning in the frontal half of the scalp and can later on cause some recession in the temples.

And speaking of women, here’s an eye-opening fact: About 40% of individuals with androgenetic alopecia are *women*. Surprised?

If you’ve noticed some thinning and are concerned about it getting worse, we have a number of tools for evaluating, slowing, stopping, or even reversing your hair loss. Here are a few of my favorites:

DIAGNOSTICS

TrichoTest™: An innovative tool that tests your unique DNA to identify which hair loss treatments are most likely to provide the best results for you. The process involves a simple cheek swab taken in our clinic or at home to

obtain a sample of your DNA, and some details about your lifestyle. A computer then analyzes the genetic characteristics of your metabolism contributing to your particular hair loss situation. An algorithm identifies the treatment options likely to be the most beneficial to you, saving time and improving results.

HairMetrix: Uses artificial intelligence to take a snapshot of your scalp without trimming any hair and applies an algorithm to get a readout of your *precise* hair quantity and quality (and other metrics) in specific areas over time. No “educated guess” required. This information helps us make diagnosis and treatment decisions, and to monitor *better than ever before* how well you’re responding to your treatment. HairMetrix is our most-powerful hair density measurement tool.

HairCheck: Another quick, painless, non-invasive way to measure and track the amount and quality of hair growing on your scalp. It also can measure the percentage of hair breakage you’re experiencing, a common cause of hair loss and hair thinning. If you’re on a hair growth or anti-breakage treatment, HairCheck measurements can scientifically verify any changes.

REGENERATIVE OPTIONS

Low-level laser therapy (also known as red light therapy or photobiomodulation): The medical grade Bauman TURBO LaserCap® is FDA-cleared for hair growth. It’s portable, hands-free, cordless, rechargeable, and fast, requiring only five minutes of treatment per day for improved hair growth at home. It’s also drug- and chemical-free with no risk of side effects.

Proper and consistent use of medical-grade low-level laser therapy has been scientifically proven to improve hair quality, strength, and thickness, as well as promote hair regrowth. (Hint: Stay away from clunky helmets and weak consumer versions seen on Amazon, etc. as they are underpowered and not very portable.)

PRP (Platelet-Rich Plasma): A comfortable in-office procedure that takes about an hour with no recovery time, downtime, or significant risk. Derived from a small blood sample, platelets and plasma are separated from other components of the blood, concentrated, then painlessly applied into the scalp under local anesthesia where weak or at-risk hair follicles exist. When performed using the appropriate number and concentration of platelets and proper application techniques, you can



Before and 4 months after PRP for Alopecia Areata by Dr. Alan J. Bauman



Before and after Female Hairline Lowering Hair Transplant by Dr. Alan J. Bauman

expect hair growth improvements that last a year or more from a single treatment.

PDOgro™: Researched and developed right here at Bauman Medical, we were the first hair restoration clinic in the U.S. to use PDO threads to enhance hair growth. PDO, or polydioxanone, is a synthetic absorbable FDA-cleared material. Used for decades in surgery, and more recently in aesthetic procedures to reverse the appearance of skin aging, PDO threads placed into the

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

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

HAIR TRANSPLANTATION

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. Luckily, Bauman Medical’s minimally invasive FUE (Follicular Unit Extraction) procedures are effective, comfortable, and 100% natural-looking due to major innovations in techniques and technology.

GET IN TOUCH

Ready to stop losin’ it and put loss prevention on top of your to-do list before the situation worsens? You have to take the first step. Give us a call at **561-220-3480** or point your mobile camera at the QR code below to schedule your private one-on-one in-person or virtual consultation.



Help for COVID-Related Hair Loss

Did you know that a common post-COVID condition is hair loss? Lately we’ve seen many patients with COVID hair loss due to the recent spike in cases, both male and female. Many are surprised to learn that COVID might be the root cause of their shedding hair.

If you’ve had COVID and are experiencing hair loss, don’t just wait and hope that your hair grows back someday. (The faster the problem is addressed, the better the results). We have two therapies that are particularly useful in stimulating and reinvigorating hair follicles impacted by COVID.

BaumanMD’s The BODYGUARD™

The BODYGUARD™ is part of our superb line of BaumanMD nutritional supplements geared toward hair and scalp health. This unique blend of herbs and mushrooms supports a healthy immune system, important in addressing ailing hair follicles, and defends against environmental toxins. Scientific research confirms the benefits of the formula’s immune-enhancing herbs, together with the fungi, which include Asian mushrooms.

TED

TED (TransEpidermal Delivery) is a needle-free, pain-free method of infusing your scalp with a specialized topical hair growth serum packed with peptides and growth factors.

We apply the serum on the scalp and The TED device 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. TED is clinically proven to start minimizing hair shedding and improve hair growth and scalp health soon after your first treatment. Treatment takes only 20-25 minutes.

This dynamic duo approach has helped dozens of our patients with post-COVID hair loss re-grow the hair they are used to, and we can probably help you, too. Now that you know, contact us to learn more.

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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Hair loss, a concern faced by over 80 million individuals in the U.S., as highlighted by the American Hair Loss Association, often brings with it emotional distress and a dent in self-esteem. The gradual thinning of hair can take a toll on how one perceives their own appearance and self-worth.

While the natural cycle involves shedding 50 to 100 hairs daily, red flags arise when changes in the hairline, noticeable thinning, or substantial hair loss during grooming become apparent. These signs signify abnormal hair loss and warrant a proactive approach.



Alma TED



In the past, addressing hair loss typically meant embracing invasive hair transplant procedures or enduring the discomfort of multiple scalp injections with platelet-rich plasma, often requiring repetition for optimal efficacy.

Enter Alma TED, an ingenious non-invasive solution harnessing the power of acoustic sound waves. This revolutionary approach not only bolsters blood circulation but also propels a specialized hair growth serum deep into the scalp, where it matters most.

The procedure, performed within the comfort of our office, is an experience akin to a soothing warm massage, lasting just 20 to 25 minutes. A series of three sessions, spaced four weeks apart, is recommended for optimal results. Astonishingly, noticeable improvements can often be observed as early as a month after the initial treatment.

Alma TED isn't limited to a specific demographic; it's designed for anyone grappling with hair loss and yearning for enhanced hair thickness and overall appearance. The treatment opens doors to renewed confidence and a positive self-image, helping individuals stride forward with self-assuredness.

It's important to note that Alma TED is unsuitable for individuals with pacemakers or defibrillators, as well as those with metal plates in their heads. Safety remains a paramount consideration in our pursuit of transformative technology.

EMBRACE THE FUTURE OF HAIR WELLNESS

We're thrilled to remain at the forefront of transformative technology that holds the promise of enhancing lives. If you're ready to explore the possibilities that Alma TED brings, we invite you to schedule a consultation. Let us walk you through this exciting new option, tailored to address hair loss and embrace a future of confidence and beauty.

Please make an appointment for a consultation to discuss this exciting new option to remedy hair loss.



Medical Director, Daniela Dadurian M.D.
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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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TRUSTS ARE NOT JUST FOR THE WEALTHY

Perhaps the most common misconception among the general public concerning the areas of wills and trusts is the notion that if a couple owns less than \$5,000,000.00 in assets, that they don't need a revocable living trust. This is a false notion. For example, I recently had a fellow come to my office whose mother has just died. All she owned was a \$50,000.00 condo, and had a will, which read "I leave my condo to my child". What could be more simple and clearer than that? Well, believe it or not, the child had to go through probate before he could get the condo, and the legal fee was \$2,000.00. A revocable living trust could have avoided this.



Another reason for having a revocable living trust is to protect against incapacity. In the trust, you designate who would manage your assets in the event,, let's say, you get Alzheimer's disease. Without a trust, court proceedings might well be necessary, and a stranger could even be designated by the court to manage your affairs.

Further, once the decision is made to have a trust, the trust can in effect allow you to "rule from the grave"! with your assets distributed the same way you would have done as if you were still alive. For example, most wills simply say that on a person's death that his or her children inherit equally. However, think about it – once your child inherits your money, he or she is completely free to leave it to whomever he or she wants, such as a boyfriend, spouse, or other non-blood relatives. So let's say your daughter dies 5 years after you, and leaves the inheritance she got from you to her husband. Even if you like her husband, this could prove to be a bad result, because the husband could remarry

and the new spouse could have children from a previous marriage, and now all of a sudden your hard earned money is going to support kids you never knew. Further, if you leave your assets to your son in a regular will, his wife could divorce him and take the money. A Solution is to leave you assets to your children in a lifetime trust. They could each use the money for their normal living, but would be protected, and upon death, the remaining assets would pass to the child's children, (your grandchildren), or if none, to the child's siblings, not to some stranger.

Another place where trusts are extremely useful is in second marriage situations. If you simply leave your assets to your new spouse, he or she is free to leave the assets to his or her children, and not to yours, once you pass on. Instead, a trust could be used, so that your assets would be available to care for your spouse after you die, but upon the spouse's subsequent death, the assets would pass to your children, not theirs. Don't assume your spouse will,

follow your wishes, because after you die, his or her relationship with your children could change with the passage of time.

Another use of a trust is to manage assets inherited by children who are not good with money. You could provide that the child would get only the income from his or her inheritance, for example.

Trusts can also be used to protect your children's inheritance in the event they go bankrupt, divorce, or face a lawsuit.. And for persons with handicapped children, a "supplemental needs trust" can be utilized, to make sure the government simply doesn't take the disabled child's, inheritance as reimbursement

for government benefits, and to make sure the child does not lose such benefits.

Thus, there are many reasons why a trust may be advisable for even a person of modest means.

Amanda Achong, Esq. is an attorney whose practice concentrates in the areas of trusts, estates, and elder law. She is a graduate from Thomas M. Cooley Law School. Before opening her own legal practice, she practiced law under numerous well-established firms. Her experience has given her the expertise to be assertive in court and detail-oriented in her client work. 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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GYNECOLOGIC CANCER

Gynecologic cancers, which impact a woman's reproductive organs, pose a risk for all women.

There are five different types of gynecologic cancer. These are cervical, ovarian, uterine, vaginal and vulvar. Each has distinct signs, symptoms and risk factors. Nearly 115,000 women in the U.S. will be diagnosed with one of these cancers this year. Here, we will break down the most common:

Cervical Cancer

Almost all cervical cancers are caused by the sexually transmitted human papillomavirus, or HPV, which can weaken the immune system and put women at high risk for infection. While most women with an HPV infection will not develop cervical cancer, a small percentage will. Vaccination against HPV is the most effective way to protect young women from developing the disease. HPV vaccines are recommended for boys and girls between ages 9 and 12 and young adults ages 13 through 26 who have not been vaccinated or received all doses.

Once one of the most frequent causes of cancer deaths among women, the death rate from cervical cancer has declined by more than 50% over the past decades. Standard Pap tests, or Pap smears (screenings that can detect abnormal changes in the cervix), and widespread acceptance of the HPV vaccine have drastically reduced its occurrence.

Ovarian Cancer

Ovarian cancer causes more deaths than any other female reproductive system cancer. The risk increases with age; ovarian cancer often occurs after menopause, and it is rare in women younger than 40. About one-half of women diagnosed with ovarian cancer are age 63 or older.

Uterine Cancer

Uterine cancer is the most common type of gynecologic cancer. While it can occur in younger women, it most frequently occurs in women over 45. Most uterine cancers are found in women who are going through or have gone through menopause. Its most prevalent form, endometrial cancer, is curable when found early.

Warning Signs & Symptoms

Symptoms of female reproductive cancers vary depending on the organ involved, and not all women will experience the same symptoms. In early stages, many forms of cancers produce no symptoms at all.

Unusual vaginal bleeding or discharge or pelvic pain, including pain during intercourse, can signal gynecologic cancer. Other signs may include more frequent urination, bloating or constipation. Skin changes on the vulva, such as soreness, itching or a visible lesion, can also indicate concern.

Always contact your health care provider if you experience any of these discomforts. Because symptoms are often vague and can also be caused by other, less severe conditions, practitioners encourage women to have regular gynecologic exams to check for signs of disease.

Screenings Are the Best Prevention

The importance of cancer screenings cannot be overstated. Routine screenings can detect cancer in early stages, even before symptoms appear, and make it easier to treat. Currently, only cervical cancer has a routine screening test — the Pap smear. Pap smears involve collecting cells from the cervix. It is not painful and is conducted as part of a pelvic exam in a health care office or clinic. Also, an HPV test looks for high-risk types of infection that are more likely to cause cancer of the cervix. The two tests can be done alone or simultaneously during a pelvic exam.

Because cancer can take years to develop and can stay hidden, it is essential for women to begin cervical cancer screening at age 21. Pap tests are recommended every three years for women ages 21 to 29 and then every three to five years, in addition to an HPV test until age 65.

What's Your Risk?

Medical experts still do not fully understand the causes of many forms of gynecologic cancer.

Genetics plays a role in all forms of cancer. A woman whose mother, sister or daughter had ovarian or the less common fallopian tube cancer might be at higher risk for similar cancers. She may choose to undergo genetic testing to identify specific mutations.

Because cervical, vaginal and vulvar cancers are often linked to HPV, using condoms is critical for prevention. Estrogen therapies used to treat the symptoms of menopause have also been linked to female reproductive cancers.

Talk with your provider about the factors that may increase your risk. Ask what steps exist to improve your prevention and whether you should undergo specific screening tests. Be sure to follow their recommendations throughout your lifetime.

Treatments

Treatment options for gynecologic cancers depend on many factors, including the type and stage of the disease. Surgery or radiation, sometimes combined with chemotherapy, is the most common treatment. Advanced laparoscopy (a less invasive type of surgery) and pelvic reconstruction are other options.

Gynecologic oncologists have advanced training and specialize in treating all forms of female malignancies. Increasingly, they can use noninvasive techniques to perform technically

challenging surgical procedures. With these options, patients experience less pain, faster recovery time, lower risk of infection and other side effects and minimal scarring.

New Options Through Clinical Trials

Advancements in the diagnosis and treatment of all cancer forms continue rapidly, thanks to ongoing clinical research. Clinical trials have played a significant role in these advancements, saving more lives. Patients participating in these safe and carefully supervised groundbreaking research studies receive the latest treatments available, which can positively impact their outcomes.

WORLD-CLASS MEDICINE, HOMETOWN CARE.

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



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For more information, visit FLCancer.com.

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.



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See you soon,
Chris Rowe
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“You see it in the price before you see it in the news.”

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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•NoDowntime•NoSideEffects

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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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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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Finally some OTC's to be excited about!

Long-term readers of this newsletter will know that I have been very skeptical about the products that have been released under the new OTC hearing aid law. I have finally found some devices that I can recommend with confidence. For people that know of the Sennheiser Audiolink, you know that Sennheiser has been in the hearing accessory world for many years. Sennheiser has partnered with Sonova, the parent company of Phonak and Unitron to bring you products they believe fit the needs of people with mild hearing loss.

There are three different products that address different needs:



Sennheiser TVS 200: this product is specifically geared for people that need help with television. It comes with two earbuds and a transmitter.



Sennheiser ConC 400: this is an earbud solution to enhance speech in noisy environments. This device is app driven and designed for situational use in noisy places.



Sennheiser All-Day Clear: these devices are basic, self-fitting hearing aids. They are designed for mild to moderate hearing loss. They come in 2 different form factors: a traditional receiver-in-the-canal design and a slim, low profile design.



The OTC products are available to purchase in-store or online but if you prefer to see and touch them before purchasing, we have demo units here in the office. Please call **561-366-7219** for more information.

If the devices are ordered online, the return policy is 45 days. If you order them through our office, the return policy is 90 days.

Over-the-counter hearing aids are designed for people with perceived mild to moderate hearing loss. Although a hearing test is not required, it is highly advisable in order to determine the appropriateness of the technology. A wax impaction can present as a hearing loss and ordering any devices to help you hear better will be ineffective. A proper diagnosis is key to your success with any technology.

Our agency offers hearing tests and consultations at no charge. We will go over all of your results and discuss your options. We work with many Medicare Advantage plans and some commercial insurance plans. Please call **561-366-7219** to discuss your individual situation.

We are centrally located in Palm Springs, just north of 10th Avenue and south of Forest Hill Blvd.

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WHAT IS NEUROFEEDBACK? AND CAN IT HELP ME?

By Renee Chillcott, LMHC



Maybe you've heard the radio ads about it? Or maybe saw a PBS special about it? Or one of the parents in your friend group told you about it? You've never heard about it but you're being told that it will help you. But what is it? It's called Neurofeedback and is sometimes called EEG Biofeedback or Brain Training. There's also the term Neuroplasticity that gets thrown around. But what in the world is this treatment and is it something that could help me?

Neurofeedback, also called EEG Biofeedback or Brain Training, is not a new or experimental treatment. In the 1960's, research into the behavior of neuron firing (now called Neuroplasticity) was sought out to help astronauts keep their brains regulated while being exposed to conditions that were causing seizures. Medication in these cases was not ideal and NASA was searching for an alternative treatment. While changing from treatment on cats to treatment on humans, it was then noticed that with improved regulation, many unpleasant symptoms and conditions had unexpectedly improved. Research and treatment flourished and even though it is not backed or funded by a pharmaceutical company, it is gaining popularity and becoming more known through word of mouth.

IS IT THE SAME AS BIOFEEDBACK?

Biofeedback is a very broad term that is used to describe a technique that allows you to learn information about your body and with Neurofeedback, we zero in on the neuron firing in the brain. Therefore, 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.

CAN IT HELP ME?

Neurofeedback teaches 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. Because no two brains are alike, no two treatments are the same. Every client that we treat is an individual with a unique brain and unique symptoms. We list **some symptoms and conditions that are given popular labels.**

- Anxiety • Sleep Disorders • Depression • ADD/ADHD
- Sensory Processing Disorder • Bipolar Disorder
- Seizure Disorders • Auditory/Visual Processing
- Chronic pain/Fibromyalgia • Migraines/Headaches
- Traumatic Brain Injuries • Stroke • Cognitive Decline
- Peak Performance • Oppositional Defiant Disorder
- Rages/Mood Swings • Attention/Focus/Concentration

- Reactive Attachment Disorder • Autism/Asperger's
- Learning Disabilities • Obsessive Compulsive Disorder

WHAT EXACTLY IS NEUROFEEDBACK?

Neurofeedback is often referred to as exercise for your brain. While allowing you to see the frequencies produced by different parts of your brain in real-time and then through visual and auditory feedback, it teaches the brain to better regulate itself. Neurofeedback can be used to help detect, reward, 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 goal with neurofeedback approach is not to "cure" or "fix" your brain. It teaches and guides 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. We call Neurofeedback "Brain Yoga" because just the goal of yoga is to be more balanced and flexible, so is the goal of Neurofeedback.

I DON'T GET IT, 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, affects 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 then 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 OR HAVE SIDE EFFECTS?

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. Because Neurofeedback teaches your brain how to regulate more efficiently, rather than forcing your brain to change patterns, there are no permanent negative side effects. As previously mentioned, no two brains are alike, therefore, we adjust treatments to fit the client, not the other way around and we are committed to making sure your learning is optimal and your experience is positive.

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. 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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Common Myths About Your Eyes

By David A. Goldman MD

Just because something is a common belief doesn't make it true. A lot of things you have probably heard about your vision turn out to be false. Here are five common myths that have no basis in science.

Sitting too close to the TV will ruin your eyes

Your mom may have warned you that you would ruin your eyes forever if you sat too close to the television or if you watched too much of it. Unfortunately for mom, that's not true. Watching televisions, including LCDs and flat screens, can't cause your eyes any physical harm. The same is true for using the computer too much or watching 3-D movies. Your eyes may feel more tired if you sit too close to the TV or spend a lot of time working at the computer or watching 3-D movies, but you can fix that by giving your eyes a rest.

Your vision will get worse if you read in the dark

Reading in dim light may be harder, but it doesn't damage your eyes. Remember that for centuries people read and worked by candlelight or gas lamps that offered far less light than electric lighting. Having good light will prevent eye fatigue and make reading easier, though.

Wearing glasses makes your eyes dependent on them

Eyeglasses correct blurry vision. You may want to wear your glasses more often so that you can see



clearly, but your glasses aren't changing your eyes so that they become dependent on your eye-glasses. You're just getting used to seeing things more clearly. Similarly, wearing glasses with the wrong prescription won't ruin your eyes. You just won't see as clearly as you would with the proper prescription.

Only boys are color blind

Color blindness, also known as color deficiency, occurs when you are unable to see colors in a certain way. Most commonly, color blindness happens when a person cannot distinguish between certain colors, usually between greens and reds, and occasionally blues. While males are much more likely to develop color blindness, females can also have the problem.

Eating carrots will make your eyesight sharper

Carrots are a good food for healthy eyesight because they contain vitamin A, a nutrient important to your eyes. However, a balanced diet can contain lots of foods that offer similar benefits. In any case, eating a lot of carrots won't help you see better unless you suffer from vitamin A deficiency, which is rare in the U.S. Also, eating too many carrots can be its own problem, causing your skin to turn yellow.



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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.



It doesn't take much effort to hear of all the turmoil going on in our nation and around the world. It's quite frightening at times to think about where this all might end up. But if we're honest with one another, we really shouldn't be surprised. Conflict between people has existed since Cain and Abel – and it's not getting any better.

That is probably why God gave us so many instructions in how to get along with one another in the Bible.

Did you know that the phrase “one another” is used 100 times in the New Testament alone? Did you know that nearly half of those are given to those who call themselves Christ followers and over half are written by the apostle Paul? About one third of them deal with unity; another one third deal with love; and a good balance of the rest deal with humility.

So what are some of these great reminders of how to treat one another?

Love one another (John 13:34, others)
Accept one another (Romans 15:7)
Forgive one another (Colossians 3:13)
Don't complain against one another (James 4:11)
Be at peace with one another (Mark 9:50)
Serve one another (Galatians 5:13)
Regard one another as more important than yourself (Philippians 2:3)
Don't judge one another (Romans 14:13)
Encourage one another (1 Thessalonians 5:11)
Pray for one another (James 5:16)

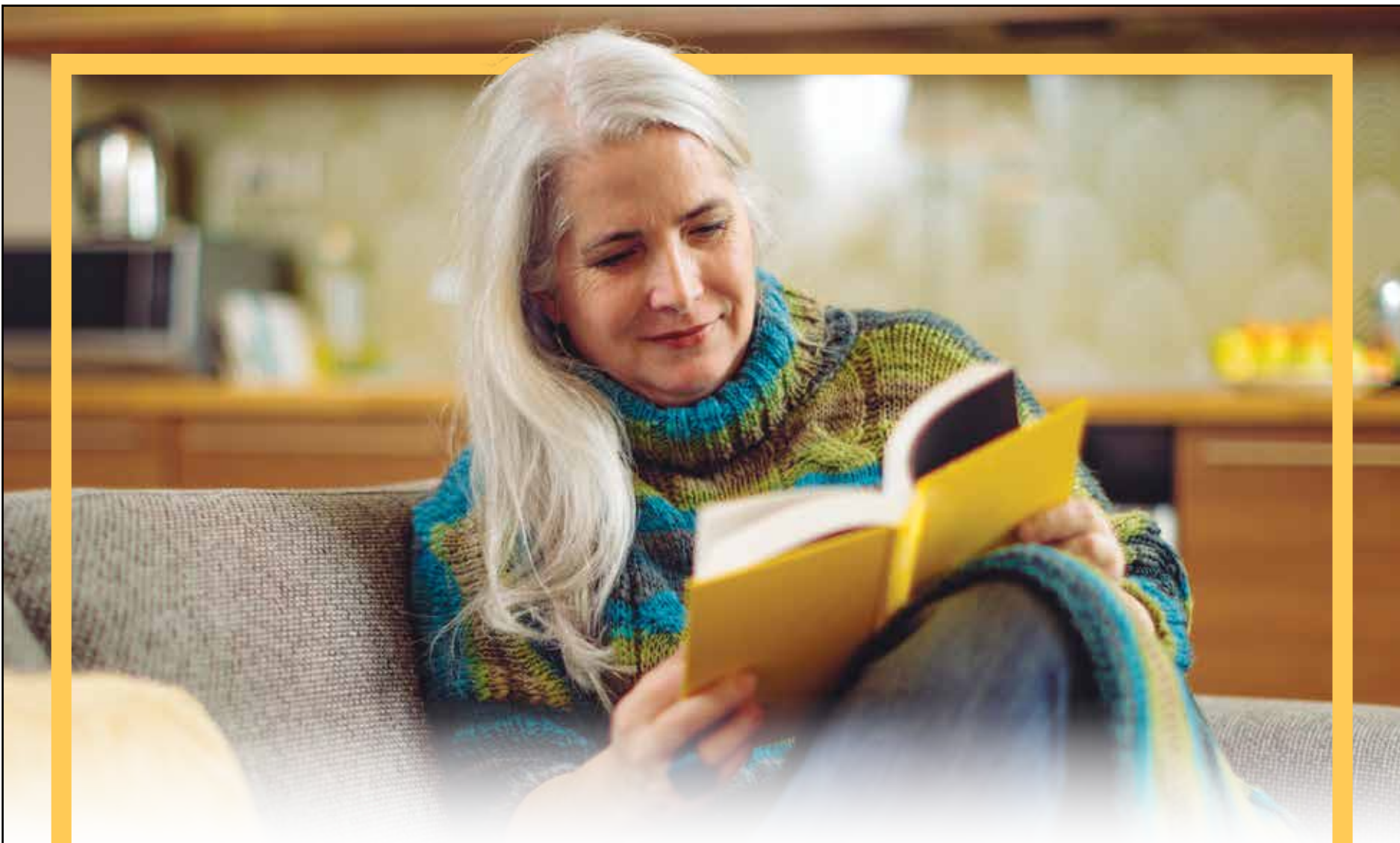
Can you imagine – just for a moment – what the world would be like if we could just do these simple ten things... TEN... that's just ten percent of the total number of “one anothers” in the New Testament. If we just did ten percent of what we're asked... think about how different the world would be – think about how the headlines might read differently.

But words alone cannot change people; action is required. James, the half-brother of Jesus, says this: *“be doers of the word, and not hearers only, deceiving yourselves. For if anyone is a hearer of the word and not a doer, he is like a man who looks intently at his natural face in a mirror... and at once forgets what he was like. But the one who acts, he will be blessed in his doing.” James 1:22-25, ESV*

So if you want to change the world... if you want to see more good and less bad in the world... if you want to make a difference... then start with the person in the mirror and do the “one anothers”.



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