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Health & Wellness[®] MAGAZINE

June 2024

South Palm Beach Edition - Monthly

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EXPLORING DAD'S GENETIC
INFLUENCE IN HAIR LOSS**

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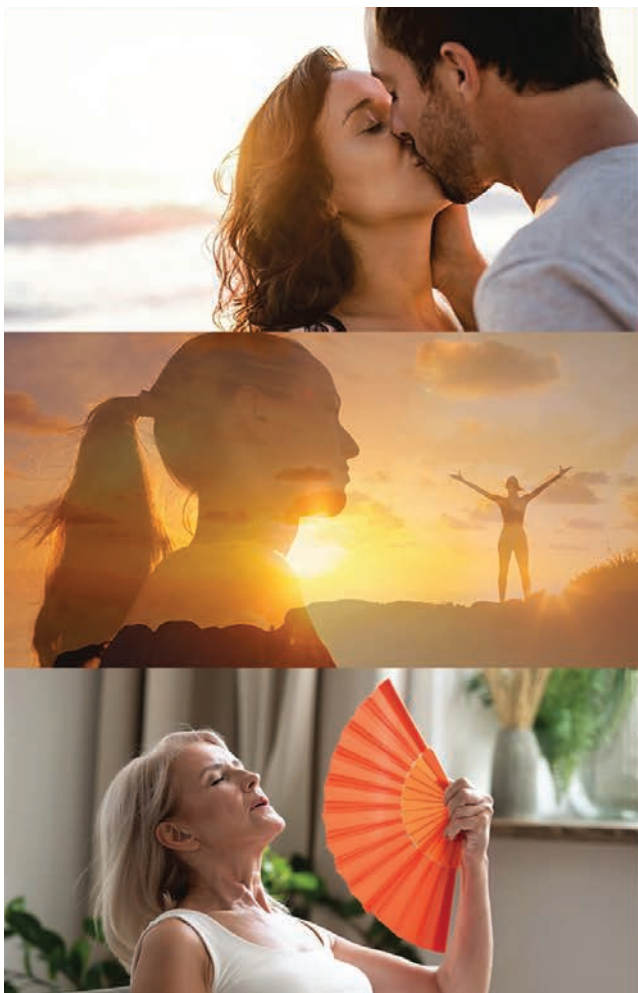
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Amanda Achong is an attorney whose practice concentrates in the areas of trusts, estates, and elder law. She is a graduate of some of the top universities in the country. She devotes her time to estate planning for the middle class, charging moderate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

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BLAME IT ON DAD

Exploring Dad's Genetic Influence in Hair Loss

by Alan J. Bauman, MD, ABHRS

We can thank Dad for plenty of things this Father's Day. From teaching us how to throw a football with the perfect spiral to the proper way to shave, the father-son bond is one that can't be explained but rather felt.

With all of the great things that dad has provided us through the years, there's one thing that we aren't so thankful for — the emotional toll of hair loss. It's not just about the physical change, but also the impact on our self-esteem and confidence.

Every June, I dedicate my article to all the men to shed some light on the impact of a father's genetics on hair loss. You don't have to be a dad yet to be weary of your hairline. Some men experience this phenomenon in their late teens to early twenties. And if you think it's just you going through this, here's some perspective — nearly a third of the male population experience hair thinning before age 35. The number jumps to half of men by the time they reach half a century.

While being proactive about your hair's health certainly has benefits, it's hard to beat the role of genetics in hair loss. And no, the theory about hair loss passing down through the mother is, in fact, a fallacy, so you can delete that angry paragraph you were about to send mom. Hair loss can stem from either parent, making dad just as much of a culprit.

Male pattern hair loss can be boiled down to a simple combination of genetics as mentioned above mixed with hormones. More specifically, androgens, a substance that plays a significant role in the development and management of masculine traits. While I could delve into the various androgens at play, I want to focus solely on the most prominent fugitive in hair loss, DHT.

DHT, or dihydrotestosterone, is a chemical made from testosterone that in some instances, can cause men's hair follicles to basically fade over time while also producing thinner and more fragile hair. In layman's terms, this is male pattern baldness or androgenetic alopecia. If you've noticed a receding hairline along with



a sparse amount of hair up top toward the crown, you're one of the many men experiencing AA. And while some guys can rock the George Costanza look, I understand wanting that full head of hair you once donned back in your hay day.

And before you go pointing the finger at dad for passing down lower levels of testosterone compared to other men, your levels are more than likely normal — you're just more likely to be sensitive to DHT.

You're probably wondering how you can repay dad for all he's done for you. I'm not trying to pat myself and my team on the back, but Bauman Medical, a trusted name in hair restoration, has not only dad but also your hair covered. We're here to promote hair growth and put an end to hair loss, backed by our expertise and proven results. Here are some of the most popular and most effective treatments for male pattern hair loss.

REGENERATIVE, NON-INVASIVE TREATMENTS

PRP Platelet-Rich Plasma

Give us one hour of your time, and we'll give you back thicker, fuller, healthier hair. PRP, or Platelet-Rich Plasma, is a no-risk, high-reward procedure that harnesses the healing power of your own blood. Our team of experts will draw a tiny blood sample from you, which will

then be processed in a centrifuge to concentrate the platelets. These concentrated platelets will be injected back into your scalp, stimulating hair growth. Even with all the drawings and injections, PRP is painless thanks to the local anesthesia we'll apply. All it takes is one hour and one treatment, to start your journey to a fuller head of hair.

PDOgro™

Like PRP, our cutting-edge PDOgro™ procedure couples PRP with our state-of-the-art thin and absorbable polydioxanone threads. PDOgro™ will stimulate endogenous collagen production, elastin, hyaluronic acid, new blood vessel formation, and fibroblast activity as an FDA-cleared synthetic absorbable material. You're probably thinking, "That's cool, but how does that help my scalp?" Well, when bonded with PRP, hair regrowth will begin. This process has been clinically shown to be more effective than a singular PRP session.

TED

I'm not talking about TED Talks here but TransEpidermal Delivery (TED sounds much better, I know). TED painlessly serves as an outlet for growth serum delivery into your scalp. Within this serum, your scalp will receive amino acids, dynamic growth factors, and cutting-edge peptides that, in turn, increase blood flow, secure hair fibers, and stimulate hair follicles for optimal scalp health. Say hello to thicker and stronger hair.



Before and after FUE Hair Transplant by Dr. Alan Bauman



Before and after PDOgro™ by Dr. Alan Bauman

NOT YOUR GRANDFATHER'S HAIR TRANSPLANTS

FUE

Sometimes, you have to go a bit beyond regenerative practices to see results. Some guys might hear hair transplants and think of an unnatural-looking do. But with advancements in the field, transplant procedures have become more effective and one-hundred percent natural.

Say goodbye to that receding hairline, thinned-out crown, and other affected areas, as FUE (follicular unit extraction) is a fan favorite at Bauman Medical. With a variety of choices depending on your situation, we will harvest individual hair follicles directly from the scalp, in turn replacing the older, invasive method of strip harvesting. All of this is done via robotics or with specialized mechanical instruments, ensuring a safe and efficient procedure. Imagine the confidence and joy of seeing your hairline artistically restored with no linear scar to hide, and that's what FUE can offer you.

About Dr. Alan J. Bauman



Alan J. Bauman, MD, ABHRS, IAHRs Hair Loss Expert

With over 26 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 34,000 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 8th 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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TED w/Exosomes

When it comes to hair loss, I always want to keep up to date, which has led me to becoming well versed on exosomes. The latest buzz in all things regenerative medicine, exosomes play an integral role in cellular communication.

Much like PRP, exosomes serve as a way to cultivate hair growth thanks to the growth factors and proteins they carry. Healing and tissue regeneration come as a result of this, making TED with exosomes a duo almost as good as father and son.

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Forget getting dad a baseball cap. Instead, opt for my medical grade Bauman Turbo LaserCap®! While I'm sure he loves repping the Marlins or his favorite sports team, I have a hunch he would much rather be repping a full head of hair. In less than half an inning of baseball, this medical-grade low-level laser therapy cap will improve his hair quality, strength, and thickness in only five minutes. Not only that, but it also cultivates hair growth, too.

As a result, a FUE hair transplant allows follicles to be harvested without any linear scar to show. Not only that, but you will also have a rapid recovery with added comfort. Ditch those hair plugs that you might have seen grandpa don and stay with the times with FUE.

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When I said FUE has options, this is what I was referring to. The VIP|FUE™ is all about making this procedure as undetectable as possible, starting with no shaving and no trimming. There's no need to fret about losing those locs or having to get staples and stitches taken out. It'll be like we weren't even there. And to go along with it, the VIP|FUE™ may allow you to see immediate results with our "long-hair preview" because I know how excited you'll be to see that mane flowing again.

LEARN MORE

With all of these choices, I can imagine it's hard to pick which one suits dad the best. Save the hard decision making for him by giving him a Bauman Medical gift e-card available on our eStore. And for the sons out there, there's no time like the present to protect your scalp from dad's gift of hair loss. No matter what you choose for dad and yourself, just know that the Bauman Medical Team and I are here for you and your scalp.

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UNDERSTANDING NEUROPATHY: Living with Its Effects and Finding Relief with My Vitality Plus

LIVING WITH NEUROPATHY CAN BE A CHALLENGING JOURNEY, IMPACTING EVERY ASPECT OF DAILY LIFE. FROM TINGLING SENSATIONS AND NUMBNESS TO SHARP PAINS AND BALANCE ISSUES, NEUROPATHY MANIFESTS IN VARIOUS FORMS, MAKING SIMPLE TASKS SEEM DAUNTING. HOWEVER, THERE IS HOPE. MY VITALITY PLUS OFFERS AN INNOVATIVE AND EFFECTIVE TREATMENT THAT NOT ONLY RELIEVES NEUROPATHIC SYMPTOMS BUT ALSO AIMS TO REVERSE ITS PROGRESSION, RESTORING VITALITY AND IMPROVING QUALITY OF LIFE.





My Vitality Plus offers a breakthrough treatment that addresses the root cause of neuropathy, providing relief from symptoms and promoting nerve regeneration. Our treatment combines cutting-edge technology to deliver targeted relief and long-term results. Unlike traditional treatments that focus solely on symptom management, My Vitality Plus works to reverse the progression of neuropathy, restoring nerve function and improving overall health.

Neuropathy, often referred to as peripheral neuropathy, occurs when nerves outside the brain and spinal cord become damaged. This damage disrupts communication between the brain and other parts of the body, leading to a range of symptoms. The most common symptoms include numbness, tingling, burning sensations, and sharp pains in the affected areas. These sensations can occur in the hands, feet, arms, and legs, making simple activities such as walking, typing, or even holding objects challenging.

Living with neuropathy can have a profound impact on everyday life. Tasks that were once effortless may now require significant effort and concentration. Simple pleasures like taking a leisurely walk or enjoying a peaceful night's sleep can be disrupted by constant discomfort. Additionally, the emotional toll of living with chronic pain and physical limitations can lead to anxiety, depression, and a diminished sense of well-being.

Fortunately, My Vitality Plus offers a breakthrough treatment that addresses the root cause of neuropathy,

providing relief from symptoms and promoting nerve regeneration. Our treatment combines cutting-edge technology to deliver targeted relief and long-term results. Unlike traditional treatments that focus solely on symptom management, My Vitality Plus works to reverse the progression of neuropathy, restoring nerve function and improving overall health.

One of the key components of My Vitality Plus is its innovative blend of natural ingredients, carefully selected for their neuroprotective and regenerative properties. These ingredients work synergistically to repair damaged nerves, reduce inflammation, and improve circulation, addressing the underlying causes of neuropathy. By targeting the root cause of the condition, My Vitality Plus offers a holistic approach to neuropathy treatment, promoting healing from within.

In addition to its natural ingredients, My Vitality Plus utilizes advanced technology to enhance its efficacy. Our treatment utilizes targeted nerve stimulation to promote nerve regeneration and restore normal

nerve function. This non-invasive approach delivers gentle electrical impulses directly to the affected nerves, stimulating growth and repair. Our patients experience significant improvement in their neuropathic symptoms, reclaiming their vitality and independence.

The benefits of My Vitality Plus extend beyond symptom relief. By addressing the underlying causes of neuropathy, our treatment offers long-term results, helping patients regain mobility, reduce pain, and improve overall quality of life. Whether you're struggling with diabetic neuropathy, chemotherapy-induced neuropathy, or idiopathic neuropathy, My Vitality Plus offers a safe and effective solution for managing your symptoms and restoring your vitality.

Living with neuropathy doesn't have to mean sacrificing your quality of life. With My Vitality Plus, you can reclaim control over your health and enjoy life to the fullest. Experience the difference for yourself and discover a new sense of vitality and well-being. Say goodbye to neuropathic pain and hello to a brighter, pain-free future with My Vitality Plus.



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LIVING MINUTE

Even Moderate Drinking Can Shrink Your Brain

A new study shows that even one drink per day can cause your brain to shrink. However, stopping drinking can help the brain regenerate. This is an especially important message for older individuals, whose brains are already shrinking due to normal aging.

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Angelica Gonzalez is a multilingual psychotherapist with extensive experience, utilizing innovative and evidence-based methods, including psychodrama, Cognitive Behavioral Therapy, and Dialectical Behavioral Therapy, to support her clients. She specializes in helping individuals

process traumatic events and emotions, guiding them toward genuine healing. Her expertise also includes working in a large in-patient treatment center, where she focused on assisting groups, families, and individuals dealing with eating disorders.

NeuroArts Town Hall

Join us this June for a special Town Hall program in honor of **Alzheimer's and Brain Awareness Month**. We'll explore the groundbreaking field of NeuroArts and its potential to transform the lives of individuals dealing with brain disorders such as Alzheimer's, autism, and Parkinson's. Our expert panel will share insights on how the integration of arts, science, and technology can support cognitive function, improve mental well-being, and enhance the quality of life for those affected.

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The Role of Alcohol and Kidney Health: What You Need to Know

Alcohol consumption has been a part of human civilization for centuries, serving various cultural, social, and even medicinal purposes. However, while moderate alcohol consumption may have some potential health benefits, excessive or chronic use can wreak havoc on several organ systems, including the kidneys. The kidneys play a crucial role in filtering waste products from the blood and maintaining fluid balance in the body, thus making understanding the relationship between alcohol and kidney health so paramount for maintaining overall well-being.

The Basics of Kidney Function

Before going into the effects of alcohol on kidney health, it's essential to understand the basic functions of these vital organs. The kidneys are responsible for filtering waste products and excess fluids from the bloodstream, which are then excreted as urine. Additionally, they help regulate electrolyte levels, blood pressure, and the production of red blood cells. The part of the kidneys that does the work is called the nephron. It is a complex structure consisting of a glomerulus and a tubule, where filtration, reabsorption, and secretion processes occur.

Alcohol Consumption and Kidney Function

The impact of alcohol on kidney function depends largely on the amount and duration of consumption. Moderate alcohol consumption, defined as up to one drink per day for women and up to two drinks per day for men, may not significantly affect kidney health in healthy individuals. In fact, some studies suggest that moderate alcohol intake, particularly red wine, may have protective effects on the cardiovascular system due to its antioxidant properties.

However, excessive alcohol consumption, or binge drinking, can lead to acute and chronic kidney injury. One of the primary ways alcohol harms the



kidneys is through dehydration. Alcohol is a diuretic, meaning it increases urine production and can lead to dehydration if not counteracted by adequate fluid intake. Dehydration reduces blood flow to the kidneys, impeding their ability to filter waste products effectively.

Chronic alcohol abuse can also cause structural and functional changes in the kidneys, leading to conditions such as alcoholic nephropathy. This condition is characterized by inflammation, fibrosis, and impaired kidney function, ultimately increasing the risk of kidney failure. Additionally, alcohol abuse is a leading cause of hypertension (high blood pressure), which is a significant risk factor for chronic kidney disease (CKD).

Other Risk Factors for Kidney Disease

It's essential to recognize that alcohol consumption rarely occurs in isolation and often coexists with other risk factors for kidney disease. For example, heavy drinkers are more likely to smoke, have poor dietary habits, and engage in sedentary lifestyles, all of which contribute to poor kidney health. It's also important to note that alcohol interacts with various medications, including those used to treat hypertension and other comorbidities, potentially exacerbating kidney damage.

Protecting Your Kidneys

If you choose to consume alcohol, it's crucial to do so in moderation and with consideration for your overall health. Here are some tips for protecting kidney health while consuming alcohol:

- Stick to recommended guidelines for alcohol consumption to minimize the risk of kidney damage.
- Drink plenty of water before, during, and after consuming alcohol to counteract its diuretic effects and maintain adequate hydration.
- Maintain a balanced diet, engage in regular physical activity, and avoid smoking to reduce the burden on your kidneys.
- If you have risk factors for kidney disease or a history of heavy alcohol consumption, consider regular check-ups with your healthcare provider to monitor kidney function.

Drink Wisely for Better Kidney Health

While moderate alcohol consumption may not pose significant risks to kidney health in healthy individuals, excessive or chronic use can lead to several side effects, including kidney disease. Understanding the relationship between alcohol and kidney health is essential for making informed choices about alcohol consumption and prioritizing kidney health. By practicing moderation and following the other precautionary tips, you can mitigate the potential adverse effects of alcohol on your kidneys and overall well-being.

Take charge of your kidney health today! Don't delay—take the first step towards a healthier future by calling VIPcare today. Call **561-794-2819** to schedule your appointment.



Roy Bassett, M.D.

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CLINICAL TRIALS FOR CANCER PATIENTS: TOP THREE MYTHS REVEALED

In the past 30 years, the survival rate for cancer patients in the United States has increased by more than 30%. Early-stage diagnosis and advancements in treatments and detection are just a few of the reasons there are far fewer deaths caused by cancer. Clinical trials have played an important role in the advancements that are now saving more lives.

Clinical trials not only pave the way for the future, but patients who participate in this groundbreaking research today receive the latest treatments available, which can positively impact their outcomes.

So why do less than 5% of cancer patients choose to participate in clinical trials?

The answer is due to common myths that cancer experts hear and see daily. So, we're breaking down the facts on clinical trials. First, let's break down what clinical trials are and how they affect cancer research.

Clinical trials are studies that involve the careful research that takes place after promising results are seen in the laboratory. In this process, medical professionals closely and carefully conduct a study with a small group of people. They ensure the drug or treatment is not too strong and that every patient is kept safe.

This careful human research keeps medicine moving forward. These groundbreaking research studies are why new treatments exist for cancers that were previously considered incurable. Every cancer treatment, drug or therapy in place today started in a clinical trial.

Let's debunk the three most common myths about clinical trials together.

Here's the truth about clinical trials:

~~You have to give up your usual treatment to join a clinical trial.~~

Clinical trials expand treatment options.

Some people consider clinical trials a last resort, but this is and should not be the case. Patients who participate in clinical trials have the opportunity to receive the most up-to-date, innovative treatments available, personalized for their unique conditions. Studies consistently show that their outcomes are as good as — if not better than — those of the general patient population receiving standard treatments.

~~Clinical trials aren't safe.~~

Clinical trials are safe.



Experienced health care professionals carefully monitor patients at every step of treatment, and the U.S. Food & Drug Administration strictly manages all trials.

~~Clinical trials don't make that big of a difference.~~

Clinical trials provide hope for cancer patients everywhere.

Every clinical trial improves our understanding of cancer. They help determine if a therapy, drug or procedure shows a better way of treating a particular cancer or improves a condition for which a treatment didn't already exist. Because of difficulty finding patients, many clinical trials are delayed or closed, and, unfortunately, cancer research suffers.

With clinical trials, you can play an active role in your treatment plan and be part of the incredible incoming treatments that can change the world.

You don't have to travel far to find a clinical trial in Florida.

Oncology care experts with Florida Cancer Specialists & Research Institute (FCS) have played a critical role in bringing more effective drugs to the marketplace and offering patients opportunities to participate in clinical trials. Over 300 clinical trials are available to FCS patients at any time in one of our three phase 1 drug development units or 32 research locations close to home throughout Florida. In recent years, the majority of new cancer drugs approved for use in the U.S. were studied in clinical trials with Florida Cancer Specialists & Research Institute participation, prior to approval.

WORLD-CLASS CANCER TREATMENT, CLOSE TO HOME

About Florida Cancer Specialists & Research Institute, LLC:
(FLCancer.com)

Celebrating its 40th year in 2024, FCS has built a national reputation for excellence that is reflected in exceptional and compassionate patient care driven by innovative clinical research, cutting-edge technologies and advanced treatments, including targeted therapy, genomic-based treatment and immunotherapy. Our highest values are embodied by our outstanding team of highly trained and dedicated physicians, clinicians and staff.



Scan the QR code to learn more about our clinical trial offerings



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21020 State Road 7, Ste 200C
Boca Raton, FL 33428-1320

Delray Beach

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Delray Beach, FL 33484-6595

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Palm Springs, FL 33461-4746

Palm Beach Gardens

3401 PGA Blvd, Ste 200
Palm Beach Gardens, FL 33410-2824

Wellington North

1037 S State Road 7, Ste 303
Wellington, FL 33414-6140

West Palm Beach

1309 N Flagler Dr
West Palm Beach, FL 33401-3406

For more information, visit
FLCancer.com.

LOST YOUR HEARING AID? HERE'S WHAT TO DO ASAP

Lost your hearing aid? It happens more often than you might think. Hearing aids are tiny and can be so comfortable you may not even notice right away if one falls out.

According to ESCO, a hearing aid warranty company, some of the top reasons people lose their hearing aids are from simply misplacing them around the house, or they fall out while traveling. But that was before the COVID-19 pandemic. In the past couple of years, face masks have become a major culprit for why people lose hearing aids. When people take off a face mask, the hearing aid may inadvertently get removed, too.

“Each of those lost hearing aids was someone’s way of communicating with family, friends, and loved ones,” during a difficult time, notes Patrick Miller, marketing manager for ESCO, in a blog post on the spike in hearing aid losses during the pandemic.

LOST A HEARING AID? HERE'S WHAT TO DO FIRST

Some hearing aids may come with a **hearing aid app** that has a “find my hearing aid” feature. This can be invaluable and should be the first thing you do if a quick search of your immediate surroundings comes up short. If your hearing aids have this feature, they will take you to the last area your hearing aids connected with your phone, even if the batteries in the hearing aids have died.

STILL NO LUCK? RETRACE YOUR STEPS

While this may seem like frustratingly obvious advice, retracing your steps just before you lost your hearing aid can pay off. Even if you’ve done so already, try once more. Give some serious thought to when you are sure you last had your hearing aid and what you were doing at the time. How did you notice your hearing aid was missing and where were you then?

REPORT YOUR LOST HEARING AID

If you were in a public venue or business when you lost your hearing aid, either call them or visit. Good Samaritans are everywhere, and one of them may have turned your valuable hearing aid into the “lost and found.” Talk to someone at the venue and describe what your hearing aid looks like. If they don’t have it, leave your name and number and request a phone call if the hearing aid turns up. It may help to check back several times. Enlist the help of family and friends to help you look for your hearing aid at home or wherever you think it could be.

Retracing your steps can pay off if you lose your hearing aid.

CALL YOUR HEARING CARE PROFESSIONAL

If retracing your steps and searching your home, office, car, purse or briefcase doesn’t help, contact your hearing healthcare provider. Most **hearing aids are covered by warranties** from the manufacturer for one-time loss and

damage for at least the first year and sometimes longer. Your provider will easily be able to tell you if you are covered. They also may know if your app has a “find my hearing aid” feature and can help you use it if you’re not sure how to use the app.

It is counter-intuitive, but wait a couple of days before panicking. Very often the hearing aids show up in strange places such a pair of pants you swore you weren’t wearing or a purse you haven’t used in forever. We often get another phone call, saying the hearing aid was found in an unexpected place.

IF YOU HAVE A WARRANTY

Some hearing aid wearers opt to purchase additional coverage for their devices through third-parties such as **ESCO** or **Midwest Hearing Industries**. Others choose to add a special rider to their existing homeowner’s insurance to cover hearing aid loss and damage.

If you are covered by the manufacturer or one of these additional options, ask your provider about next steps. Sometimes, you will need to supply a simple notarized letter for the manufacturer or insurer.

Be aware that even if the hearing aid is covered and you can get a replacement at no cost, your hearing care professional will still charge you a small fee for the replacement hearing aid.

Here at Audiology with a Heart, we have partnered with ESCO. When your original warranty is getting ready to expire, you will receive a letter offering an extended warranty. There are typically two choices: replacement and repair coverage for a year or replacement only. Prices vary depending on the coverage you choose and the technology tier of the hearing aids. If your warranty has lapsed, you can still purchase a warranty as long as the hearing aids are in good condition.



PREVENTING A LOST HEARING AID

Knowing what to do in the event you lose a hearing aid is important, but most wearers would prefer to avoid loss altogether. Here are some things you can do to prevent lost hearing aids:

- If you are active outdoors or enjoy athletics, there are **special clips available online** (www.gearforears.com) that can help secure your hearing aids.
- Make sure your hearing aids fit snugly and properly. If they feel loose in the ear, tell your hearing care professional.
- Do not leave hearing aids within reach of kids or pets.
- Store your hearing aids in the same safe place every night. If they’re rechargeable, this should be easy—set them in the charger and nowhere else.
- Don’t get in the habit of taking your hearing aids out during the day and setting them aside since you will be more likely to misplace them or forget where you’ve left them. Plus, it’s better for your brain to **wear your hearing aids all day**.
- Be extremely cautious when removing your face mask when wearing hearing aids. Double-check they’re still in after you remove your mask.
- If you are the caretaker of a person who uses hearing aids, go over all these tips with them and set up a routine as much as you can for how and when they use and remove their hearing aids. Talk to staff if your loved one is in a **nursing home** so that they know the routine, too.

If you have questions, please call **561-366-7219** for more information.

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2324 S. Congress Ave.

Suite 2G Palm Springs, FL 33406

Hearing Healthcare That You Can Trust

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



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

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



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

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

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

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

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

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



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

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



The Tub Cut Company
877-882-2887
www.TUBCUT.COM
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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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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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ANYONE CAN SUFFER FROM ANXIETY

NEUROFEEDBACK CAN HELP

By Renee Chillcott, LMHC



It's human nature to seek out the reasons why we feel anxious. Very often we look at external factors for the root cause; the economy, being unhappy in a job, unhappy with a living situation, or conflict with family or significant others tend to be our "go to". We may also look at our past experiences, upbringing, or past trauma, to explain this unrelenting uneasy feeling we have inside. This type of analyzing of how we feel, leads us to the next steps of change. However, very often these efforts to change are fruitless and we end up with different external factors but the same old feeling of anxiety. Why is that?

The truth is that anxiety is a pattern of neuron firing in the brain that can be present from birth and life situations (external factors) will exacerbate it to the point of dysfunction. Although, brain neural patterns don't necessarily dictate how we will behave; trying to change the environment, situation or behavior won't alter the patterns. Therefore, you can't talk someone out of anxiety. Anxiety is also not reserved for adults, it can cause dysfunction and issues in life regardless of age. Anxiety can look very different for a child than an adult and because of this, identifying these patterns can be tricky.

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

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

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

- Terrible two's, three's, and four's
- A spirited child
- Cranky, fussy, and not a good sleeper or napper

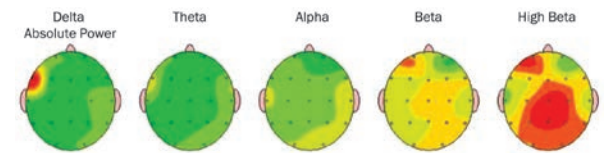
- Tantrums
- Picky or sensitive
- Difficulty with separation

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

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

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

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



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

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

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

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

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

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

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

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

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

WHAT IS NEUROFEEDBACK?

Neurofeedback, also known as EEG biofeedback, has been studied and practiced since the late 60’s. It is exercise for your brain; allowing you to see the frequencies produced by different parts of your brain in real-time and then through visual and auditory feedback, teaches the brain to better regulate itself. Neurofeedback can be used to help detect, stimulate, and/or inhibit activity in the brain safely and without medication. It can help

restore a wider “range of motion” in brain states, much like physical therapy does for the body.

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

What types of conditions does neurofeedback help?

Symptoms of these conditions, among others, can improve through neurofeedback training:

- Anxiety • Sleep disorders • Depression • ADD/ADHD
- Sensory processing disorder • Bipolar disorder
- Seizure disorders • Auditory/visual processing
- Chronic pain/Fibromyalgia • Migraines/headaches
- Traumatic brain injuries • Stroke • Cognitive decline
- Peak performance • Oppositional defiant disorder
- Rages/mood swings • Attention/focus/concentration
- Reactive attachment disorder • Autism/Asperger’s
- Learning disabilities • Obsessive compulsive disorder

What is an example of improvements I may see?

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

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

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

The QEEG is a quantitative EEG. It’s also called a brain map and does just that...it gives us a map of what is going on with the entire brain at one time. We attach electrodes to the whole head, 19 spots, and then record the brain waves with eyes open for 5 minutes and with eyes closed for 10 minutes. This recording is then sent to

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

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

IS THERE ENOUGH RESEARCH?

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

Look up the work of:

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

Look for specific researched conditions:

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

Print Resources:

Journal of Neurotherapy
Neuroregulation
Applied Psychophysiology and Biofeedback
A Symphony in the Brain: The Evolution of the New Brain Wave Biofeedback (Curtain Up) Paperback – 31 May 2001 by Jim Robbins.
Healing Young Brains: The Neurofeedback Solution Paperback – 15 May 2009 by Robert W. Hill, Eduardo Castro.

HOW DO I GET STARTED?

Getting started is easy. The Brain and Wellness Center staff will answer all of your questions, and help you get scheduled with a free telephone consultation. Call, email or text message us today at our **NEW ADDRESS:** Brain and Wellness Center, 5458 Town Center Road, MedPlex Building, Suite 13, Boca Raton, FL 33486. **(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.



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JUNE IS MEN'S HEALTH MONTH AT SIMPLY MEN'S HEALTH CHANGING MEN'S LIVES, ONE TREATMENT AT A TIME



For those who are unfamiliar, Men's Health Month is a national initiative aimed at raising awareness about the importance of men's health and encouraging them to take action in prevention and early detection of diseases. This month serves as a reminder for all the men out there that their health should not be taken for granted.

At Simply Men's Health, we strongly believe in promoting healthy lifestyles and being proactive about one's well-being. That is why we have decided to celebrate this month by offering a limited-time summertime special for every man can take advantage of – Get RejuvaWAVE® Shockwave Therapy for just \$99*

Our Shockwave Therapy has gained immense popularity due to its non-invasive nature and numerous benefits aiding in issues such as Erectile Dysfunction and Peyronie's Disease.



- Penis Size
- Enlarged Prostate
- Hair Loss
- Low Testosterone
- Memory Loss
- Chronic Pain

TAKE CHARGE OF YOUR HEALTH, EVERY WAY POSSIBLE:

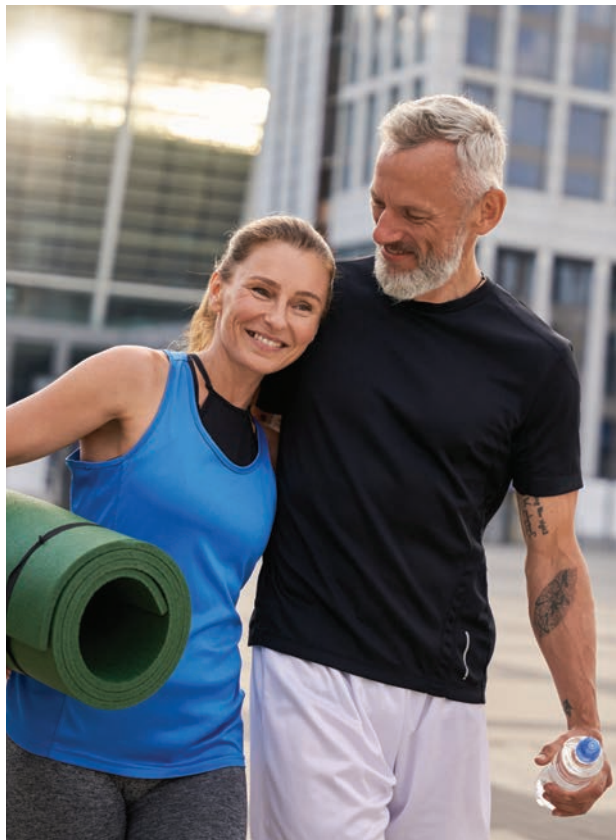
At Simply Men’s Health, you not only have access to the best men’s health treatments, but also the convenience of buy now pay later options! Make this men’s health month your healthiest one yet with our all-in-one solution.

We understand that talking about men’s health can sometimes be seen as taboo or uncomfortable. However, it is crucial to break this stigma and openly discuss these concerns so that we can take charge of our health. To get started and claim your limited-time summertime savings, call Simply Men’s Health to schedule your men’s health appointment today.

This innovative therapy helps improve sexual performance and treat erectile dysfunction **without any surgery or medication.** It uses precision energy waves that stimulate blood flow, increases stamina, and promotes tissue regeneration. Many studies have shown that Shockwave Therapy can be effective in treating ED with long-lasting results.

According to a study published in the Journal of Urology, men with moderate vasculogenic ED who received Li-ESWT experienced significant improvements in their erectile function scores, with a notable 79% of participants showing at least a 5-point increase on the International Index of Erectile Function (2023).

It is crucial to seek treatment from experienced men’s health providers to ensure the correct therapy is administered. As your leading men’s health clinic in Boca Raton for the past 10 years, it is our top priority to provide excellent service and a range of affordable treatment options that cater specifically to men’s needs. In addition to RejuvaWAVE®, Simply Men’s Health also offers treatment options for other men’s health concerns, including:



**Limited-time special offer ends 6/29/24. Terms and conditions apply. Valid in clinic for one session only. Not redeemable for cash value.*

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How Doctors Choose Surgeons

By David A. Goldman MD

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

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

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

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



DAVID A. GOLDMAN

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

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

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

Dr. Goldman speaks English and Spanish.

561-630-7120 | www.goldmaneye.com



Brent Myers

You Deserve a BREAK TODAY...

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

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

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

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

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

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

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

His Model

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

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

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

His Command

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

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

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

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



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