

SOUTH FLORIDA'S

# Health & Wellness<sup>®</sup> MAGAZINE

September 2024

South Palm Beach Edition - Monthly

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**FREE**

**FALLING LEAVES  
OR FALLING FOLLICLES?  
HOW TO PROTECT HAIR DURING  
ALOPECIA AWARENESS MONTH**

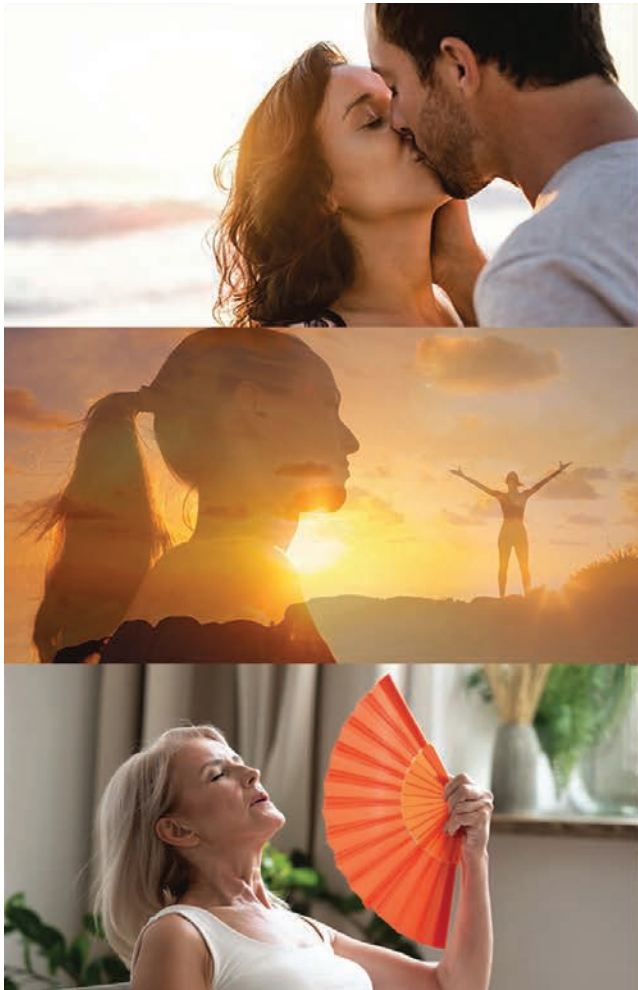
**HEALTH CHANNEL –  
ALL HEALTH ALL THE TIME**

**UNDERSTANDING  
CANCER RISK AS WE AGE**

**ABOUT  
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**SOUTH FLORIDA'S BEST  
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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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**Health & Wellness** MAGAZINE

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# FALLING LEAVES OR FALLING FOLLICLES?

## How to Protect Your Hair During Alopecia Awareness Month

by Alan J. Bauman, MD, ABHRS

**W**hen it comes to the seasons, nothing compares to the cooling temperatures and festivities that fall brings. From football season to pumpkin spice everything, it's hard to find a better time of year than the autumn months.

But, like every season, there's the underbelly. The summer months have blistering heat, winter time brings freezing temps, and spring is prime allergy time. For fall? It's got to be the leaves. As pretty as they look from up in the trees, they become quite a nuisance when you have to rake them up.

They're not the only thing falling, however. With the change in seasons, your hair could react just like leaves, especially for those suffering from alopecia. And with September representing Alopecia Awareness Month, what better way to usher in the fall than by delving into the poster child for hair loss?



### ALOPECIA

You've most likely heard the phrase alopecia one way or another but might not know exactly what it is. Simply put, alopecia is the overarching term for hair loss. With so many forms present, I want to focus specifically on the most prevalent type — androgenetic alopecia.

Androgenetic alopecia, commonly known as male (and female) pattern baldness, affects approximately 95% of all hair loss cases. This condition, primarily triggered by the hormone DHT, causes hair follicles to shrink, leading to a halt in hair production. It's a condition that doesn't discriminate, affecting both men and women.

How is this expressed externally? For men, androgenetic alopecia starts with a receding temple and hairline, decreased coverage in the back or crown of the head, and the top of the scalp; essentially, the George Costanza look. For women, however, androgenetic alopecia begins in the frontal half of the scalp with diffuse thinning, with the potential to reach the temples.

At Bauman Medical, we understand the frustration of seeing your hair fall. That's why we're here to help you make a change this autumn. Our team is dedicated to getting to the root of your hair loss, starting with our state-of-the-art diagnostic tools.

### DIAGNOSTICS

#### TRICHOTEST

At Bauman Medical, we believe in curating a plan that is ideally suited to your needs. Thanks to the TrichoTest, we can find the optimal treatment protocol for you. All we need is a quick swab of your cheek, and we will have access to your DNA. After analyzing it, we can get a better look at specific metabolic pathways that might influence your hair loss, as well as how well you'll respond to treatment. In turn, we can now determine which course of action fits you, and thanks to our algorithm, we can put it into action.

#### HAIRMETRIX

With the rise of AI, it only made sense for Bauman Medical to embrace this technological advance in our diagnostic evaluations and tracking. With HairMetrix, after microscopic scalp photos are obtained in different areas of the scalp, the advanced AI-powered algorithm gives us precise data on your hair quantity and quality to help make an accurate diagnosis. Then, we begin forming a treatment plan that matches your specific needs. Along the way, we'll be able to monitor how your scalp responds to the treatment plan, allowing us to adapt when needed to get the best results possible.

#### HAIRCHECK

Using our HairCheck device, we can determine your exact hair volume more quickly and efficiently than ever. These standardized noninvasive hair bundle measurements

help us compare affected areas to more permanent zones. The HairCheck is an effective way to examine how well your treatment is working and where—long before your results are noticeable to the naked eye.

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You won't need a winter hat to keep warm after using our award-winning Bauman Turbo LaserCap® for hair growth. In just five minutes of daily use, you soon may have a head of hair as lush as the fall trees. FDA-cleared, drug-free, chemical-free, side-effect-free, and non-invasive, the TurboCap is the perfect way to usher in a new season of thicker, fuller hair, all from the comfort of your home.



Before and 6 months after using the Bauman TURBO LaserCap



Before and after  
FUE Hair transplant  
with Exosomes  
by Dr. Alan Bauman

### REGENERATIVE OPTIONS

Having to rake up leaves is tedious as is. The last thing you want is to clean up the strands of hair in your shower, too. Let's leave the falling to the foliage and keep your follicles intact for autumn and beyond. With these regenerative solutions, you'll be basking in the cooler temps feeling 20 years younger, and most importantly, you'll be able to enjoy the season without worrying about hair loss.

### PRP

I know that as much as you love visiting our practice, you've got places to be this fall. Thankfully, our PRP treatment only takes an hour for results that last a year or more. After drawing a small blood sample, we'll be able to utilize the platelets found in your blood by separating the two. Once concentrated, we then gently apply it back into your scalp for a pain-free and convenient procedure. Here's to more time and more hair for you without disrupting your busy fall schedule!

### PDOgro™

While PRP is a fan-favorite for staff and patients, we're always looking to improve our solutions here at Bauman Medical. And with PDOgro™, we've done just that. By coupling our PRP with delicate and absorbable polydioxanone threads, we can invigorate a multitude of scalp functions that lead to significant hair regrowth. Our FDA-cleared synthetic absorbable material activates your endogenous collagen production, elastin, hyaluronic acid, new blood vessel formation, and fibroblast activity, all of which are done in a safe and serene outpatient procedure. And better yet, there's no need to worry about recovery or aftercare. The PDOgro™ treatment is a safe and effective way to stimulate hair regrowth, and our team will be with you every step of the way to ensure your comfort and satisfaction.

### EXOSOME THERAPY

When it comes to dynamic duos, nothing compares to the pairing of our TransEpidermal Delivery (I prefer "TED") and exosomes. One of the latest and most popular fads in regenerative medicine, exosomes play an integral role in cellular communication. On a microscopic level, cells can chat with cells close by or throughout different parts of the body. Talk about a tremendous long-distance plan.

The provider for this plan? Exosomes. So, how do exosomes play a part in this? Because they contain nucleic acids, growth factors, and other proteins, they serve as quite the helping hand when it comes to boosting hair growth. Pair it with the dynamic serum of TED, and say goodbye to failing follicles.

### HAIR TRANSPLANTATION

While all of the Bauman Medical regenerative practices are integral to maintaining a luscious look of hair, there may come a point of no return where they aren't enough. While your do might have flown south for the winter, our artistic state-of-the-art hair transplant procedures will have a healthy head of hair growing in no time, all while looking natural.

We've made tremendous steps in the realm of hair transplants, effectively ridding the painful stigma surrounding it from the 80s. With FUE (follicular unit extraction), we will harvest grafts containing as little as a single hair follicle directly from your scalp instead of the outdated and invasive strip harvesting method. With help from specialized mechanical instruments, your FUE procedure will be completed safely and efficiently. Say goodbye to linear scars & stress and say hello to a flowing mane.

And for those who want the superstar treatment, our VIP|FUE™ option makes it seem like we weren't even there. No shaving and no trimming; it's just a new 'do for you. It's literally the most discreet type of hair transplant technique, hands down.

### GET IN TOUCH

With the seasons nearing change, why not follow suit? Let's say goodbye to summer and leave hair loss with it, and instead, get your scalp looking as lush as an oak tree. To start blossoming this fall, be sure to contact our compassionate and professional team at Bauman Medical. Call **561-220-3480** or point your camera at the QR code below to schedule a private one-on-one in-person or virtual evaluation at [www.baumanmedical.com](http://www.baumanmedical.com).



## About Dr. Alan J. Bauman



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

With over 27 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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The Affordable Care Act provides medical insurance plans for individuals and families across the United States. Despite its availability, many people struggle to find the best health plan to meet their needs. In this Town Hall, experts highlight resources and guidance to help you find the ideal coverage at an affordable price.

**Watch this Town Hall and stay-up-to-date with future town halls at: [AllHealthTV.com/TownHall](http://AllHealthTV.com/TownHall)**

## LIVING MINUTE

### Competition & Character: A Winning Combination

Athletes strive to win, and competition is essential. However, losing can lead to feelings of humiliation and a fear of competition. Experts believe that building character is key. **Dr. Nick Dewan**, Performance & Sports Psychiatrist and Vice President at Florida Blue, suggests *that embracing the joy of self-improvement and respecting others' efforts can make competition beneficial for everyone.* It's not just for athletes—everyone wants to be a champion in their life.

Browse the *Living Minute* library at: [LivingMinute.TV](http://LivingMinute.TV)



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**F**lorida Best Home Care LLC stands out as the premier home care company in South Florida, providing unparalleled service and value to both clients and caregivers. With a commitment to offering the best prices (AS LOW AS \$18/HR!) exceptional caregiver referrals, and a transparent approach, we set ourselves apart from the competition in a number of significant ways. We are open 24/7 and always answer the phone. We know all of our customers and their caregivers well, and you will be treated like family from the day you sign up or switch to us.



## COMPETITIVE PRICING

One of the key reasons why Florida Best Home Care LLC is the best choice for home care services is unbeatable savings. With customers paying as low as \$18 per hour, we are making high-quality care accessible to a wider range of clients. We have the lowest fees in town. The average client using home health care agencies in South Florida is paying \$28/hr with the caregiver receiving an average of \$15/hr. Florida Best Home Care average caregiver rate is higher while our fees remain significantly lower. Our clients affordable rates are a testament to our commitment to providing excellent service without breaking the bank. Unlike other agencies that charge exorbitant fees, we believe that quality care should be available to everyone.

## EXCEPTIONAL CAREGIVER STANDARDS

At Florida Best Home Care LLC, we understand that the quality of care provided is directly related to the quality of the caregivers. That's why we go above and beyond to refer the best caregivers in the industry. Our rigorous screening process includes checking at least two professional references to ensure each caregiver's reliability and past performance. Additionally, all caregivers referred undergo FBI Level 2 background checks, ensuring that they have no criminal history and are safe to work in clients' homes. This thorough vetting process guarantees that our clients receive care from trustworthy and qualified professionals. We guarantee 100% satisfaction with our services, and if you are not happy we will replace the caregiver and charge you NO FEE.

## TRANSPARENCY

Our commitment to transparency extends to our clients as well. We believe in being upfront about pricing and services, so there are no surprises or hidden fees. There are no contracts and you can stop whenever you want. There are no deposits and you will be billed every 2 weeks after services start. This open approach fosters trust and confidence, making us a trusted partner for families, hospitals, and doctors seeking home care solutions.

## EXPERTISE IN LONG-TERM CARE INSURANCE

Florida Best Home Care LLC is also renowned for our expertise in handling long-term care insurance. We accept all forms of long-term care insurance, making it easier for clients to access the services they need without the hassle of navigating complex insurance policies. Our team is well-versed in the nuances of long-term care insurance and can guide clients through the process, ensuring they receive the maximum benefits available. Our reputation

as "the long-term care insurance experts of South Florida" is a testament to our dedication and proficiency in this area. If you have long term care insurance we are happy to go over your benefits and complete all of the paperwork and make sure that you not only get approved, but stay approved.

## CONCLUSION

In summary, Florida Best Home Care LLC is the best home care company in South Florida due to our low fees, stringent caregiver referral process, commitment to transparency, and expertise in long-term care insurance. We are dedicated to providing high-quality care at affordable rates, ensuring that both our clients and the caregivers referred are satisfied. Our unique approach and unwavering commitment to excellence make us the top choice for home care services in the region. Whether you are in need of care for yourself or a loved one, Florida Best Home Care LLC is here to provide the compassionate, professional, and reliable care you deserve.



**Florida Best Home Care**

**561-765-0697**

[floridabesthomecare@gmail.com](mailto:floridabesthomecare@gmail.com)

[floridabesthomecare.com](http://floridabesthomecare.com)

# UNDERSTANDING CANCER RISK AS WE AGE:

## Tips for Prevention During Healthy Aging Month

“With age comes wisdom” is a well-known saying reflecting the common belief that we gain valuable knowledge and insight as we get older. However, as we add more candles to our birthday cakes, we also increase our risk of developing cancer.

While cancer can occur at any age, the likelihood of developing the disease rises as we get further into adulthood. According to the National Cancer Institute, the rate of cancer diagnosis for Americans ages 45 to 49 is 350 cases per 100,000. That rate nearly triples for adults ages 60 and older to 1,000 cases of cancer per 100,000 people.

While scientists continue to research for a clearer understanding as to why this occurs, several factors are known to contribute to this phenomenon:

- **Cellular damage:** Over time, cells accumulate damage to their DNA. While the body has mechanisms to repair this damage, their efficiency can decrease with age, leading to an increased likelihood of mutations that can cause cancer.
- **Weakened immune system:** As we age, our immune system's ability to detect and destroy cancerous cells diminishes, making it easier for cancer to develop and spread.
- **Exposure to carcinogens:** The longer a person lives, the more they are exposed to potential carcinogens, such as tobacco smoke, ultraviolet (UV) radiation and certain chemicals. These exposures can accumulate and contribute to cancer risk.
- **Chronic inflammation:** Over time, infections or autoimmune diseases, environmental factors and even our diets can damage tissues and promote cancer growth.
- **Hormonal changes:** Changes in hormone levels can influence the risk of developing certain types of cancer, such as breast and prostate cancer.

National Healthy Aging Month is observed every September in the United States. It was established to focus national attention on the positive aspects of growing older. The goal is to inspire adults, particularly those over 45, to take charge of their health, maintain active lifestyles and pursue activities that promote physical, mental and emotional well-being.

Although we can't stop the physical aging process, here are some key strategies for reducing cancer risk:

- Regular physical activity can be a powerful tool. However you choose to keep moving, you'll help boost the immune system and enhance its ability to detect and destroy cancer cells, regulate hormones such as insulin and estrogen, reduce inflammation, aid digestion and maintain a healthy weight. Obesity is a significant risk factor for various cancer types.



- Maintain good mental health and seek help if you experience prolonged periods of stress, anxiety or depression. Exercise can also help reduce stress and support healthy lifestyle choices.
- Smoking and vaping are linked to various types of cancer, including lung, throat, mouth and bladder cancer. Avoid tobacco and exposure to harmful chemicals.
- Protect your skin. Wear sunscreen even on cloudy days. Wear protective clothing, find shade when in the sun and avoid tanning beds to avoid skin cancer, the number one cancer among men and women (and the most preventable cancer type).
- Eat a diet rich in fruits, vegetables, whole grains and lean proteins. Limit processed foods, red meats and foods high in fat and sugar. Also, limit your intake of processed meats like hot dogs and deli meats, which are linked to an increased risk of certain cancers.
- Participate in recommended health screenings. Certain cancer types are much easier to treat when detected early, preventing thousands of cancer cases and deaths. Thanks to ongoing research, screening tests are now available for many types of cancer. These tests are effective at finding cancer, often before signs or symptoms appear. Early diagnosis and treatment are a substantial factor in surviving the disease.
- Have regular medical checkups with your health care provider to monitor your overall health and discuss any concerns or changes. Review your family history of cancer to understand your risk and explore preventive measures that may be appropriate.

Implementing these practices at any age can significantly reduce cancer risk and contribute to overall health and well-being. That can help make blowing out those birthday candles even more enjoyable!

### WORLD-CLASS CANCER TREATMENT, CLOSE TO HOME

About Florida Cancer Specialists & Research Institute, LLC:  
([FLCancer.com](http://FLCancer.com))

For the past 40 years, 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.

In Palm Beach County, board-certified physicians specializing in hematology, medical oncology, gynecologic oncology, radiology and cancer rehabilitation provide personalized care for all forms of cancer and blood disorders. With extraordinary skill and experience, they deliver treatments with maximum effectiveness and safety, combined with compassion and concern for patients and their families. From genetic screening to immunotherapies and access to the latest clinical trials, our top-ranked cancer experts provide the newest and most advanced treatments available – increasing cure rates and extending lives.



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#### West Palm Beach

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

For more information, visit  
[FLCancer.com](http://FLCancer.com).

# TubcuT<sup>®</sup> Can Help Alleviate Slip and Falls and trouble getting in and out of the Bath



**W**isdom 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<sup>®</sup> Company.

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

The TubcuT<sup>®</sup> threshold is typically 4" above the floor giving you more accessible, safer access, the same as a typical shower pan. TubcuT<sup>®</sup> 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<sup>®</sup> is custom fitted to your tub creating a seamless, waterproof shower with a professional factory appearance that's unlike anything else available. The TubcuT<sup>®</sup> 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<sup>®</sup> 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<sup>®</sup>.

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



**The Tub Cut Company**

**877-882-2887**

**www.TUBCUT.COM**

**VA APPROVED**

# Bed Making Made Easy – With CKI Solutions' Bed MadeEZ®



**I** wake up each morning to the sweet smile of my husband. He is right there as I amble out of the bed and trip on the dog. He is next to me as we brush our teeth. He waits patiently by my side as I brew the coffee. He is completely gone when I go to change the linens! I am alone in this endeavor.

Changing linens is a pain, literally. Strain to your back from lifting and holding your heavy mattress, frustration as the sheets untuck before you can finish, and occasionally a chipped nail ... bed making is exhausting. And it isn't getting better anytime soon. With the increase in pillow-top mattresses, foam mattresses, and luxury coil mattresses, mattresses are getting heavier by the year.

#### The Truth About Your Mattress.

- Mattresses now average 12 ½' high;
- They are over 15" thick;
- A king mattress can easily top 300 pounds.

So what can be done? A mattress lifter is the answer. A quick search on Google for "mattress lifter" and you will find the original mattress lifter, the Bed MadeEZ. The product was invented by female-owner and CEO of CKI Solutions, Sam Montross, back in 2012.



- 1** Start by inserting one tip of the Bed MadeEZ at an angle between mattress and box spring



- 2** Keeping the Bed MadeEZ angled slightly towards you, insert it between mattress and box spring.



- 3** Push the Bed MadeEZ in until it reaches the handle and is resting securely on its flat ledge.

#### What does the Bed MadeEZ do?

This aqua beauty (comes in pink too) does it all it:

- **Lifts and Holds** – as you insert the Bed MadeEZ under your mattress, it lifts the mattress for you and holds it up to 4 inches while you change your linens, giving you the time to make those famous hospital corners too!
- **Tucks** – using the tip, you can quickly tuck sheets, quilts, and blankets easily for a perfectly finished nice, crisp edge, saving your hands and wrists from scraping and strain.

It is **Ergonomically Designed** to eliminate strain. The design includes a large round handle, allowing for versatility in gripping positions for either one or two hands.

#### Trust is Built In to the Bed MadeEZ.

This patented, trademarked design is:

- **Independently Tested** – to reduce strain on your back and shoulders caused by repeated lifting of a heavy mattress.
- **Recommended by OSHA** – around the world, housekeepers use the Bed MadeEZ to avoid injury and go home less tired.
- **Backed by a Lifetime Warranty**
- **Made in the USA** – and always will be made right here in Florida!

#### Bed MadeEZ is Found in Major Publications!

This ingenious product has been written about in:

- Reader's Digest – <https://www.rd.com/article/mattress-lifter/>
- Southern Living – <https://www.southernliving.com/bed-madeez-mattress-lifter-7109456>
- Apartment Therapy – <https://www.apartmenttherapy.com/amazon-mattress-lifter-tool-review-37184419>

#### Easy to Order, Fast Shipping!

The Bed MadeEZ can be ordered right off Amazon and it arrives quick! Simple to understand instructions are included and you can get right to business. The Bed MadeEZ makes changing linens and making the bed a breeze.

#### Who Benefits from the Bed MadeEZ.

The Bed MadeEZ is a game changer for anyone with:

- Back Injuries
- Arthritis
- A heavy mattress
- Recently Undergone Surgery
- Those undergoing Breast Cancer treatments
- Pregnant Women
- Anyone at all who wants to make their bed quickly, professionally and without heavy lifting and fear of back injuries due to strain.



Find out more at  
[www.ckisolutions.com](http://www.ckisolutions.com)

Email  
[customerservice@ckisolutions.com](mailto:customerservice@ckisolutions.com)

Phone  
**561-249-2219**



# 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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[www.JewishDirectCremation.com](http://www.JewishDirectCremation.com)

# PLANNING FOR THE INHERITANCE OF A DISABLED CHILD



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

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

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

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

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

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

**Does this disabled child receive government benefits?**



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# ANYONE CAN SUFFER FROM ANXIETY & DEPRESSION

## NEUROFEEDBACK CAN HELP

By Renee Chillcott, LMHC

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

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

### 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

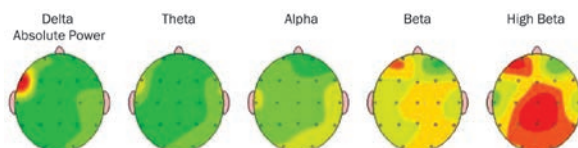
I know what you are thinking. These symptoms are normal for children this age. And you are correct; they are perfectly normal, developmental behaviors for infants and toddlers. This is why diagnosing mood disorders in young children is very difficult and not usually done unless symptoms are severe. In most cases, symptoms manifest at an older age when they 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 and depression patterns can look different but produce the same results.

Here is an example of brain patterns from a QEEG. 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 mood symptoms such as



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 and depression 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 and depression are 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 mood with medication. The diagnosis is a broad one and there may be very different neuron patterns causing anxiety and depression. 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 symptoms specific to you, but it can “retrain” the neural patterns in the brain so that stress is better managed or controlled throughout your life. Through Neuroplasticity, Neurofeedback becomes a permanent correction of the dysregulated 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 • 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. The brain activity is not only compared spot by spot over the entire head, but we can also look at connections, symmetry, how different parts are communicating and all of this data is compared to a database of peers (same sex, handedness and age). It can help us see what areas need to be addressed more efficiently than just training spot by spot.

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

### IS THERE ENOUGH RESEARCH?

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

**Look up the work of:**

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

**Look for specific researched conditions:**

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

**Print Resources:**

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

### HOW DO I GET STARTED?

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



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# Common Myths About Your Eyes

By David A. Goldman MD

**J**ust 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 eyeglasses. 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.

## DAVID A. GOLDMAN

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

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

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

Dr. Goldman speaks English and Spanish.



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One Another

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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