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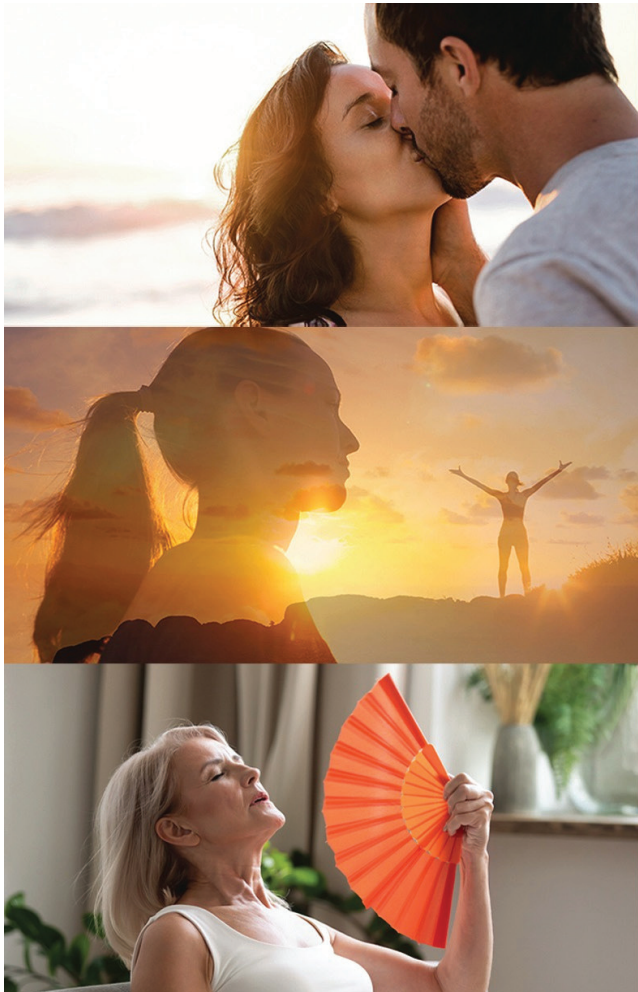
**HAPPY HAIR DAYS!
GIVE THE GIFT
OF HAIR RESTORATION
WITH BAUMAN MEDICAL**

**NAVIGATING
THE HOLIDAY SEASON
WHEN YOU HAVE CANCER**

**AM I CONTROLLING
THE WAY I THINK
OR IS IT CONTROLLING ME?**

THE CORNEA

**PLANNING FOR THE INHERITANCE
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- Florida State University
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Amanda Achong is an attorney whose practice concentrates in the areas of trusts, estates, and elder law. She is a graduate of some of the top universities in the country. She devotes her time to estate planning for the middle class, charging moderate fees, and then getting referrals from happy clients.

Revocable Living Trust

ATTENTION SENIORS:

- Why Forbes Magazine says that the middle class may need living trusts
- Why a will may not avoid probate
- How a living trust may avoid probate
- Why you may have probate in more than one state if you own out-of-state real property
- How a trust may protect your child's inheritance from divorce
- How a trust may protect your child's inheritance from sons-in-law and daughters-in-law

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HAPPY HAIR DAYS!

Give the Gift of Hair Restoration with Bauman Medical

by Alan J. Bauman, MD, ABHRS

I know Andy Williams said, "It's the most wonderful time of the year," to describe the month of December. And while I would agree with him for the most part, that sentiment doesn't ring true in the realm of hair care. While South Florida doesn't have to worry too much about that, the drop in temperatures up north can lead to a myriad of problems for your scalp.



renewal for your hair, as our SalonB Head Spa offers our Scientific Scalp Makeovers to combat stress-induced hair loss.

Just as tranquil as your average spa, you'll be greeted by a low-light room coupled with soothing music. And that's just the tip of the iceberg, as our therapeutic aromatherapy, customized scalp masks, deep scalp massages, and thorough cleaning with our shampoo and conditioner will make your scalp feel fresh for the new year.

You can give the gift of renewal through our eCards, ranging from 60-minute, to 90-minute, to two-hour sessions.

SHAMPOOS & CONDITIONERS

Speaking of our shampoos and conditioners, skip this year's sale at Bed, Bath & Beyond and instead opt for the Boost and Soothe haircare from Bauman Medical. What's great about this pairing is that they tackle different goals you have for your hair. If you're dealing with thinning and want to give your hair a little "boost," then you can see where this is going. With DHT-controlled ingredients and other supporting cast members, the Boost line will deliver results in no time.

Whether it be split ends or damaged follicles, that December chill can do quite a number to your luscious locks. And throwing on a winter cap to fend off the cold isn't doing your scalp any favors, either. So, with the gift-giving season upon us, what better way to spread joy this year than by giving the gift of hair restoration to those you love?

At Bauman Medical, we understand that not everyone can make the trip down to our state-of-the-art hair clinic in Boca Raton. So that's why we're here to showcase a few of our products that you can gift to someone and let them unwrap the immense benefits of Bauman Medical this month. But first, I want to highlight a staple of our practice that you can gift to someone on their way down to Florida to escape the cold up north.

SCALP MAKEOVER

While a week of rest and relaxation usually means a trip to the spa, make a detour this month and head over to Bauman Medical for an extra "R." That, of course, being



The award-winning Bauman Turbo LaserCap is the most technologically advanced portable FDA-cleared low-level laser light therapy (LLLT) device for hair regrowth currently available. Recommended for both men and women with thinning hair, as well as hair loss prevention and overall hair health.

Meanwhile, for those suffering from an itchy scalp or mounds of dandruff, our Soothe line will bring some peace of mind to your hair. Infused with CBD, you'll experience moisturized hair, all while soothing any inflammation, irritation, and sensitivity you're suffering from. And the best part about these products? You can use them daily without any issues.

BAUMAN TURBO LASERCAP

While winter caps are known for bringing warmth, why not warm up (and rejuvenate) your scalp with my Award-winning Bauman TURBO LaserCap®? While this might not be as stylish as a beanie, there's nothing as fashionable as a full head of hair. FDA-cleared, drug-free, chemical-free, side-effect-free, and non-invasive, you can throw this cap on while opening presents and give yourself another gift in just five minutes per day.



A "Scalp Makeover" is the ultimate pampering for your scalp, providing stress-reducing and circulation-stimulating scalp massage, scalp steaming and application of highly advanced topical therapeutic products to boost the health of the scalp and follicles. It also makes the perfect gift. Gift E-cards are available on our eStore.

Come next year, and you'll be sporting a head of hair that rivals Santa's beard.

PEPGRO

Introducing a new member to the Bauman Medical family of products, PEPgro is a great stocking stuffer designed to support your hair's natural growth cycle. With a morning and evening application of these powerful peptides, you'll be gifting your scalp an array of benefits, ranging from improved blood flow, reduced scalp inflammation, more robust hair structure, antimicrobial properties (for a clean scalp), and preserved natural hair color.

Using PEPgro is as simple as part of your daily routine. Whether you apply it in the morning before styling your hair or in the evening before bed, it's a gift that keeps on giving, providing benefits while you go about your day and even while you sleep.

NUTRA-TEAM BAUMAN

Beyond our terrific staff at Bauman Medical, you can also give the gift of the Nutra-Team. That is, of course, the all-star "team" of our proprietary nutritional supplements. Those dealing with hair loss, thinning, or just want a thicker head of hair, let this star-studded cast help you out:

- **The Recruiter:** And I'm not talking about jobs here. The Recruiter brings a scientifically-proven blend of fermented probiotics, plant extract, and Vitamin D3 in an effort to release stored stem cells. These cells actually encourage healing caused by age, injury, or stress. This rallying call will increase the number of circulating stem cells in your body, not only cultivating hair growth but also improving your overall well-being.

- **The Good Guys:** Not all heroes wear capes. Some come in capsule form, like The Good Guys hair probiotic. This supplement tackles issues in the gut, more specifically, aiding in the digestive process. Infusing it with the optimal elements for improved health and wellness, you'll also notice stronger follicles, which leads to optimal hair growth.
- **The Bodyguard:** Protect yourself and your immune system with the unique blend of herbs and mushrooms found in The Bodyguard.
- **A-List Hair Vitamin Complex:** Not only is the A-List Hair Vitamin complex a star at Bauman Medical, but it's also our strategic supplement. That's because we've combined top-of-the-line ingredients to bolster hair and support skin elasticity. Along with that, the A-List also has antioxidants and trace minerals, which are critical components in protecting the hair and skin, as well as promoting collagen renewal, skin hydration, and wound healing.
- **Hero Super-Biotin Mega Hair Support Caps:** If you want stronger hair and nails, you're going to need biotin. Thankfully, our Hero Super-Biotin Mega Hair Support Caps contain a plethora of this key nutrient, which also aids in digestion and cellular metabolism.
- **The Zenmaster:** Get ready to say "ohm" after taking the Zenmaster. With the herb ashwagandha, you'll be cutting down on stress and the byproduct of it, cortisol. While being able to relax is great, getting your cortisol under control will help your hair follicles as well as other organs in the body.
- **The Builder:** There's more to gains than just muscles. With the Builder, a multi-collagen complex peptide-protein powder, you'll be giving your body vital proteins that multiply natural collagen levels while also boosting hair production, follicle strength, and a shine akin to your younger days.

eCARDS

Let's face it: we've all been there. There's always someone who's impossible to shop for. You can never go wrong with a gift card, making an eCard for any of the Bauman Medical services and products a gift no one can beat. Whether someone's looking for a scalp treatment or wants to start a new line of supplements, let them choose what's best without spending a dime.

LEARN MORE

This holiday season, take your gift-giving game to a new level and opt for one of the many options at Bauman Medical. No matter what you choose, you'll be giving the gift of hair restoration to those in need, a gift that truly keeps on giving — happy Holidays from our team here at Bauman Medical.

Point your camera at the QR code below to shop at the Bauman Medical eStore. To schedule a private one-on-one in-person or virtual consultation, call 561-220-3480 or go to www.baumanmedical.com.



About Dr. Alan J. Bauman



Alan J. Bauman, MD, ABHRS, IAHR 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.

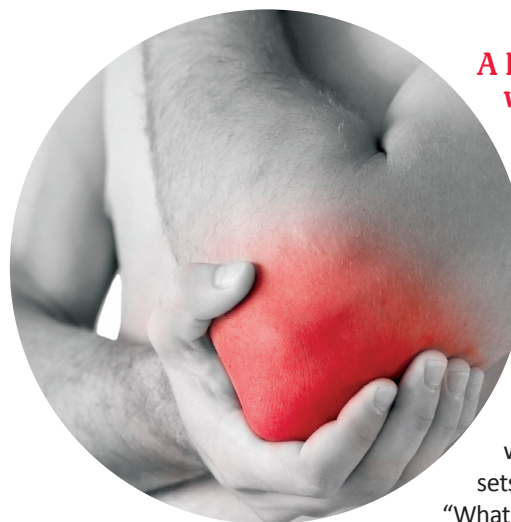
Dr. Bauman is a sought-after guest expert at international scientific meetings and live surgery workshops, and a frequent expert source on national news and educational shows.



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Breakthrough Non-Surgical Solution for Chronic Pain: Dr. Costello's Stealth Laser Therapy



A Personal Touch with Global Reach

Patients from around the world seek out Dr. Costello's expertise, traveling from as far as Europe, Asia, and Australia to experience his cutting-edge care. Dr. Costello's commitment to his patients is evident—he even goes out of his way to accommodate their schedules.

This level of personalized care, combined with the effectiveness of the Stealth Laser, sets Dr. Costello apart from other providers. "What Dr. Costello does is far superior to anything I've found elsewhere," says Mr. Bushey.

At 55, Mr. Bushey was forced to put his shipping career on hold when debilitating spinal pain became too much to bear. After years of traditional treatments, surgeries, and frustration, Michael found relief in an unlikely place—South Florida. It was here that Dr. Joseph A. Costello introduced him to the Stealth Laser, a groundbreaking technology designed to treat chronic pain without the need for surgery.

Dr. Costello's Concierge Service, led by this board-certified chiropractic orthopedist, offers a revolutionary approach to pain relief through advanced laser therapy. With over three decades of experience, Dr. Costello has become a global leader in non-invasive treatment, transforming lives for patients like Mr. Bushey.

A New Hope for Chronic Pain Sufferers

For years, Mr. Bushey struggled with the pain caused by an annular tear in his spine. After unsuccessful surgeries, he resigned himself to a life limited by pain. That changed during a visit to South Florida, where he learned about Dr. Costello's innovative treatment protocols.

The results were life-changing. After just two sessions with the Stealth Laser, Michael noticed significant improvements. "My wife said, 'You're standing up straight for the first time in years,'" he recalls. Today, Michael estimates his pain has been reduced by 80%, allowing him to enjoy a more active and fulfilling life.

What Makes the Stealth Laser Unique?

Unlike traditional surgical methods or generalized laser treatments, Dr. Costello's Stealth Laser therapy is uniquely tailored to each patient. The laser stimulates cellular repair and regeneration, addressing the root causes of pain and inflammation.

Key benefits include:

- Reduction of nerve pain and inflammation
- Acceleration of tissue and nerve healing
- Reduction of swelling in soft tissues, such as discs and ligaments
- Improved mobility and balance

Sessions are painless and relaxing, typically lasting 30 to 60 minutes. Each treatment is personally administered by Dr. Costello, ensuring precision and care unmatched by other facilities.

Conditions Treated with Stealth Laser Therapy

Dr. Costello's Concierge Service addresses a wide range of conditions, including:

- Spinal stenosis
- Arthritis
- Herniated discs
- Neuropathy
- Sciatica
- Soft tissue injuries, such as rotator cuff damage and plantar fasciitis
- Temporomandibular joint (TMJ) dysfunction

With its FDA clearance and over a million successful treatments worldwide, the Stealth Laser has proven to be a safe and effective alternative for patients seeking relief from chronic pain.

Why Wait? Explore Non-Invasive Relief

Living with chronic pain doesn't have to be your reality. Dr. Costello's Concierge Service provides a proven, non-surgical solution that can help you regain mobility and reduce pain.

As Dr. Costello explains, "Surgery will always be an option. But why not try a safer, proven alternative first?" Take the first step toward a pain-free life today. With treatments available six days a week, Dr. Costello and his team are ready to help you rediscover the joy of living without pain.

For more information or to schedule your consultation, contact Dr. Costello's Concierge Service. Sessions are conveniently available Monday through Saturday.



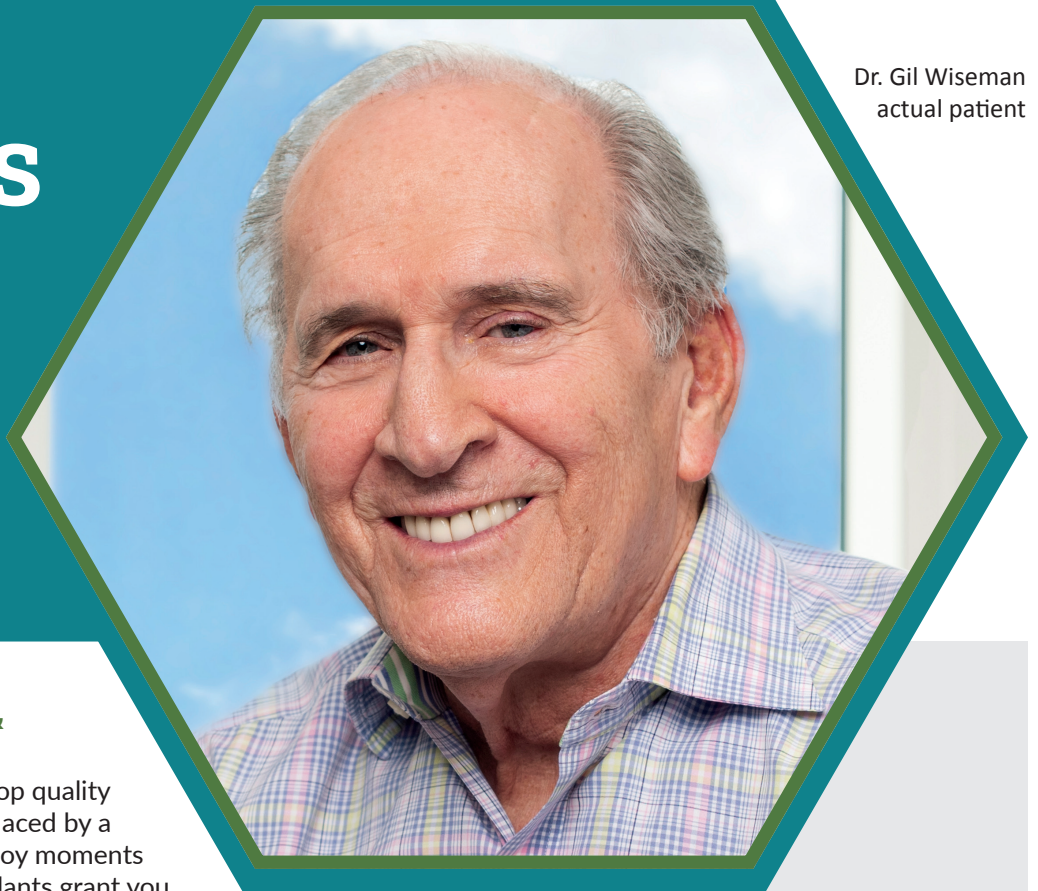
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Dr. Gil Wiseman
actual patient

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- Higher rates of failure which can be painful and costly.

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Every visit begins with a conversation about you. Your unique needs, concerns, and desires for care matter to us.

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- Discuss goals for your health and appearance.
- Make a treatment plan that meets your needs and budget.

Dr. Cohen's gentle touch, friendly chairside manner, and follow up communication garner rave reviews.

We Care a Lot

From your first phone call to your last check up, it's all about you. Every visit begins with a conversation. Your unique needs, concerns, and desires for care matter to us.

- Together we review your health history.
- Discuss goals for your health and appearance.
- Make a treatment plan that meets your needs and budget.

We care for you like you are part of our family. Our team keeps everyone in your care circle up to date, and we check in to make sure you feel good once treatment is complete.

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You want a doctor with impeccable credentials and great communication skills. Dr. Cohen's gentle touch, friendly chairside manner, and follow up communication garner rave reviews.



About Dr. Lee R. Cohen

Dr. Lee R. Cohen, D.D.S., M.S., M.S. is a dual-board certified periodontal and dental implant surgeon.

- NYU, Doctor of Dental Surgery; Management

- University of Florida, Master's of Science in
- Periodontology, served as chief resident
- Emory University, Bachelor's in Biology



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PAIN MANAGEMENT FOR FACET JOINT PAIN: RADIOFREQUENCY (RF) ABLATION/RHIZOTOMY

Neck (cervical), mid back (thoracic) and low back (lumbar) pain are common ailments which can be acute or chronic. This may be debilitating and stop people from their usual activities of daily living. As many do not know, this pain from the spine can easily be treated by a qualified Interventional Pain Management Specialists, like Dr. Tripathi and his partners. Dr. Tripathi and his team are board certified medical specialist whose brand new state-of-the-art facility is located conveniently in the heart of Delray Beach, FL. Patients also come from all over the country to see the team at International Pain & Wellness Center due to their expertise in spine pain, joint pain (knee, hip, shoulder, wrist and ankle) and their treatment options. Spine pain from arthritis of the neck, mid back and low back are the most common pain syndrome they see among their patients and they want to spread awareness how this issue can be treated.

Before a RF rhizotomy is performed, the pain generating facet joint nerves have been identified by means of a diagnostic injection, such as a facet joint or medial branch nerve block. Other tests may include MRI. Since the medial branch nerves do not control neck or low back muscles, it is not harmful to disrupt or turn off their ability to send signals to the brain conceived as pain.

RF ablation is a precisely targeted injection that works by creating energy to destroy a facet joint's medial branch nerve. Relief from pain and related symptoms may last a year or longer. However, the medial branch nerve root regenerates (grows back) and facet joint pain may come back in years time. Results vary from patient to patient. For example, if there is instability at the segment where the RF neurotomy is performed, pain relief and its duration is less.

BASIC FACET JOINT ANATOMY

Each vertebra in the cervical (neck), thoracic (chest), and lumbar (low back) has two sets of facet joints at the back of the spine. One pair faces upward and one downward with a joint on the left and right sides of the vertebra. Facet joints are hinge-like and link vertebrae together. Each facet joint is innervated by a medial branch nerve. The

medial branch nerves control sensation to the facet joint. These nerves DO NOT control sensations or muscles in your arms or legs and therefore are safe to treat.

What to Expect During and After the Procedure The procedure is performed in a sterile setting similar to an outpatient procedure suite.

Your injection site is cleaned and draped. Skin numbing medication is injected and given time to take effect.

Dr. Tripathi uses fluoroscopic guidance (real time x-ray) to guide the needle electrode beside the medial branch nerve. Through the electrode, mild electrical current (radiofrequency) stimulates the medial branch nerve. As the electrode is energized, the nerve is changed so the patient's arthritic spine pain will improve. After the procedure, the patient is moved to the recovery area where our medical staff continues to monitor you if needed.

You may be discharged home following your RF ablation. Our medical staff provides you with written aftercare and home instructions.

Benefits of radiofrequency ablation include:

- Pain relief for up to 2 years
 - Significant and longer lasting pain relief compared to steroid injections
 - Low complication and morbidity rates
 - Appreciable pain relief compared to surgery:
- Nearly half of back pain sufferers are not helped by surgery
- Greater range of motion
 - Lower or no use of analgesics (pain meds)
 - Improved quality of life
 - No significant recovery time

Dr. Tripathi explains, "This procedure is so valuable to help people of all ages virtually eliminate their arthritic spine pain. It is great for neck and lumbar spine. It has saved people from requiring spine surgery. It is simple to perform and provides life changing relief."



Kush H Tripathi, M.D.

Interventional Pain & Wellness Center is a beautiful freestanding interventional pain management building in Delray Beach, FL, thousands of individuals have been able to benefit from this technique. Interventional Pain & Wellness Center's main focus is to help individuals avoid surgery, eliminate pain medications and to ultimately feel much better on a daily basis and enjoy life! Reach out to us today and let our expert team help you live pain free (954) 633-2397

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Navigating the Holiday Season When You Have Cancer

Managing stress during the holiday season can be uniquely challenging for cancer patients, who may be navigating physical and emotional struggles while trying to participate in holiday activities. Here are some thoughtful and supportive strategies to help cancer patients reduce stress during the holidays:

Prioritize Self-Care

The holidays often bring extra obligations, but self-care is especially important for cancer patients. Self-care may include meditation, light stretching, reading or simply taking time to relax. Rest, proper nutrition and adequate hydration should take priority over the need to attend every holiday gathering.

Set Realistic Expectations

The holidays don't need to look the way they always have. Consider setting boundaries around events, traditions or gatherings. This might mean choosing a few meaningful gatherings with close family or friends, only attending for a short time or even hosting a smaller, quieter event.

Ask for (and Accept) Help

Letting loved ones help with holiday tasks, like cooking, shopping, decorating or even gift wrapping, can help take some pressure off. Family members or friends are often eager to help but may not know how. It can be hard, but being open about where help is needed can make a significant difference for everyone.

Plan Energy-Conserving Activities

Cancer treatment can drain energy, so choosing holiday activities that don't require high energy output can reduce stress. For instance, watching holiday movies, decorating a small tree or baking simple treats can be joyful and manageable. Virtual gatherings are also a good option for connecting with loved ones, near or far, from the comfort of home.

Practice Mindfulness and Relaxation Techniques

Simple techniques like deep breathing exercises, visualization and mindfulness meditation can help in staying calm and grounded. Regular practice, even for just a few minutes each day, can alleviate stress and enhance mental well-being.

Prioritize Sleep

Having a restful sleep environment and incorporating good sleep practices into the daily routine can support a healthy mind, enhance mood and support the body's healing process. A relaxing bedtime ritual with calming activities before bed, such as reading, gentle stretching, meditation or deep breathing exercises, signal to the body that it's time to wind down. Going to bed and waking up at the same time every day can help regulate the body's internal clock and improve the quality of sleep.



Communicate with Loved Ones

Letting family and friends know what you can manage and what you cannot helps everyone feel more connected and supportive. Being open about energy levels, emotional needs and any limits also allows loved ones to offer support in meaningful ways.

Focus on Enjoyable, Low-Stress Traditions

Not every holiday tradition needs to be maintained, especially if they feel overwhelming. Embrace traditions that bring joy, are low-key and can be done in small groups or alone if preferred. Sometimes watching a favorite holiday film, listening to music or sipping hot cocoa in a cozy setting can create cherished moments.

Limit Holiday Overindulgence

While holiday eating and drinking are part of many celebrations, cancer patients may have specific dietary needs. Maintain balanced, nutrient-rich meals and consult with healthcare providers to understand dietary recommendations that best support health.

Express Gratitude and Find Joy in Small Moments

Taking time to reflect on small moments of joy or gratitude can help boost mood and reduce stress. Writing down a few things each day to be thankful for or sharing them with a loved one can create a positive perspective during the holiday season.

Seek Support from Cancer Resources and Counseling

The holiday season can heighten the emotional challenges of cancer treatment. Many organizations offer holiday support groups or counseling for patients and their families. Sometimes talking with others who understand the experience of cancer during the holidays can provide a comforting sense of community and perspective.

These strategies offer gentle ways for cancer patients to navigate the holiday season with reduced stress and more focus on self-care, personal comfort and meaningful connections.

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(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 therapies, 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 and radiation oncology provide personalized care for all forms of cancers 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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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.

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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.



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



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

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!

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



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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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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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AM I CONTROLLING THE WAY I THINK OR IS IT CONTROLLING ME?

By Renee Chillcott, LMHC

Have you ever wondered “what’s going on in her brain” about your 6 year old? Or “what in the world makes him act that way” about your husband? Or have you ever been around someone and struggled to figure out why they say the things that they say?

Psychological theorists such as Albert Ellis have taught us that how we think will directly affect how we feel which in turn affects how we behave. Yes, this is true but have you ever wondered if there is something beyond your consciousness that is controlling your thinking? Have you ever experienced this: “I’ve tried and tried but I feel as if there’s a force that keeps me from fixing this thinking even though I know it needs to change.”

Through neuroscience research we have learned that neuron firing patterns control our thinking before we do. Research has also discovered the phenomenon of “Neuroplasticity” which is simply defined as the brain’s ability to change throughout a person’s life. Theorists believe that our experiences and thoughts can change neuron firing patterns. It is also believed that injuries to either the structure of the brain (lesions, tumors) or to the soft tissue (closed head injury, brain bruise) can also change neuron firing patterns as well as psychological trauma, viruses, and chemicals either from medication, substance abuse, or the environment. And of course, there are many more of us that have inherited a disrupted brain pattern and have to sit back and watch history repeat itself through generations.

We are extremely vulnerable to changes in the neuron firing patterns in our brain. But does that mean that we’re all doomed? Not exactly. Because not all conditions cause disruption, we really have no way of knowing if a traumatic event, hereditary condition or external force will or will not impact our brain. So we’re left wondering, is my brain pattern controlling me? Or am I controlling my brain pattern?



DO I HAVE A DISRUPTED BRAIN PATTERN?

How do we know what, where, when and how neural patterns have been disrupted or are “off balance”? Performing a Quantitative EEG (QEEG or Brain Map) is how Neurotherapy practitioners can determine the precise location, “where”, as well as details, “what”, of the neuron firing disruption. Determining the “when” and “how” is trickier and requires special conditions in order to provide an accurate hypothesis. As no two brains are alike, no two people will have the same symptoms even when the same areas are being impacted.

Even though every brain is different, and symptoms can vary, we do know areas of functioning that can be impacted. For example, when the neural pattern in the frontal lobe of the brain is disrupted, it can be hypothesized that a person will have trouble regulating emotions. Depending on the precise area as well as details of the disruption, we are able to predict

possible executive functioning difficulties, depression, anxiety, negative thinking, word finding problems, OCD behaviors, anger control issues, impulsivity, trauma responses, and problems with social interactions, just to name a few. So as the neuron firing pattern is out of balance or not working properly, our thought patterns can also be out of balance and not working properly.

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

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



spot by spot over the head where connections, symmetry, and how different parts of the brain are communicating are 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 according to symptoms.

SO, WHAT DO I DO WITH THE INFORMATION I GET FROM A BRAIN MAP?

As the concept of Neuroplasticity describes how patterns can veer off course and wreak havoc in our brains and lives, the same concept can be used to correct disrupted patterns. The technique is called Neurofeedback. Neurofeedback, also known as EEG biofeedback, has been studied and practiced since the late 60's. It is exercise for your brain by 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 visual

recognition of the changes on the screen and the auditory reinforcement of "beeps".

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

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

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

HOW DO I GET STARTED?

Now that we understand that neuron firing in the brain is affected by our thinking and that we can change our thinking by changing the neuron patterns in the brain through Neurofeedback, the next step is simple, just reach out and contact us. The Brain and Wellness Center staff will answer all of your questions, and help you get scheduled during a scheduled telephone consultation. Call, email or message us today! Brain and Wellness Center, 5458 Town Center Road, Suite 13, Boca Raton, FL 33486. **(561) 206-2706**, e-mail us at info@bocabraincenter.com, text us at **(561) 206-2706** or visit our website at www.BocaBrainCenter.com.



Renee Chillcott, LMHC

Renee Chillcott is a Licensed Mental Health Counselor that has been practicing Neurofeedback training since 2005. Renee holds a BA degree from The University of Central Florida and a Master's Degree in Psychology/Mental Health Counseling from Nova Southeastern University. She is a Licensed Mental Health Counselor and is the owner/operator of The Brain and Wellness Center, located in Boca Raton. At the Brain and Wellness Center, adults, teens, children and families enjoy a variety of services from multiple providers. Neurofeedback, Brain Mapping, SSP, EMDR, Learning Programs, and counseling are among a few of the services offered.



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THE CORNEA

By David A. Goldman MD



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

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

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

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

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

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

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

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



DAVID A. GOLDMAN

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

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

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

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

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

Dr. Goldman speaks English and Spanish.

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THE ARRIVAL

Do you ever find yourself in what seems like a hopeless situation? Is your life so hectic that you wish for just a moment of peace? Do you wish you laughed more, stopped to smell the roses, and enjoyed life more easily? Are relationships in your life broken – do you long for love?

If you answered “yes” to any of the above, then I have the answer for you. If you answered “no” then still read this article, commit it to memory, and bring it back to mind when need it.

Here is the answer: Christmas. Christmas is the season in which we can find all of the things we want (and need): hope, peace, joy, and love.

Many times Christmas is referred to as the Advent Season. In simplest terms, “advent” means “arrival”. But when speaking of Christmas, what exactly has arrived?. Sure, we celebrate the arrival of a baby born to a virgin in a small village in the Middle East. The baby’s name? Jesus.

But the arrival of Jesus means a lot more than just another birth. You see Christmas is the season when we celebrate the arrival of hope, peace, joy, and love because Jesus brings all those things in a relationship with Him.

We can have hope in a relationship with Jesus. No matter what may come, we anchor ourselves to the truth of Who Jesus is and what He’s done for us. The Scriptures remind us of the hope Jesus brings: “The people who walked in darkness have seen a great light; those who dwelt in a land of deep darkness,

on them has light shone.” And we see it fulfilled: “She will bear a son, and you shall call his name Jesus, for he will save his people from their sins.” Matthew 1:21

We can know peace because of the life we can have in Him. The prophets of old wrote: “For to us a child is born, to us a son is given; and the government shall be upon his shoulder, and his name shall be called Wonderful Counselor, Mighty God, Everlasting Father, (the) Prince of Peace”. Isaiah 9:6 And on the night in which Jesus was born, the angels proclaimed: “Glory to God in highest heaven, and peace on earth to those with whom God is pleased.” Luke 2:14

We can have joy in an abundant life in Christ. The angels also said: “Fear not, for behold, I bring you good news of great joy that will be for all the people. For unto you is born this day in the city of David a Savior, who is Christ the Lord.” Luke 2:8-14

And we can experience an unconditional love that never runs out. “For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life. For God did not send his Son into the world to condemn the world, but in order that the world might be saved through him.” John 3:16-17

So during this Advent Season as we celebrate The Arrival, think about all that means for us in our daily lives. As the carols play on the radio, as you see the “The Reason for the Season” bumper stickers, as you drop coins in the red buckets on the way into the store, remember that it’s about Jesus and the hope, peace, joy, and love that comes in a relationship with Him.

Brent Myers



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