

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

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

April 2025

North Palm Beach Edition - Monthly

[www.sflhealthandwellness.com](http://www.sflhealthandwellness.com)



**FREE**



**NO LAUGHING MATTER  
HOW STRESS IMPACTS YOUR SCALP  
(AND HOW BAUMAN MEDICAL CAN HELP)**

**HOW VIRTUAL CONNECTIONS  
MAY BE IMPACTING MENTAL HEALTH**

**ARE CERTAIN ALTERNATIVE THERAPIES  
EFFECTIVE FOR PRIMARY CANCER TREATMENT?**

**BREAKTHROUGH  
LASER TREATMENT  
BRINGS HOPE TO SPINAL  
STENOSIS SUFFERERS**

**REGENERATIVE MEDICINE  
IS THE FUTURE OF HEALING**





**ELITE DNA**  
BEHAVIORAL HEALTH



# Your Mental Health is in Our DNA

Accepting New Patients - Adults & Children 6+

Life comes with twists and turns, some exciting, some overwhelming. When the challenges pull you off course, we're here to help you find balance.

**In-Person and Telehealth  
Psychiatry & Therapy Services**

EliteDNASEFL.com  
561-576-7536



Scan to Schedule  
an Appointment



NO TIME FOR HAIR TRANSPLANT DOWNTIME?

# BREAKTHROUGH NO-SHAVE VIP|FUE™ DELIVERS DISCREET RESULTS!

## BENEFITS OF VIP|FUE™

- No shave – Only FUE transplant procedure available requiring no trimming or shaving of the donor area
- Preview your results immediately
- Shorter, less restricted, more comfortable downtime
- No stitches or staples • No linear scar
- Natural results



VIP|FUE™ transplant by Dr. Alan J. Bauman | BEFORE AND ONE DAY AFTER



**BAUMAN**  
MEDICAL

ADVANCED TREATMENTS. EXCEPTIONAL RESULTS.  
THE ULTIMATE HAIR RESTORATION EXPERIENCE.

Alan J Bauman, MD, ABHRS, IAHRs

#1 Top  
Hair Restoration  
Surgeon



To book your VIP|FUE™ procedure or  
Virtual Consultation, visit [BaumanMedical.com](http://BaumanMedical.com)  
or call **561-220-3480** for more information.

1450 S. DIXIE HWY, BOCA RATON, FL 33432



## TRUSTED HOMECARE SERVICES

Our mission is to assess the needs of each client to help them maintain their independence while living in their own homes and communities.

### Services



- Healthcare Staffing Services
- Licensed RNs and LPNs
- Companion/Homemaker
- Assisted Living
- Respite Care
- Live-in Care
- Personal Care
- End of Life/Hospice Care
- Chronic Illness/Disability Care
- Meal Preparation
- Housekeeping
- Shopping & Errands
- Transportation to Doctor Visits



**561.314.3976**  
[WWW.TRUSTEDHCS.COM](http://WWW.TRUSTEDHCS.COM)

TRUSTED LAW  
**AMANDA ACHONG, ESQ**

- Florida State University
- Western Michigan University  
Cooley Law School

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

# 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

## The Cost of a Revocable Living Trust

**Single Person** **\$500<sup>00</sup>\***      **Married Couple** **\$650<sup>00</sup>\***  
(plus incidental costs)

**VA/MEDICAID  
BENEFITS  
YOU MAY  
QUALIFY**

Regardless of your assets

Office located in Boca Raton

**Call Today! 1.800.731.8784**  
[www.trustedlawoffice.com](http://www.trustedlawoffice.com)

**REVOLUTIONARY RELIEF:  
ADVANCED LASER THERAPY FOR ACUTE AND CHRONIC KNEE PAIN**

**EXPERIENCE THE MAGIC OF LASER THERAPY  
IN THE COMFORT OF YOUR OWN HOME OR OFFICE!**

**YOU HAVE NOTHING TO LOSE, BUT YOUR PAIN!**



**ARTHRITIS | BACK PAIN | BURNS | CARPAL TUNNEL SYNDROME  
GOLFERS & TENNIS ELBOW | HEADACHE | HERNIATED DISC | HIP & JOINT PAIN  
KNEE & HIP ARTHRITIS | NERVE PAIN | NEUROPATHY | PLANTAR FASCIITIS  
ROTATOR CUFF TEARS | TMJ | SHINGLES | SCIATICA | SPINAL STENOSIS | TORN MENISCUS  
WRIST PAIN ... AND MANY MORE**

Providing Concierge Laser Medicine Service at Your Home with the State-of-the art Laser Technology invented by Dr. Costello himself. We Provide Patients with a Cost effective Alternative to traditional forms of treatment, which is Free of Side Effects, Completely Painless and Works When Other Treatments Fail.

**CALL | TEXT : 561.329.5597 | JAC@ConciergeLaser.com | ConciergeLaser.com**



**JOSEPH A.COSTELLO. DC. DABCO  
CHIROPRACTIC ORTHOPEDIST - SINCE 1985  
CHIEF OF LASER MEDICINE  
DIOWAVE LASER SYSTEMS - FAU  
RESEARCH PARK, BOCA RATON**

**NO INSURANCE ACCEPTED.  
ALL TREATMENT IS  
MEDICALLY NECESSARY & TAX DEDUCTIBLE.  
\$150 | TREATMENT.**



**CARROLL  
DERMATOLOGY  
SURGERY AND LASER INSTITUTE**

**Experience  
World-Class  
Skincare**



**Ultherapy •  
Coolpeel •  
IPL •  
Hair Removal •  
Vivace •  
Microneedling RF •  
Fraxel Laser •  
CO2 Laser •  
Emface •  
Emsculpt Neo •  
Exion Face, •  
RF Microneedling & Body**

- Mohs Micrographic Surgery
- Atypical Mole Removal
- Acne Treatment
- Contact & Atopic Dermatitis/Eczema
- Nail Disorders
- Skin Cancer Screening
- Skin & Bacterial Infections
- Psoriasis
- 9 Molluscum & Warts

**120 S. Olive Avenue #116  
West Palm Beach, FL 33401**

**(561) 223-6238  
www.dr-carrollderm.com**

# contents

April 2025

- 6 How Virtual Connections May Be Impacting Mental Health
- 7 Are Certain Alternative Therapies Effective for Primary Cancer Treatment?
- 8 No Laughing Matter  
How Stress Impacts Your Scalp  
(and How Bauman Medical Can Help)
- 10 Breakthrough Laser Treatment  
Brings Hope to Spinal Stenosis Sufferers
- 11 Trusts Are Not Just for the Wealthy
- 12 Sculpt Your Way to Confidence with  
Emsculpt Neo and Exion at Carroll Dermatology
- 14 Regenerative Medicine is the Future of Healing
- 15 Real Deal Dental Implants
- 16 What Is My Circadian Rhythm  
and Why Does It Make Me Feel So "Off"
- 18 Seeking a Second Opinion About Your Eye Care
- 19 Spiritual Wellness: I Have a Wait Problem

## CONTACT US

OWNER / ACCOUNT EXECUTIVE  
**Sybil C. Berryman**  
sybil@sflhealthandwellness.com

OWNER / ACCOUNT EXECUTIVE  
**Bryan Berryman**  
bryan@sflhealthandwellness.com

  
**BERRYMAN**  
Marketing Group LLC

GRAPHIC DESIGNER  
**Sonny Gensing**  
sonny@gwhizmarketing.com

*South Florida's Health & Wellness Magazine* can be found in over 1,800 South Florida medical facilities including, hospitals', doctors', chiropractors' and dentist offices and more. Find a copy of your FREE South Florida's Health & Wellness Magazine in most grocery and convenient stores as well.

To get your article published and for ad rates, call 239.250.4104  
sybil@sflhealthandwellness.com

©Copyright SOUTH FLORIDA'S HEALTH & WELLNESS Magazine 2025. All rights reserved. Any reproduction of the material in this magazine in whole or in part without written prior consent is prohibited. Articles and other material in this Magazine are not necessarily the views of SOUTH FLORIDA'S HEALTH & WELLNESS Magazine. SOUTH FLORIDA'S HEALTH & WELLNESS Magazine reserves the right to publish and edit, or not publish any material that is sent. SOUTH FLORIDA'S HEALTH & WELLNESS Magazine will not knowingly publish any advertisement which is illegal or misleading to its readers. The information in SOUTH FLORIDA'S HEALTH & WELLNESS Magazine should not be construed as a substitute for medical examination, diagnosis, or treatment.



woz wellness

## regenerative medicine

fast, minimally  
invasive pain relief

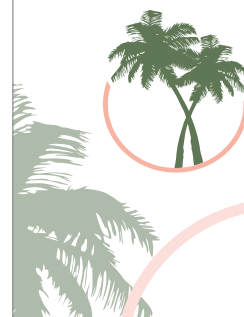


- Regenerative Medicine
- Prolotherapy
- PRP
- Stem Cells

- expert diagnosis
- ultrasound guided
- spine and joint care
- concierge available

844-GO PROLO (844-467-7656)  
<https://wozwellness.com>

Text "Shoulder"  
to 844-467-7656  
for a free shoulder ultrasound!



Palm Beach Center  
for PERIODONTICS & IMPLANT DENTISTRY

561-691-0020

PBCPerio.com

Dental Implants

LANAP Gum Restoration

Pinhole Technique



**GOLDMAN EYE**

DAVID A. GOLDMAN, M.D.

561-630-7120

[www.goldmaneye.com](http://www.goldmaneye.com)

- CATARACT SURGERY
- FULL EYE EXAMINATIONS
- CORNEAL TRANSPLANTATION
- DRY EYE MANAGEMENT
- LASER VISION CORRECTION
- REPAIR OF CATARACT SURGERY COMPLICATIONS

3502 Kyoto Gardens Dr. Suite B, Palm Beach Gardens, FL 33410



# How Virtual Connections May Be Impacting Mental Health

By Matthew Rocklage

**L**ike it or not, social media has become a big part of life, especially for children and adolescents. The American Academy of Pediatrics estimates that 92% of teens are active on at least one social media platform.

The benefits of social media, when used responsibly, can include creating a sense of connection with peers, communities and long-distance family. Social media can also expose users to diversity and different perspectives.

Through online social networks, adolescents can discover and engage in supportive communities with others who are like them, which can sometimes be difficult “IRL” (in real life). Responsible use of social media also helps teenagers develop digital literacy, including online communication, which has become ubiquitous in society.

However, it’s ironic that social media, touted as a way to connect people, can also result in people feeling isolated, lonely, anxious and depressed.

In some ways, the effects of social media can be like nicotine, alcohol and drugs, triggering impulse control problems and psychological cravings. The U.S. Surgeon General’s 2023 Advisory “Social Media and Youth Mental Health” shares that children between the ages of 12 and 15 using social media for three hours daily had double the risk of anxiety and depression. As a result, the Surgeon General suggested that labels be put on platforms warning of the potentially negative effects on young people.

Experts believe that unrealistic comparisons, the need for validation and the inability to interact with people in real-time, due to the lack of face-to-face connection on social media, are particularly dangerous as young adults develop. Other studies have linked internet addiction among adolescents to changes in their brain, specifically in areas responsible for decision-making and impulse control, impacting cognitive function, behavior and mental health.

The Surgeon General is not the only one concerned. Last August, a study published in the journal JAMA Pediatrics found that children using tablets by age three have more expressions of anger and frustration, indicating difficulties with emotional regulation. Additionally, in 2023, Florida was the first state to require public schools to prohibit students from using cell phones during class time. The law also requires schools to teach students about the effects of social media.

This year, public school districts in Lee, Collier, Duval and Hillsborough counties tightened cell phone rules,

requiring phones to remain out of sight and inside bags during class.

Other districts in the state, including Pasco, Pinellas, Broward and Clay counties, have taken that ban a step further, applying it to all wireless devices, including cell phones, smartwatches and tablets.

Last March, Florida Gov. Ron DeSantis signed a bill to restrict access to social media platforms popular with children under 16. The state law also prohibits social media platforms from allowing children under 14 to have an account and requires that 14 and 15 years olds have parental permission.

The best way to minimize social media’s negative impacts is to limit use. Set “screentime” boundaries for time that children spend online and make efforts to encourage in-person contact and activities. As part of its “Tips & Tools,” the American Academy of Pediatrics provides guidelines on how to establish a family social media plan on its website, HealthyChildren.org.

Regulating social media use and screentime has proven to have positive effects for overall well-being. A small, randomized controlled trial among college students showed that limiting social media to 30 minutes every day for three weeks led to significant improvements in depression severity.

When the ban on cell phones in schools was implemented in Florida in 2023, there was a notable increase in participation in class and student interaction during lunch, with recreation focused on more group activities and engagement.

Signs of potential mental health harm from social media use include withdrawal from family and friends, lack of interest in the future or hobbies and major changes in behavior, sleep or appetite.

**Strategies to overcome negative impacts from harm include:**

- Practicing mindfulness
- Regular exercise



- A healthy sleep schedule
- Building a strong social support network outside of social media
- Setting realistic goals
- Seeking professional help to prioritize and focus on interpersonal interaction and bonds

When our online presence begins to overshadow our in-person interactions, it is crucial to recognize and address the real-life implications of social media and take steps to mitigate its impact.

## About the Author

Matthew Rocklage is a doctorate psychiatric mental health nurse practitioner with Elite DNA Behavioral Health’s Jupiter Therapy and Psychiatry Clinic. Elite DNA seeks to provide accessible, affordable mental health care to everyone and has become one of the largest mental health providers in the state, providing in-person and virtual behavioral health services to children, adolescents and adults at more than 30 locations across Florida. For more information, visit EliteDNA.com.



**ELITE DNA**  
BEHAVIORAL HEALTH

EliteDNASEFL.com  
**561-576-7536**

# Are Certain Alternative Therapies Effective for Primary Cancer Treatment?

**H**ow does cancer start? There are several leading theories that explain different ways that cancer may develop.

Among them are the Somatic Mutation Theory (SMT) — that cancer arises from a buildup of changes in a single cell, caused by such factors as genetics, aging or exposure to harmful chemicals. The Tissue Organization Field Theory (TOFT) suggests that cancer is driven by disruptions in tissue interactions — meaning that different parts of the body that normally work together aren't communicating or functioning properly.

Many standard cancer treatments are based on the SMT and target the DNA of cancer cells. For example, chemotherapy, radiation therapy and immunotherapies aim to destroy or slow the growth of cancer cells.

The Mitochondrial-Stem Cell Connection (MSCC) theory was introduced in a study published in 2024. This new theory suggests that problems with energy production in stem cells might cause them to turn into cancer stem cells, which can then lead to tumor growth.

MSCC treatments aim to cut off energy sources that fuel cancer growth using a combination of high-dose vitamins, off-label medications (not approved for use to treat human cancers) and lifestyle changes.

While these treatments may have positive impacts in certain settings, it is still unproven whether they are effective for most patients with cancer. While some have been evaluated, large-scale studies in humans are lacking. Currently none of the following have been proven to be effective, especially as a primary cancer treatment:

- High-dose vitamin C has been studied for decades but has not shown to be effective in treating cancer.
- Ivermectin tablets are approved by the FDA to treat certain conditions caused by parasitic worms, and some topical forms are approved to treat head lice and other skin conditions. Phase 1 and 2 clinical trials show limited or no antitumor activity in humans with advanced cancer.
- Mebendazole is an oral medication used to treat parasitic worm infections, such as pinworm or roundworm. It works by stopping the worms from absorbing sugar (glucose), which they need to survive, eventually killing them. Researchers are exploring whether it may help slow the growth of certain cancer cells. However, a recent Phase 2 clinical trial showed no anticancer activity in treating gastrointestinal cancers.
- Vitamin D and other vitamins and minerals may be combined with traditional cancer treatments after all drugs have been reviewed for possible interactions.



In addition to the lack of data supporting the effectiveness of these treatments, there are potential side effects and risks:

- High-dose vitamin C given intravenously can potentially cause kidney stones or heart problems and can sometimes promote cancer growth.
- Too much vitamin D may be dangerous, and overdose can lead to calcium buildup and kidney failure.
- Ivermectin in high doses can cause neurological side effects.
- Mebendazole can cause liver damage or low white blood cell counts, making infections worse.

Depending on the cancer diagnosis and genetic testing, treatment selection will vary. Currently approved treatments have been tested in robust clinical studies and shown to be effective.

The following are general recommendations that can enhance well-being and help to minimize side effects for patients during cancer treatment:

1. Maintain a healthy, balanced diet focusing on whole foods and limit intake of highly processed products or foods high in sugar.
2. Regular exercise, including walking, yoga and Pilates, can help increase activity.
3. Various vitamin, mineral or herbal supplements may be complementary. Daily doses should remain within the recommended dietary allowances. Inform your health care providers of any new vitamins, supplements or alternative treatment before starting treatment to accurately investigate any possible interactions.
4. Aromatherapy with essential oils, meditation or other alternative practices may be beneficial.

It is important to review all the facts and talk with your health care team to determine if an alternative treatment is right for you. False hope in a treatment that has not been shown to be safe and effective can potentially delay the start of a therapy proven to be effective — leading to poor outcomes.

## WORLD-CLASS CANCER TREATMENT, CLOSE TO HOME

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

For more than 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.



### Boca Raton

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

### Delray Beach

5130 Linton Blvd, Ste B4  
Delray Beach, FL 33484-6595

### Lake Worth

4801 S Congress Ave, Ste 400  
Palm Springs, FL 33461-4746

### Palm Beach Gardens

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

### Wellington North

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

### West Palm Beach

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

For more information, visit  
**FLCancer.com.**

# NO LAUGHING MATTER

## How Stress Impacts Your Scalp (and HOW BAUMAN MEDICAL CAN HELP)

by Alan J. Bauman, MD, ABHRS



**W**hile laughter is often lauded as the best medicine, it can sometimes be hard to let out a chuckle when the world feels like a whirlwind. Hectic commutes, long days at the office, and family drama can all bring on stress with ease. And to top it off? Your hair's not looking like it used to.

It makes sense to start freaking out and worrying about a thinned-out crown, but that'll only make a bad situation worse. So much for April Fools Day, you might be thinking. But with all the stressors in the world, it's essential to find a space that brings out the inner zen in you. And what better space than the serene Bauman Medical facility, featuring all the methods needed to start turning your stressful scalp into a zen garden?

But before getting into the nitty-gritty, I want to spend a few moments highlighting the impacts anxiety has on hair. With April being Stress Awareness Month, there's no better time for a bit of enlightenment ahead of some well-deserved hair enrichment.

cause, the stress (no pun intended) of these factors causes follicles to begin shedding. And like us, when under stress, the only thing your follicles think of is getting some rest, which is when they shift into the telogen, or, in Layman's terms, resting stage. While they rest, the follicles forget to set an alarm and become dormant, leading to stagnant hair growth.

### TRICHOTILLOMANIA

Tapping feet. Drumming fingers. Shifting in your seat. These are all examples of subconscious fidgeting. What does this have to do with hair? Twirling. More specifically, excessively twirling and pulling your hair due to stress. While it may serve as a way to get your jitters out,

### HOW DOES STRESS AFFECT YOUR HAIR?

Much like how prolonged bouts of stress physically impact our bodies, your hair is just as susceptible to these negative impacts. While your scalp won't feel a knot in its stomach, it can surely react inversely. There are many culprits I've come across during my time at Bauman Medical, with these three issues serving as the usual suspects for stress-induced hair loss:

### TELOGEN EFFLUVIUM

While Dolphins fans might see TE and immediately think of the tight end position, TE in the realm of hair loss is like seeing your quarterback get sacked. TE has such an impact on your scalp since hair follicles are already incredibly delicate and highly receptive to the stress hormone cortisol. This can be brought on by an array of factors, both physiological (feeling under the weather) and psychological (feeling the pressure of a deadline at work). Regardless of the

trichotillomania puts further stress on your scalp. Playing with your hair like that is an easy way to start going down a path of shedding and damaging your follicles.

### ALOPECIA AREATA (AA)

Of the three mentioned, AA is probably the first to sound familiar. But what exactly does it do to your scalp? To start, we must first travel to the immune system. Typically, this system will fight off any germs or bacteria trying to find their way into our bodies. But with AA, the tables are turned, and our body begins attacking us; more specifically, our hair follicles, doing significant damage and impacting them during the growth phase. While an array of factors can spark AA, stress is typically the lead culprit.



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.





Before and 12 months after PRP by Dr. Alan Bauman

### NOW, TO THE GOOD STUFF

With all the stress impacts out of the way, we can shift to the serenity that Bauman Medical offers. While it's hard to crack jokes while dealing with hair loss, there's nothing foolish when it comes to getting help. I can't say much about my standup routine, but I'll gladly speak on behalf of my calming, world-class Scientific Scalp Makeovers that will surely turn that frown upside down.

What's unique about my Scalp Makeovers is that they cater to those going through stress-related hair loss. That means providing a spa day for both yourself and your scalp. And that sense of serenity you've been seeking will greet you immediately as our "Head Spa" room welcomes you with tranquil music and soft, low lighting. As you prepare to drift into stillness, you can look forward to the following services and more during our 60-minute to three-hour session:

- *Aromatherapy*
- *A customized scalp treatment for maximum scalp health and hair beauty*
- *A deep and thorough scalp massage to stimulate and cleanse the scalp, as well as increase circulation*
- *Deep cleansing shampoo*
- *A customized conditioner or hair mask*

Sometimes, you need to treat yourself. And what better gift to give yourself than a relaxing day of R&R at Bauman Medical? For some people, however, there's more to their stress than a day at the spa. Thankfully, we're more than just hair procedures; we provide hair solutions.

When it comes to Zen, you're talking to the master. No, not me, our state-of-the-art Zenmaster, a stress adaptogen that will have you saying "namaste" in no time. By tapping into the calming benefits of the ancient herb ashwagandha, you'll be providing stress relief not only to your weakened follicles but also to your overall well-being.

Depending on your stress level, taking 2-4 Zenmaster capsules daily will bring you serenity within two weeks of use. With these natural substances, your body will soon adapt to your stress levels. But, a little caveat: not all stress is bad! High amounts of stress, however, are when your body begins to produce the hormone corti-

sol, and upon production, it will impact different organs, including hair follicles.

Beyond hair, it's integral that you find ways to reduce your body's cortisol levels, and the Zenmaster gets the job done. And by taking it with our BioPerine® for absorption aid, peacefulness has never looked this good.

Getting your scalp and body feeling serene is just the first part of the growth process. Our hair solutions go above and beyond to ensure that come next April, you'll be too busy chuckling about how far your scalp has come thanks to these proven methods:

### PRP (PLATELET-RICH PLASMA)

A Bauman Medical staple, PRP continues the trend of relaxing hair restoration with help from you. Our minimally invasive procedure begins by taking a small blood sample. Then, we isolate the platelets, thanks to our cutting-edge technology. We isolate the platelets in order to concentrate them, as they possess tremendous growth factors. Said growth factors are applied back to your scalp to cultivate natural hair growth. Give us an hour, and we'll give you back a lifetime. You may be wondering how something like this is calming. With a heavy emphasis on comfort and safety, PRP features topical anesthesia and a sterile environment. The cherry on top is our expert team handling the procedure.

### LOW-LEVEL LASER THERAPY

Sometimes, we all need a relaxing night in. So, why not bring the hair restoration to the comfort of your own abode? With the highly advanced Bauman TURBO LaserCap®, it's like our Boca Raton office made the trip to you. Whether lying in bed or watching a movie in the living room, donning the TURBO LaserCap maximizes hair regrowth with as little as five minutes of daily use. You know what they say, "a little goes a long way."

### LEARN MORE

Trying to crack a joke or even a slight smile can be challenging when stress has you down. While myself and the Bauman Medical team can't eliminate all the stressors in your life, we can surely help you manage it, as well as eliminate the stressor that is hair loss. There's no reason to keep fooling yourself. For the premier hair restoration services around, Bauman Medical is the only place to be.

Call **561-220-3480** or point your camera at the QR code below to schedule a private one-on-one in-person or virtual consultation at [www.baumanmedical.com](http://www.baumanmedical.com).



## About Dr. Alan J. Bauman



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

With over 28 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 35,000 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 9th 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.



ADVANCED TREATMENTS. EXCEPTIONAL RESULTS.  
THE ULTIMATE HAIR RESTORATION EXPERIENCE.

**Hair Restoration  
for Men and Women**  
[www.BaumanMedical.com](http://www.BaumanMedical.com)  
561-220-3480

# Breakthrough Laser Treatment Brings Hope to Spinal Stenosis Sufferers



*I put my faith in Dr. Costello and his laser treatments cured me! My back was hurting so badly, doctors here in the Bahamas told me I needed a surgery to "repair" two herniated discs.*

In an era where age-related lumbar spinal stenosis has reached epidemic proportions, a revolutionary treatment is offering hope to those suffering from this debilitating condition. Dr. J.A. Costello, one of the leading experts in laser therapy, is bringing this groundbreaking treatment directly to patients' homes in Palm Beach County.

## Understanding the Epidemic of Spinal Stenosis

As our population ages, lumbar spinal stenosis—caused by soft tissue and disc degeneration—has become increasingly prevalent. The condition creates unrelenting bone pain in the legs, buttocks, thighs, and along the sciatic nerves, often leading to immobilization, which has a long term failure rate approaching 70%. While many patients are routinely directed toward invasive surgical solutions, Dr. Costello offers a safer, more effective alternative.

## Revolutionary Micro-Pulsed Laser Therapy

Dr. Costello's innovative approach utilizes Micro-Pulsed Laser Therapy, an FDA-cleared treatment that has successfully helped over a million patients without a single reported side effect. This advanced technology works at the cellular level, stimulating the body's natural healing processes to provide remarkable long term results.

## The Science Behind the Success

The treatment, classified as "actinotherapy," creates chemical and metabolic changes in human tissue, accelerating the healing potential of every cell it contacts. **This sophisticated approach delivers multiple therapeutic benefits:**

- Decreases pain and inflammation of nerve endings
- Accelerates nerve regeneration
- Reduces swollen and enlarged soft tissues, including discs and ligaments
- Improves proprioception (balance awareness)
- Eliminates numbness and tingling
- Achieves results without pain, invasion, or side effects

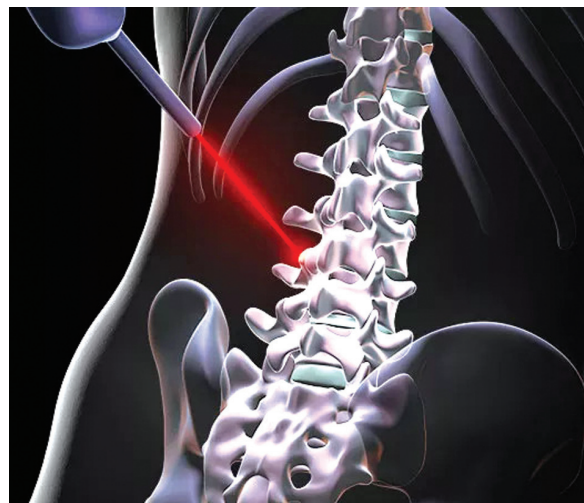
## Expert Care from a Pioneer in Laser Medicine

Dr. Costello brings over four decades of specialized experience to every treatment. As a board-certified chiropractic orthopedist trained by experts from the Texas Back Institute, he has developed exclusive proprietary treatment protocols. His unique combination of orthopedic expertise and advanced laser technology has attracted patients from across the globe.

## The Comfort of Concierge Treatment

What sets Dr. Costello's practice apart is not just his expertise, but his commitment to patient comfort. **Every 30-minute treatment session is:**

- Performed personally by Dr. Costello
- **Delivered in the comfort of your own home**
- Tailored to your specific condition
- Designed for optimal therapeutic results



## Beyond Spinal Stenosis

**While particularly effective for spinal stenosis, this revolutionary treatment also successfully addresses:**

- Arthritis
- Back pain
- Disc herniations
- Headaches
- Knee and hip pain
- Neck pain
- Peripheral nerve disorders
- Neuropathy
- Sciatica
- Shingles
- TMJ dysfunctions

## A Better Path to Healing

"Our treatment protocols actually heal human tissue," explains Dr. Costello. "They can achieve results when other treatments fail." This approach represents a significant advancement over traditional treatments, offering hope to those who have been disappointed by conventional medical approaches or are seeking to avoid invasive surgery.

## The Future of Pain Management is Here

As Chief of Laser Medicine for Diowave Laser Systems and developer of the Stealth Laser™ system, Dr. Costello continues to pioneer advancements in laser medicine. His **in-home treatment model** combines cutting-edge technology with personalized care, offering Palm Beach County residents a safer, more effective path to recovery.

Don't let spinal stenosis control your life any longer. Experience the revolutionary treatment that's helping patients reclaim their mobility and comfort, all from the convenience of home.



**JOSEPH A. COSTELLO**  
CHIROPRACTIC ORTHOPEDIST - SINCE 1985  
CHIEF OF LASER MEDICINE  
DIOWAVE LASER SYSTEMS - FAU  
RESEARCH PARK, BOCA RATON

**CALL | TEXT : 561.329.5597**  
**JAC@ConciergeLaser.com**  
**ConciergeLaser.com**



# TRUSTS ARE NOT JUST FOR THE WEALTHY

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



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

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

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

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

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

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

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

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

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

Amanda Achong, Esq. is an attorney whose practice concentrates in the areas of trusts, estates, and elder law. She is a graduate from Thomas M. Cooley Law School. Before opening her own legal practice, she practiced law under numerous well-established firms. Her experience has given her the expertise to be assertive in court and detail-oriented in her client work. She devotes her time to estate planning for the middle class, charging moderate fees, and then getting referrals from happy clients.

**561-998-6039**

**for more information contact**  
Offices located in Boca Raton  
**visit [www.trustedlawoffice.com](http://www.trustedlawoffice.com)**  
**or call 800-731-8784.**

# SCULPT YOUR WAY TO CONFIDENCE WITH EMSCULPT NEO AND EXION AT CARROLL DERMATOLOGY



In a world where confidence often goes hand in hand with feeling good in your own skin, advancements in aesthetic procedures have become a beacon of hope for many seeking to enhance their physical appearance.

At Carroll Dermatology, we understand the importance of feeling confident and comfortable in your body. That's why we're excited to introduce two revolutionary treatments, Emsculpt Neo and Exion, designed to help you sculpt your way to a more confident you.





**EMSCULPT NEO:  
Redefining Body Contouring**

Emsculpt Neo is a cutting-edge non-invasive body sculpting treatment that combines radiofrequency and high-intensity electromagnetic energies to simultaneously reduce fat and build muscle. This revolutionary technology allows you to achieve results that were once only possible through rigorous workouts and strict diets.

One of the key benefits of Emsculpt Neo is its ability to target multiple areas of the body, including the abdomen, buttocks, arms, and thighs. Whether you're looking to tone your core or enhance the definition of your glutes, Emsculpt Neo offers customizable treatments to suit your individual goals.

Unlike traditional body sculpting procedures, Emsculpt Neo requires no downtime, allowing you to resume your daily activities immediately after treatment. Plus, with just a few sessions, you can start to see noticeable improvements in muscle tone and reduction in fat, helping you achieve the sculpted physique you've always desired.

**EXION:  
Rejuvenate Your Skin, Reveal Your Radiance**

At Carroll Dermatology, we believe that true beauty starts with healthy, radiant skin. That's why we're proud to offer Exion, a state-of-the-art skin rejuvenation treatment that harnesses the power of fractional radiofrequency technology to target a wide range of skin concerns.

Exion works by delivering controlled energy deep into the skin, stimulating collagen production and promoting cellular renewal. This helps improve skin texture, reduce wrinkles and fine lines, and even out skin tone, leaving you with a smoother, more youthful complexion.

One of the standout features of Exion is its versatility. Whether you're struggling with acne scars, sun damage, or signs of aging, Exion can be customized to address your specific skin concerns. Plus, with minimal discomfort and downtime, you can achieve noticeable results with just a few quick and convenient sessions.

**The Carroll Dermatology Difference**

What sets Carroll Dermatology apart is our commitment to delivering personalized care and exceptional results. Our team of experienced dermatologists and aesthetic professionals will work closely with you to develop a customized treatment plan tailored to your unique needs and goals.

From your initial consultation to your final follow-up appointment, we'll be with you every step of the way, ensuring that you feel comfortable, informed, and confident throughout your aesthetic journey.

**Take the First Step Towards  
a More Confident You**

Are you ready to sculpt your way to confidence with Emsculpt Neo and Exion at Carroll Dermatology? Schedule your consultation today and discover how our innovative treatments can help you look and feel your best. With Emsculpt Neo and Exion, the body you've always wanted is within reach.

At Carroll Dermatology, we believe that everyone deserves to feel confident and comfortable in their own skin. With our state-of-the-art treatments like Emsculpt Neo and Exion, achieving your aesthetic goals has never been easier. Say goodbye to stubborn fat and dull skin and hello to a more confident, radiant you. Schedule your consultation today and take the first step towards a brighter, more beautiful future.



**DR. MARIANNE T. CARROLL**

stands as a distinguished Board Certified Osteopathic Physician, renowned for her expertise in Dermatology and Dermatologic Surgery, and holds an additional Board Certification in Internal Medicine. Since 2010, she has been a trusted figure in Florida's healthcare landscape, specializing in Adult and Pediatric Dermatol-

ogy. Dr. Carroll's extensive repertoire encompasses the gamut of skin conditions, offering adept solutions from common issues to intricate skin cancer treatments, including the precision of Mohs micrographic surgery.

A proud alumna of Michigan State University, she earned her Doctorate in Osteopathic Medicine and completed rigorous residencies in Internal Medicine and Dermatology. Dr. Carroll, armed with a Master's in Biological Sciences and Nursing, has contributed to medical literature with published articles covering diverse topics.

Beyond her clinical work, Dr. Carroll is a compassionate global healthcare advocate, actively participating in international missions across Europe, South, and Central America. She extends her healing touch to the underserved and underprivileged, embodying a commitment to philanthropy. As a devoted member of professional organizations, Dr. Carroll exemplifies a holistic approach to healthcare, seamlessly integrating education, compassion, and global outreach into her impactful medical career.



Meet **STEFANIE INDELLICATI**,

a board-certified Licensed Physician Assistant specializing in general, surgical, and cosmetic dermatology. Stefanie earned her Masters in Physician Assistant studies from the University of Florida and further honed her skills through the prestigious Dermatology Research and Practice scholars program.

With a diverse background spanning emergency medicine, urgent care, and primary care across Tampa and Southeast Florida, Stefanie brings a wealth of experience to her role. A proud member of the Society of Dermatology Physician Assistants and the Florida Academy of Physician Assistants, Stefanie is dedicated to delivering exceptional care.

As a Florida native, Stefanie's commitment extends to her community in West Palm, where she passionately crafts personalized treatment plans. Beyond the basics, Stefanie's extensive knowledge allows her to offer a consultative approach, ensuring comprehensive care for her fellow Floridians from head to toe.

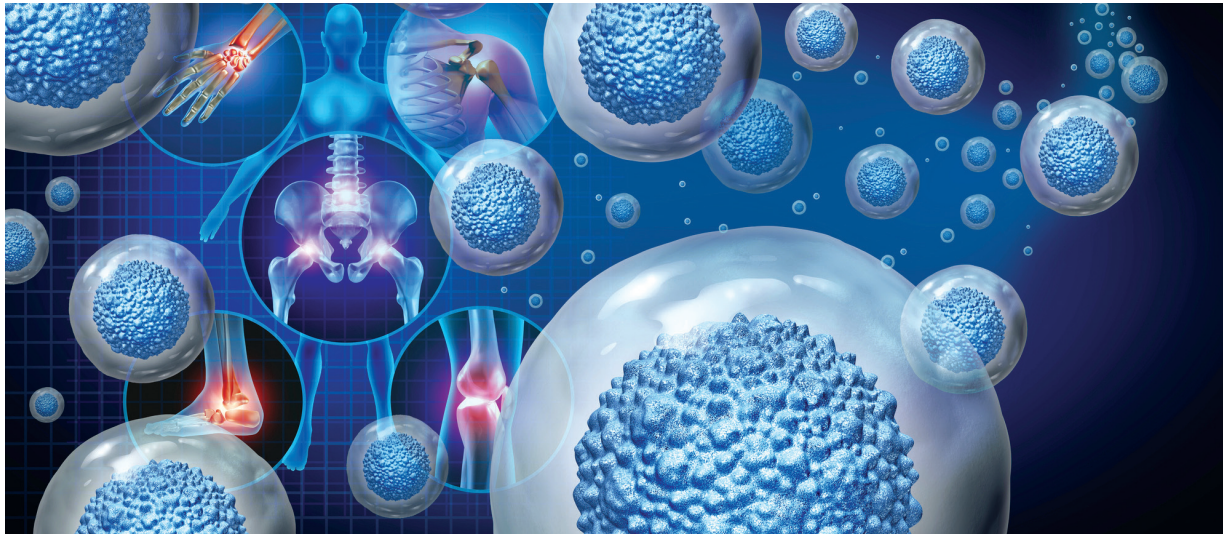


120 S. Olive Avenue #116,  
West Palm Beach, FL 33401

**(561) 223-6238**

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

# REGENERATIVE MEDICINE IS THE FUTURE OF HEALING



In the world of modern medicine, patients suffering from chronic pain and degenerative conditions often face a difficult choice: undergo invasive surgery with lengthy recovery times or rely on corticosteroids that provide only temporary relief. However, an innovative and highly effective alternative is revolutionizing the way we heal—regenerative medicine. Utilizing the body's natural healing mechanisms, regenerative therapies offer a powerful, long-term solution that is safer, more effective, and far less disruptive than traditional treatments.

Achieving the best results with regenerative medicine requires the expertise of a highly trained specialist. An expert in regenerative medicine understands the complexities of these advanced treatments, ensuring they are applied with precision and tailored to each patient's specific condition. From selecting the right therapy—such as stem cell treatments or platelet-rich plasma (PRP)—to utilizing state-of-the-art imaging techniques for accurate application, the role of a skilled practitioner is vital in maximizing the benefits of regenerative medicine. With the right specialist guiding the process, patients can experience optimal healing, reduced pain, and long-term recovery without the risks associated with surgery and corticosteroids.

## The Role of an Expert in Regenerative Medicine

Choosing the right specialist can make all the difference in your recovery. An experienced regenerative medicine physician:

- Conducts a thorough assessment to determine the best treatment approach for each patient.
- Utilizes advanced imaging technology to ensure precise placement of regenerative injections.
- Monitors patient progress and adjusts treatments to optimize healing.
- Understands the latest research and techniques to enhance treatment effectiveness.

Working with an expert ensures that you receive a customized treatment plan rather than a one-size-fits-all approach. This personalized care leads to better, longer-lasting results and a faster return to an active lifestyle.

## The Science Behind Regenerative Medicine

Regenerative medicine harnesses the body's natural ability to repair and regenerate damaged tissues. It involves innovative treatments such as:

- **Stem Cell Therapy** – Uses stem cells to promote the repair of damaged cartilage, tendons, and tissues, enhancing the body's ability to heal itself.
- **Platelet-Rich Plasma (PRP) Therapy** – A concentration of platelets derived from the patient's own blood is injected into the affected area to accelerate healing and reduce inflammation.
- **Exosome Therapy** – Tiny vesicles that carry growth factors and genetic material to damaged cells, stimulating repair and rejuvenation.
- **Prolotherapy** – A natural injection therapy that promotes the regeneration of ligaments and tendons by triggering the body's healing response.

These treatments work at the cellular level, addressing the root cause of pain and dysfunction rather than merely masking symptoms. However, achieving the best results depends on the expertise of the physician administering these therapies. A qualified regenerative medicine specialist understands how to precisely apply these treatments, ensuring they are delivered in the right concentration, at the right location, and at the right time for maximum effectiveness.

## The Limitations of Surgery and Corticosteroids

For decades, surgery has been the go-to option for patients with musculoskeletal issues, joint damage, and tissue degeneration. While effective in some cases,

surgery carries significant risks, including infections, complications, and prolonged downtime. Many patients who undergo joint replacement surgeries or spinal fusions find themselves dealing with months, if not years, of rehabilitation and potential repeat procedures. Corticosteroids, on the other hand, offer a quick fix for inflammation and pain but come with serious drawbacks. Repeated steroid injections can weaken tissues over time, accelerating joint degeneration rather than preventing it. Furthermore, long-term steroid use has been linked to complications such as osteoporosis, weight gain, high blood sugar, and immune system suppression. In short, while surgery and corticosteroids may provide temporary relief, they fail to address the underlying cause of pain and degeneration.

## Benefits of Regenerative Medicine Over Traditional Treatments

- **Minimally Invasive with Minimal Downtime**
- **Long-Lasting, Natural Healing**
- **Reduced Risk of Complications**
- **Avoids the Dangers of Steroids**
- **Personalized, Cutting-Edge Treatments**

Every patient's condition is unique, and regenerative medicine treatments can be tailored to meet individual needs. Whether it's PRP for a torn ligament or stem cells for arthritis, the therapy is customized for optimal results—especially when overseen by an

## Who Can Benefit from Regenerative Medicine?

Regenerative medicine is an ideal solution for individuals suffering from:

- Arthritis and joint pain
- Sports injuries (ACL tears, tendonitis, rotator cuff injuries)
- Back pain and spinal conditions
- Ligament and tendon damage
- Post-surgical recovery delays

## A Healthier Future with Regenerative Medicine

If you're tired of temporary fixes and want a lasting, natural solution, reach out and schedule a consult today to determine if regenerative medicine is the right choice for you.



**woz wellness**

Fast, minimally invasive pain relief.

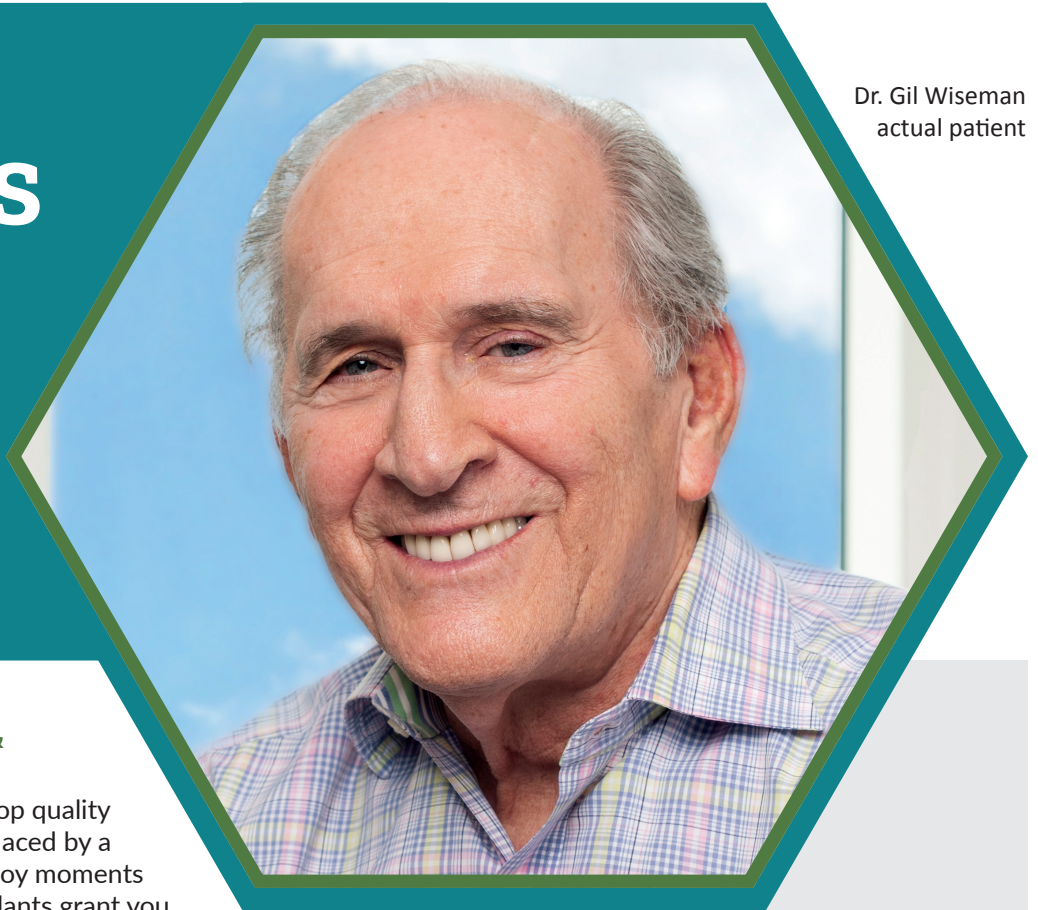
844-GO PROLO (844-467-7656)

[www.wozwellness.com](http://www.wozwellness.com)

# Real Deal Dental Implants

Dental implants are a hot topic. By age 45 most of us are missing at least one tooth. If you need one or more dental implants, you know there is a lot of information to sift through.

Looking online you might see offers, even bargains for dental implants. Don't be fooled. Dental implants come with risk. To ensure your dental implants last a lifetime, you need an experienced dental implant surgeon who uses only top-quality materials.



Dr. Gil Wiseman  
actual patient

## Buyer Beware: Low Quality Dental Implants on Market

In recent years, the U.S. market has seen infiltration of clone implants from China, Eastern European and South American countries. Clone implants pose risks because:

- Clone implants are not specifically designed for your mouth.
- Some contain mixed metals that can cause adverse reactions.
- Higher rates of failure which can be painful and costly.

## Dental Implants Done Right

Dental implants are an investment in your health and appearance.

Dental Implant Specialist Dr. Lee R. Cohen uses surgical-grade, titanium dental implants made by leading manufacturers. It's one reason why his patients have a 97% success rate.

- Look and feel totally natural.
- Precision placed with guided surgery.
- Biocompatible to bond with your body.

## Big Benefits & Better Living

When you have top quality dental implants placed by a specialist, you enjoy moments more. Dental implants grant you the freedom to eat what you like, share conversations without worry, and smile for photos again.

## Welcome to Great Care

You want a doctor with impeccable credentials and great communication skills.

Every visit begins with a conversation about you. 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.

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.

## Welcome to Great Care

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



**Palm Beach Center**  
for PERIODONTICS & IMPLANT DENTISTRY

Accepting New Patients

**561-691-0020**

**Dental Implants**

website: [www.pbcperio.com](http://www.pbcperio.com)

location: 4520 Donald Ross Road, Suite 110  
Palm Beach Gardens, FL 33418

**Pinhole Technique**

**LANAP Gum Rejuvenation**

# WHAT IS MY CIRCADIAN RHYTHM AND WHY DOES IT MAKE ME FEEL SO “OFF”

By Renee Chillcott, LMHC

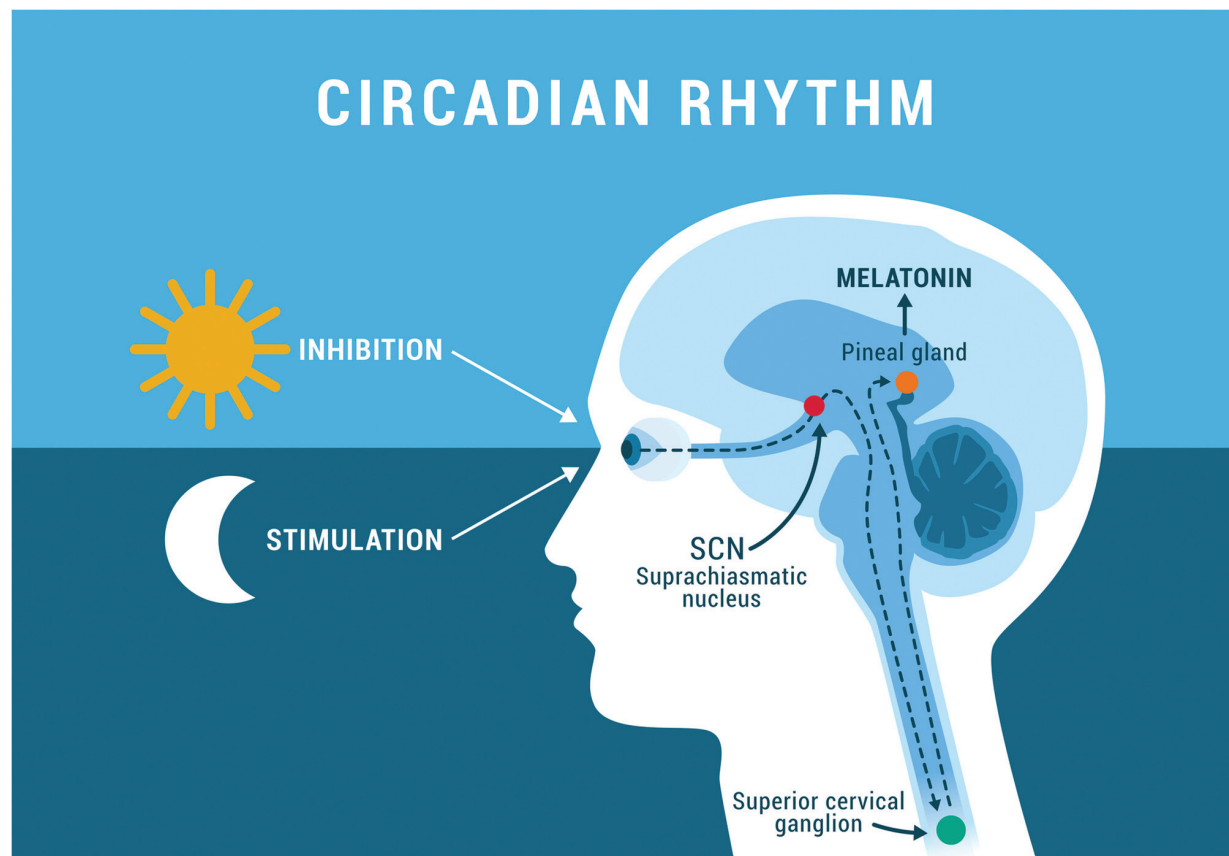
**H**ave you heard terms such as “biological clock” or “biorhythms”, or maybe you’ve heard stories of babies “getting night and day mixed up”? These are a few examples of a biological phenomenon called Circadian Rhythm, but what exactly is it and how does it affect me?

Your Circadian Rhythm is the pattern your body follows based on a 24-hour day. It’s your body’s internal clock and it not only tells you when to go to sleep and wake up, but also controls biological processes such as hormones, digestion and body temperature.

Circadian Rhythm coordinates the physical and mental systems in your body and is controlled by the area of your brain called the hypothalamus. It is also controlled light, thus causing our brains to naturally change based on day and night.

Throughout our lives, this biological clock goes through natural changes and adjustments. We can see this most clearly with sleep/wake schedules.

- **Babies** – it takes about 3 months for the rhythm to develop and for babies to get on a “schedule” of waking and sleeping. This continues to develop during childhood where “bedtimes” are established and daytime naps transition and aren’t needed.
- **Teens** – during the teen years, the rhythm will shift again. Teens require the same number of hours to sleep, however the “bedtime” adjusts as during the teen years, the rhythm shifts to later go to sleep times and later wake up times.
- **Adulthood** – as teens progress to adulthood, the rhythm will shift again, and sleep/awake times are typically dictated by external factors such as jobs and family.
- **Later Adulthood** – As we progress through adulthood, our rhythm changes again and earlier sleep and earlier wake times tend to prevail. The number of hours needed to sleep will shorten as well.



Even though this rhythm is a natural occurrence, there are several factors that can cause it to be “out of sync”.

- Food intake
- Stress
- Physical activity
- Temperature
- Forced waking from work/school
- Travel
- Poor Sleep Habits
- Mental Health/Brain conditions
- Time changes (moving to different time zones, daylight savings, etc.)

When Circadian Rhythm is disrupted, there are several diagnosis and conditions that can follow. Because the rhythm affects physical and mental processes in the brain, the dysfunction that occurs when the rhythm is disrupted can range from physical such as:

- Digestion/Gastrointestinal problems
- Metabolism Problems
- Lack of energy
- Delayed wound healing
- Changes in hormones such as cortisol or melatonin

**Mental changes can also occur:**

- Memory loss
- Anxiety
- Depression
- Psychosis
- Adrenal fatigue
- Attention/Focus difficulties

Establishing, restoring or resetting your Circadian Rhythm can be achieved through some behavioral interventions such as:

- Sticking to a daily routine
- Going outside to get natural sunlight/physical activity
- Good sleep hygiene/routines
- Limiting exposure to artificial light at night/screens and blue light
- Avoiding stimulants such as caffeine or nicotine in the evenings before sleep

But what do I do if behavioral interventions don’t restore my rhythm and I’m experiencing dysfunction?

Speak to your healthcare provider. There are times when medication or medical treatments can help. Neurofeedback is another way you can get help. Neurofeedback is



an alternative/non-medication approach that uses EEG to teach your brain how to restore its natural rhythm, improve regulation, and relieve symptoms related to dysfunction.

**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 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 MANY SESSIONS ARE NEEDED TO BEGIN SEEING RESULTS?**

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

**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 his eyes open for 5 minutes and with his

eyes closed for 10 minutes. This recording is then sent to be read and analyzed. The brain activity is not only compared spot by spot over the entire head, but we can also look at connections, symmetry, how different parts are communicating, and then this data is compared to a database of peers (same sex, handedness and age). It can help us see what areas need to be addressed more efficiently than just training spot by spot.

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

**HOW DO I GET STARTED?**

Getting started is easy. The Brain and Wellness Center staff will answer all your questions, and help you get scheduled. If you are wondering what services are best for you? We can help to determine that through telephone consultation. Call, email or text message us today! Brain and Wellness Center, 5458 Town Center Road, Suite 13, Boca Raton, FL 33486. 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).



**Renee Chillcott, LMHC**

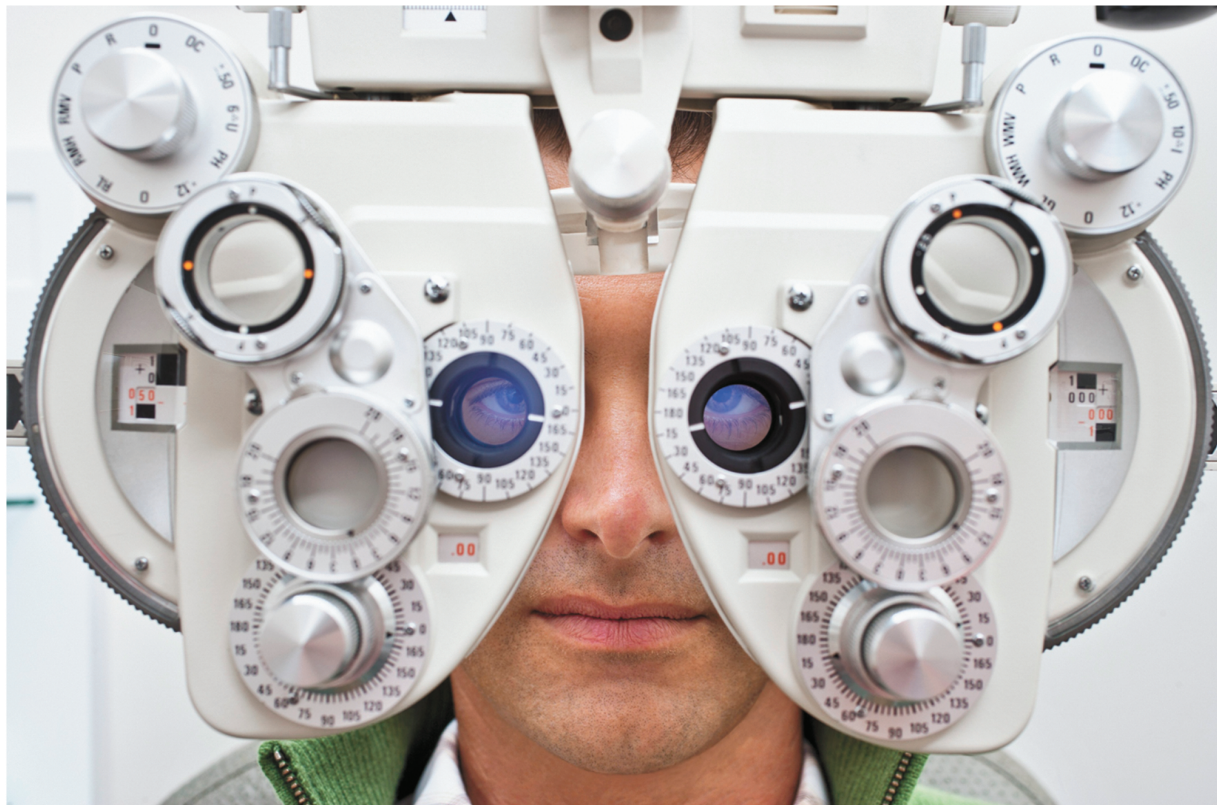
Renee Chillcott is a Licensed Mental Health Counselor that has been practicing Neurofeedback training since 2005. Renee holds a BA degree from The University of Central Florida and a Master’s Degree in Psychology/ Mental Health Counseling from Nova Southeastern University. She is a Licensed Mental Health 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.



**5458 Town Center Road, Suite 13  
Boca Raton, FL 33486  
(561) 206-2706**

**[www.BocaBrainCenter.com](http://www.BocaBrainCenter.com)**





# SEEKING A SECOND OPINION ABOUT YOUR EYE CARE

By David A. Goldman MD

**T**hroughout my career I have seen patients come to me for second opinions, and I have also had patients ask me if I would ‘mind’ if they saw another specialist for a second opinion.

For the patient, seeking a second opinion is a difficult thing to do. To begin, he or she may not know who is a reputable person to seek for second opinion. Furthermore, they may have a good relationship with their ophthalmologist and may feel they are betraying their doctor’s confidence by seeking another MD. Finally, they may be concerned whether their insurance will cover a visit for second opinion.

For the doctor, discovering a patient has seen another physician may make them feel that they are not trusted or even felt to be incompetent. In some cases, when a patient seeks second opinion it may completely end their care with the first physician.

It has always been my belief that second opinions are an excellent idea. If the care rendered to date is appropriate, the second physician can confirm that and set the patient’s mind at ease. In some cases, the physician may actually find something that the first doctor missed, and in these cases both the physician and patient still benefit. This is because at the end of the day, doctors want their patients to do well. If I am unable to treat a patient completely, I am thankful that another doctor could. On the other side, I am happy to help out my colleagues when they have gotten stuck, or just to tell their patients that everything is going well. Medicine is not performed in a vortex - referrals to subspecialists are very common place. While intra-subspecialty referrals are less common, I am always comfortable recommending the patient seek second opinion if they have any questions or concerns. In this way, doctor-patient relationships are strengthened rather than weakened and care can be given the best way possible.



DAVID A. GOLDMAN

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

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

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

Dr. Goldman speaks English and Spanish.

561-630-7120 | [www.goldmaneye.com](http://www.goldmaneye.com)

# *I Have* A Wait Problem

**Y**ou're reading a health and wellness magazine and you're thinking: that guy can't spell. But the truth is that you read it correctly: I have a wait problem: I don't like to wait. But who does?

Think about it... do you like to wait? Do you love sitting in the waiting room at the doctor's office? Do you look for the longest line at the grocery store so you can spend more time waiting? When the light turns green, does it make you happy when the car in front of you just sits there? Do you keep your fingers crossed that wait times are an hour at the amusement park? If you answered "no" to the questions above, then you have a wait problem too.

It's been estimated that we spend ten percent of our lives waiting. That comes out to be over two hours of everyday. I have a wait problem: I'm not very good at it. But I don't have a choice. Waiting is a part of our lives.

And waiting isn't just a part of everyday menial tasks, but big things in life too. Things like waiting for Mr. Right or Miss Perfect; waiting for your first grandchild; waiting for retirement; waiting on test results; waiting to hear back about the interview; waiting...

From a spiritual perspective, waiting is very important. So important, in fact, that God talks about it including these words: *"Even youths shall faint and be weary, and young men shall fall exhausted; but they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint."* (Isaiah 40:30-31, ESV)

### **Waiting is expected by God.**

Notice what he says... "...they who wait for the LORD..." Isaiah doesn't single out an individual or use the word "if". God – the creator and controller of time and all circumstances – knows



Brent Myers

we will have seasons of waiting. And He expects us to wait on Him.

### **God uses waiting to build our character.**

Look at the different stages of development: flying high (wings), running, and walking. Waiting gets us to a place where we learn to take in the highest highs, but at the same time realize that slow and steady gets us where we need to go. Waiting helps us grow into constant and consistent forward movement in our lives... even when we are waiting.

### **Waiting is rewarded by God.**

Isaiah shows us that waiting has its rewards. Tired of being tired? Close to giving up? Don't want to wait anymore? Read the passage again: "...and not be weary..." "...and not faint..." God honors us when we wait. God rewards our faithfulness in the midst of our waiting.

### **Waiting is the fruit of our faith.**

Finally look at this: "...but they who wait for the LORD..." When we learn to trust our circumstances to God, we show that we really believe that He is in control. We demonstrate that we actually believe that He knows best and that He works all things together for good. When we wait on the LORD, we show the depth of our faith. So... how do I get better at waiting? The ability to wait on the Lord stems from being confident and focused on who God is and in what God is doing. It sounds simple – and it is – but simple is not the same as easy (because it's not).

But look at it like this... I heard the other day, "there are no problems, only opportunities". So at least now I know I don't have a wait problem after all – just a wait opportunity (and lots of them)!



**Christ  
Fellowship  
CHURCH**

A church that wants to help you live  
the life you were created for.  
[www.christfellowship.church](http://www.christfellowship.church)



# Cancer doesn't wait. Neither do we.

When you're diagnosed with cancer, every minute matters — our nearly 100 statewide locations and in-house pathology lab ensure that your treatment is timely and personalized.

With lab results returned faster than the national average, our team of precision oncology experts takes action to quickly match each patient's data with the appropriate targeted therapy or clinical trial.

To learn more, visit  
[FLCancer.com/TimeToTreat](https://FLCancer.com/TimeToTreat)

 **FLORIDA CANCER**  
SPECIALISTS  
& Research Institute