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Health & Wellness[®] MAGAZINE

January 2026

South Palm Beach Edition - Monthly



FREE

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OF THE HORSE**

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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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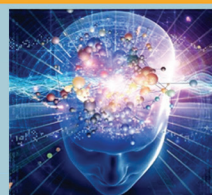
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EMBRACE THE YEAR OF THE HORSE...

And Add a Flowing Mane to 2026 with Bauman Medical

by Alan J. Bauman, MD, ABHRS



Another day, another year, finally in the books. The shortest days are a thing of the past, holiday shopping is complete, and New Year's resolutions are ready to be fulfilled. At Bauman Medical, it should come as no surprise that our resolutions revolve around, you guessed it, hair.

But it shouldn't just be our focus. After all, 2026 is the year of the horse! While that celebration comes next month, the Chinese New Year's zodiac sign is the species that rivals us in the hair game. The year of the horse is defined as animated, active, and energetic — all traits that we should aspire for our scalp to feel like.

But before you go on Amazon and order yourself a bottle of Mane 'n Tail shampoo, hold your horses. With the various hair restoration advancements made at Bauman Medical, coupled with tried-and-true methods, you'll have a head of hair that rivals the likes of Secretariat and Seabiscuit.

FoLix

Coming out of the gate strong, we have our latest advancement, FoLix. A groundbreaking, FDA-cleared fractional laser treatment courtesy of the genius minds over at Lumenis, FoLix serves as a way to stimulate hair growth. While still in the backstretch of the race, FoLix has already established itself as a favorite for non-invasive, non-chemical therapies for middle-aged men and women in the midst of mid-stage hair thinning.

FoLix utilizes a non-ablative laser, which provides the benefits found from laser therapy without damaging the outer layer of skin. It creates microscopic thermal

zones on your scalp that help activate your body's natural regenerative processes. So now, those dormant hair follicles start to wake up and feel energetic, leading to thicker, healthier hair growth in no time. No intense heat or scarring, just a specific cooling handpiece that allows our team to target follicle-rich areas in a non-invasive manner.

Hair Follicle Stem Cell Banking

Many people want to improve their financial planning as a New Year's Resolution. Putting away a few dollars here and there in a savings account is one of the best ways to build financial independence. The same applies to your hair, believe it or not. With Hair Follicle Stem Banking, treat your follicles like a rainy day fund for current and future procedures. By collecting stem cells directly from your hair follicles, we can cryopreserve them today for treatments such as a topical scalp solution (see STEMgro™ below) or hair follicle cloning in the future once the technology advances.

With untapped potential beyond hair loss treatment, Hair Follicle Stem Cell Banking enables your body to work for you now and in the future. From skin rejuvenation to orthopedic treatments, and even possible organ repair and replacement, stem cell banking offers a truly personalized plan that extends well beyond your initial deposit.

STEMgro™

When the day comes to make a stem cell withdrawal, you can put your cells on a winning horse like STEMgro™, a savvy move toward hair regrowth. Pain-free and personalized, this powerful topical treatment is performed in-office with help from your own hair follicle stem cells! Treatments like STEMgro™ continue to push the envelope in hair restoration. With ongoing clinical trials, we're witnessing developments leading toward injectable therapies. Talk about a purebred, as the beauty of STEMgro™ lies in you taking the step forward and pushing the possibility of hair follicles cultivated in the lab to new heights.

Low-Level Laser Therapy

No need for a jockey cap in the race of hair restoration, as the award-winning Bauman TURBO LaserCap® laps the competition in style. FDA-cleared, drug-free, chemical-free, side-effect-free, and non-invasive, the TurboCap



Before and 12 months after PRP by Dr. Alan Bauman



Before and 6 months after PDOgro™ by Dr. Alan Bauman

has the speed of a racehorse when it comes to hair regrowth. All you need is five minutes out of your day for a flowing mane in no time.

PRP Platelet-Rich Plasma

As we enter the home stretch of options, it feels fitting to stick with a high horse here at Bauman Medical. PRP, or platelet-rich plasma, involves our team collecting a small blood sample to extract the platelets it contains. Once they're concentrated, we gently apply them back to your scalp without causing pain. While slow and steady wins the race, we want to get you back into the world as soon as possible, meaning all you need is an hour of PRP for treatment that covers you for a year or more.

PDOgro™

PDOgro™ is an advanced extension of PRP (Platelet-Rich Plasma) therapy that enhances the hair regeneration process by incorporating unique polydioxanone threads. These thin, absorbable threads are made from an FDA-cleared synthetic material and are placed discreetly under the scalp. They work by stimulating the production of collagen, elastin, hyaluronic acid, and new blood vessels, as well as promoting fibroblast activity. In simple terms, combining PDOgro™ with PRP significantly boosts hair regrowth. Studies indicate that PDOgro™ is 30% more effective than a single PRP session.

TED TransEpidermal Delivery

Sometimes, less truly is more, especially when it comes to our TransEpidermal Delivery (TED) system. Instead of relying on bulky equipment, you can choose this innovative growth serum applicator. You may wonder why that is. The serum provides amino acids, dynamic growth factors, and advanced peptides that are beneficial for hair health. With TED, you can expect increased blood flow, stronger hair fibers, reduced shedding, and stimulated hair follicles.

This non-invasive treatment leverages sound waves and air pressure to deliver all the comfort and effectiveness of a procedure—without the discomfort of needles or anesthesia. Experience the difference with TED and watch your hair flow!

Learn More

For 2026, make it a year that is animated, active, and energetic. While getting to the gym and journaling are great ways to get your head in the right space, nothing says feeling energetic like a lively scalp and boasting a mane that rivals a thoroughbred. Embrace the year of the horse by saddling up and visiting Bauman Medical for all your hair restoration needs.

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.



About Dr. Alan J. Bauman



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

With over 29 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 36,000 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 for 10 straight years, "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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PROMISING TRENDS IN CANCER CARE

The outlook for people diagnosed with cancer is becoming brighter all the time, thanks to a variety of ongoing advancements.

There are nearly 19 million cancer survivors living in the U.S. today. Increasingly, many of the nearly 2 million Americans who will be diagnosed with cancer this year will experience cancer more like a chronic disease than a dim prognosis.

Cancer Basics

Cancer starts when normal, healthy cells become changed or altered and begin to grow out of control. Cancer can develop anywhere in the body. The two main categories are cancers of the blood cells, known as hematologic cancers, and solid tumor cancers, which are cancers of any of the other body organs or tissues.

There is no one single cause, and many factors alone or together can produce cancer. These include genetics or family history, environmental exposures, and lifestyle choices.

Screenings Save Lives

It cannot be overstated: Early diagnosis and treatment are a substantial factor in surviving cancer.

Effective screening tests can detect many cancers before symptoms appear, making them easier to treat and saving lives. Screening recommendations vary by age, family history, and lifestyle, so talk with your doctor—and don't skip or delay your recommended tests.

The Power of Genetics

Genetic screening and testing help oncologists diagnose cancers more accurately and tailor treatments to a patient's unique genetic makeup.

Genetic mutations inherited from our parents can put us at increased risk of developing certain cancers. Knowing personal risk factors for hereditary cancers early can be life-saving. Screening starts with a review of your personal and family cancer history, which genetics specialists use to determine whether further testing is recommended.

Clinical testing known as Next Generation Sequencing (NGS) is an advanced form of genetic testing that can detect mutations in hundreds of different genes derived from tumor cells simultaneously. NGS testing provides a more precise understanding of each patient's individual diagnosis. When oncologists know the specific genetic alteration a patient has, they may be able to identify a therapy that actually targets that exact mutation. The results also help to identify clinical trials the patient may be eligible for based on their molecular profile.

Immunotherapies

Chemotherapy and radiation have been widely used for decades to directly target cancer cells. While effective, these treatments can also destroy healthy blood cells and harm the body's production of new cells.

Immunotherapies boost the body's natural immune defenses to better target and fight cancer. They can be given through an IV, taken as pills, or applied as a topical cream.



Immunotherapy may be used alone or combined with chemotherapy, radiation, or surgery. Side effects can occur, but they are often less severe than those seen with traditional treatments.

In the last few decades, immunotherapy has been approved for the treatment of many cancers, including bladder, cervical, breast, colorectal, lymphoma, and melanoma, among others. Patients may receive immunotherapy in a doctor's office, an oncology clinic or, in some cases, in a hospital setting.

Clinical Research Drives Cancer Treatment Advancements

Every drug or therapy that is in place today to treat cancer had its start in a clinical trial.

After promising results are seen in the laboratory, medical breakthroughs then require careful research through closely monitored studies conducted in humans, called clinical trials. These studies deserve credit for new treatments of cancers that were previously considered incurable.

Studies of new cancer drugs or medical procedures are not a last resort, but rather an opportunity to expand an individual's treatment to include early access to the most effective and promising options.

More Hope on the Horizon

Scientists worldwide are rapidly advancing cancer research, including efforts to improve immunotherapy by uncovering how cancer cells evade the immune system. This knowledge can help create new drugs that block those escape mechanisms and reduce treatment side effects, ultimately making immunotherapy more effective.

Cancer vaccines are a type of immunotherapy. While many vaccines effectively prevent diseases caused by bacteria and viruses, developing vaccines for cancer is far more complex. The FDA has approved two vaccines that help prevent cancer—HPV and hepatitis B—and several therapeutic vaccines for treating cancers such as prostate, bladder, and melanoma.

Exciting new advancements are leading to the development of truly targeted cancer therapies. Patients with cancer and their health care teams now have more treatment options than ever—with many more on the horizon.

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.



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LIVING WITH NO PAIN:

HOW INTERVENTIONAL PAIN MEDICINE CAN HELP OLDER ADULTS THRIVE



As we age, aches and pains often become unwelcome companions—whether from years of wear and tear, osteoarthritis, or post-surgical discomfort. While over-the-counter medications and physical therapy help many, some chronic pain requires a more targeted approach. That’s where **interventional pain medicine** comes in.

This medical specialty focuses on diagnosing and treating pain through **minimally invasive techniques**, offering relief without relying solely on medications or major surgery. For older adults, these treatments can be life-changing, restoring mobility, independence, and quality of life.

WHAT IS INTERVENTIONAL PAIN MEDICINE?

Unlike traditional pain management, which often masks symptoms, interventional pain medicine **targets the source of pain directly**. Common procedures include:

- **Epidural steroid injections** for back or leg pain
- **Facet joint injections** or radiofrequency ablation for spinal arthritis
- **Nerve blocks** for pain in the neck, back, or limbs
- **Spinal cord stimulation** to modify pain signals
- **Joint injections** (knee, hip) with steroids or regenerative therapies

Performed in outpatient settings with minimal downtime, these treatments are tailored to each patient’s needs.

WHY OLDER ADULTS BENEFIT

Nearly **half of adults over 65** live with chronic pain, which can lead to reduced mobility, poor sleep, and depression. Many also take multiple medications, increasing the risk of side effects. Interventional pain treatments offer advantages like:

- **Reducing reliance on opioids**
- **Providing long-lasting relief** (weeks to months)
- **Improving daily function**
- **Avoiding unnecessary surgeries**

COMMON CONDITIONS TREATED

- **Spinal arthritis** (facet joint pain): Radiofrequency ablation can provide months of relief.
- **Sciatica or nerve pain**: Epidural steroid injections reduce inflammation.
- **Post-surgical pain**: Nerve blocks or spinal cord stimulation may help.
- **Peripheral neuropathy**: Spinal cord stimulation can ease diabetic nerve pain when other treatments fail.

DEBUNKING PAIN MYTHS

Many believe pain is an inevitable part of aging—it’s **not**. While common, pain is **treatable**. Older adults sometimes avoid reporting pain, fearing medications or being a burden. But unmanaged pain can lead to **falls, isolation, and loss of independence**. Speaking openly with a healthcare provider is the first step toward relief.

WHAT TO EXPECT AT A PAIN CLINIC

At **Interventional Pain and Wellness Center**, patients are evaluated **only by physicians**—not physician assistants or nurse practitioners. **Doctors like Dr. Özakıay, Dr. Cohen, and Dr. Tripathi** take time to understand each patient’s pain, review imaging (X-rays, MRIs), and create a personalized plan.

Procedures use **fluoroscopic guidance** for precision, often taking **under 10 minutes** with little to no recovery time.

RECLAIMING YOUR LIFE

Whether gardening, playing with grandchildren, or simply walking without discomfort, pain shouldn’t limit your joy. Our physicians specialize in helping older adults regain mobility and confidence.

YOUR QUESTIONS, ANSWERED

Q: Are these treatments safe for seniors?

A: Yes. Our doctors review health histories to ensure safety.

Q: Does Medicare cover these treatments?

A: Often, yes—if medically necessary. We verify coverage beforehand.



MEET DR. ÖZAKIAY

With over **30 years of experience**, Dr. Özakıay is a leader in pain medicine. Trained at **Wayne State University** and **Dartmouth-Hitchcock Medical Center**, he’s published **50+ research articles** and is a sought-after lecturer. Recognized as an “**Outstanding Researcher**” by U.S. Immigration, he combines cutting-edge science with compassionate care.

FINAL THOUGHTS

Pain doesn’t have to be your “new normal.” At our **Delray Beach clinic**, we **prioritize personalized, physician-led care**—helping patients of all ages live **fully and pain-free**.

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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 unavailable anywhere else in the world. His unique combination of orthopedic expertise and advanced laser technology has attracted patients from across the globe.



"I GOT MY LIFE BACK AFTER 4 YEARS OF AGONY"

For four long years, I battled chronic lower back pain and neuropathy, resigning myself to a life of discomfort. I had even given up on the tingling and numbness in my feet. Then I found Dr. Joe who was highly recommended to me. His approach was a revelation. He was not only deeply attentive to my body's reactions but also incredibly precise in his treatments. After just three weeks, I noticed a significant shift—the constant pain was finally subsiding.

When I mentioned my neuropathy, Dr. Joe began treating my feet. To my amazement, I started regaining sensation! At one point, my toes became somewhat painful, but Dr. Joe immediately and accurately adjusted the treatment. His spot-on intuition was incredible.

Thanks to his expertise, I am now pain-free and feeling better than I ever thought possible. I cannot recommend Dr. Joe highly enough! Dr. Joe gave me my life back.

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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. J. A Costello, DC, DABCO is one of South Florida's 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 pain in the legs, buttocks, thighs, and along the sciatic nerves, often leading to immobilization. While many patients are routinely directed toward invasive surgical solutions, Dr. Costello offers a safer, more effective alternative.



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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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TRUSTS ARE NOT JUST FOR THE WEALTHY

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



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

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

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

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

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

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

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

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

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

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

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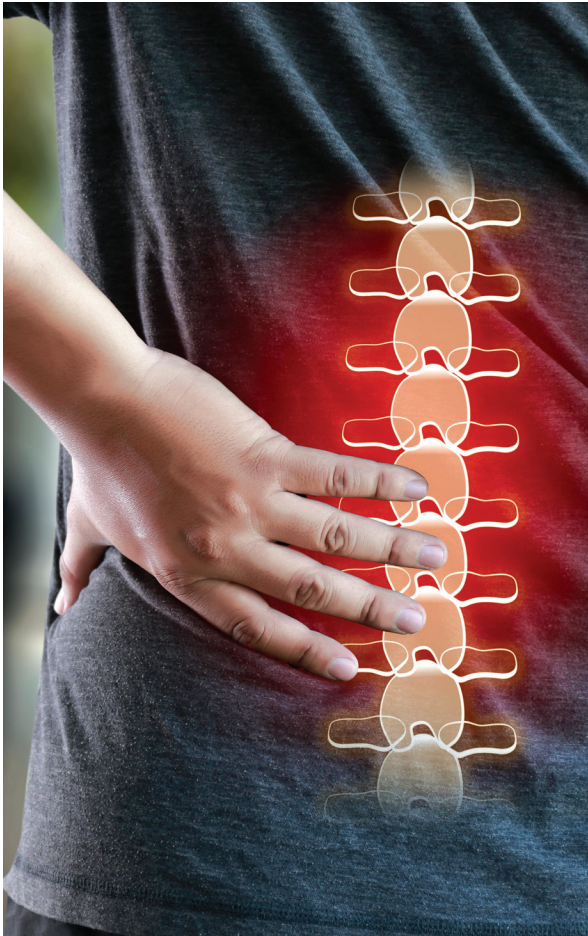
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CHRONIC LOW BACK PAIN TREATMENT



Chronic low back pain is a condition that can significantly impact your quality of life, limiting activities and even interrupting sleep. Traditional treatments such as physical therapy, medications and surgery, often have limited success and may carry risks. In recent years, Platelet-Rich Plasma (PRP) therapy has emerged as a promising regenerative treatment for spinal pain.

Understanding PRP Therapy

PRP is a suspension of platelets in plasma, obtained from your own blood. PRP contains a high level of growth factors and substances called cytokines that play a crucial role in tissue repair and regeneration. It is generally painless to obtain, using a simple blood draw followed by several processing steps to concentrate the platelets to the desired level. For pain involving the spine, concentrated PRP may be injected into ligaments, joints, discs, around nerve roots or all the above. This approach aims to enhance the body's natural healing processes.

Mechanism of Action in Spinal Pain

The intervertebral discs and facet joints are common sources of LBP, often due to degenerative changes. PRP therapy targets these areas by delivering growth factors that promote cell proliferation, matrix synthesis, and anti-inflammatory effects. Studies have demonstrated that PRP can stimulate cell proliferation and metabolic activity of intervertebral disc cells, suggesting potential benefits in disc regeneration.

Clinical Evidence Supporting PRP for Low Back Pain

A systematic review published in Biomedicine evaluated the efficacy of PRP injections in managing LBP. The review highlighted that PRP might restore both structure and function in spines affected by disc degeneration. The authors concluded that PRP injections could be a viable therapeutic option for patients with degenerative disc disease, offering pain relief and functional improvement.

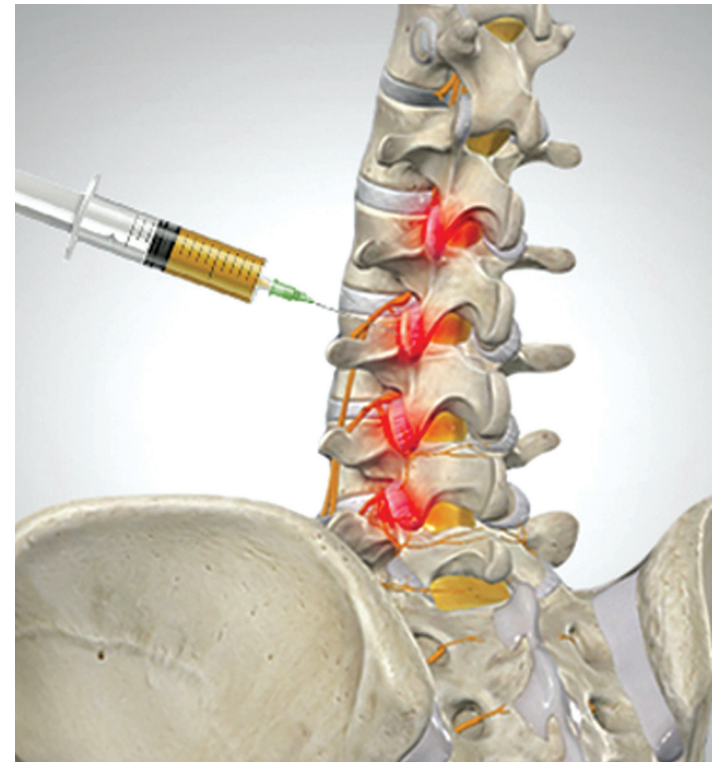
Another critical review in the Journal of Pain Research assessed the role of PRP in managing chronic LBP. The study reported that PRP injections are safe and effective in reducing back pain, with patients experiencing significant improvements in pain and function. The authors emphasized the need for further large-scale studies to confirm these findings but acknowledged the potential of PRP as a minimally invasive treatment option.

Comparative Studies: PRP vs. Corticosteroids

Steroid injections are commonly used for LBP management due to their anti-inflammatory properties. However, their effects are often short-lived, and repeated use can lead to adverse effects. A systematic review with meta-analysis compared the clinical efficacy of PRP against corticosteroids for treating LBP. The study found that PRP provided more sustained pain relief and functional improvement than corticosteroids, suggesting that PRP could be a superior alternative for long-term management of LBP.

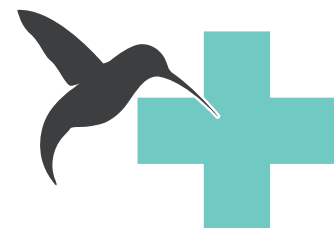
Safety and Considerations

PRP therapy is generally considered safe, given its natural source, which minimizes the risk of immune reactions and disease transmission. Reported side effects are typically mild and may include temporary pain at the injection site. However, as with any medical procedure, it's essential to consult with a qualified healthcare provider to determine if PRP therapy is appropriate for your specific condition.



Conclusion

Emerging peer-reviewed research indicates that PRP therapy holds promise as an effective treatment for spine-related pain, particularly in cases of degenerative disc disease and chronic LBP. While initial findings are encouraging, further large-scale, randomized controlled trials are necessary to establish standardized protocols and confirm long-term efficacy. As the field of regenerative medicine advances, PRP therapy may become a cornerstone in the non-surgical management of spinal pain, offering hope to those seeking relief from chronic pain.



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A Guiding Hand:

Finding Compassion & Clarity in Life's Toughest Moments



In life's most difficult moments, finding a source of strength and guidance is paramount. For many families in South Florida, that source has been Sinai Memorial Chapel in Delray Beach. More than just a funeral home, Sinai has built a reputation as a compassionate partner, dedicated to easing the immense burden that comes with losing a loved one. Their approach is rooted in a simple, yet profound, understanding: that personal care and clear communication can bring profound comfort during a time of grief.

From the first phone call, the team at Sinai Memorial Chapel focuses on listening. They understand that every family and every individual is unique. There is no one-size-fits-all script. Instead, they begin by learning about the person who has passed—their story, their personality, their legacy. This personable approach transforms the necessary tasks of funeral planning from a cold, administrative process into a meaningful act of tribute.

The process itself is handled with meticulous care and respect. The dedicated staff at Sinai walks alongside the family through every single step. This includes helping to arrange all details of the service, whether it be a traditional funeral, a memorial service, or a more contemporary celebration of

life. They assist with the careful preparation of the deceased, coordinate with cemeteries, and handle the myriad of logistical details, from securing official death certificates to arranging for transportation. Their expertise ensures that every element is executed with dignity, allowing the family the space to focus on healing and remembrance.

Sinai's deep familiarity with both state and federal regulations regarding burial and preparation also provides families with an invaluable sense of security. In a landscape that can seem filled with complex legal requirements, their guidance ensures that everything is handled correctly and respectfully, removing a significant layer of stress. At its heart, Sinai Memorial Chapel embodies the principle of being a true guide. They provide not just a service, but a supportive presence, ensuring that a family's final farewell is a loving, personalized, and peaceful experience.

Steven R. Fischman, is a licensed funeral director & embalmer, manages the funeral home and has been serving the Jewish community for fifty years. His son Robert manages operations. If you have questions about the funeral process, or need clarity on government requirements for burial, the caring team at Sinai Memorial Chapel is here to help. Please do not hesitate to call them with your inquiries.



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PROSTATE ARTERY EMBOLIZATION: A Minimally Invasive Breakthrough in the Treatment of BPH (Enlarged Prostate)

By Dr. Shivank Bhatia, M.D. FSIR

Interventional Radiologist, Founder of Florida Prostate Centers® and Palm Beach Prostate Center®

Benign Prostatic Hyperplasia (BPH), a non-cancerous enlargement of the prostate gland, affects approximately 50% of men over age 50 and up to 90% over age 80. The resultant lower urinary tract symptoms (LUTS)—including urinary frequency, urgency, nocturia, weak stream, and incomplete bladder emptying or Urinary Retention—can significantly diminish quality of life. Traditionally, management options have included pharmacotherapy and surgical interventions such as transurethral resection of the prostate (TURP). However, for many patients, particularly those with comorbidities or aversion to surgical risks, Prostate Artery Embolization (PAE) has emerged as a safe, effective, and durable minimally invasive alternative.

What is PAE?

Prostate Artery Embolization is a catheter-based endovascular procedure performed under conscious sedation. It involves selective catheterization of the arteries supplying the prostate followed by embolization—controlled blockage—of these vessels using calibrated microspheres. The occlusion reduces blood flow, inducing ischemia in hyperplastic prostatic tissue. Over time, this leads to volume reduction and symptomatic improvement.

Patient Selection and Pre-Procedural Considerations

Optimal candidates are typically men with moderate to severe LUTS due to BPH who wish to preserve their ejaculation, sexual function or prefer a minimally invasive option. PAE is a size independent option—it serves patients with both moderate (<80cc) and large prostates (>80 cc), where traditional surgery carries higher complication risks and options are limited.

Evaluation includes detailed urologic history, physical examination, International Prostate Symptom Score (IPSS) assessment, Prostate Specific Antigen (PSA) level and imaging—most commonly a pelvic MRI or ultrasound—to evaluate the health of prostate and bladder. A collaborative approach with urologists ensures comprehensive care and proper diagnosis.

The PAE Procedure

PAE begins with percutaneous arterial access—usually via the femoral artery (groin access) using image-guided fluoroscopy. Through a microcatheter, the interventional radiologist navigates into the prostatic arteries bilaterally. Embolic microspheres (typically 300–500 µm in size) are then injected until stasis is achieved.

Technical challenges include arterial tortuosity and variability in pelvic vascular anatomy. However, advancements in microcatheter technology, experienced operators and imaging have improved success rates. In the hands of experienced operators like those at Naples Prostate Center®, bilateral embolization is achievable in over 97% of cases.

Clinical Outcomes and Efficacy

A Cochrane review comparing PAE to TURP based on up to 24 months' follow-up, showed that PAE and TURP may work similarly well in helping to relieve symptoms. Men's quality of life may be also improved similarly.

Long-term outcomes of PAE are favorable. Our study of 1075 PAE patients—the largest in the US—published in the prestigious, *Peer-Reviewed Journal*—showed sustained symptom relief at three to five years post-PAE in over 84% of patients. Importantly, PAE preserves sexual function—an often under-recognized concern with surgical options like TURP or laser ablation, which carry risks of retrograde ejaculation and erectile dysfunction.

This article can be accessed at:



Prostatic Artery Embolization: Mid-to Long-Term Outcomes in 1,075 Patients - Journal of Vascular and Interventional Radiology

Safety Profile and Complications

PAE has a strong safety profile. Minor complications, such as transient urinary discomfort, and bladder spasms typically resolve within few days and are managed by over the counter medications. Major complications are rare (<1%), especially in experienced hands. The non-surgical nature of the procedure allows it to be performed without need for anesthesia, avoiding systemic risks. This safety profile, minimally invasive nature and preservation of sexual function make PAE a preferred option for most men.

Advantages of PAE in the Modern Therapeutic Landscape

In the context of modern value-based care, PAE stands out for several reasons:

- 1. Minimally-Invasive** – No incisions, no general anesthesia.
- 2. Outpatient Procedure** – Typically performed in under an hour, with same-day discharge.
- 3. Lower Risk Profile** – Reduced risk of bleeding, infection, or incontinence.

4. Preservation of Sexual Function – A significant factor for many men.

5. Durability of Results – Sustained symptom improvement with a low reintervention rate.

Conclusion: With personal experience of over 1800 PAE procedures, I am an advocate for patient-centred, minimally invasive therapies, I have witnessed first-hand the transformative impact PAE can have on patients suffering from BPH. For residents of South Palm Beach county, access to this advanced treatment offers new hope—particularly for those seeking alternatives to traditional surgery.

While no treatment is universally appropriate, PAE provides a compelling option in the evolving algorithm for BPH management. We ensure that patients receive the most appropriate and individualized care.

About the Author:

Shivank Bhatia, M.D. FSIR, is a board-certified interventional radiologist and founder of Florida Prostate Centers. He served as Chariman and Professor of Interventional Radiology at UHealth - University of Miami Health System from 2019 - March 2025.

Dr. Shivank Bhatia is an internationally renowned for his expertise in minimally invasive image-guided therapies that can treat various common medical conditions. Dr. Bhatia's career highlights include:

- Performed over 1800 PAE procedures – one of the largest in United States
- Pioneered prostate artery embolization in the U.S.
- Served as a PI on 3 clinical trials related to PAE
- Published the largest series of 1075 PAE patients to date in U.S
- Led an FDA approved Investigational Device Exemption (IDE) study for investigating the effects of GAE (Geniculate Artery Embolization) for knee osteoarthritis.
- Awarded Fellow of Society of Interventional Radiology, January 2020
- Delivered more than 100 invited lectures and published dozens of scientific articles in peer-reviewed journals on the topic of interventional radiology
- Trained more than 400 physicians on techniques related to prostate artery embolization

With a strong background in radiology and advanced training in interventional techniques, Dr. Bhatia has dedicated his career to improving patient outcomes through innovative approaches. Dr. Bhatia has contributed significantly to advancing literature supporting the adoption of PAE as a standard of care for BPH (enlarged prostate).

Jung et al: PAE for the treatment of LUTS in men with BPH. Cochrane Database of Systematic Reviews 2022, Issue 3. Art. No.: CD012867.

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ANYONE CAN SUFFER FROM ANXIETY & DEPRESSION

NEUROFEEDBACK CAN HELP

By Renee Chillcott, LMHC

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

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

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

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

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

- Terrible two's, three's, and four's
- A spirited child
- Cranky, fussy, and not a good sleeper or napper
- Tantrums
- Picky or sensitive
- Difficulty with separation

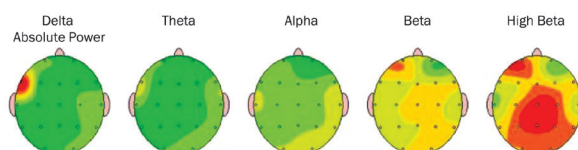
I know what you are thinking. These symptoms are normal for children this age. And you are correct; they are perfectly normal, developmental behaviors for infants and toddlers. This is why diagnosing mood disorders in young children is very difficult and not usually done unless symptoms are severe. In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

age or stage of development. And even then, parents tend to want to attribute what they observe to behavioral, personality or social causes.

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

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

Here is an example of brain patterns from a QEEG. Increased BETA and High BETA is located in the central and frontal lobes. This could cause anxiety symptoms that range from OCD, anger control issues, irritability and impulsivity, poor judgement, excessive worrying, feelings of being overwhelmed and depressed, among others. Very often, we contribute mood symptoms such as



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

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

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

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

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

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

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

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

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

WHAT IS NEUROFEEDBACK?

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

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

WHAT TYPES OF CONDITIONS DOES NEUROFEEDBACK HELP?

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

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

WHAT IS AN EXAMPLE OF IMPROVEMENTS I MAY SEE?

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

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

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

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

with eyes open for 5 minutes and with eyes closed for 10 minutes. This recording is then sent to an independent specialist be read and analyzed. The brain activity is not only compared spot by spot over the entire head, but we can also look at connections, symmetry, how different parts are communicating and all of this data is compared to a database of peers (same sex, handedness and age). It can help us see what areas need to be addressed more efficiently than just training spot by spot.

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

IS THERE ENOUGH RESEARCH?

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

Look up the work of:

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

Look for specific researched conditions:

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

Print Resources:

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

HOW DO I GET STARTED?

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



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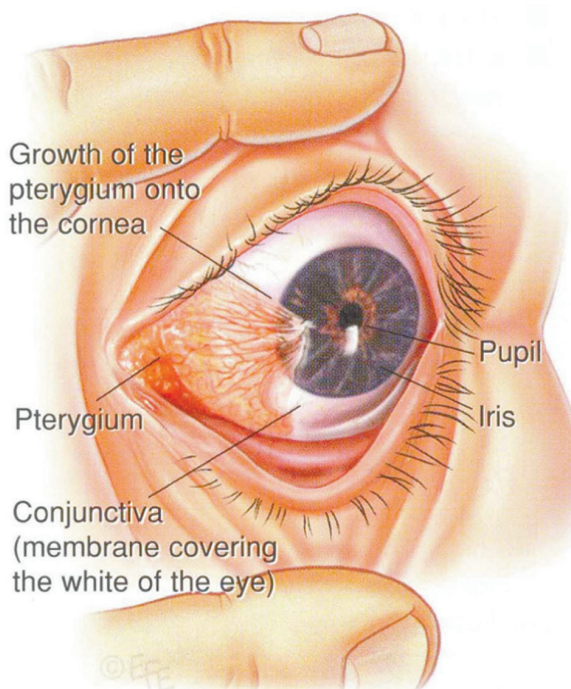
PTERYGIA AND SOUTH FLORIDA

By David A. Goldman MD

A pterygium is a fibrovascular growth that typically starts from the conjunctiva (skin of the eyeball) on the nasal side and grows onto the cornea. These are almost always the result of longtime sun exposure; thus, they are very common here in southern Florida. During my residency in Miami's Bascom Palmer Eye Institute, there was literally a book filled with names of people who desired pterygium surgery the demand was so great. In contrast, one of my colleagues related how during her training in Michigan, there was only one pterygium surgery a year and the OR was packed to see this "rare" case.

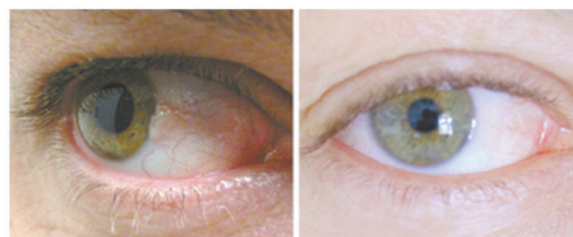
While a pterygium is non-cancerous, occasionally it can cause problems. In advanced cases, the pterygium may grow so far over the cornea as to induce astigmatism or even obstruct vision. Milder cases may only present with chronic foreign body sensation or redness. Still, some may cause significant cosmetic problems that the patient desires excision. Whichever the case, removal can be fairly simple.

Since the pterygium grows on the surface of the eye, it can be carefully dissected off. Just removing the pterygium alone, however, would leave a significant defect in the superficial eye which, besides being painful, would carry a high risk of recurrence. When pterygia grow back after surgery they tend to grow back very aggressively and repeat surgeries can be more challenging. To prevent recurrence, ophthalmologists will close the defect, either by using an allograft (transposing some of the patient's own conjunctiva over) or an amniotic membrane graft. While oftentimes these can be secured with sutures, more and more surgeons are securing the grafts with fibrin glue to allow more postoperative discomfort. While cosmetic outcomes can be wonderful, it is important to repeat that pterygia are in general benign lesions that do not require removal.



A pterygium may grow large enough to obstruct vision.

That said, there are several lesions that can mimic pterygia. These can include conjunctiva intraepithelial neoplasia and conjunctival amelanotic melanoma. Both of these lesions can appear as pterygia but can become malignant tumors and removal is highly recommended. Important distinguishing characteristics include pigmentation and rapid increase in lesion size. If you notice any of these changes, you should contact your ophthalmologist immediately



Before

After



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.

SELFIES



A SELFIE is a photograph of yourself taken with a mobile phone or other handheld device, and uploaded to social media – Facebook, Instagram, Twitter, etc.

Personally, I am fascinated with the whole selfie concept. I wonder: do people think so much of themselves that they want others to look at them? Or do they think so little of themselves that they portray an unrealistic image through photos? Or maybe they just do it for fun? Who knows? But what I do know is that the selfie tells others a lot about ourselves.

And probably more than you even realize.

I read this the other day: “We (people) are God’s selfie.” When I first read it, I thought to myself: what a disappointment. But then as I spent more time letting the statement soak in, I began to understand the truth behind it – and the impact it could have on our lives if we began to embrace the whole idea.

We are God’s selfie.

In the Bible we see in Genesis chapter one that God created the heavens and the earth. He created the seas, the animals, and all that we see everyday. “Then God said, “Let us make human beings *in our image, to be like us*. . . So *God created human beings in his own image*. In the image of God he created them; male and female he created them.” (Genesis 1:26-27)

That passage also tells us what God thinks of “His selfie”. When God created all of the other things, at the end of the day He said it was ‘good’. When God created humans in His image, He said it was *very* good.

So here’s the deal: we are God’s selfie.

But what does that mean for us? It means that when you look in the mirror at yourself you should see something different. When you think that you don’t have value as a person you should think again. Because God sees great value in you.

The Apostle Paul write this: “. . . we are God’s *masterpiece*. . .” (Ephesians 2:10) King David wrote a song in which he wrote these words: “For you formed my inward parts; you knitted me together in my mother’s womb. I praise you, for *I am fearfully and wonderfully made*.” (Psalm 139:13-14)

No matter how breath taking the sunset may be. No matter how majestic the scenery may look. No matter how beautiful the painting appears or how wonderful the symphony sounds. None of it compares to you. Because you are God’s masterpiece.

You are God’s selfie.

Brent Myers



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