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# Health & Wellness

MAGAZINE

February 2026

South Palm Beach Edition - Monthly



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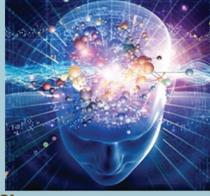


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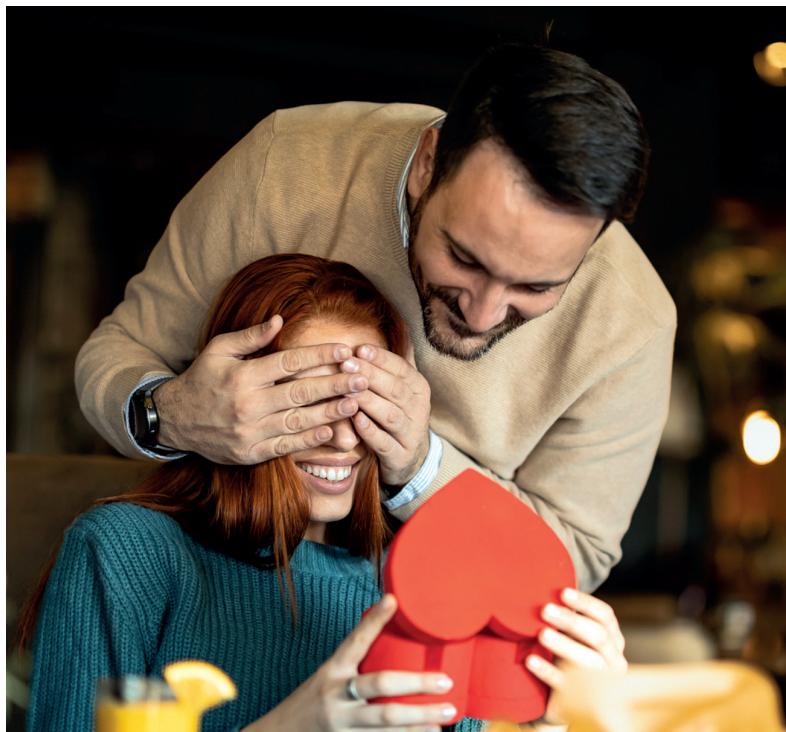
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# FALL BACK IN LOVE WITH YOUR FOLLICLES

## *How to Rekindle the Relationship Between You and Your Hair*

by Alan J. Bauman, MD, ABHRS



**“It’s not you, it’s me.”**

**“Maybe we should take a break.”**

**“I need space.” “You deserve better.”**

Break-ups, no matter how long you’re with someone, are never easy. I’m sure you’ve heard or said at least one of these once in your life. While my medical background doesn’t pertain to marriage counseling or couples therapy, I certainly know a thing or two about a break-up that can easily be avoided: the relationship between you and your hair.

Before you and your hair decide to start seeing other people, why not take a moment to address the underlying issues in your relationship? Not sure where to start? Our team at Bauman Medical has you covered. With February being the month of love, make your scalp this year’s Valentine. No need for a bundle of roses or a box of chocolates, however.

painful procedures that leave you with a buzz cut and scars. Just like relationships grow and evolve, so do hair restoration strategies. This is especially true given the advancements made at Bauman Medical with our FUE (Follicular Unit Extraction) Hair Transplant.

What makes FUE different from the traditional FUT strip harvesting? The beauty of FUE is that a little goes a long way. The process begins with harvesting individual grafts from your scalp that can be as few as one hair follicle. Just like how we have that special someone, your scalp also has that special follicle that can produce impeccable results. Couple that with a faster recovery process and added comfort, and you’ll be falling back in love with your hair in no time!

Bauman Medical will bring back that spark between you and your hair in no time. From proper diagnostic tools to state-of-the-art hair restoration procedures, here are just a few options to rekindle the love you once had for your hair.

### **Low-Level Laser Therapy**

One way to make your hair feel like the light of your life once again is to give it the proper light needed for hair restoration. Embrace the warmth of my state-of-the-art Bauman TURBO LaserCap®! Bring the benefits of low-level laser therapy to the comfort of your home and treat yourself and your scalp to a nice, cozy evening. With only five minutes of daily use, you’ll start to notice the hair you fell in love with. FDA-cleared, drug-free, chemical-free, side-effect-free, and non-invasive, the TURBO LaserCap is a speedy way to get back to your relationship roots with, well, your roots!

### **FUE Hair Transplant**

Sometimes in a relationship, one party has to work on themselves. In the case of your scalp, that once dreaded word is the best course of action. But hair transplants aren’t how they used to be. Gone are the days of pluggy-looking,

But when it comes to that special someone, you always want to give more. Thankfully, you can treat your scalp with the care it deserves by opting for our VIP|FUETM. How can FUE get any better? Making your scalp feel like a VIP means skipping the trimming and shaving. That’s right, no buzz cut: it’s like you weren’t even here. No hair transplant comes close to the discretion and effectiveness of VIP|FUETM, making it the perfect Valentine’s Day gift to your scalp.

### **TED & Exosome Therapy**

The key to a great relationship is communication. Just as it’s important for both parties to be on the same page, your body contains special cells called exosomes that also place heavy emphasis on communication. Whether exosomes are living together or are currently long-distance, they still find a way to communicate all across our bodies. So how do exosomes fit in with hair restoration? They contain key elements like nucleic acids, growth factors, and other proteins, which, when paired with our TransEpidermal Delivery (TED) procedure, we are able to increase scalp permeability and blood flow, both major factors in scalp health. Will this hurt? Far from it, as TED uses ultrasonic waves and air pressure to complement the Exosomes or topical hair growth serum we apply to the treatment zone.

### **PRP**

It takes time to rekindle the relationship you once had with your hair. At least, that was the case prior to our PRP procedure, a staple at Bauman Medical for its efficacy in natural hair growth. All we need is an hour, and in return, we’ll give you back years of hair! PRP works by taking a small blood sample from you. We then isolate the platelets found within said sample with some assistance from our advanced technology. Once concentrated, our team can now tap into the platelets’ growth factors that are then applied to your hair for the aforementioned hair growth. Your scalp will recognize your efforts in making this work, giving you great results with next to no discomfort.

### **PDOgro™**

While I love our PRP and other procedures present at Bauman Medical, there’s one thing I love more: finding ways to improve them. Anytime we can make an advancement in our hair restoration solutions, it’s like falling back in love. And there’s no better example



Before and after FUE Hair Transplant by Dr. Alan Bauman



Before and after FUE Hair Transplant by Dr. Alan Bauman

of furthering an already fantastic option than with our PDOgro™ procedure. If you love PRP, you're going to want to hear this. A true power couple, PDOgro™ combines PRP with our special polydioxanone threads. These delicate and absorbable materials help stimulate an array of scalp functions — functions that are integral in substantial hair regrowth. This FDA-cleared synthetic absorbable material serves as a catalyst for your endogenous collagen production, elastin, hyaluronic acid, new blood vessel formation, and fibroblast activity. In Layman's terms? Say hello to a year or more of blossoming hair regrowth through a safe and tranquil outpatient procedure. And no matter how far along you are, rest easy knowing that the Bauman Medical team will be there from start to finish.

#### Learn More

A strong relationship takes time to build. That goes for personal dynamics and the connection you have with your hair. If you're looking to revitalize the feeling you had about your do and go back to the honeymoon phase, my team at Bauman Medical is here to help. This Valentine's Day, make it a point to love yourself and your scalp by choosing one of our many cutting-edge restoration options. Call 561-220-3480 or point your camera at the QR code below to schedule a private one-on-one in-person or virtual evaluation at [www.baumanmedical.com](http://www.baumanmedical.com).



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#### 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 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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# COULD YOU BE AT RISK FOR BLADDER CANCER? HERE'S WHAT TO KNOW.

**B**ladder cancer is one of the most frequently diagnosed cancers in the U.S. It occurs more often in men than in women, and the risk increases with age. Most cases—about nine out of 10—occur in people over age 55, with the average age at diagnosis being 73. Throughout their lives, roughly one in 28 men and one in 91 women will develop bladder cancer. It rarely occurs in children.

## The Basics of Bladder Cancer

The bladder is a hollow organ in the lower pelvis that stores urine until it leaves the body through the urethra. Sometimes the cells in the lining of the bladder can change and grow out of control, forming tumors that can spread.

Most bladder cancers begin in the cells lining the inside of the bladder. The most common type is called urothelial carcinoma. Many stay in the inner lining at first, but some can grow deeper and spread to nearby lymph nodes or other parts of the body, like the bones, lungs, or liver.

## Warning Signs and Symptoms

One common early symptom is blood in the urine, which may appear pink, brown, or bright red. This bleeding usually does not cause pain, and sometimes it is only visible through a lab test. While blood in the urine can be caused by other conditions, it should always be reported to your doctor.

Other possible early symptoms include frequent or painful urination, difficulty urinating, or a weak urine stream. As bladder cancer progresses, symptoms can become more severe, such as inability to urinate, lower back pain on one side, swelling in the feet, bone pain, fatigue, loss of appetite, or weight loss.

Currently, there is no standard screening test for bladder cancer. If your healthcare provider suspects cancer, a range of tests can help confirm the diagnosis.

## Bladder Cancer Treatment

When found in early stages, bladder cancer is highly treatable.

Treatment depends on the type, stage, and your overall health, and may involve more than one approach. Small, early tumors are often removed through a procedure called TURBT, which uses a scope inserted into the bladder. For cancers that have grown deeper, surgery to remove the bladder and nearby lymph nodes may be needed.



Even after successful treatment, bladder cancers can come back. Follow-up tests may continue for years after treatment to detect any recurrence.

## What's Your Risk?

Smoking is the main risk factor for bladder cancer, causing about half of all cases. Smokers are at least three times more likely than non-smokers to develop the disease. Certain chemicals can also increase risk, including those found in industries such as dye, rubber, leather, and textile manufacturing; painting and printing; photography; hairdressing; and exposure to diesel fumes.

Previous cancer treatment can increase the risk as well. Patients who received radiation treatment aimed at the pelvis, or treatment with certain anti-cancer drugs, have a higher risk of developing bladder cancer.

Chronic inflammation of the urinary tract or repeated urinary infections may also increase risk. As with many forms of cancer, family history can play a role.

While we can't change certain risk factors for bladder cancer, like age or gender, there are steps you can take to lower your risk:

- Don't smoke.
- Be careful around chemicals, and follow all safety instructions if you work with them.
- Eat a healthy diet rich in fruits and vegetables.

## New Options Through Clinical Trials

Advancements in the diagnosis and treatment of all forms of cancer continue at a rapid pace, thanks to ongoing clinical research. Clinical trials have played a significant role in these advancements that are now saving more lives. Patients who participate in these safe and carefully supervised groundbreaking research studies are receiving the latest treatments available, which can have positive impacts on their outcomes.

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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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# THE LIFE-SAVING POWER OF REGULAR SKIN CANCER SCREENINGS: WHY EARLY DETECTION MATTERS

In a world where health consciousness is on the rise, one critical aspect of preventive care often goes overlooked: regular skin cancer screenings. With skin cancer being one of the most common types of cancer worldwide, the importance of early detection through routine check-ups cannot be overstated. This article delves into why staying vigilant about your skin health, particularly in checking for melanomas, could be a life-saving decision.

## Understanding Skin Cancer and Melanoma

Skin cancer occurs when skin cells grow abnormally, often due to damage from UV radiation. While there are several types of skin cancer, melanoma is the most dangerous. Melanoma develops in the melanocytes, the cells responsible for producing skin pigment. Although it's less common than other skin cancers, melanoma is far more likely to spread to other parts of the body if not caught early.

## The Power of Early Detection

The key to successfully treating skin cancer, especially melanoma, lies in early detection. When caught in its initial stages, the five-year survival rate for melanoma is an impressive 99%. However, this rate drops dramatically to 27% for melanomas that have spread to distant parts of the body. These statistics underscore the critical importance of regular skin checks and professional screenings.

## Recognizing the Warning Signs

While professional screenings are crucial, being aware of your own skin and any changes is equally important. The "ABCDE" rule is a helpful guide for identifying potential melanomas:

**Asymmetry:** One half of the mole doesn't match the other half.

**Border:** The edges are irregular, ragged, or blurred.

**Color:** The color is not uniform and may include shades of brown, black, or tan.

**Diameter:** Melanomas are usually larger than 6mm (about the size of a pencil eraser).

**Evolving:** The mole changes in size, shape, or color over time.

Any mole or skin growth exhibiting these characteristics warrants immediate medical attention.

## The Screening Process

A professional skin cancer screening is a quick, painless procedure that can be performed by a dermatologist or trained healthcare provider. During the screening, the doctor will thoroughly examine your skin, paying close attention to areas frequently exposed to the sun. They may use a dermatoscope, a special magnifying tool, to get a closer look at suspicious spots.

## Who Should Get Screened and How Often?

While everyone should be mindful of their skin health, certain factors increase the risk of skin cancer:

- Fair skin
- History of sunburns or excessive sun exposure
- Multiple or atypical moles
- Family history of skin cancer
- Weakened immune system

For those at average risk, an annual skin check is recommended. However, individuals with higher risk factors may need more frequent screenings. It's best to consult with a healthcare provider to determine the most appropriate screening schedule for your specific situation.

## Beyond Professional Screenings: The Importance of Self-Checks

In between professional screenings, monthly self-examinations are crucial. These self-checks allow you to become familiar with your skin's normal appearance and help you spot any changes quickly. Use a full-length mirror and a hand mirror to examine your entire body, including hard-to-see areas like your back, scalp, and between your toes.

## Prevention: Your First Line of Defense

While regular screenings are vital, prevention remains the best strategy against skin cancer. Protect your skin by:

- Applying broad-spectrum sunscreen with at least SPF 30 daily
- Wearing protective clothing, including wide-brimmed hats and sunglasses
- Seeking shade, especially during peak sun hours (10 am to 4 pm)
- Avoiding tanning beds and sun lamps

## The Broader Impact of Regular Screenings

Regular skin cancer screenings don't just benefit individuals; they have a broader societal impact. Early detection reduces the overall burden on healthcare systems by catching cancers when they're most treatable. It also helps raise awareness about skin cancer, encouraging others to prioritize their skin health.

## Conclusion: A Small Step for Significant Peace of Mind

In the grand scheme of health maintenance, skin cancer screenings are a relatively small investment of time that can yield enormous benefits. By making these screenings a regular part of your health routine, you're taking a proactive step in protecting yourself against one of the most prevalent forms of cancer. Remember, your skin is your body's largest organ and its first line of defense against the environment. Treating it with the care and attention it deserves isn't just about aesthetics—it's about preserving your overall health and potentially saving your life.

Don't wait for a problem to arise. Schedule a skin cancer screening today and empower yourself with the knowledge and vigilance needed to keep your skin healthy for years to come. Your future self will thank you for this simple yet powerful act of self-care.



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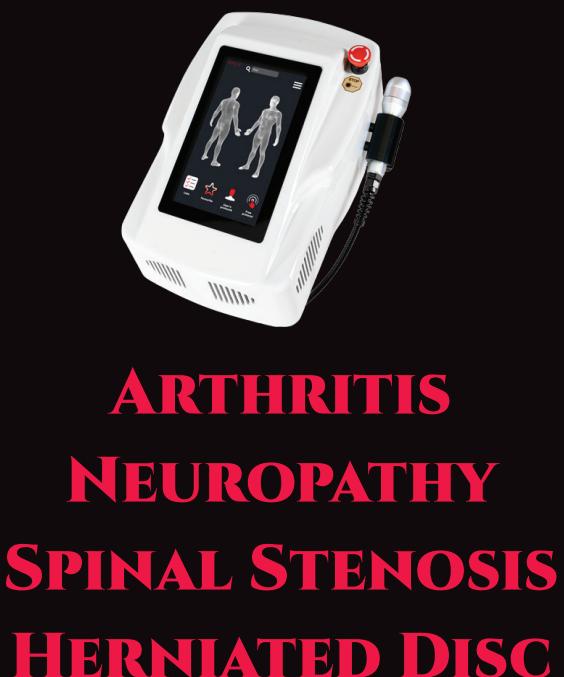
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**MY SAFE AND PAINLESS TREATMENT** PROTOCOLS ACTUALLY HEAL HUMAN TISSUE, THEY ACHIEVE RESULTS WHEN OTHER TREATMENTS FAIL. ~ **DR. J. COSTELLO**

WE HAD EXHAUSTED ALL OPTIONS, EPIDURALS, CORTISONE SHOTS, PAINKILLERS ... **NOTHING WAS WORKING FOR MY HUSBAND'S EXCRUCIATING HIP PAIN**. FORTUNATELY, WE CAME ACROSS AN ARTICLE ABOUT DR. COSTELLO AND HIS BREAKTHROUGH LASER TREATMENT. I CALLED IMMEDIATELY, WE STARTED TREATMENT. WE PUT ALL OUR FAITH IN DR. COSTELLO. IT WORKED! MY HUSBAND IS PAIN FREE AND WE ARE JUST THRILLED! ~ **TOBY F | BOYNTON BEACH, FL**

# Sensational News!

## The most powerful Hyper Pulsed Laser comes to Palm Beach County!

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.

### Revolutionary Hyper-Pulsed Laser Therapy

Dr. Costello's innovative approach utilizes hyper-pulsed YAG Laser, the most powerful laser in the world has successfully helped numerous 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.

### 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.

### The Comfort of Concierge Treatment

What sets Dr. Costello's practice apart is not just his expertise, but his commitment to patient comfort. **Every in home 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

### "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. ~ **RUSSELL A., JUPITER, FL**

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## COMPETITIVE PRICING

One of the key reasons why Florida Best Home Care LLC is the best choice for home care services is unbeatable savings. With customers paying as low as \$21 per hour, we are making high-quality care accessible to a wider range of clients. We have the lowest fees in town. The average client using home health care agencies in South Florida is paying \$28/hr with the caregiver receiving an average of \$15/hr. Florida Best Home Care average caregiver rate is higher while our fees remain significantly lower. Our clients affordable rates are a testament to our commitment to providing excellent service without breaking the bank. Unlike other agencies that charge exorbitant fees, we believe that quality care should be available to everyone.

## EXCEPTIONAL CAREGIVER STANDARDS

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



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## TRANSPARENCY

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

## EXPERTISE IN LONG-TERM CARE INSURANCE

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

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

## CONCLUSION

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



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# TRUSTED HOMECARE AGENCY: Serving Veterans with Free Supplemental Home Healthcare

When it comes to healthcare, veterans deserve the best care possible. For veterans seeking in-home healthcare services, there is a valuable resource available to them through the Trusted Homecare Agency. This trusted organization specializes in providing free home healthcare options to veterans, offering a range of services that cater to their unique needs. **Did you know there is a program available to veterans which offers up to 21 hours per week of home healthcare for free?** These include a range of home healthcare services including:

## SKILLED NURSING CARE:

Trusted Homecare Agency offers skilled nursing care to veterans who require medical attention within the comfort of their own homes. This includes wound care, medication management, and assistance with chronic conditions. Skilled nurses are highly trained and experienced in dealing with veterans' specific health concerns, providing personalized care that ensures their well-being.

## BENEFITS:

- Reduced hospitalization: Skilled nursing care can help prevent unnecessary hospitalizations by providing timely and effective medical interventions.
- Enhanced comfort and convenience: Veterans can receive medical care without the need to travel to a healthcare facility, ensuring greater comfort and less stress.

## HOME HEALTH AIDES:

Veterans can also benefit from the assistance of home health aides provided by Trusted Homecare Agency. These caregivers help with activities of daily living, such as bathing, dressing, meal preparation, and light housekeeping. Home health aides offer companionship and emotional support to veterans, ensuring they maintain a good quality of life.

Do you use  
the VA medical  
at least once a year?

Are you using Homecare  
now but need more  
hours? Is the cost  
too high?

Are you in need of  
home healthcare?

## BENEFITS:

- Improved quality of life: Veterans can maintain their independence and dignity while receiving essential assistance with daily tasks.
- Reduced caregiver burden: Family members of veterans can find relief knowing their loved ones are in capable hands.

## PHYSICAL AND OCCUPATIONAL THERAPY:

Trusted Homecare Agency offers veterans access to physical and occupational therapy services within the confines of their homes. These therapies are designed to help veterans regain mobility, strength, and independence, especially after injuries or surgeries.

## BENEFITS:

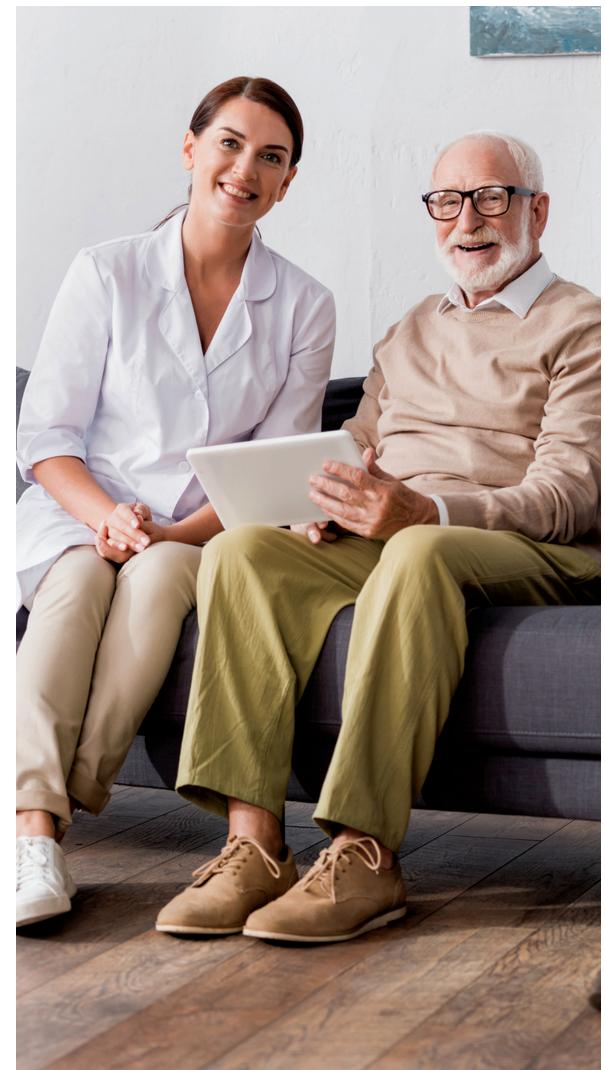
- Personalized rehabilitation: Veterans receive one-on-one therapy sessions tailored to their specific needs and goals.
- Faster recovery: In-home therapy can often lead to quicker rehabilitation, reducing the need for extended hospital stays or facility-based care.

## PALLIATIVE CARE:

For veterans facing serious illnesses or end-of-life care, Trusted Homecare Agency provides palliative care services. This specialized care focuses on improving the quality of life by addressing physical, emotional, and spiritual.

## BENEFITS:

- Enhanced comfort: Veterans can experience symptom relief and pain management, making their final days more comfortable.
- Emotional and spiritual support: Palliative care offers emotional and spiritual assistance, ensuring that veterans and their families find solace during challenging times.

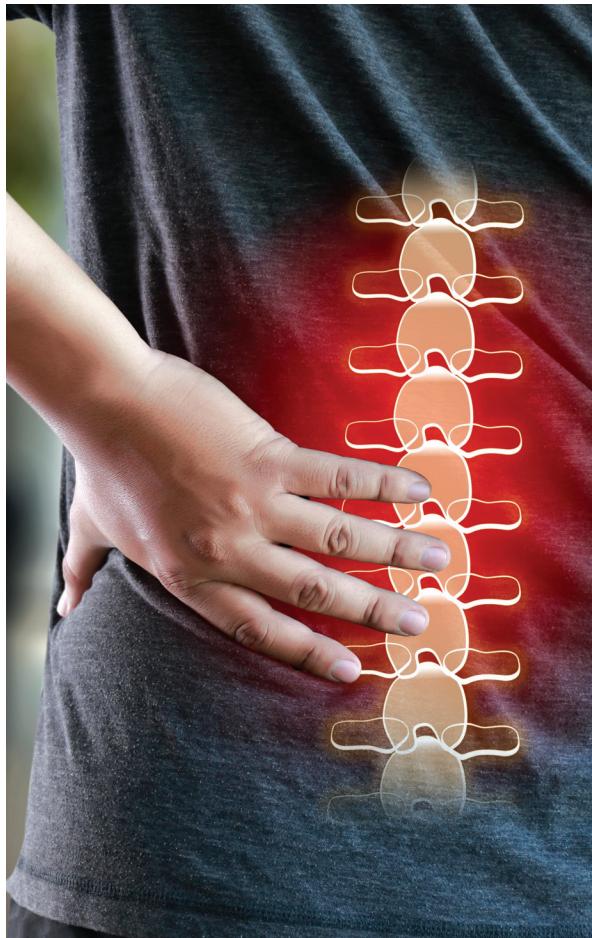


Trusted Homecare Agency is dedicated to serving veterans by providing them with a range of free in-home healthcare options. These services not only cater to veterans' unique healthcare needs but also offer numerous benefits, including improved comfort, reduced hospitalization, and enhanced quality of life. With a team of skilled nurses, home health aides, and therapy professionals, veterans can receive the care they deserve without leaving their homes.

Trusted Homecare Agency's commitment to the well-being of veterans ensures that they receive the care and support they need to maintain their independence, improve their health, and live fulfilling lives. By availing themselves of these free in-home healthcare services, veterans can rest assured that their healthcare needs are in capable and caring hands, helping them lead healthier, happier lives.

If you are a veteran & utilizing home health services but need more hours, there is a program that offers up to 21 hours per week of care for free. This is not aide & attendance or cash in hand. This program is a benefit for the veteran to help ease the financial strain of home healthcare costs. To find out more about this free program call us today **561-998-6039**.

# 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 *Biomedicines* 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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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®

**B**enign 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  $\mu\text{m}$  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 firsthand 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 Chairman 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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# WHY DO I FEEL SO TIRED ALL OF THE TIME, AND NOTHING WAKES ME UP?

By Renee Chillcott, LMHC

**W**hen it comes to a feeling we can't tolerate and want to change, fatigue is the most common symptom clients experience. Fatigue is an unpleasant sensation that leaves us unmotivated, causes anxiety, and makes it hard to focus and concentrate. But what can you do about fatigue when you're sleeping the right amount and stimulating your brain to no effect?

Let's first look at **FATIGUE** and what can be causing it?

Fatigue is defined as: extreme tiredness resulting from mental or physical exertion or illness. And although the following definition refers to fatigue in a material such as metal... I think it applies to fatigue's effect on our mental status as well: weaken by repeated variations of stress. Both definitions describe fatigue as a condition or set of symptoms that occur during periods of exertion or stress.

**According to the Cleveland Clinic, symptoms of Fatigue include:**

- Tired eyes.
- Tired legs.
- Whole body tiredness.
- Stiff shoulders.
- Malaise (discomfort/uneasiness).
- Boredom.
- Impatience.

Although all the symptoms correspond to fatigue, we generally think of fatigue being problematic if it's **1**. Out of our control and not temporary. (We didn't do anything to cause it), or **2**. It is interrupting our ability to function. Again, borrowing from The Cleveland Clinic, the latter has symptoms that look like this:

- Depression and a lack of desire to do the activities you once enjoyed.
- Trouble concentrating or focusing.
- Very low energy and motivation.
- Nervousness, anxiety, and irritability.
- Muscle pain and weakness.



Most people have experienced brief periods of fatigue at some point in their lives. **Some common treatments include:**

- Increase the number of hours of sleep by going to bed earlier/waking up later.
- Addition of caffeine or stimulant medication to get moving.
- Addition of coping skills, such as stand-up desks, fidget spinners, or even a stimulating environment.
- Improving diet/adding exercise.

What should you do if you've tried common treatments and eliminated known causes of persistent fatigue? It's not caused by an illness, medication you're on, poor sleep, poor diet, or another medical condition. The fatigue just persists, doesn't it? Won't go away? No known cause? But it has many consequences? In these cases, we focus on the brain.

Adrenal glands produce stress hormones, cortisol and adrenaline. These hormones help regulate energy, blood pressure, metabolism, and your stress response.

When you're under constant stress—whether physical, emotional, or psychological, your adrenal glands may become dysregulated. **This can result in what many refer to as "adrenal fatigue," marked by:**

- Morning sluggishness despite a full night's sleep and "hitting a wall" of fatigue in the afternoon.
- Dependence on caffeine to function.
- Cravings for "junk" or comfort foods.
- Feeling overwhelmed or "wired but tired."

While "adrenal fatigue" isn't a formal medical diagnosis, it's often associated with HPA axis dysfunction. The HPA Axis is the communication in the brain between the hypothalamus, the pituitary gland, and the adrenal glands. The HPA Axis helps regulate our stress response. Very often, when the HPA axis dysregulates, neural firing tends to concentrate on high beta (stress) waves to balance brain activity. This causes a paradox with the client. They experience tiredness and slowing while their brain is actually firing too many overstimulated (high beta) neurons. This causes the "wired but tired" feeling and contributes to a stress loop as the client reaches for caffeine or stimulant medication to combat the tiredness, thus creating more dysfunction.

**Fatigue that stems from HPA axis dysfunction often includes both physical exhaustion and cognitive dullness.**

- Mental fog or poor concentration
- Slowed thinking or memory lapses
- Difficulty staying alert even without physical tiredness
- Mood swings or irritability

Just as fatigue is not a “one size fits all” condition, the treatment for it isn’t “one size fits all”.

At The Brain and Wellness Center, we evaluate each client to determine the best course of treatment. Every treatment plan is individualized and based on information specific to the client. We look at lifestyle, habits, diet, medication, and the individual brain to determine the best course of treatment. Neurofeedback is often needed to correct brain dysregulation that is causing fatigue symptoms.

#### WHAT EXACTLY IS NEUROFEEDBACK?

Neurofeedback is often referred to as brain exercise. While allowing you to see the frequencies produced by different parts of your brain in real time and then receive visual and auditory feedback, it teaches the brain to better regulate itself. Neurofeedback can be used to help detect, reward, and/or inhibit brain activity safely, 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 as pictures appear on the screen (in a calm, focused state), the EEG equipment measures the frequency or speed at which electrical activity propagates in the areas where electrodes have been placed. This information is sent to the therapist’s computer. The therapist can then determine which 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 the reward band to encourage a more balanced pattern. This encouragement or “reward” occurs through auditory reinforcement (“beeps”) and, sometimes, visual reinforcement of changes on the screen.

It is important to understand that the goal of the neurofeedback approach is not to “cure” or “fix” your brain. It teaches and guides your brain to produce frequencies that help it relax and/or focus. We provide the brain with gentle “challenges” and encouragement in a user-friendly, stress-free format so it learns to regulate or shift to healthier states more smoothly on its own at the appropriate time. We call Neurofeedback “Brain Yoga” because the goal of yoga is to be more balanced and flexible, just as Neurofeedback’s goal is.

#### I DON’T GET IT. 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 influences the brain on a neurological level. Auditory rewards stimulate auditory pathways, affect the vestibular system, and have numerous connections to the reticular activating system, which regulates wakefulness and attention. These systems function in our brains without conscious effort. Therefore, neurofeedback trains your brain through automated learning with little or no behavioral effort. Another way to put it is that neurofeedback involves operant conditioning. This type of learning teaches us through a reinforced reward system.

The auditory reward (beep) is delivered on a schedule of reinforcement that encourages optimal learning—neither too hard nor too easy. This schedule of reinforcement, or reward, provides just the right amount of resistance to evoke a positive learning pattern.

#### WHY TRAIN YOUR BRAIN?

Mental clarity improves when you operate a calmer, more efficient brain. As you learn to slow down “inner chatter” or activate a “sleepy” brain, you become more effective at responding to stress and adapt more readily to different situations, both psychologically and physically. Parenting becomes less exhausting, appointments are more easily kept, decision-making improves, and mood swings and depression often lift.

Neurofeedback has also been shown to be highly effective for school-age children who face focus and learning challenges. Through brain training, children learn to concentrate better on schoolwork, increase their frustration tolerance, and become less overwhelmed by sensory overload in noisy classrooms. With their thoughts better organized, they can focus more clearly on others’ words, start to develop friendships, and learn more effectively.

#### 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.

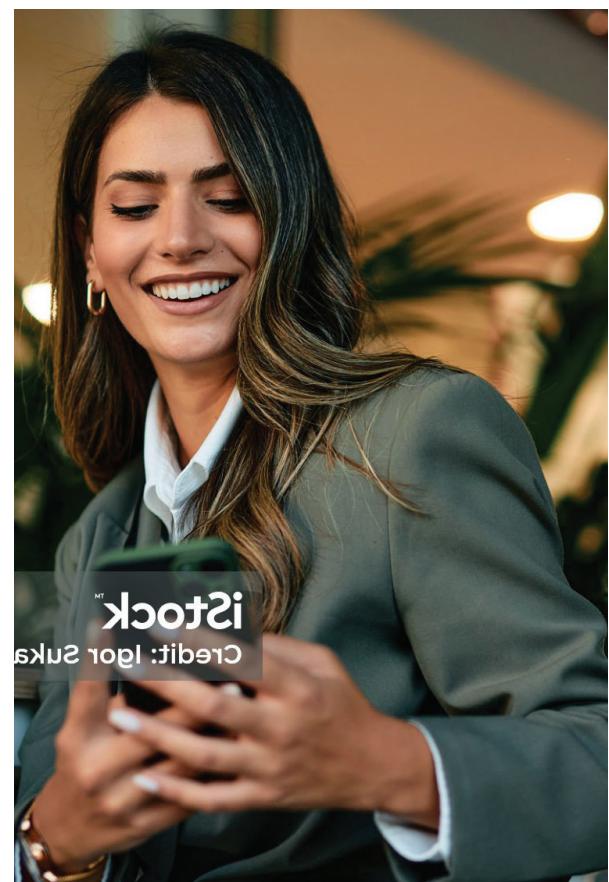
#### WHAT IS A QEEG (QUANTITATIVE EEG) OR BRAIN MAP, AND DO I NEED ONE?

The QEEG, or quantitative EEG, is a brain map that provides a comprehensive view of what is happening in the entire brain at once. We attach electrodes to 19 scalp sites and record brain waves while the person has his eyes open for 5 minutes and closed for 10 minutes. This recording is then sent for reading and analysis. The brain activity is compared across all spots and examined for connections, symmetry, and communication between different parts. The data is then compared to a database of peers with similar sex, handedness, and age. It helps us identify areas that need more targeted attention than just training individual spots.

We don’t always need this data to improve symptoms, but we do recommend it in certain cases. A QEEG can also provide useful information when diagnosing or determining the best medication or supplement options.

#### DOES NEUROFEEDBACK HURT OR HAVE SIDE EFFECTS?

Neurofeedback is a non-invasive, non-medication, and most importantly, a non-painful approach. Your experience will be very relaxing and positive. We gently teach your



brain to regulate more efficiently and do not force it into an uncomfortable state. Because Neurofeedback teaches your brain how to regulate more effectively, rather than forcing pattern changes, there are no permanent negative side effects. As mentioned, no two brains are alike; therefore, we adjust treatments to fit the client, not the other way around. We are committed to ensuring your learning is optimal and your experience is positive.

#### HOW DO I GET STARTED?

Getting started is simple — just contact us. The Brain and Wellness Center staff will arrange a FREE telephone consultation to answer your questions and help you schedule your appointment. If you’re wondering which services are best for you, we can help determine that during the call. Email or text us today! The Brain and Wellness Center, 5458 Town Center Road, Suite 13, Boca Raton, FL 33486. Text **(561) 206-2706**, email us at [info@bocabraincenter.com](mailto:info@bocabraincenter.com), or visit our website at [www.BocaBrainCenter.com](http://www.BocaBrainCenter.com).



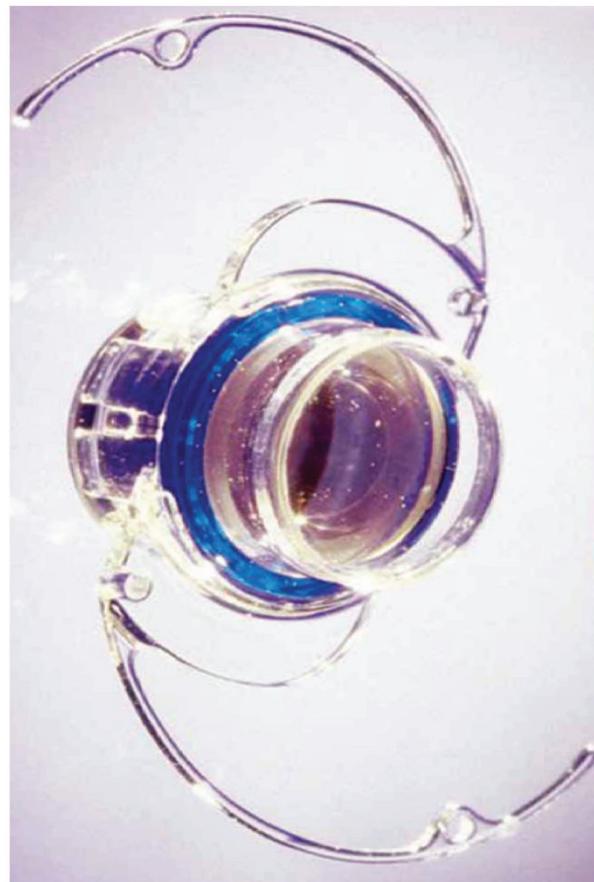
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# A NEW CATARACT SURGERY FOR THOSE WITH MACULAR DEGENERATION



**“CentraSight is the first treatment program to use a tiny telescope that is implanted inside the eye ... Smaller than a pea, the telescope implant uses micro-optical technology to magnify objects that would normally be seen in one's 'straight ahead' vision.”**

**By David A. Goldman, M.D.**

Imagine the heartbreak for someone who gradually loses the ability to see her grandchildren, husband and the people who mean the most to her. Now imagine her joy when she can see them again. Thanks to a groundbreaking new treatment program called CentraSight®, this dream can now be a reality for patients around the country with End-Stage age related macular degeneration (AMD), the leading cause of blindness in older Americans.

More than 15 million Americans are affected by some form of macular degeneration, a progressive disease that can lead to severe vision loss in its most advanced form, End-Stage AMD. The number is expected to double with the rapid aging of the U.S. population. Approximately 2 million Americans have advanced forms of AMD with associated vision loss.

Macular degeneration attacks the macula of the eye, where one's sharpest central vision occurs. Although it does not cause complete blindness, patients with End-Stage AMD have a central blind spot, or missing area, in their vision. This vision loss makes it difficult or impossible to see faces, read, and perform everyday activities such as watching TV, preparing meals, and self-care.

For many people, the first sign of AMD is something they notice themselves. Straight lines like doorways or telephone wires may appear wavy or disconnected. When they look at someone, their face may be blurred while the rest is in focus. Lines of print may be blurred in the center or the lines may be crooked.

CentraSight is the first treatment program to use a tiny telescope that is implanted inside the eye to treat End-Stage AMD. Smaller than a pea, the telescope implant uses micro-optical technology to magnify objects that would normally be seen in one's 'straight ahead' vision. This image is projected onto the healthy retina in the back of the eye not affected by the disease.

The telescope implant improves patients' vision so they can see the things that are important to them, increase their independence, and manage everyday activities again. They can feel more confident in social settings because they can recognize faces and see the facial expressions of family and friends.

The CentraSight treatment program focuses on comprehensive patient care, requiring potential patients to undergo medical and vision evaluation to determine whether they

may be a good candidate. A unique aspect of the evaluation is the ability to simulate, prior to surgery, what a person may expect to see once the telescope is implanted to determine if the improvement possible will meet the patient's expectations. After an eye surgeon implants the telescope in an outpatient procedure, the patient then works with vision specialists to learn how to use their new vision in their everyday activities.

The telescope implant is not a cure. Patients must meet age and cornea health requirements to be considered a good candidate. Possible side effects include decreased vision or vision impairing corneal swelling.

The CentraSight treatment program is now available at Goldman Eye. For more information on the telescope implant and who qualifies for the treatment, visit [www.goldmaneye.com](http://www.goldmaneye.com) or call Dr. Goldman's office at (561) 630-7120.





In 1967 the Beatles released a song titled “All We Need Is Love” which sat atop Billboard's charts for eleven consecutive weeks. Their manager at the time stated, “... they really wanted to give the world a message... it is a clear message saying that love is everything.” In fact, the simple chorus repeats the words: “all you need is love...”

What a message for the world to hear!

During the month of February, many of us focus on the idea of love (thanks to Valentine's Day), but really the message of love is timeless and not bound by a simple holiday.

And to be totally truthful, The Beatles did not invent the idea that “all we need is love.” That was a message taught and written long before they made it popular... about 2,000 years earlier by Jesus.

Jesus often found Himself in a tight spot as He had a tendency to upset what traditional religion had established in His lifetime. Jesus often spoke against the religious leaders of His day and offered a better way – a way founded in grace (not rules) and love (not guilt).

In fact, there was one exchange recorded in the New Testament where a lawyer came to ask Jesus a question with the hopes of trapping Him with His words. Here is that exchange as recorded in the Gospel according to Matthew:

“Teacher, which is the most important commandment in the law of Moses?” Jesus replied, “You must love the LORD your God with all

your heart, all your soul, and all your mind.’ This is the first and greatest commandment. A second is equally important: ‘Love your neighbor as yourself.’ The entire law and all the demands of the prophets are based on these two commandments.” – Matthew 22:36-40 NLT

Do you see that? What does Jesus say is the most important thing? Love. We are supposed to learn to love God with all that we are – our minds, our hearts, our bodies. And then we are supposed to love others. But then He goes on to say this: everything else hangs in the balance of these two things.

So, what does that mean for you and me? It's simple – not easy – but simple. If we learn to love God and love others, then everything else will take care of itself.

Think about it – if I learned to love everyone (not just the people I like), how differently would my relationships look? If I learned to love God, how differently would my priorities look? If I could learn to love, then everything else falls in place.

The apostle Paul describes the kind of love we should have: “Love is patient and kind. Love is not jealous or boastful or proud or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. It does not rejoice about injustice but rejoices whenever the truth wins out. Love never gives up, never loses faith, is always hopeful, and endures through every circumstance”. – 1 Corinthians 13:4-7 NLT

Here is an exercise for us to see how we are doing. Go back and read the quote above, but this time, every time to get to the word “love” or “it” put your own name in its place. Then ask yourself: how am I doing? (It's a simple formula – not an easy one.)

So in this month where we set aside a day of love, let's make it a lifestyle not just a holiday. Because remember, The Beatles were right (just not the first) to say: “All You Need Is Love.”

*Brent Myers*



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