

SOUTH FLORIDA'S

Health & Wellness[®] MAGAZINE

May 2026

South Palm Beach Edition - Monthly



FREE

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**THE ART OF AGING GRACEFULLY:
WHY SKIN CHECKS MATTER AT
ART OF DERMATOLOGY**

**MOM'S THE WORD - GIVE THE GIFT OF
HAIR RESTORATION (AND SECRECY)
THIS MOTHER'S DAY**

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

HAPPY
MOTHER'S
DAY

CANCER CARE AS STRONG AS YOU

**ATTORNEY BARRY HOFFMAN:
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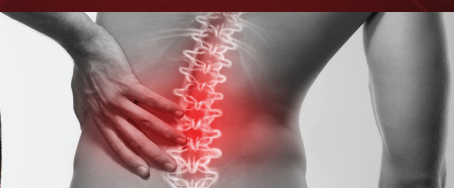
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TRUSTED LAW AMANDA ACHONG, ESQ

- Florida State University
- Western Michigan University
Cooley Law School

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

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- 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
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THE ART OF AGING GRACEFULLY: WHY SKIN CHECKS MATTER AT ART OF DERMATOLOGY

Our skin tells the story of our lives—every laugh line, sun-kissed moment, and year of experience. As we age, maintaining skin health becomes increasingly important, not just for aesthetics but for overall wellbeing. At Art of Dermatology, we believe that healthy aging skin begins with proactive care and regular professional assessment.

Understanding Skin's Aging Process

Skin ages through two distinct processes: intrinsic aging (determined by genetics) and extrinsic aging (influenced by environmental factors). While we cannot control our genetic timeline, we can significantly impact how external factors affect our skin.

With age, our skin naturally produces less collagen and elastin, leading to thinner, less resilient skin. Cell turnover slows, and moisture retention diminishes. Meanwhile, years of sun exposure, pollution, and lifestyle choices accelerate these changes, potentially leading to premature aging and increased risk of skin conditions, including cancer.

The Crucial Role of Regular Skin Checks

Regular dermatological examinations serve as the cornerstone of proactive skin health management. These checks provide much more than peace of mind—they can be lifesaving. Consider these compelling reasons to schedule regular visits to Art of Dermatology:

- **Early Detection of Skin Cancer:** With over one million Americans diagnosed with skin cancer annually, early detection dramatically improves treatment outcomes. Professional dermatologists can identify suspicious changes that might go unnoticed during self-examinations.
- **Personalized Aging Management:** Everyone's skin ages differently. Regular assessments allow dermatologists to craft personalized treatment plans that address your skin's unique needs, from addressing sun damage to managing age-related conditions like rosacea or seborrheic keratosis.
- **Tracking Changing Moles and Spots:** What appears as a harmless freckle today could develop concerning characteristics over time. Consistent monitoring creates a valuable baseline for detecting meaningful changes.



• Expert Guidance on Products and Treatments:

The skincare industry overwhelms consumers with countless anti-aging products. Your dermatologist can recommend evidence-based solutions truly appropriate for your skin type and concerns.

Healthy Habits for Aging Skin

Between professional visits to Art of Dermatology, maintaining these daily habits supports optimal skin health:

- **Sun Protection:** Apply broad-spectrum SPF 30+ sunscreen daily, regardless of weather conditions. Wear protective clothing and seek shade when possible.
- **Hydration:** Both internal hydration (drinking water) and external moisturizing help maintain skin's barrier function and elasticity.
- **Gentle Cleansing:** As skin becomes more delicate with age, harsh products can cause irritation. Opt for gentle, pH-balanced cleansers.
- **Antioxidant-Rich Diet:** Consuming foods high in vitamins C, E, and omega-3 fatty acids supports skin's natural repair processes.
- **Quality Sleep:** During deep sleep, skin undergoes essential regeneration and repair processes critical for healthy aging.

The Art of Dermatology Difference

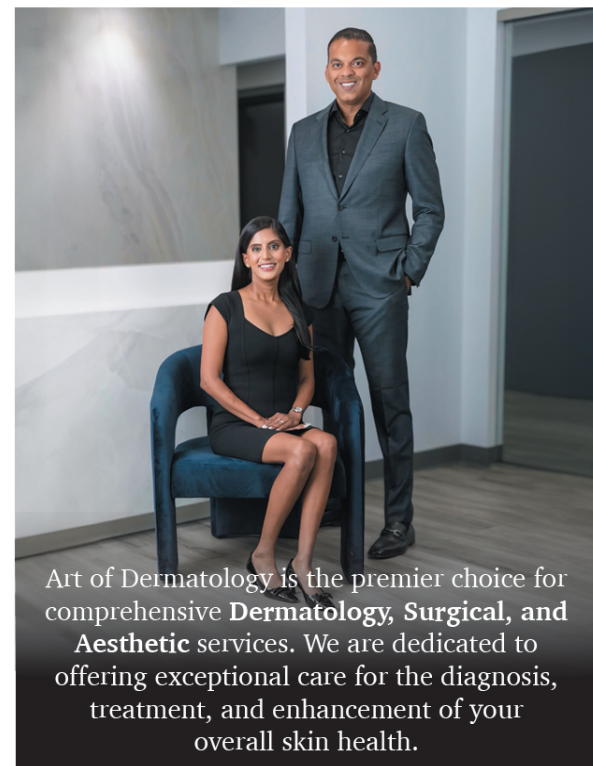
At Art of Dermatology, we combine medical expertise with aesthetic sensibility. Our comprehensive skin examinations include advanced technologies

for detecting subtle changes invisible to the naked eye. Our dermatologists take time to understand your concerns, family history, and lifestyle factors affecting your skin health.

Rather than simply treating visible problems, we partner with you in preventative care—identifying risk factors and potential issues before they manifest. This approach not only supports graceful aging but potentially prevents serious health complications.

Don't wait for visible problems to appear. Schedule your comprehensive skin check at Art of Dermatology today and take the first step toward lifetime skin health. Remember, healthy aging isn't about fighting time—it's about supporting your skin's natural processes with expert care and attention.

Your skin's journey deserves the art of professional dermatology.



Art of Dermatology is the premier choice for comprehensive **Dermatology, Surgical, and Aesthetic** services. We are dedicated to offering exceptional care for the diagnosis, treatment, and enhancement of your overall skin health.

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MOM'S THE WORD

Give the Gift of Hair Restoration (and Secrecy) This Mother's Day

by Alan J. Bauman, MD, ABHRS



Having worked in the realm of hair restoration for some time, I understand there's still a bit of stigma that comes with hair loss. It can feel like a multitude of things. Despite it being completely natural, I understand the negative emotions that might arise when your hairdo isn't looking the way it used to.

Hair loss is something that doesn't discriminate, especially when it comes to women. Nearly a third of the female population will experience some form of it at some point in time. But regardless of a thinned-out crown or a bit of shedding, the good news is that Bauman Medical has the tools and expertise to turn back time to when a bad hair day was your only concern.

With May being the month we celebrate that special woman we all know and love, mothers deserve something that makes them feel like their old self again. I can understand the apprehension about wanting to start the journey of hair restoration. The obvious being, well, how obvious this transformation might be.

of sulfates, parabens, phthalates, and artificial fragrances. Used daily, you're giving mom a gift that brings the clinic to her everyday routine.

Super Biotin

Very few vitamins out there provide the immense hair benefits that my Super Biotin supplement does. Packed with 10,000 mcg of vitamin B7, mom will not only have stronger, healthier hair but also nails. For shinier, voluminous hair, Super Biotin is the hero we all deserve.

Ashwaganda

Let's face it — kids can be a handful. We make it hard for moms to relax at times, so to pay it back, the gift of my

With the latest advancements in hair restoration, our team at Bauman Medical works to make it seem like we weren't even there. From in-house treatments to at-home products, you could say mom's the word this May by giving one of these fine gifts:

AT-HOME TREATMENTS

BOOST

Just like on those long days that seemed never-ending, a little boost from mom is what helped us all get over the hump. You can now return the favor with my name BOOST™ DHT-Control Shampoo & Conditioner System. Say goodbye to Head & Shoulders and hello to the power benefits of scalp revitalization, stronger hair, and weightless hydration, with added DHT-blocking ingredients and an upgraded look. To top it off, mom can feel this boost even more, as this system is 100% vegan, cruelty-free, color-safe, and free

ashwagandha supplement will have her saying "ohm" soon enough. How does relaxation help with hair loss? Well, the best scalp is a relaxed one. With these organic adaptogens, say goodbye to stress and say hello to lower cortisol levels, an impact factor for shedding and follicle health. Sure, we could behave a little bit better as kids. But where's the fun in that?

PEPgro™

Put some pep in mom's (hair) step with my morning and night PEPgro™ topical. Featuring the famous copper peptide GHK-Cu, this multi-peptide-enhanced proliferation system is key to getting the scalp's natural hair growth cycle back on track. That means follicular anchoring and optimized root-level signaling, as PEPgro™ is a non-drug targeted scalp serum. Just like how mom is the one who keeps the house together, PEPgro™ is the glue that keeps the circadian cycle of your scalp together.

TURBO LaserCap

Instead of a sunhat for mom this year, why not opt for something a bit more powerful? The Bauman TURBO LaserCap may not have the power of the sun, but it does possess the power of low-level laser therapy for effective hair restoration. FDA-cleared, drug-free, chemical-free, side-effect-free, and non-invasive, the TURBO LaserCap takes only 5 minutes a day for hair growth results that turn the clock back.

IN-OFFICE PROCEDURES

PRP

We know being a mother is a full-time job. That's why our PRP treatment only takes an hour for natural hair growth! Using a small blood sample, our advanced technology isolates and concentrates platelets, yielding a serum rich in key growth factors. Coming full circle, the serum is then deployed into the scalp in a quick, painless procedure.

TED & Exosome Therapy

It's hard to beat a chat with mom. Regardless of whether it's in person or over the phone, being able to communicate with her can make anyone's day. Communication is also integral in something called exosomes, our body's way of sending messages. No matter if it's near or far, these cells ensure that instructions get across, no matter the distance. Found in these messages are special instructions for rejuvenation



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

and repair, things that mom’s scalp could use. By coupling exosomes with TED, or our TransEpidermal Delivery process, we’re able to increase blood flow and scalp permeability by utilizing sound waves and air pressure to deliver cellular instructions to the follicles. By the way, make sure to be like exosomes, and give your mom a call this month.

FoLix®

Having just broken ground on our latest advancement, FoLix®, an FDA-cleared fractional laser treatment, is the perfect way to celebrate mom this Mother’s Day. With help from the brilliant minds at Lumenis, FoLix® is specifically designed to stimulate hair growth, quickly becoming the choice for non-invasive, non-chemical therapies meant for middle-aged women experiencing mid-stage hair thinning.

For those looking to make it seem like nothing is happening behind the scenes, FoLix® ensures that the only thing that comes with this procedure is immense results. Because it is a non-ablative laser, it won’t even burn through the top layer of skin. Applied gently with a specific cooling handpiece, FoLix® creates microscopic thermal zones that activate the body’s natural regenerative process. In this case, scalp heating stimulates dormant follicles, causing hair to grow back thicker and healthier than ever before.

Learn More

It’s easy to get flowers and chocolates before calling it a day. But it’s a whole other thing to give the gift of restoration. The beauty of

Bauman Medical isn’t necessarily the results, but rather it’s the way in which they appear naturally. If we can turn back the clock for mom while making it seem like we weren’t even there, I’d say that’s a successful Mother’s Day. From myself and the rest of the Bauman Medical, we’d like to wish a Happy Mother’s Day to all who celebrate.

To schedule a private one-on-one in-person or virtual evaluation call **561-220-3480** or go to www.baumanmedical.com. To find Mom the perfect gift for better hair, and to check out the latest Dr. Alan Bauman hair care products at our newly redesigned eStore, point your camera at the QR code below.



Dr. Bauman designed his hair health products to bridge the gap between medical insight and daily ritual – making professional-grade hair health accessible, effective, and easy to maintain. He believes great hair starts at the scalp, thrives with consistency, and is best supported by thoughtful, preventative care rooted in real results. Available on the Bauman Medical eStore



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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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.

The Science Behind the Success

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

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

The Comfort of Concierge Treatment

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

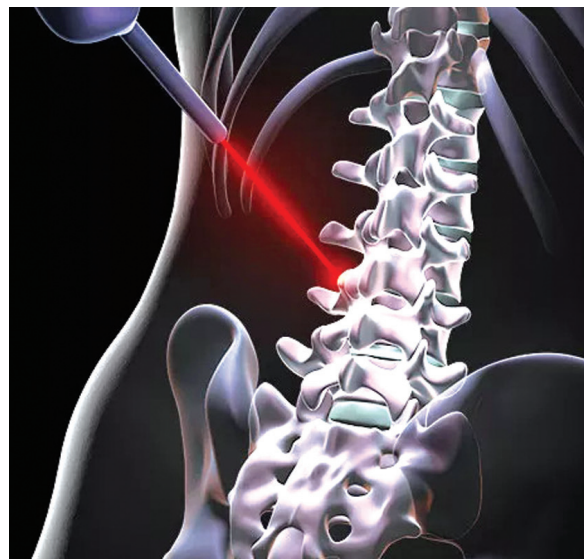
Every 30 minute in home treatment session is:

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

Beyond Spinal Stenosis

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

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



A Better Path to Healing

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



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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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Florida Best Home Care LLC stands out as the premier home care company in South Florida, providing unparalleled service and value to both clients and caregivers. With a commitment to offering the best prices (AS LOW AS \$21/HR!) exceptional caregiver referrals, and a transparent approach, we set ourselves apart from the competition in a number of significant ways. We are open 24/7 and always answer the phone. We know all of our customers and their caregivers well, and you will be treated like family from the day you sign up or switch to us.



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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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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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WHY DO I FEEL SO TIRED ALL OF THE TIME, AND NOTHING WAKES ME UP?

By Renee Chillcott, LMHC

When 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?

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. 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.

We call Neurofeedback “Brain Yoga” because the goal of yoga is to be more balanced and flexible, just as Neurofeedback's goal is.

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

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. 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.

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. 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, or visit our website at www.BocaBrainCenter.com.



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Attorney Barry Hoffman: A Trusted Advocate for South Florida Families Who Makes House and Hospital Calls

For more than four decades, Barry Hoffman has been a cornerstone of the South Florida legal community—offering families clarity, compassion, and peace of mind through life’s most important legal decisions. With 43 years of experience and having prepared over 15,000 Wills and Trusts, Hoffman has earned a reputation as one of the region’s most trusted estate planning attorneys.

A graduate of St. John’s Law School with a strong foundation in estate and elder law, Hoffman built his practice on a simple but powerful philosophy: treat every client with the same care and respect as family. That commitment has made him a household name throughout South Florida, where generations of clients continue to rely on him for guidance in protecting their assets and ensuring their wishes are honored.

Attorney Hoffman believes that personal connection should never be an afterthought. He extends his services beyond the office by making hospital and in-home calls, ensuring clients receive attentive, dignified service wherever they are most comfortable. His work goes beyond legal paperwork—it’s about providing calm, practical support during life’s most challenging moments.

Attorney Barry Hoffman’s goal is to have South Florida residents understand the importance of proper estate planning. His approachable style and extensive knowledge have made him a familiar and respected figure among the families he’s served. In addition, he has high school and college teaching experience. To this day, many of his students keep in touch with Barry.

After more than four decades, Barry Hoffman continues to do what he loves most: helping people secure their legacies and protect what matters most. Whether crafting a will, setting up a trust, or simply offering sound legal advice, his mission remains the same—to provide South Florida families with peace of mind through every stage of life.

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Cataract Surgery in 2026: What should you expect?



By David A. Goldman MD

While there are certainly new developments in cataract surgery every year, these pale in comparison to the innovations that occur over decades. While many of the technologies discussed in this article are currently available in trials, it is important to remember that they are still in trials for a reason. Once safety data has been confirmed and designs have been optimized, cataract surgery in the next decade will be revolutionized.

To begin, the way surgery is performed will have completely changed. Today, cataract surgery is typically performed with a high-frequency microincisional ultrasound device. While it is very safe and provides great results, it is still dependent on the skill of the surgeon. In the next decade, these steps will likely become completely automated by computer and performed by a femtosecond laser. While these lasers are currently available in some areas of the country, the technology still needs some development – for example the surgeon controlled ultrasound device is still required to be used. That said, the rate at which these lasers are improving is impressive to say the least, and they will certainly play a role in cataract surgery in the future.

With intraocular lenses, exciting advances are also coming. The light-adjustable-lens (LAL) is currently under clinical trials from Calhoun vision. This lens contains components that are photopolymerized upon exposure to ultraviolet light. In essence, applying specific light onto the lens after implantation can not only correct refractive error (nearsightedness, farsightedness, astigmatism) immediately following surgery, but may even hold potential to adjust the patient's refraction as they age if needed. Another interesting technology is the FluidVision lens from Powervision. Instead of a fixed firm lens that is implanted into the eye, this lens contains fluid and channels that allow the shape of the implanted lens to change just like the eye's natural lens. This changing shape of the lens, referred to as accommodation, is the reason why most young people do not require glasses at all. Once an artificial lens is able to accommodate the same extent as the young human eye, we may be able to throw our glasses away forever.

Ultimately, over the years many exciting technologies come and not all turn out to deliver on what they had promised. That said, the products mentioned in this article have already done well in early testing and, though far from perfect, hint at a very exciting future for us all to see.



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, was recently ranked as a 'Top 40 under 40' most influential ophthalmologist in the world by British magazine 'The Ophthalmologist'.

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

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

Dr. Goldman speaks English and Spanish.

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Don't Give Up!

Brent Myers

OK. So here we are... five months into a new year. How are things working out for you? Did you set goals for making this year the best year ever? Did you have dreams and ambitions to make this year different? Did you plan on making things better? Well... how are you doing?

Too often we wait until it's too late to ask these types of questions. But let me encourage you with this today: Don't Give Up!

Maybe you're well on your way to accomplishing your goals. To you I say: Press On! Keep pushing on! Perhaps you've had a rough go of it and you've been derailed or don't think you could ever reach the sights you set for this year. To you I say: Press On! Keep pushing on!

Now you may be thinking, "that's the same advice for both groups." You're right. The reason is because I believe this to be a fundamental principle we all need to learn: perseverance.

The apostle Paul penned these words nearly 2,000 years ago: "So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up." (Galatians 6:9, NLT)

Think about that for a moment. Let that settle in. "let's not get tired of doing what is good," "we will reap a... blessing," but here is the kicker: "IF we don't give up."

Wow! That's an awfully big "IF"...

Perseverance reveals a lot about ourselves.

Perseverance reveals our conviction. Do I really believe in what I'm pursuing? Do I really feel deep down in my gut that what I'm going after is right and true? If I don't believe in it, then I'll give up quickly. But if I do believe, then how can I possibly give up?

Perseverance reveals our commitment. In his pursuit of creating a sustainable light bulb, Thomas Edison never gave up because he was committed.



Edison is quoted as saying, "I have not failed, I've just found 10,000 ways that won't work." If I'm really committed to it, then it's not just a matter of "I won't give up" but really a matter of "I can't give up."

Perseverance reveals our character. Who are you when no one else is watching? What do you do when you're alone in your pursuit of your dreams and goals? If we persevere, we show our character. Winston Churchill once said: "Never, never, in nothing great or small, large or petty, never give in except to convictions of honor and good sense. Never yield to the apparently overwhelming might of the enemy."

The writer of Hebrews put it this way: "So don't throw it all away now. You were sure of yourselves then. It's still a sure thing! But you need to stick it out, staying with God's plan so you'll be there for the promised completion." (Hebrews 10:35-36, The Message)

Stick with it. Press on. Reach your goals. Go for it!

I used to work for a gentleman who would say this: "We do not determine a man's greatness by his talent or worth, as the world does, but rather by what it takes to discourage him." (JF)

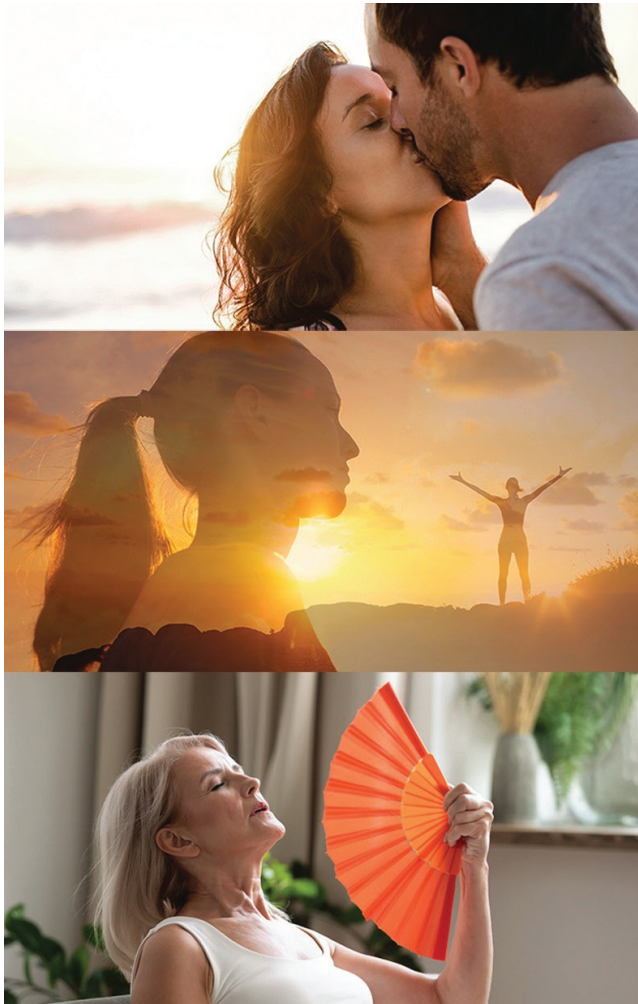
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