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# New Technology (2)



- Our DMX technology captures images of your spine in motion, where your symptoms are likely to appear.
- Traditional X-rays are designed to take pictures of patients standing still, missing whiplash and neck ligament injuries.
- Motion causes your symptoms, so it makes perfect sense that scanning during motion is more likely to reveal the problem.
  - With DMX, you can get a more complete and accurate diagnosis, leading to better treatment outcomes.



- Our weight-bearing open MRI can scan your spine in its normal, weightbearing posture.
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- The scanner is fully functional inside the magnetic field, enabling unique patient positions.
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- Conventional "lie-down" MRI scanners can miss your whiplash diagnosis!

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Revolutionizing Whiplash Diagnosis

### The Power of Weight-Bearing Open MRI and Digital Motion X-Rays

Submitted by Washington Open MRI

Whiplash is a common injury that occurs in over 90% of all auto accidents. It happens when the head is suddenly jerked back and forth, which can cause damage to the soft tissues in the neck. Unfortunately, most people (90%+!) who suffer from whiplash don't even realize it. And for those who do, the diagnosis is often missed or misdiagnosed. This unfortunately leads to long-term, permanent damage and disability with no compensation.

However, there is hope! Thanks to modern medical technology, we now have access to tools like weight-bearing open MRI's and digital motion x-rays (DMX) that can help detect and diagnose whiplash with greater accuracy.

Weight-bearing open MRI's are a game-changer because they allow patients to be scanned while standing upright. This means that doctors can get a more accurate picture of what's going on with the spine, particularly in cases where whiplash has caused damage to the ligaments or other soft tissues. And because the patient is in a natural weight-bearing position, the scan can capture the full range of motion and flexion, which is crucial for accurate diagnosis.

But that's not all. Weightbearing open MRI's are also more comfortable for patients. They're less claustrophobic than traditional MRI machines, and patients can watch TV or even have a loved one in the room with them during the scan.

Digital motion x-rays, or DMX, are another tool that can

help diagnose whiplash. Unlike traditional xrays and MRIs, which are designed to capture images of a patient who is standing still, DMX captures images of the spine in motion. This is important because, as we mentioned earlier, the symptoms of whiplash often present themselves when the patient moves their neck. With DMX, doctors can see the full extent of the damage and now develop a more accurate treatment plan.

The benefits of these technologies cannot be overstated. Not only do they provide a more accurate diagnosis, but they also help doctors develop better treatment plans. This means that patients who suffer from whiplash are more likely to receive the care they need to recover fully and avoid permanent damage.

But here's the problem: many

people are unaware of these technologies, or they don't know where to go to receive them. That's why it's so important to spread the word. If you or someone you know has been in an auto accident and is experiencing neck pain or other symptoms of whiplash, it's essential to seek out a healthcare provider who offers weight-bearing open MRI's and DMX.

Remember, whiplash is a serious injury that can cause long-term, permanent damage. But with the help of modern medical technology, we can improve diagnosis and treatment outcomes.

So let's spread the word and encourage everyone to learn more about weight-bearing open MRI's and DMX. Together, we can make a difference and help more people avoid the permanent impairment caused by whiplash.

Is It Time for Your

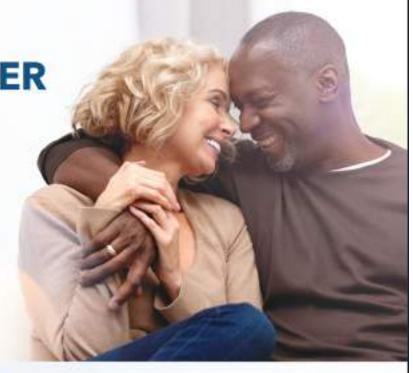
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### A Reason To Smile Again

### All-On-Four Dental Implants



Submitted By Sivakumar Sreenivasan, DMD, MDS Dental Implant Center of Rockville

Can just four implants replace all of the teeth on the top or the bottom of your mouth? Thanks to advances in dental implant technology, that answer is a resounding yes.

Believe it or not, tooth loss is extremely common among adults, especially as we age. In fact, more than 35 million people in America are missing all of their upper and/or lower teeth. Rather than living with the discomfort and hassles of dentures, many people are opting for what is called "all-onfour" dental implant restoration.

#### All-On-Four: One Full Arch Of Teeth, Four Dental Implants

To fully understand this remarkable technique for replacing teeth, you should first understand what a dental implant is. An implant is a small titanium screw that fits inside your jawbone and replaces the root-part of a missing tooth. Minor surgery is required to insert the implants. Once the implant is in place, a crown is attached to give you a highly realistic-looking and functional prosthetic tooth.

Here's where it gets really interesting: You do not need a dental implant for each and every one of your missing teeth. All you need is four precisely placed implants on the top of your mouth, and four on the bottom,

Please see "All-On-Four," page 63

### All-On-4: Same Day Smiles



Missing Teeth or Tired of Wearing Dentures?

Thanks to advances in dental implant technology, just **four implants** can replace all of the teeth on the top or the bottom of your mouth.





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### Here's How Eyeglasses Work

### A Clearer Perspective On Optical Health



By Graham Corby Certified Optician Annapolis Opticians

Clear and precise vision is a gift that many people enjoy, thanks to eyeglasses. These marvels of optical engineering have been improving people's lives for centuries. In this article, we'll take a closer look at how eyeglasses work to correct various vision problems and enhance optical health.

#### The Basics Of Eyeglasses

Eyeglasses are optical devices designed to correct vision problems caused by refractive errors, such as nearsightedness (myopia), farsightedness (hyperopia), and astigmatism. They consist of two main components: lenses and frames.

Lenses: Lenses are the heart of eyeglasses. They come in various types, including convex (for farsightedness), concave (for nearsightedness), and cylindrical (for astigmatism) lenses. These lenses work by bending and focusing light rays so that they converge at a specific point on the retina, providing a clear image. Convex lenses are thicker at the center, while concave lenses are thinner at the center, allowing them to achieve this bending of light.

Please see "Eyeglasses," page 61





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Your Health Magazine is on a mission. There are far too many people, insured or not, who do not go to the doctor when they should, and in millions of cases, don't know who they should go to, or why.

People are encouraged to buy a new house, car, cell phone or big screen TV, and those companies make themselves very visible and their products easily attainable.

Information about, and from, local healthcare providers is not easy to find, and many times those services are difficult to access.

Information and encouragement always lowers fear and trepidation about anything, and this is especially true in healthcare. While general information is available on web-sites, specific information from local providers is almost impossible for people to find. This is one of the key reasons chronic and episodic conditions are not cared for. It is our mission to:

### Make A Difference By Empowering and Encouraging People To Live Healthier By Going To the Doctor When They Should.

There is a lot of evidence that the health professionals who participate in Your Health Magazine have helped many people over the years. We at Your Health Magazine salute you!

G. Scott Hunter, Editor-in-Chief

If you would like to find out how you can participate in one of our upcoming editions, please contact the office nearest you.

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### **Botox Myths and Facts**



By Hema Sundaram, MA, MD, FAAD Sundaram Dermatology

Botox has now overtaken Viagra to become the world's and social media's most publicly recognized medical treatment.

Did you know that, in addition to the much-advertised wrinkle-smoothing effects of Botox, it is approved to safely treat many medical conditions? These include cerebral palsy and neck spasms (cervical dystonia) as well as lazy eye, overactive bladder, excessive sweating (hyperhidrosis), and migraines. Botox has been called the Penicillin of our era due to its many useful medical actions.

The primary action of Botox in wrinkle-smoothing is to relax overactive muscles. Its safety and effectiveness have been documented over the past 40plus years and led to its FDA approval.

When Botox is used for wrinklesmoothing, it rebalances face and neck muscles that have become overactive with age. There are now other treatments that work in the same way - Dysport, Xeomin, Jeaveau (Newtox) and Daxxify. The American Board of Medical Specialties recognizes board certified dermatologists, plastic surgeons, facial plastic surgeons and oculoplastic surgeons as the "Core Four" aesthetic specialists who are qualified through their training and knowledge to be performing all cosmetic procedures including treatment with Botox and other wrinkle relaxers, as well as fillers and lasers.

Many more people than we may

realize are having Botox treatment these days. In 2020, between 4 and 5 million injections were carried out worldwide, and this number rises every year. When performed properly, Botox should look completely natural and never give you a "frozen face" or weirdly shaped eyebrows. Good Botox is undetectable; it's usually only when someone has a bad or unnatural result that we actually realize they've had it! Botox treatment from an expert can also restore your skin glow, and minimize pores and facial redness.

The most expert doctors are national and international teachers at dermatology and plastic surgery academies and researchers for the clinical trials that bring new treatments to our country. Here are some important points that are useful for anyone considering Botox:

#### 1. Understand the Science

As we age, some of our facial muscles become unbalanced. The wrinkles that form as a result can send signals that we don't intend. Frown lines between the eyebrows make us look angry, lines across our forehead communicate worry, a sagging mouth or neck can look sad, and a ropey neck may convey stress. With expert techniques, tiny amounts of Botox or other wrinkle relaxers are precisely placed just beneath the skin to give a smoother, more harmonious appearance. This must be done with an exact understanding of your facial anatomy and structure. When expertly performed, you will barely feel the injections, and have little or no bruising. Patients can return immediately to regular activities with no sign of having had treatment. On average, it takes 5-7 days to see the results.

#### 2. See the Whole Picture

When you receive advanced Botox from a true expert, they aren't just smoothing individual lines or wrinkles, but know how to go beyond this to reshape your whole face and restore youthful contours, tighter pores and a beautiful skin glow. You will still look like yourself, just more like you did when you were years or even decades

younger.

For instance, if your eyebrows have dropped and flattened and your eyelids are heavier, a little Botox in the right places can lift and subtly shape your brows, and add definition and sparkle to your eyes.

Expert treatment is the key to making you look better without anyone realizing you've had anything done. Ironically, many celebrities who are criticized for being "over-Botoxed" are really victims of over-done surgery, whereas many who are most admired for their beauty or for aging gracefully look this good because they're having regular treatments with Botox, fillers and other non-surgical rejuvenation.

#### 3. The Power Of Combination

A key strategy is combining Botox with natural fillers such as Juvederm, Restylane, Voluma, Radiesse and Sculptra, and state-of-the-art lasers for lifting and tightening like Ultherapy, Sofwave, Fraxel or Exilis Ultra. This can achieve a scar-free, more natural-looking, nonsurgical rejuvenation that prevents you from ever having to go under the knife.

Advanced techniques can stimulate your skin to produce new collagen and elastin. This lifts and tightens your skin from within to give longer-lasting

#### 4. Looking Good In the Long Term

Many of these treatments require maintenance. This is a good thing as your dermatologist or plastic surgeon can adjust your treatments to fit your face as you age. You will always look completely natural, and may even be told that you never seem to age! Maintenance treatment not only smooths out your wrinkles, it also prevents wrinkles from deepening.

A doctor with a European-style approach may be especially focused on giving you results that look as natural and harmonious as possible.

When comparing pricing, make sure you know how well-qualified your doctor is, and that the Botox is not overdiluted. It's a false economy to pay less for bad Botox, or for diluted treatment that won't last as long as it should.

Select a board certified dermatologist or plastic surgeon with years of experience who can individualize your treatment to address your own unique pattern of facial aging. The most expert doctors are actively involved in cutting-edge teaching, research and public education. This is the real secret to achieving the best results and looking as good on the outside as you feel inside.

#### Face The Future **New Acne Study with Board Certified Dermatologist**

If you are a woman 20 years of age or older and are living with mild to moderate facial acne, you may be eligible to participate in a new clinical study with approved treatments.





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# Navigating Orthodontic Care In Children: A Pediatric Dentist's Guide

By Elizabeth Shin, DDS Bethesda Chevy Chase Pediatric Dentistry

Orthodontic treatment in children, particularly in addressing issues like malocclusions caused by habits such as thumb or pacifier sucking, is an integral aspect of pediatric dentistry. This comprehensive guide emphasizes the pediatric dentist's role in guiding parents through understanding why and when to start orthodontic

treatment for their children.

### Understanding the Role Of Pediatric Dentists in Orthodontics

Pediatric dentists are often the first line of defense in identifying potential orthodontic issues in children. Their expertise is not just in treating teeth but in understanding the nuances of oral development in children.

**1. Early Detection**: Spot subtle orthodontic problems during regular check-ups.

- **2. Preventive Approach**: Advise on preventing orthodontic issues, such as guiding parents on when to wean off thumb sucking or pacifier use.
- **3. Educate Parents**: Provide information on why orthodontic care is necessary and what it involves.
- **4. Refer To Orthodontists:** When specialized intervention is required, pediatric dentists refer patients to orthodontists for further assessment and treatment.

#### Why Consider Orthodontics For Your Child?

Orthodontic treatment is essential not just for aesthetic reasons but for promoting overall oral health. Pediatric dentists help parents understand its importance:

- 1. **Correcting Bite Issues**: Orthodontics can resolve various bite problems, improving chewing, speaking, and oral hygiene.
- Addressing Malocclusions From Habits: Prolonged thumb or pacifier sucking can lead to misalignment and bite problems. Early orthodontic intervention can guide teeth and jaw development back on track.
- 3. Enhancing Oral Health and Self-Esteem: Properly aligned teeth are easier to maintain, and a healthy smile can boost a child's confidence.

#### When To Start Orthodontic Treatment

The timing of orthodontic treatment is crucial. Pediatric dentists usually recommend:

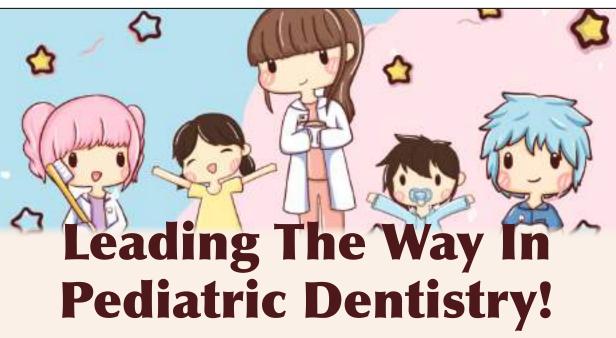
- 1. **First Evaluation By Age 7**: This allows for the early detection of potential issues and timely intervention.
- 2. **Monitoring Growth**: Regular dental visits help in monitoring the child's growth and identifying the optimal time for starting orthodontic treatment.
- 3. Collaborative Care: In cases requiring early intervention, pediatric dentists and orthodontists work together to develop an appropriate treatment plan.

#### **Orthodontic Treatment Options**

Based on the pediatric dentist's assessment, various treatments might be suggested:

- **1. Braces Or Aligners**: For correcting misaligned teeth.
- **2. Palatal Expanders**: Used when thumb or pacifier sucking has caused a narrow palate.
- **3. Habit Appliances**: To help break sucking habits and prevent further dental issues.

Pediatric dentists play a pivotal role in guiding parents through the process of orthodontic care for their children. From early detection to education and referral to specialists, they ensure that parents are well-informed about the why and when of starting orthodontic treatment. Understanding this perspective helps in making informed decisions, leading to better oral health outcomes for children.



We provide expert pediatric dentistry to help your child improve and maintain oral health and hygiene, repair and address problematic teeth, and treat teeth, tongue and gum issues that require immediate attention. Partner with our Pediatric Dentist in Bethesda and Chevy Chase to help your child achieve lifelong oral health.

Throughout life, good oral health has a very positive impact on your child's general health, self-confidence, and discipline. We believe early positive experiences with oral health and hygiene – at the dentist and at home – set the stage for a life filled with good health, love, and success.





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Elizabeth Shin DDS

# Supporting Employees With Seasonal Affective Disorder (SAD) In the Workplace

Submitted by Me Time Healing

Each year, millions of people in the U.S. experience seasonal affective disorder (SAD), also called seasonal depression or the "winter blues".

This is a type of depression that occurs during specific seasons, typically during the fall and winter months when there is less natural sunlight. It is believed to be caused by a lack of sunlight, which can disrupt the body's internal clock and lead to a decrease in serotonin levels.

A 2020 article by Forbes indicated that SAD can negatively affect motivation and diminish workplace communication and productivity.

SAD can have a significant impact on employees in various ways.

### Here are some ways it can affect employees:

- 1. Mood and Energy Levels: SAD can cause employees to experience feelings of sadness, hopelessness, and low energy levels. This can make it difficult for them to concentrate and perform well at work.
- **2. Decreased Productivity:** Employees with SAD may have difficulty focusing and completing tasks, leading to a decrease in productivity. They may also have trouble staying motivated and engaged in their work.
- **3. Absenteeism:** SAD can lead to increased absenteeism as employees may feel too fatigued or unmotivated to come to work. This can result in a loss of productivity and increased workload for other employees.
- **4. Interpersonal Difficulties:** SAD can affect an employee's social interactions and relationships with colleagues. They may withdraw from social activities or have difficulty communicating effectively, which can impact teamwork and collaboration.
- **5. Increased Stress:** Dealing with the symptoms of SAD can be stressful for employees. They may feel overwhelmed by their emotions and struggle to cope with the demands of their job.

### Employers can take several steps to support employees with SAD:

1. Flexible Work Arrangements: Offering flexible work schedules or remote work options can help employees manage their symptoms and maintain a better work-life balance.

- **2. Provide Adequate Lighting:** Ensuring that workspaces are well-lit with natural or artificial light can help alleviate some of the symptoms of SAD.
- **3. Encourage Physical Activity:** Regular exercise has been shown to improve mood and reduce symptoms of depression. Encouraging employees to engage in physical activity can be beneficial.
- **4.** Employee Assistance Programs: Offering access to counseling or therapy services through employee assistance programs can provide support to employees dealing with SAD.
- **5. Raise Awareness:** Educating employees about SAD and its symptoms can help reduce stigma and encourage open communication.

This can create a supportive work environment where employees

feel comfortable seeking help.

It's important for employers to recognize the impact of SAD on employees and provide the necessary support to help them manage their symptoms and maintain their well-being.

Those with known SAD should consult a mental health professional about when to start treatment to help minimize symptoms and MeTime Healing team are here to help.



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### Sculpting a Healthier You

### Understanding EmSculpt For Targeting Problem Areas

Submitted By MJ Luxe Medi Spa

In the pursuit of a healthier lifestyle, individuals often encounter stubborn problem areas resistant to traditional diet and exercise. Em-Sculpt, a revolutionary non-invasive procedure, has gained popularity for its ability to target and tone specific muscle groups, providing a unique solution for those looking to sculpt their bodies effectively.

#### **Understanding EmSculpt**

EmSculpt utilizes High-Intensity Focused Electromagnetic (HI-FEM) technology to induce powerful muscle contractions, surpassing what is achievable through voluntary exercise. This non-surgical procedure is FDA-approved and has proven successful in addressing problem areas

such as the abdomen, buttocks, arms, and thighs. It is particularly beneficial for individuals seeking muscle definition and toning in these regions.

#### **How EmSculpt Works**

During an EmSculpt session, a specialized device is applied to the targeted area, delivering electromagnetic pulses that stimulate involuntary muscle contractions. These contractions are intense and rapid,

engaging muscle fibers in a way that is challenging to achieve through traditional workouts. The body responds by remodeling existing muscle tissue and encouraging the growth of new muscle fibers, leading to increased muscle mass and enhanced tone.

#### **Benefits Of EmSculpt**

- Fat Reduction: EmSculpt not only strengthens muscles but also contributes to fat reduction in the treated area. The intense muscle contractions stimulate the breakdown of fat cells, leading to a more sculpted and contoured appearance.
- Time-Efficient: One of the key advantages of EmSculpt is its time efficiency. A single session typically lasts around 30 minutes, making it an ideal option for individuals with busy schedules who struggle to find time for lengthy workout sessions.
- Non-Invasive: Unlike surgical procedures, EmSculpt is a noninvasive solution that requires no incisions, anesthesia, or downtime. Patients can resume their daily activities immediately after a session, avoiding the recovery time associated with surgical interventions.
- Enhanced Athletic Performance:
  Athletes and fitness enthusiasts can benefit from EmSculpt as a complement to their training routines.
  The increased muscle strength and endurance gained through the procedure can contribute to improved athletic performance.

#### **Considerations and Consultation**

While EmSculpt offers significant benefits, it is essential to consult with a qualified healthcare professional before undergoing the procedure. Individuals with certain medical conditions, such as pregnancy, hernias, or metal implants in the treatment area, may not be suitable candidates for EmSculpt.

EmSculpt represents a cuttingedge approach to addressing stubborn problem areas, providing a non-invasive and efficient solution for individuals striving to achieve a sculpted and toned physique. As with any health and wellness decision, consulting with a healthcare professional is crucial to ensure that EmSculpt is the right option for your specific needs and goals.

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### A Gentle Touch: The Comfort and **Health Of Dental Lasers**



By Karl A. Smith, DDS, MS

Lasers have long been the standard of care in medicine for many surgical and cosmetic procedures. Lasers are used for vision correction, wrinkle and hair removal, vein therapy, and anti-aging treatments.

In the world of dental care, advancements like laser dentistry and laser periodontal therapy are not just technological leaps; they are helping find new ways to improve overall body health and well-being including how mental thoughts affect oral conditions.

For many, a visit to the dentist can evoke feelings of anxiety and discomfort. However, the advent of laser-based treatments has begun to transform these perceptions, offering a gentler, more reassuring experience.

Laser dentistry, with its precision and minimally invasive approach, has become a beacon of comfort for patients. This modern technique, using focused light beams, allows dentists to perform various procedures with minimal impact on surrounding tissues.

For patients, this precision translates to less pain and quicker recovery. The emotional relief provided by laser dentistry is profound. Patients who once felt anxious at the mere thought of a dental drill now find solace in the quiet, gentle hum of the laser. The reduced need for anesthesia and the minimal bleeding during procedures further alleviate fears, creating a more relaxed and comfortable dental experience.

Treating gum disease, a common and often distressing condition, has become much less daunting. Patients undergoing laser periodontal therapy report not only

physical ease but also a sense of emotional relief. They feel reassured, knowing that the treatment is thorough yet conservative, targeting only the diseased areas while preserving healthy gum tissue.

This results in the best outcome for the patient because the teeth remain covered with pink, healthy gum tissue instead of being "long and ugly." Patients can

sutures (stitches) and very little discomfort. This is a dramatic improvement over older periodontal treatment techniques where a lot of good gum and bone was removed to "reduce pockets."

The physical and emotional impact of these advanced treatments extends beyond the dental chair. Patients leave with a sense of empowerment, knowing they have

ter oral health without enduring a traumatic experience.

This sense of accomplishment and the relief of having pain-free, efficient treatments can dramatically change one's outlook on dental care. Laser dentistry and laser periodontal therapy are a gateway to a more positive comfortable dental experience.

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### Why Is Sleep So Important?

By Jeffrey L. Brown, DDS Sleep & TMJ Therapy

As human beings, we require sleep on an almost daily basis. Without proper sleep, our body tends to breakdown. In the past, very little was understood about why we need sleep, but now we are learning more about why we need to snooze. When you first lay down in bed, your body goes through various cycles as it approaches deep and later REM sleep in which we dream. Even the dreaming stage is not really well understood, but we do know our body needs it. As the body progresses through the various cycles of sleep it is believed that the cells are resting, repairing, and regenerating to prepare for the next day.

Sure, you can miss some of the sleep cycles and get less sleep than is needed now and then, but it does catch up with how you feel. Sleep deprivation can lead to headaches, drowsiness during the daytime, irritability, and even hallucinations. At our younger ages it is imperative that we get plenty of sleep. Infants need at least 12-16 hours of sleep each night and they are happier if that cycle stays on a consistent time track. Teens need only 8-10 hours of sleep and adults need 7-9 hours of sleep.

As we cycle through sleep each night, we start off with stage N1 sleep



Jeffrey L. Brown, DDS

and spend about 5% of the night in N1. From there, we move to N2 and spend about 45% of the night in N2 sleep. After this, we go into N3 for about 25% of the night and finally into REM for about 25% of the night. While sleeping, we cycle through this pattern several times and with all good luck wake up feeling refreshed and alert the next morning.



Unfortunately, too many people these days do not sleep very well and wake up tired and cranky the next morning. This can sometimes be attributed to the medications they are on, their stress levels, travel into different time zones, and even obesity which is becoming more and more common. This is why sleep doctors and dentists have a harder job each year. Sleep apnea is becoming more the norm than the odd condition. Too many people are suffering the effects of apnea. Now, individuals are experiencing medical conditions associated with sleep deprivation.

One of the biggest problems with not getting enough sleep is that you wake up tired, and that is not a good way to start the day. The research is also clear that sleep deprivation and sleep apnea are directly related to diabetes, cardiovascular disease, and even cancer. When the body does not get enough sleep, its systems start to breakdown and that body is more prone to these serious conditions. If you need some help, reach out to your doctor and find out what steps can help you.



- Jaw Pain,
  Clicking or
  Popping
  Head, Neck and
  Shoulder Pain
  Migraines
  Craniofacial
  Pain
  Sleep Apnea
  Orthodontics

Dr. Jeffrey Brown has limited his practice to focus only on TMJ Disorders, Craniofacial Pain Management and Sleep Apnea. By fixing slipped discs in the jaw joints, Dr. Brown can significantly reduce the pain patients experience in the head/neck region and other symptoms associated with jaw joint problems. Sleep & TMJ Therapy may be able to improve the quality of life for you or a loved one - we encourage you to contact us with any questions or concerns.

"Dr. Brown and his staff are absolutely wonderful. I was diagnosed with Dystonia. I could not turn my head and had a ton of pain. My doctors of-fered no help and no advice besides Meds and Botox. Since having the appliance I have NO pain and I can turn my head. I would highly recommend them to anyone. I feel Dr. Brown and his staff really care about their patients and helping them to get better. They do not just numb the symptoms but fix the problem. Thank you from the bottom of my heart. I feel like the old me again!"

"My daughter has been treated by Dr. Stack and Dr. Brown for the last 2 1/2 years, and we are very fortunate to have found them. Prior to that she was being treated by a neurologist at a Children's hospital. She was on medications for tics and associated muscle pain, OCD/repetitive thoughts, sleeplessness and more (all possibly associated with Tourettes). Drs. Stack and Brown installed spacers to alleviate pressure on nerve bundles in the jaw, and subsequently braces to complete the process. Her symptoms have diminished significantly. She is off medication, her tics have all but disappeared, she can concentrate better in school, and she is once again cheerful and relaxed."



Jeffrey L. Brown, DDS

- Certified Fellow of the American Academy of Craniofacial Pain
- Over 30 Years Experience
- · Graduate of Georgetown School of Dentistry (1986)



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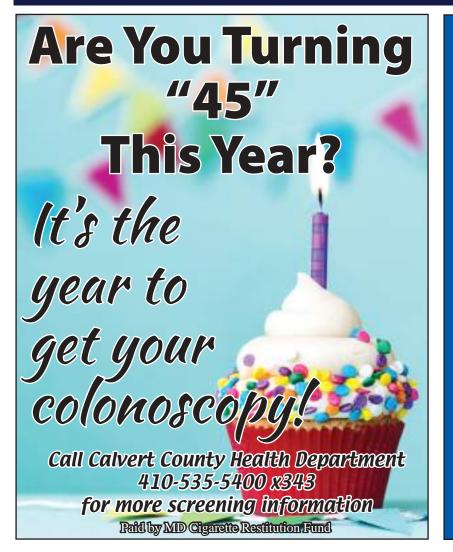


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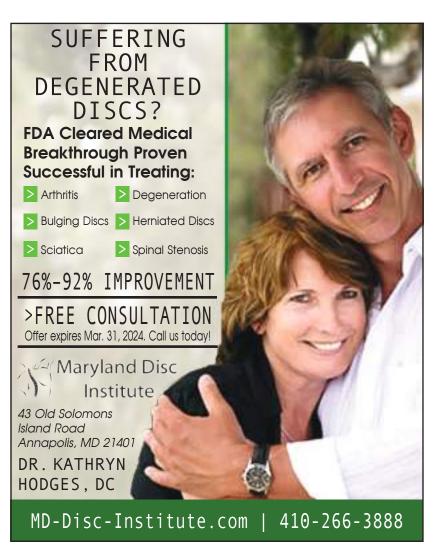
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- A feeling that your bowel does not empty completely
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### Medicinal Marijuana Hurts Fertility



By Oluyemisi Famuyiwa, MD FACOG, MSD Montgomery Fertility Center

#### Marijuana Effects On Fetus

Medical marijuana is now so prevalent and is now akin to a miracle panacea for a host of medical problems. There is increasing usage marijuana among women and men of reproductive age. Along with that is an increasing wave of aftereffects that is surging through the fertility world.

There are little known facets of marijuana that will soon make the uptick in infertility seem like a small factor.

Marijuana has several effects on the reproductive system before conceiving as well as after conceiving.

#### **Effects On Gametes:**

Let's take a systematic look at some of these.

Marijuana has been studied and found to affect human sperm. Some studies suggest that marijuana use may have adverse effects on male fertility by reducing sperm production and altering sperm morphology (size and shape). Marijuana can bind to cannabinoid receptors in the testes, which may interfere with normal sperm development.

Marijuana use has been associated with changes in hormone levels, including a decrease in testosterone. Testosterone plays a crucial role in

Please see "Marijuana," page 61





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### Colon Cancer Risk Reduced 38% In Women Using HRT

Submitted by New Day Vitality Hormone Center

Among postmenopausal women, hormone replacement therapy (HRT) use was associated with a 38% reduction in overall colorectal cancer (CRC) risk, according to a study published in *Journal of the National Cancer Institute (JNCI) Spectrum*.

Another study published in *BMC* Cancer found that even in patients diagnosed with CRC, the current use of HRT is associated with lower risks of both CRC-specific mortality and overall mortality. This research was a meta-analysis of four randomized control trials and 16 observational studies and included 10,013 colorectal cancer survivors.

Colorectal cancer is the third most common cause of cancer mortality in women. An American adult has about a six percent chance of developing CRC in his/her lifetime. Most CRC is preventable through regular screening but early detection also helps catch any cancer at more successfully treatable stages. In fact, the five-year survival for stage 1 colon and rectum cancer is 90.1%.

The JNCI study results indicate that both estrogen-only and estrogen plus progestin HRT formulations reduce CRC risk but CRC risk reduction was not seen in past HRT users. And "although this study includes populations in many locales, the participants were predominantly white, and therefore, these findings may not be generalizable to other racial and ethnic groups."

Although some studies have determined minor variations in HRT impact on subtypes of colorectal tumors, the underlying mechanisms of how HRT impacts CRC requires further study.

It is important to note that only

Please see "Colon Cancer," page 66



### Powerful New Allergy Treatment

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By Clemency Knox, MAc, LAc Full Circle Healing Arts

When a patient of mine casually mentioned that her friend had been cured of a tick allergy with just one acupuncture treatment, I was curious. When she went on to say her friend's son was also cured of a serious seafood allergy, I was incredulous. "Please find out who treated them," I said, "I want to learn how to do this!"

Fast forward to now. I learned this amazing one needle technique called SAAT (Soliman Auricular Al-

lergy Technique), developed by Dr. Nader Soliman, MD. Dr. Soliman has successfully treated thousands of patients with all variety of allergies, including alpha gal, an allergy that can develop after being bitten by a lone star tick. A person with "Alpha-gal Syndrome" becomes sick after eating meat products which can include beef, pork, lamb, and dairy products. Even consuming a gelatin capsule can cause anaphylaxis in some people.

The medical community believes there is no cure for an alpha-gal allergy, but my SAAT patients are happily and comfortably back to eating meat. Indeed, this is a one allergy/one needle technique, and any allergy can be treated including allergies to gluten, latex, dogs, cats, trees, grasses, insects, medications and more. How do we do this? Specifically, a small vial with a trace amount of the offending allergen is used to find an energetically active

Please see "Allergy," page 66



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# Dieting and Exercising and Not Seeing Results?

### It Could Be Imbalanced Hormones!



By Rachelle Polk BeBalanced Annapolis

If you're like most of the women who walk through our doors, you've tried everything to lose weight. You're eating right, working out at the gym faithfully and yet, the scale isn't moving.

You try eating less, swear off

carbs, and increase your exercise – only to be left feeling burnt out, and defeated. You might also be feeling hopeless, like nothing will ever work.

What's worse, you might also not be sleeping well, your mood is all over the place, your focus is cloudy, you're snapping at your kids or husband, and don't know why.

So, you go to your doctor who might tell you, "It's just your age," or "This is a normal part of getting older." Maybe you are recommended medications to help you lose weight, birth control to help your PMS, synthetic prescriptions to help your hot flashes, or antidepressants to help your anxiety – all which come with a long list of negative side effects.

But you know your body. You know something is "off," and you

Please see "Dieting," page 63



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- Deanah M.



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### **Aging and Your Dental Health**



By Judy Yu, DMD, MBA Dental FX

The older adult demographic is on the rise, presenting unique challenges in healthcare. Managing the health of aging patients can be intricate due to concurrent medical conditions such as high blood pressure and diabetes. Moreover, the frequent use of prescription medications by older adults heightens their susceptibility to medication errors, drug interactions, and adverse reactions.

The process of delivering home oral healthcare and patient education/ communication can become intricate due to physical, sensory, and cognitive impairments often associated with aging. Dental issues that commonly affect seniors include dry mouth (known as xerostomia), root and coronal caries, and periodontitis.

Notably, a staggering 19% of seniors no longer have any natural teeth, and a Massachusetts survey has unveiled that 34% of seniors experience dental discomfort. Alarmingly, more than half (53%) of seniors grapple with moderate to severe periodontal disease.

#### **Tooth Loss**

Seniors who have lost most or all of their teeth often struggle to maintain a balanced diet, as they may avoid fresh fruits and vegetables. Reliance on soft foods can lead to nutritional deficiencies and a decline in overall health. Additionally, these individuals may experience pain, speech difficulties, and feelings of embarrassment and reduced self-esteem, ultimately contributing to

Please see "Dental Health," page 61

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By Gena Schultheis, DDS Annapolis Green Dental

Dental health goes beyond a beautiful smile; it plays a crucial role in maintaining overall well-being. Holistic dentistry is a comprehensive approach that considers the interconnection between oral health and the body's systemic conditions. By prioritizing natural treatments and minimizing invasive procedures, holistic dentistry

**Embracing Holistic Dentistry** For a Healthier Smile and Body

aims to promote long-term health. This article explores the philosophy behind holistic dentistry and highlights some of the services offered in this approach.

**Dentistry and Overall Health:** The mouth serves as a gateway to the body, and studies show strong correlations between oral health and systemic conditions like heart disease, stroke, diabetes, and Alzheimer's. Holistic dentists recognize this connection and strive to address health issues through a comprehensive approach. This includes considering the impact of dental treatments on the body, choosing safe materials, and utilizing natural treatment options.

**Natural. Holistic Treatments:** Holistic dentistry offers a range of services designed to prioritize patient health and minimize environmental impact. Some of these treatments include:

- SMART (Safe Mercury Amalgam Removal Technique) amalgam removal
- Chemical-free cleanings
- Metal-free dental materials (crowns, bridges, veneers)
- · Ozone therapy for bacteria elimina-
- · Biocompatibility testing
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Airway Dentistry: Holistic dentistry extends to addressing airwayrelated issues, recognizing the impact of breathing on overall health. Airway dentistry includes treatments for sleep-disordered breathing conditions like obstructive sleep apnea and snoring. By improving breathing patterns, holistic dentists aim to alleviate symptoms of neurological disorders and chronic diseases.

ClearCorrect and Invisalign: For those seeking discreet orthodontic solutions, ClearCorrect and Invisalign offer comfortable and nearly invisible options for straightening teeth. These systems use clear aligners that are removable for easy maintenance of oral hygiene.

TruDenta® and Myofunctional Therapy: TruDenta® is a holistic approach to treating chronic headaches and migraines by addressing the root causes. Myofunctional therapy, on the other hand, focuses on correcting tongue and facial muscle functions, addressing issues like airway obstruction, TMJ disorders, and speech impediments.

Eco-Friendly Dentistry: Annapolis Green Dental is committed to ecofriendly practices, minimizing waste, reducing water and energy consumption, and using non-toxic materials. The office follows green dentistry principles to create a healthier environment for both patients and the planet.

### The Transformative Power Of Guided Meditation, Sound Healing, and Movement For Senior Health and Wellness

By Janine Horne, MSN-Ed, RN, AHN-BC, Zen Well Studio

As we age, prioritizing senior health becomes crucial, especially in the pursuit of cognitive well-being. Guided meditation, sound healing, and mindful movement practices like yoga, tai chi, and aerobic exercises have emerged as powerful tools in combating memory loss and promoting overall brain health among seniors.

Embarking on a transformative journey through the power of guided meditation opens doors to enhanced cognitive function and emotional well-being. In a world rife with distractions, meditation serves as a bridge reconnecting seniors to the present moment. Guided meditation techniques are meticulously designed to foster mindfulness, a state that cultivates a profound connection with one's body, emotions, and surroundings.

The benefits of guided meditation are profound and extend beyond the mental realm. These practices offer tools to alleviate the weight of stress, tame anxiety, and find solace from the shadows of depression. Moreover, guided meditation serves as a potent remedy, reducing the grip of chronic pain, providing respite from sleepless nights, and contributing to the regulation of high blood pressure.

Sound healing therapeutic sessions, a harmonious blend of tradition and modern wellness, introduce seniors to a symphony of instruments. Crystal and Tibetan singing bowls, tuning forks, Koshi chimes, and rhythmic drums create a therapeutic experience rich in high-frequency vibrations. These vibrations contribute to cognitive well-being by promoting relaxation, reducing stress, and enhancing overall mental clarity.

The integration of movement practices, such as yoga, tai chi, and aerobic exercises, further augments senior health. These activities engage both the body and mind, promoting flexibility, balance, and coordination. Regular participation in these exercises has been linked to improved cognitive function, memory retention,

and a reduced risk of neurodegenerative diseases.

Yoga, with its gentle poses and focus on breath, enhances blood flow to the brain, promoting neuroplasticity and supporting cognitive function. Tai chi, often referred to as "meditation in motion," combines slow, deliberate movements with

deep breathing, offering a holistic approach to physical and mental well-being. Aerobic exercises, such as brisk walking or swimming, contribute to improved cardiovascular health, ensuring optimal blood flow to the brain.

The incorporation of guided meditation, sound healing, and move-



Janine Horne

ment practices into the lives of seniors can have a profound impact on their cognitive health and overall well-being. These holistic approaches provide avenues for relaxation, stress reduction, and mental clarity, contributing to a fulfilling and vibrant senior lifestyle.



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# What Is Integrative Medicine?



By Alan Weiss, MD Annapolis Integrative Medicine

For some, alternative or holistic medicine may seem to be in opposition or intellectually inferior to "traditional or western" medicine. One way to think of these approaches that may be more helpful is as integrative and functional medicine.

Integrative (functional) medicine providers do their best to find ways to help people deal with their health issues as effectively as possible in a way that works for the patient. This especially applies when the issues are longstanding, intertwined, and have not responded to previous efforts by the medical field.

The NIH and other institutions are beginning to apply the standards of science to alternative and complementary therapies, though it is often not simple to do so. However, taking an approach to medicine that attempts to deal with root causes and the interrelationship between symptoms rather than trying to find a diagnostic box to fit the patient inside of can often provide an avenue for effective treatment.

If you pay attention to the science news you will see that accepted medical practices, as basic as treating ear infections and breast cancer surgery, are constantly being questioned and revised as new studies come to light.

And one must also take into consideration the fact that good studies are tremendously expensive to conduct, and often will only get done when pharmaceutical companies see a profit to be made. The incentive to do good studies on subjects and treatments where there is

Please see "Integrative," page 61



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# **Snow Shoveling Safety**



By Alicia Kovach, DC Kovach Chiropractic

With the onset of winter and the arrival of the first snowfall, it becomes crucial to address the importance of shoveling safely. Adhering to a few straightforward tips significantly reduces the risk of injuries stemming from the strain placed on the spine.

To safeguard your back, employ a technique that involves tightening your abdominal muscles while lifting the shovel and avoiding breath-holding. Bend at the knees, not the back, and wear shoes or boots with slip-resistant soles to prevent slips and falls.

#### **Safety Guidelines For Shoveling:**

- Shovel only freshly fallen snow, as wet and compacted snow can be excessively heavy. Lift small amounts at a time and opt for pushing rather than lifting whenever possible.
- Select a shovel suitable for your needs, ensuring it is chest-high with a rocker bottom. Use a smaller shovel to avoid lifting too much snow at once.
- When gripping the shovel, keep your hands at least shoulder-width apart, and maintain a shoulderwidth stance with your feet.
- Refrain from shoveling right after eating or while smoking.
- If you have a history of heart issues, obtain your doctor's approval before engaging in shoveling activities.
- Prior to shoveling, warm up your body, and stretch once you are done.

Please see "Shoveling," page 63



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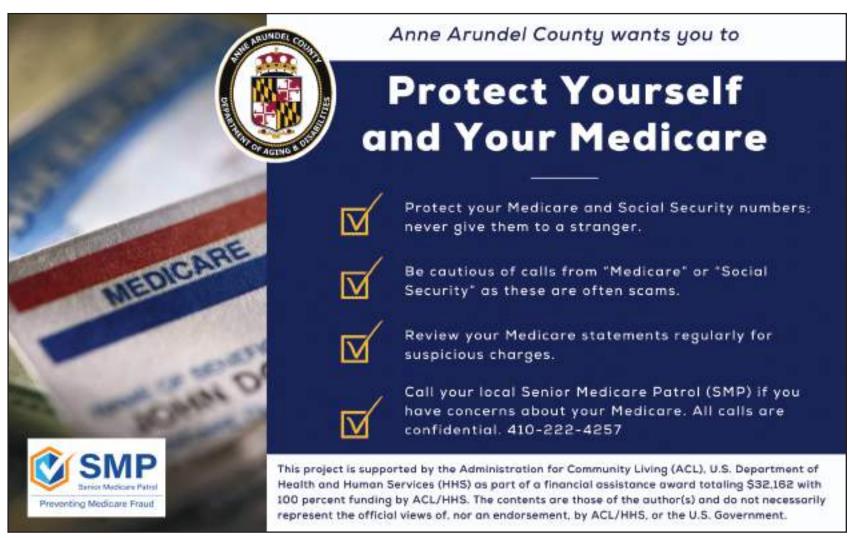


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# **Helping Individuals Control Their Pain**

Physical Therapy and Rehabilitation



By Ben Carr, PT La Plata Physical Therapy and Wellness Center

The ongoing opioid crisis in the United States reflects the unintended consequences of a nationwide effort to help individuals control their pain. The health care system has, since the mid-1990s, employed an approach to pain management that focuses on the pharmacological masking of pain, rather than treating the actual cause of the pain when its source can be

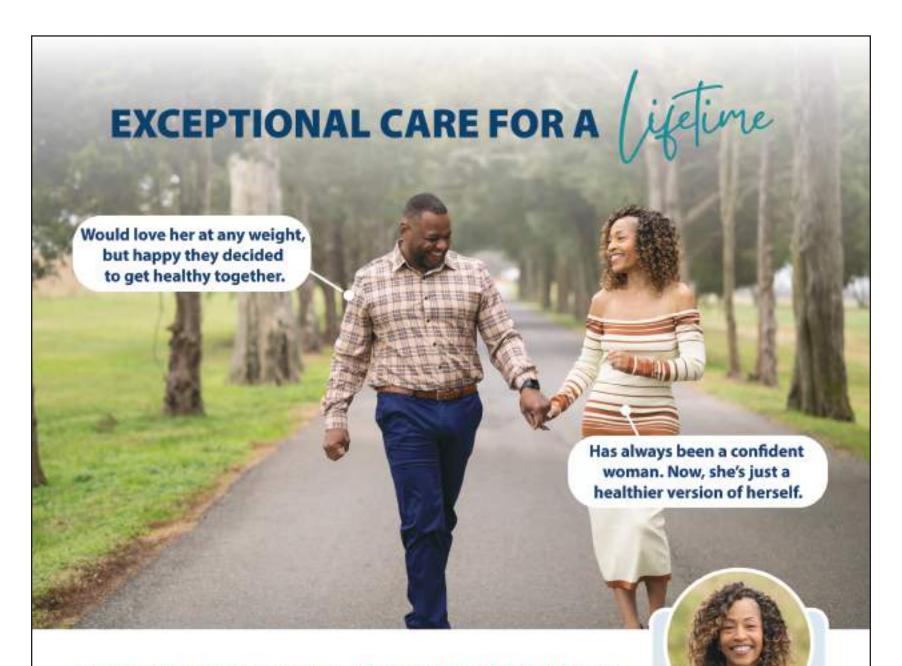
identified. This strategy has resulted in a dramatic increase in opioid prescribing, causing widespread opioid misuse and addiction.

Physical therapy has an important role in pain management and rehabilitation by focusing treatment on prevention and management of injuries or disabilities. Physical therapy helps to relieve pain, promote healing, and restore function and movement. When physical therapists work with patients in pain, they use tests and measures to determine the causes of that pain and to assess its intensity, quality and physical characteristics. They also evaluate individuals for risk factors for pain to help prevent future pain issues.

A therapist may focus on decreasing pain with either passive or active therapy. Examples of passive physical therapy include: manual therapies, heat/ice packs, electrical

Please see "Physical Therapy," page 66





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Submitted By Total Dental Care Germantown, MD

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Please see "Dental Care," page 63





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### What Is Shockwave Therapy?



By Howard Horowitz, DPM Bowie Foot & Ankle

In Western medicine we are most familiar with treatment via medication or surgery. For chronic musculoskeletal problems (MSK) sometimes physical therapy may be recommended if drug therapy fails and before surgery. The latter is a form of physical medicine, the application of some external force to the body in order to effect some diminishing of symptoms and/or speed healing. Massage therapy is ancient. The adage RICE - rest, ice, compression, elevation is still commonly employed for a sprained, swelling ankle. At physical therapy the therapist may apply electrical stimulation or deep heat through ultrasound to the injured tissue.

Shockwave for chronic MSK problems was originally developed in Europe decades ago. It involves not an electric shock but pressure wave pulses of specific frequency and intensity sent through the targeted tissue. When first used in the US the device was the size of a large cabinet and cost a quarter million dollars and therefore was often rented for a session and brought to the doctor's office. The energy pulses were quite high intensity so the therapy was performed under some form of anesthesia and in one session.

Fast forward to today and the

Please see "Shockwave," page 66

### **Should You Be Worried** About a Hernia?



By Etwar McBean, MD, FACS The Bariatric & Hernia Institute, PC

Hernias are a common cause for concern among patients. A hernia develops due to a weakness in the abdominal wall that allows a bulge to form under the skin at the area of weakness. The bulge often represents fatty tissue or intestines pushing through that weakness. For example, a common hernia is an umbilical hernia ("belly button" hernia) that results from fatty tissue pushing through the navel to create a bulge.

Hernias may occur in many locations including the navel, the groin, the front of the abdomen, the side of the abdomen and even in the back. The hernia results from a weakness in the abdominal wall that is either a natural weak spot or a weakness created by a tissue injury as typically occurs from previous abdominal surgeries. The hernia is often made obvious by activities that generate a lot of pressure in the abdomen such as coughing, straining, lifting heavy loads or working out in the gym.

Hernias can often be pushed back into the natural position in which case they are said to be reducible. If the hernia cannot be pushed back into its natural position then it may be trapped and is considered incarcerated. Incarcerated hernias may lead to problems with blood supply of the trapped tissue, especially so if the intestine is the trapped tissue. This would require emergency surgical treatment.

Please see "Hernia," page 61



### Howard Horowitz, DPM

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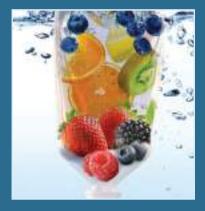
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### **Cavity Protection Tips For Kids**



By Dawn L. Tyler, DDS Magnolia Dental

Maintaining optimal oral health for children in a society abundant with sugary foods and beverages is a challenge.

Cavities are a common concern, but understanding how to prevent them not only saves time and money but also reduces discomfort in the dentist's chair.

Here is a comprehensive compilation of six effective tips to assist in safeguarding your kids' dental wellbeing and keeping cavities at bay.

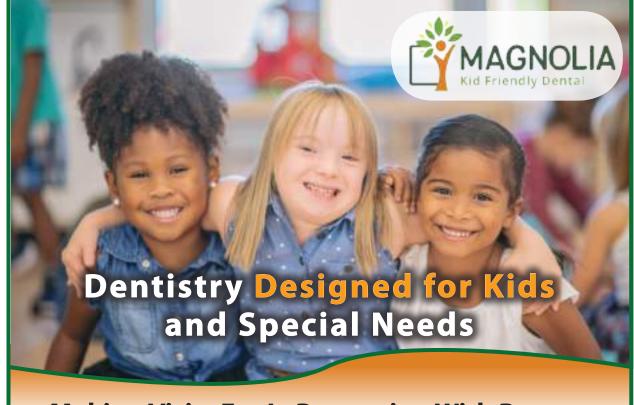
- 1. Encouraging good dental habits from an early age is crucial. Advocate for brushing, flossing, and rinsing twice daily, establishing a strong foundation for excellent oral hygiene practices.
- 2. Steering clear of sugary drinks like soda, fruit juices, and sports drinks is imperative. Choosing water as an alternative significantly reduces sugar intake, preserving dental health and acting as a preventative measure against cavities.
- 3. Avoiding high-sugar content foods such as sticky candies (like taffy and caramel) and gummy snacks or vitamins is essential. These treats cling stubbornly to teeth and gradually erode enamel, leading to cavities and tooth decay over time.
- 4. Limiting starchy foods like potato chips and crackers is crucial. When inadequately brushed away, these foods lodge in small tooth crevices, fostering plaque that corrodes enamel. Even seemingly harmless foods like breads and pastas provide sugars that bacteria feed on, contributing to tooth decay.
- **5. Selecting fluoride toothpaste for children aged two and above is vital.** After brushing, advise your child not to rinse but to spit out the excess toothpaste. This retains residual fluoride, offering added protection to their teeth.
- 6. Regular visits to your child's

dentist play a pivotal role in early cavity detection. Scheduling check-ups every six months helps stay proactive and ensures timely intervention if necessary.

Following these six fundamental tips diligently can significantly enhance your child's overall oral health and prevent unwanted cavities. These strategies not only serve as preventative measures but also cultivate habits that foster lifelong dental well-

being. Taking proactive steps toward cavity prevention not only benefits your child's dental health now but also sets the stage for healthier smiles in the future. By instilling these practices, you empower your child to maintain a healthy and radiant smile for years to come.





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### Holistic Approaches To Mental Health

### Bridging Gaps In Care

Submitted By A+ Health Center

In the realm of mental health, the significance of a holistic approach cannot be overstated. Traditional models often focus solely on symptom management, overlooking the intricate connections between mental, emotional, and physical wellbeing. Holistic approaches, however,

recognize the interdependence of these aspects, offering a more comprehensive and effective strategy to promote mental health and bridge gaps in care.

#### Understanding Holistic Mental Health

Holistic mental health emphasizes the interconnectedness of mind, body, and spirit. Rather than isolating mental health as a separate entity, ho-

listic approaches consider lifestyle, nutrition, exercise, and social factors as integral components of overall well-being. By addressing these various facets, individuals can achieve a more balanced and sustainable mental health.

#### **Mind-Body Connection**

The mind-body connection is a fundamental principle in holistic mental health. Practices such as mindfulness meditation, yoga, and tai chi help individuals cultivate awareness of their thoughts and sensations, fostering a harmonious relationship between the mind and body. These practices not only alleviate symptoms of anxiety and depression but also enhance overall resilience to stress.

#### **Nutrition and Mental Health**

Nutrition plays a crucial role in mental health, influencing mood, cognitive function, and overall wellbeing. Holistic approaches encourage a balanced diet rich in essential nutrients, emphasizing the importance of omega-3 fatty acids, vitamins, and minerals. Scientific evidence suggests that a nutritious diet positively impacts neurotransmitter function, contributing to improved mental health outcomes.

#### Exercise As a Mental Health Booster

Regular physical activity is a potent tool for promoting mental health. Exercise releases endorphins, the body's natural mood lifters, and reduces stress hormones. Holistic mental health practices incorporate diverse forms of exercise, making it accessible and enjoyable for individuals with varying fitness levels. Whether through brisk walks, dance, or team sports, exercise contributes significantly to mental well-being.

#### Social Support and Community Engagement

Holistic mental health recognizes the significance of social connections in fostering emotional wellbeing. Building and maintaining strong social networks can provide emotional support, reduce feelings of isolation, and contribute to a sense of belonging. Engaging in community activities and fostering meaningful relationships are integral aspects of holistic approaches to mental health.

In embracing holistic approaches to mental health, individuals can bridge the gaps in traditional care models. By recognizing the interconnectedness of mind, body, and spirit, holistic approaches offer a more comprehensive and personalized strategy for promoting mental wellbeing. Incorporating mindfulness, nutrition, exercise, and social support into one's lifestyle can contribute to a more balanced and resilient mental health, ultimately leading to a higher quality of life.



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#### Meet Dr. Rami Makhoul

After completing his fellowship in Colon and Rectal Surgery at Robert Wood Johnson University Hospital-Rutgers University, Rami Makhoul, MD, joined Holy Cross Health Hospital in 2014 to serve patients of the DMV area.

Upon graduating from medical school, Dr. Makhoul first completed his internship in General Surgery at the University of Massachusetts Medical School. He, then, completed his residency training in General Surgery at the George Washington University Hospital in Washington, DC.

During his residency training at GW, he spent a year in clinical research where he published some of his work on colon and rectal cancer, and the use of Robotic Surgery in various abdominal procedures performed in the Colon and Rectal Surgery field. He continued with his passion for research and published peer-reviewed articles during his fellowship training. Several of his work, was presented at national conferences including the American Society of Colon and Rectal Surgery, and the Society of American and Gastrointestinal and Endoscopic Surgeons annual conferences.

Dr. Makhoul diagnoses and treats various diseases of the colon, rectum, anus, and other parts of the GI tract using national standards and guidelines. He has a special interest in treating colon and rectal cancer using advanced surgical minimally invasive techniques including robotic, laparoscopic, and transanal minimally invasive surgery. Dr. Makhoul is Board Certified in both General Surgery and Colon and Rectal Surgery and is an active member of the American Society of Colon and Rectal Surgeons education committee.

As part of his commitment to surgical training and education, Dr. Makhoul serves as a Clinical Instructor of Surgery at the George Washington University. Dr. Makhoul is currently the chairman of the Department of Surgery at Holy Cross Hospital in Silver Spring. He also holds the position of Cancer Liaison Physician for Holy Cross Health, where he manages and overlooks clinically related cancer activities in collaboration with the Commission on Cancer and American Cancer Society.

When he is away from the office, Dr. Makhoul may be found spending time with his family. Dr. Makhoul enjoys skiing, cycling, scuba diving, tennis, and traveling.



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#### Meet Dr. Matthew Skancke

Dr. Matthew Skancke is a colon and rectal surgeon serving Maryland, Virginia and Washington, DC. Dr. Skancke grew up in Great Falls, VA earning his undergraduate degree in electrical and biomedical engineering at the University of Virginia's engineering school. After engineering school he spent three years working for a Swiss based GPS company U-blox America while going to night school to finish his premedical degree. He then attended medical school at the University of North Carolina at Chapel Hill where he did basic science research of mesenchymal stem cells to progress the field of regenerative medicine. Dr. Skancke continued his General Surgery training at the George Washington University Hospital and subsequently did his Colon and Rectal Surgery Fellowship at the Cleveland Clinic.

During his training, Dr. Skancke has published over 24 peer reviewed publications, authored three book chapters, and presented over 45 times at national conferences in medicine and surgery. He has participated in clinical trials of bench top and mechanical sciences and is a member of the American College of Surgeons and the American Society of Colon and Rectal Surgeons. Dr. Skancke is Coard Certified in General Surgery and Colon and Rectal Surgery and is an active member of the American Society of Colon and Rectal Surgeons Quality and Safety National committee.

Outside of work, Dr. Skancke has found a new love for French cooking and North Carolina barbeque. To offset these vices, Dr. Skancke also enjoys running and powerlifting in his free time.



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#### Meet Dr. Deborah Cheryl Mallu

I knew I wanted to be a veterinarian when I was 5 years old. At age 14, in 1966, I started work in the first of many veterinary clinics. Now, caring for you and your pets as a family is my passion, and I dedicate my whole life to this purpose. I graduated from The Ohio State University with my DVM degree in 1977.

After ten years of clinical practice, I became discouraged with the state of our pets' health and knew that there must be something else. In 1988, I discovered veterinary acupuncture and received certification from the International Veterinary Acupuncture Society. This opened the door to the world of holistic medicine. In 1992, I became certified by the National Association of Natural Health Professionals. I then went on to complete a year's training in veterinary homeopathy with the world-renowned Dr. Richard Pitcairn.

In 1993, I sold my veterinary practice in Maryland and moved to Sedona, AZ, a very spiritual place, seeking a spiritual journey. While there, I became Buddhist and took ordination as a Tibetan Buddhist nun from 2002 until 2023. I believe in the equality of all life and dedicate myself to the relief of suffering. Since I believe in the motto "Healer Heal Thyself," I completed a self-healing

journey and learned Energy Healing at the Barbra Brennan Energy Healing School and the School for Enlightenment and Healing in 1994. After spending time volunteering during the Katrina Relief efforts, I volunteered for Tara's Babies Animal Sanctuary. This was a life-altering experience

- seeing so much suffering and helping the animals and the people so affected by that storm. I have also volunteered for Garuda Aviary Parrot Sanctuary in

Upon my return to Maryland in 2006, I worked in Bethesda at Veterinary Holistic Care. Then in 2013, Dr. Kitty Raichura and I established Holistic Veterinary Healing.

As I practiced holistic medicine with my animal patients, more and more of my clients asked me if I could treat them too. I decided to deepen my studies and spent three years in postdoctoral training at Tai Sophia, where I earned my Master's degree in Human Acupuncture in 2010. I saw both human and animal patients until my partner, Dr. Kitty Raichura, died in 2016. Since then, I have dedicated my skills solely to animal patients.

I am certified in Medical Ozone Therapy for Animals and am also a Certified Fear Free Practitioner.

I live in Germantown with my two dogs, Bodhi, a Poochon, and Jack, a Yorkiepoo. My previous dog, Janelle, a chow husky cross who came to work with me every day and acted as the clinic nurse calming the patients, died in 2020. In my spare time, I like to stay in touch with my family and friends, watch movies, and play with my dogs at my friend's farm. My favorite pastime is sitting in my recliner relaxing, meditating, praying, and watching my dogs play or sleep.

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### **Dr. Paul J. Winters**

BS, DC w/PT Privileges, CME

**Degrees, Training, and Certifications:** Doctor of Chiropractic, Northwestern College of Chiropractic; Bachelor of Science, North Dakota State University; Certified Medical Examiner, FMCSA (Federal Motor Carrier Safety Administration). Doctor of Chiropractic w/Physical Therapy Privileges, FMCSA DOT/CDL Certified Medical Examiner.

**Professional Memberships/Associations:** Maryland Chiropractic Association, Maryland Board of Chiropractic & Massage Therapy Examiners.

**Techniques:** Diversified, Thompson, SOT, Active Release Technique, Passive Release Technique, Trigger Point Therapy

**Expertise:** Personal/Work/Sports Injuries, DOT/CDL Medical Certifications, Musculoskeletal Disorders, Nutrition.

**Personal Interests:** Family and Vacationing, Motorcycling (Harley Davidson), Snowmobiling, Target Shooting, Computers



### **Dr. Patrick C. Winters**DC w/PT Privileges

**Degrees, Training, and Certifications:** Doctor of Chiropractic, Northwestern College of Chiropractic; Bachelor of Science, Human Biology Minnesota State University. AMA Guides to Evaluating Permanent Impairment, Certified Disability Examiner, Manipulation Under Anesthesia Certified.

**Professional Memberships/Associations:** Maryland Chiropractic Association

Techniques: Diversified, Thompson, SOT, ART/PRT, TPT, MUA

**Expertise:** Personal, Work and Sports Injuries, Spinal and Extremity Conditions, Musculoskeletal Disorders and Nutrition

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### Meet Dr. Alicia Kovach:

**Degrees/Training:** Graduate of Palmer College of Chiropractic, DRX Training, Activator, Myofascial Release, Board Certified Physical Therapy and Webster Certification. Trained in the Thompson Technique, as well as in the latest evidence based Chiropractic treatments for Pediatric and Pregnancy Care

Associations: Maryland Chiropractic Association, International Chiropractic Pediatric Association

**Areas of Interest:** Maternity Care, Pediatric Care, Worker's Compensation, Personal Injury, Spinal Decompression for Herniated Discs

### **Pregnancy and Chiropractic**

Regular chiropractic care is an integral part of the prenatal and postpartum care during pregnancy. It helps keep mom feeling good and assists her in coping with the physical stresses of an ever changing body.

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Chiropractic is a holistic approach to the treatment and management of health conditions. Chiropractic care encompasses a wide variety of safe, natural and noninvasive treatments. This includes chiropractic spinal adjustments, exercise and stretching programs, diet and nutritional counseling, soft tissue techniques, to name a few. In experienced hands, chiropractic care can provide your infant, child or adolescent with a lifetime of health and happiness.

### **Scoliosis in Children**

Scoliosis is the lateral deviation of the spine and affects not only adults, but more commonly affects children and adolescents. The goal is to eliminate discomfort and prevent progression of the lateral curvature. If the curvature continues to progress severe spinal deformity can occur resulting in physical disability and cardiovascular compromise.

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Sports and regular physical activities not only serve as fun-time for children and teens, but more importantly, improves their overall health and wellness status while promoting a healthy lifestyle which they can carry into their adulthood years.

### **Nutrition and Children**

The rate of childhood obesity has been rising significantly over the last 30 years. Studies have shown that obesity in childhood dramatically increases the odds of obesity in adulthood, a condition which compromises health and overall well being. Obesity is a difficult condition to treat as it requires a very high level of self-discipline in order to overcome. It is thus especially important to prevent obesity from occurring during childhood or seeking immediate and effective treatment if it does exist.

### Children and Chiropractic Care

Dr. Kovach works collaboratively with the care team for the youngest of patients, and takes great pride in ensuring that they receive the best treatment. She has completed training with the International Chiropractic Pediatric Association (ICPA) and is truly passionate about treating the whole family at all stages of life. If you have any questions or would like more information on the services Dr. Kovach provides, please feel free to contact the office at 410-697-3566.



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### Meet Dr. Aric Adlam:

Dr. Aric Adlam was born and raised in the suburbs of Detroit Michigan where he started receiving chiropractic care at the age of 2 years old. After a traumatic football injury threatened his future athletic career at the age of 16, Dr. Adlam turned down a risky spinal surgery for an all chiropractic approach. After missing only a half of a football season instead of the predicted 2 years; Dr. Adlam was back on the field. More importantly, Dr. Adlam had decided during that time that he had found his calling in life and decided to pursue a career as a Chiropractor.

Dr. Adlam received an undergraduate Bachelor of Science degree with an emphasis in Biological Sciences before entering chiropractic school. He then continued his education at Life University College of Chiropractic in Marietta, GA where he received his Doctorate of Chiropractic degree, fulfilling his dream of becoming a Chiropractor.

Dr. Adlam is highly trained in the diagnosis and treatment of soft tissue injuries often encountered in the spine, extremities and the rest of the body. He has extensive experience with the current state of the art spine rehabilitation technology and diagnostic equipment used in the treatment of spine related injuries. He has had success in treating many patients who have dealt with chronic neck and low back pain for years as well as headaches sufferers that found no relief in the traditional medical model. He has extensive expertise in the treatment of whiplash injuries that often result from automobile accidents. Dr. Adlam is also well trained in the diagnosis and treatment of bulging discs in the low back and neck utilizing the latest treatment methods available.

Dr. Adlam comes from a history of highly competitive sports and takes pride in getting the high performance athlete to the weekend warrior back in the game safely and effectively. He looks forward to bringing the patients of Kovach Chiropractic and Wellness Center the best chiropractic care possible.



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Assistant Professor-Georgetown University Hospital Medical Director-Georgetown Pain Management Associate Member in Washington Metro Pain Institute

# **Kyphoplasty: Treatment For Spinal Compression Fractures**

In the U.S. this year, 700,000 people and one out of every four post-menopausal women will suffer from a painful bone injury called a vertebral compression fracture. This common type of bone injury results in the collapse of a vertebra. Although there is a safe, effective, and minimally invasive therapy available, two-thirds of these fractures fail to be diagnosed. Missing this condition can result in under-treated pain, limitations on daily activities, breathing problems, and dependence on dangerous pain medications.

Bone density in both women and men starts to decrease after age 40, accelerating in menopausal women and can progress to osteoporosis. Although most compression fractures occur in patients with osteoporosis, one-third of vertebral compression fractures occur in patients without osteoporosis.

If a fracture occurs suddenly, patients can experience sudden severe back pain that often wraps around the sides and is felt in the chest. Because of this, it is sometimes confused with diseases of the heart or the lungs. The pain is often worse when standing, sitting-up, or walking around. If very severe, the patient can have trouble breathing.

Patients who have symptoms of a fracture should see their doctor for evaluation. After an examination that suggests a vertebral compression fracture, they will often be sent for an MRI. This imaging shows the level of the fracture and also reveals whether it is old or new. Some doctors treat compression fractures with pain medicine, physical therapy, and bracing. However, many cases continue to cause severe pain and long-lasting health effects unless treated more definitively. Unfortunately, many patients and physicians are not aware that there is a minimally invasive procedure called kyphoplasty that can quickly, safely, and effectively treat a patient's pain without the long-term use of opioids and other pain medications.

If an acute compression fracture is present on an MRI, a patient should be referred to a pain management physician or another physician who performs kyphoplasty. This procedure can often be performed in a doctor's office, preventing the need for an overnight stay in a hospital. On the day of the procedure, the patient is given a medicine to relax and then is asked to lie on their belly. An x-ray machine is then used to locate the fractured bone and a narrow tube is placed into it through a very small opening in the skin. A small balloon is inflated within the bone to create a small space and the fracture is then filled with bone cement. The entire procedure can take as little as 45 minutes. Many patients feel immediate pain relief and are able to return to their daily lives the day after the procedure. However, some patients may take a week or longer to feel better.

Kyphoplasty most successfully reduces a patient's pain within two weeks following a fracture. Unfortunately, if the window of opportunity is passed, the pain can become more challenging to treat and further complications can occur.

If you think you or someone you care about is experiencing symptoms of a vertebral compression fracture, schedule an initial pain evaluation at Georgetown Pain Management to determine if you're eligible for kyphoplasty or other pain therapies. Most insurances are accepted and new patient evaluations are currently being scheduled.

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# **Shawn Samad, DDS**

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### Meet Dr. Shawn Samad

Raised in Severna Park, MD, Dr. Shawn Samad is the proud son of Fred and Mary Samad, a working class couple that raised their children in a humble household. Dr. Samad grew up to be an avid sports fan. He still plays soccer regularly and is a HUGE Rayens fan!

He went to college in Westminster, MD, where he received his Bachelor of Science degree with majors in Biology and Chemistry with a special focus on Physics. He then continued his education at UMBC where he worked on a Masters degree in Biology. And finally attended University of Maryland School of Dentistry where he received his Doctor of Dental Surgery (DDS) degree.

Although he has achieved one of the highest educational degrees, he still continuously partakes in Continuing Education (CE) regularly to learn about all of the newest, latest, and greatest techniques and technology. He has received extensive training and experience in Cosmetic Dentistry, Endodontics (Root Canals), Oral Surgery, Implantology, and Invisalign Orthodontics. His belief is Knowledge is Success!!

And it must be mentioned that his office is filled to the teeth (Pun intended) with world class, state of the art, technology in a modern and sophisticated office layout. Dr. Samad's motto in his work is, "Changing lives, one tooth at a time." Come on in and meet him. You won't be disappointed!

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### Meet E. Taylor Meiser, Jr.

**Degrees/Training:** DDS, University of Maryland Dental School; General Practice Residency, San Diego Naval Hospital; Prosthodontics Residency, Naval Dental School, Bethesda; U.S. Navy Dental Corps Officer, Commander, USN, (retired).

**Professional Memberships:** American Dental Association, Maryland State Dental Association, Anne Arundel County Dental Society, Annapolis Dental Study Club, Chesapeake Implant Study Club, University of Maryland Alumni Association.

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# Sarah A. Merritt, MD

# Pain Management Specialist

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### **Meet Sarah A. Merritt:**

My Degrees & Training: Majored in Biology Birmingham-Southern College and graduating Phi Beta Kappa. During medical school at the University of Alabama in Birmingham, Dr. Merritt was selected for the prestigious Howard Hughes Medical Institute-National Institutes of Health Research Scholars program, and worked for a year during medical school as a researcher at the NIH in Bethesda, Maryland. Dr. Merritt performed her residency at the University of North Carolina in Chapel Hill, and pursued extra fellowship training in pain management at the Johns Hopkins Medical Institute. Her training included the full spectrum of pain management techniques, including interventional pain management and pain medication management.

**Professional Memberships:** Board Certified in Anesthesiology and Pain Management through the ABMS, the gold standard in physician certification. She has practiced in a variety of settings since training, including Johns Hopkins. She has also volunteered her time to travel to India, providing anesthesia for cleft lip and palate surgeries.



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# Alan Weiss, MD AND Kim Weiss, RN

### **Annapolis Integrative Medicine**





### **Meet Alan Weiss:**

Dr. Weiss received his Bachelor of Arts from University of Virginia, and his Doctor of Medicine from McGill University. His Post-Graduate Training Includes: University of Hawaii Internship in Medicine, St. Elizabeth's Hospital (Boston) Residency in Internal Medicine, Board Certified Internal Medicine, Fellow American Academy of Anti-Aging Medicine.

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### **Meet Kim:**

Kim has had a wide variety of experience as a nurse, from ICU service to Oncology nursing, and is an expert with IV therapies and is committed to her patients being comfortable, safe and well informed.

Kim has been utilizing IV therapies very safely and therapeutically with over 25 years as an IV Nurse, has been administering nutritional and integrative IV's in many different settings and practices throughout Maryland and Massachusetts. She is able to tailor these therapies to meet individual needs and requirements. Many people can benefit from these therapies and they can jumpstart your road to recovery and health.

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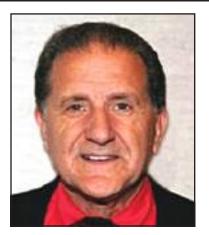


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# Paul V. Beals, MD, CCN

# Integrative Family Physician



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### **Meet Paul V. Beals**

Dr. Beals specializes in holistic therapy for cancer and heart disease and is an expert in chronic lime disease.

### Degrees, Certifications and Professional Memberships:

Board Certified in Family Practice

Certified Clinical Nutritionist (CCN)

MD, Temple Medical School, Philadelphia PA

Member of the American College of Advancement in Medicine (ACAM) – Certified Chelation Theranist

Member of ILADS, International Lyme Associated Disease Society

### Others:

Rotating internship, Harrisburg PA

Flight surgeon in the U.S. Air Force

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### **Chronic Lyme Disease Treatment**

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### **Family Practice Medicine**

Our committed and professional staff will provide medical care to a family as a whole, with the main aim of working towards excellence, sincerity and quality health care

### Integrative Cancer Support

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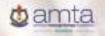
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# **Holistic Wellness**

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By Lisa Boynes Sindass, MD Trusted Medical MD

In the pursuit of optimal health, embracing a holistic wellness approach is paramount. Holistic wellness is a philosophy that considers the entire person – mind, body, and spirit – in the quest for overall wellbeing. Medical doctors advocate for this approach as it addresses the root causes of health issues rather than merely treating symptoms. From children to adults and seniors, adopting a holistic wellness lifestyle can

contribute to a healthier and more fulfilling life.

For children, holistic wellness encompasses a balanced diet, regular physical activity, and fostering emotional well-being. Encouraging healthy habits from a young age sets the foundation for a lifetime of well-rounded health. Pediatricians emphasize the importance of proper nutrition, sufficient sleep, and mental stimulation to support a child's growth and development.

As individuals transition into adulthood, holistic wellness becomes increasingly vital. A holistic approach involves not only maintaining physical health but also nurturing mental and emotional well-being. Medical professionals advocate for stress management techniques, mindfulness practices, and regular exercise to promote resilience and reduce the risk of chronic conditions.

Please see "Holistic Wellness," page 65

# The Connection Between Social Media and Teen Mental Health

Submitted By Empowered Connections, LLC

Social media now permeates nearly every facet of modern life. And while the benefits of these platforms may be numerous, there may also be some detrimental considerations.

This is especially true for mental health in teenagers. These young adults are simultaneously still learning to navigate emotionally fraught moments and are also more regular users of these platforms.

### The Positive Impact Of Social Media

Many teens enjoy a social media platform not as an escape from their social life but as an extension of it. This could include myriad benefits, such as:

- Feeling connected to their friends and family while not face-to-face
- Meeting other young people
- · Joining and maintaining their place

in a community

- Sharing aspects of their lives with peers and/or strangers
- Discovering new aspects of themself

It's easy to vilify new technologies or cultural shifts. But it is also important to remember that not all online interactions result in negative impacts.

### The Effects Of Social Media Teens' Mental Health

In a scientific article published by the *International Journal of Environmental Research and Public Health*, the effects are clear. Numerous correlations are made between social media use and poor mental and physical outcomes. This includes:

- Poor sleep patterns,
- Depression, and
- Anxiety.

The above examples are based on a limited set of research data. But they

Please see "Social Media," page 65



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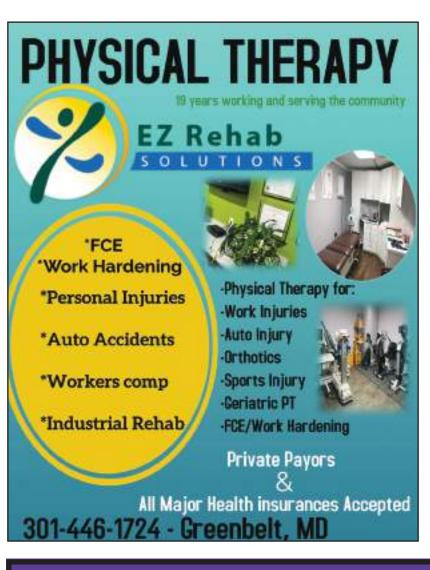
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# Coping With Nasal Allergies

Submitted by Kensington Pharmacy

Do you have a nasal allergy? Nasal allergies cause the lining of your nose to become swollen and inflamed. Do you have:

- A runny nose with a thin, watery discharge?
- Nasal itching and congestion?
- Red, itching eyes?
- Sneezing?
- Drainage from your nose down the back of your throat?

If so, you may be a nasal allergy sufferer. Your pharmacist can help you decide whether to see a doctor or whether to treat your symptoms yourself.

The next question to ask yourself is if your allergies are perennial, seasonal, or both?

Many different triggers can cause nasal allergies.

### **Perennial Triggers**

- Dust mites
- · Animal hair or dander

· Indoor mold

Because these triggers are present all the time, these allergies are said to be perennial.

### Seasonal Triggers

- Pollen from trees
- Ragweed
- Grass
- Weeds

Because these triggers are around only during certain times of the year, these allergies are said to be seasonal.

Some people suffer from both perennial and seasonal allergies. They may have symptoms all year round, but they tend to be worse during certain seasons.

# How Do I Avoid the Triggers That Cause My Nasal Allergies?

Avoiding triggers entirely probably is not possible. But you can do a number of things to minimize them. Talk to your doctor or pharmacist about specific products – such as filters and bedding covers – that can help you clear your environment of triggers.

Please see "Nasal Allergies," page 65



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# Courageous Conversations Are a Gift To Those You Love



By Rachel Sherman, DNP, FNP-BC Director of Nursing and Clinical Advocacy, Hospice of the Chesapeake

I talked with my grandmother all the time. We were very close, so even when I was going to school eight hours away from home I still talked with her often on the phone. While I was away, she got cancer. Soon, I noticed our conversations were different. So, I got on a bus to drive home. When I got there, I found her in a hospital bed in her living room with a hospice nurse and a social worker. My family had kept things from me to protect me. But it had done the opposite. Seeing my grandmother so sick and so weak was so upsetting.

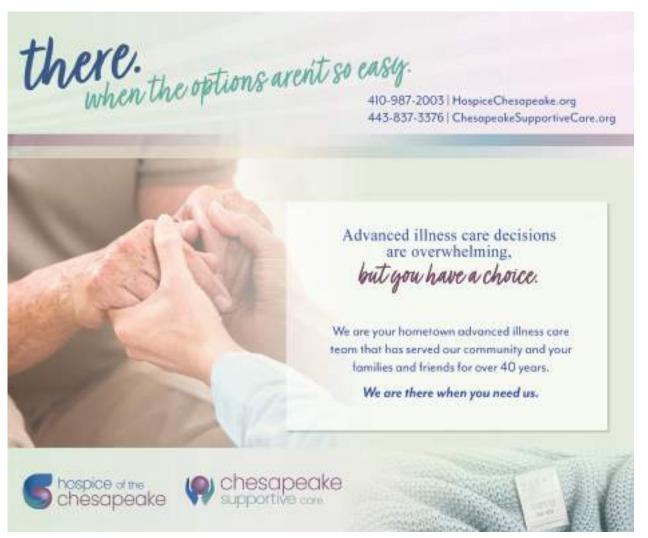
The nurse and social worker had with me what I now call a courageous conversation. They talked about what was happening with my grandmother. I was 16. That was my first exposure to hospice and palliative care. I already knew I wanted to be a nurse and a caregiver, but it was in that moment that hospice professionals supported me. I decided that I would want to give that kind of support to others.

When I'm having courageous conversations as a medical professional, I figuratively take off the white coat and scrubs, because death and dying is not a medical event for most people. It is a human experience. You must have courage to share bad or devastating information without hiding behind medical jargon.

When I'm having courageous conversations in the community, I literally take off my white coat and scrubs. Especially in churches, where it's a sacred space to talk about transitioning to end of life. You need to do some research and learn about the culture you're walking into.

Courageous conversations are not all doom and gloom. They're a gift to your family to help them prepare for the time when you will no longer be here. Research shows families whose loved ones had advanced directives and conversations before they transitioned experience less anxiety, less depression and less of a burden at the end of life.

A courageous conversation can be uncomfortable, unexpected and unwanted. But it's necessary. Talking about life-limiting illness and death before it happens means accepting that this will happen to you or someone dear to you. Once you have these conversations, the door is open to preparing for every milestone in your life. Not just education, marriage, children and career, but the final milestone of your death.





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# **Traditional Chinese Medicine** For Epilepsy



By Quansheng Lu, CMD, PhD, LAc Wholelife Chinese Medicine & Acupuncture Center

For thousands of years, Traditional Chinese Medicine (TCM) has been a therapeutic mainstay in China and is gaining increasing recognition in Europe and the United States. A growing number of individuals are seeking healthcare solutions from Chinese medicine and other Complementary and

Alternative Medicine (CAM) practices. According to the National Center for Complementary and Alternative Medicine (NCCAM), approximately 38% of all adults, 44% of those aged 50-59, and 12% of children reported using CAM in 2007. Notably, 24-44% of epilepsy patients are already incorporating CAM into their treatment regimens.

The ancient Chinese text, Huang Di Nei Jing, dating back over 2,000 years, mentions epilepsy. Chinese herbal medicine and acupuncture are the primary modalities within TCM. Recent studies suggest promising results for epilepsy treatment using Chinese medicine therapies, including herbal medicines and acupuncture.

Traditional Chinese herbal remedies, deeply rooted in historical practices, have been employed for epilepsy

Please see "Epilepsy," page 65

# **Orthodontic Treatment For** All Ages



By Jacqueline Brown Bryant DDS, MS, PC

Do you realize orthodontics is just not for teenagers anymore? Children. teens, and adults can benefit from Orthodontics or the new term for braces treatment, orthodontics and Dentofacial orthopedics. The American Association of orthodontics recommends an orthodontic evaluation as early as seven years of age. This evaluation can reveal developing problems such as protruding teeth, crooked teeth, overlapping or crowded teeth, spac-

ing or gaps between the teeth, deep bites, missing or extra teeth, clicking or popping sounds when chewing and chronic headaches, neck or jaw pain. Oral habits such as tongue sucking and thrusting, mouth breathing, and thumb or finger sucking can affect the positions of the teeth and growth of the jaws. Many of these problems if left uncorrected or untreated at an early age can cause unnecessary stress to the teeth, gums and jaws and result in more severe problems and more complex treatment as we age.

Limited treatment does not involve all of the teeth but can focus on individual problems such as crossbites or habits and can be for adults, adolescents and children. An orthodontist would diagnose whether you are a candidate for limited treatment involving your upper or lower teeth. Many times a simple appliance would serve to correct these problems.

Early or phase one interceptive treatment can address problems before

Please see "Orthodontic," page 65

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# A Greener Approach To Menstrual Health



By Ebere Azumah MD, MPH, FA COG Love Your Menses

In our quest for a more sustainable lifestyle, addressing every aspect of our daily routine becomes crucial. Menstruation, a natural part of life for many, offers an opportunity to make environmentally conscious choices. With approximately 12 billion pads and 7 billion tampons discarded annually in the U.S. alone, it's time to

consider the environmental impact of our period products and explore more sustainable alternatives.

The staggering statistic that menstruators dispose of an estimated 400 pounds of period products throughout their lifetime emphasizes the urgency of adopting eco-friendly options. Fortunately, a variety of sustainable menstrual products are now available, offering both health-conscious and environmentally friendly solutions.

One of the most popular alternatives is the menstrual cup. Made from medical-grade silicone, rubber, latex, or elastomer, these reusable cups collect menstrual fluid and can last for several years. Not only do menstrual cups significantly reduce waste, but they also save money in the long run. Additionally, they eliminate the risk of harmful chemicals found in

Please see "Menstrual Health," page 66

# **Poor Circulation In Feet: Part One**



By Ademuyiwa Adetunji, DPM Largo Foot & Ankle Health

### **Causes and Symptoms**

Poor blood circulation in legs and feet is a condition that may cause damage to the tissues in these parts, causing utter discomfort and a wide array of other symptoms. Though the condition is usually seen in elderly, it may develop in young people too. Apart from the increasing age, there are various factors that play a key role in causing this problem. They include genetics, lifestyle factors, medical conditions, etc.

One of the most common causes of poor circulation in feet is peripheral vascular disease, which is otherwise known as peripheral artery disease (PAD). This condition is characterized by obstruction or narrowing of the large arteries that are far from the heart and the brain. Most commonly, this occurs in the extremities, especially the feet and the legs.

The causes for peripheral vascular disease may also vary, but the most common one is atherosclerosis (narrowing of arterial walls with fatty deposits like cholesterol). Contributory factors include:

- Smoking
- High cholesterol
- · High blood pressure
- Physical inactivity
- Obesity
- Diabetes

Even pregnant women may experience the symptoms of poor blood circulation in feet.

Please see "Circulation," page 66







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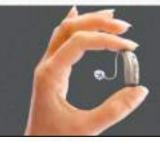
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# Are Food Allergies Affecting You?



By Thomas K. Lo, DC Advanced Chiropractic Center

Food allergies happen when your body's defense system, called the immune system, triggers immunoglobulin E (IgE) antibodies to bind with a food protein (the allergen). This activates cells throughout the body to

release large amounts of chemicals such as histamine. Allergic reactions can occur throughout the body such as the respiratory system, digestive tract, skin, eyes, ears, throat, or cardiovascular system.

Reactions usually occur within a few minutes to an hour after eating the offending food. You may first feel itching in your mouth as you start to eat the food.

Other symptoms include stuffy, itchy nose, swelling of the lips, face, tongue, throat, or other parts of your body, vomiting, diarrhea, sneezing, itchy, watery eyes, stomach cramps, red, itchy skin or a rash.

True food allergies usually begin in the first or second year of life. Childhood allergies may be converted

Please see "Food Allergies," page 65

# Slow, Mindful Yoga Building Nervous System Resilience



By Betsy Paul Just "B" Yoga with Betsy Paul

Slow, mindful yoga for nervous system resilience is not the same as gentle yoga and so it is not about slowing down sun salutations. It has health benefits (in addition to the usual exercise benefits) that can help to build resilience in the nervous system. It helps train the nervous system to down regulate to a calming place.

- 1. **No pain:** pain science has taught us that the more you reinforce pain signaling up to the brain, the more pain you feel. Slow movement sets the trajectory of the nervous system towards healing.
- 2. Being comfortable rather than uncomfortable. This instead of opioids or other pain killers.
- 3. **It is about slowing down and doing less.** Less is more when looking for

- more range of motion. Micro movements train the nervous system to feel comfortable. This is particularly important for people who are hypermobile. Hyper-mobility is many times accompanied by anxiety, as well as less capacity to feel sensations in the body which can lead to serious injury.
- 4. **Follow the breath**, which is the gateway to the autonomic nervous system. This is about optimizing the function of the respiratory apparatus.
- 5. Interoceptive Awareness: knowing how you are feeling on the inside. This awareness drives behavior. Some researchers suggest that poor interoception lies at the foundation of all chronic disease. Feeling into sensations in our bodies is a skill that can be built with mindful movement.
- 6. The psychological benefits of kindness. There is a lot of research to suggest that when you approach yourself from a place of kindness and self-compassion, the physiological benefits are extraordinary.

Chronic diseases absorb 90% of medical dollars – \$3.6 trillion in 2012. So why isn't slow, mindful practice mandated by public health? It includes low-cost, low-risk, non-invasive strategies to manage stress.



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# **Consulting Hypnosis**



By Toni Greene, Owner Happy Hour Yoga on Zoom!

There are many ways of healing. Healing is an awareness that you sense from your inner self (subconscious mind), that tells you that you need to explore what's happening within yourself internally and consciously. Mind, body, and spirit (the soul) all need healing. The mind tells you what you are experiencing in the given moment. The body reacts as the mind releases the thought. The thought can be positive or negative, and the thought sends the message to the body organs, and then the organs respond to the thought.

Consulting hypnosis – helping everyday normal people with everyday normal problems – can help you with problems or situations by helping the way you interpret the thought and then respond to the thought. The thoughts that bring fear often affect the kidneys, and the thoughts that trigger anger often affect the liver and heart.

The organs reside in the body and mind by way of the body systems. The systems are managed, controlled, balanced, repaired, or healed according to the thoughts you are having about that system and the methods you choose to heal or repair that system.

Often you will hear people say that the doctor can't seem to find their problem. Whether the doctors find or don't find the cause of your pain (mental, physical emotional, or spiritual) it is uncomfortable. You simply want relief. You want the doctors to tell you something so that the thought can trigger an emotion in certain organs to heal or not.

Consulting hypnosis can help you sort out everyday problems such as the

Please see "Hypnosis," page 66

# What Is Tooth Whitening?



Submitted by E. Taylor Meiser, DDS Lighthouse Family Dentistry

There are several ways to whiten teeth and several ways not to. There are many types of whitening treatments on the market to choose from. The choices are very different in their methods, materials and time it takes to see results. Whitening choices can be broken down into various types:

- · professional or over-the-counter
- in-office or take-home
- tray system or tray-less

### **Professional Or Over-the-Counter**

Over-the-counter (OTC) whit-

ening products are sold everywhere – in the supermarket, on TV and in magazines and even on the internet. These products range from special toothpaste, floss, and mouth rinses to white paint-on stuff to make-your-own bleaching tray systems. The common factor for over-the-counter whitening systems is that they are cheaper than the professional treatments by your dentist and often claim to be just as effective. They are cheaper, but they are not as effective (if at all).

Professional whitening treatments are better and more effective than OTC products. Your dentist will know what type of system will work for you. The dentist has the knowledge and systems available to get the best results possible in the least amount of time. The dentist also will make sure the treatment is safe and comfortable, and will not damage your teeth, gums and overall health.

In-office treatments are the best and quickest. The dentist can use equipment and materials that can't be used at home. The dentist can monitor

Please see "Tooth Whitening," page 63

# **Mental Illness:** What To Do?



By Joyce Abramson, RNMS Charles County Freedom Landing

There has always been much said in the media about mental illness, particularly schizophrenia. There was the tragedy many years ago of the Yates family and five dead children, and the tributes given to the movie Beautiful Mind at the Oscars back in 2002. How does one sort out how to respond to such divergent aspects of an illness?

Anger, horror, and fear are natural responses to physical harm or death as in the Yates' situation. Astonish-

ment, hope, respect may be some of the emotions evoked by the movie honored in 2002. However, I suspect for many people fear and avoidance are more frequently associated with mental illness.

In the real world, for many people diagnosed with schizophrenia or other serious mental illnesses, they struggle to manage symptoms of the illness without ever harming anyone physically or achieving the national achievements of Nash in the movie.

They are learning daily to manage an illness that can exhibit many facets. People do experience voices, see visions that seem real and are not real. They have difficulty sorting out some of their perceptions and whether they are exaggerated or "normal". They are working to perform every day tasks while experiencing these symptoms to a greater or lesser degree. Medication, in recent years, has helped with symptoms. Talking with someone; therapist, rehabilitation staff, family or friends to "check out" what is accurate helps.

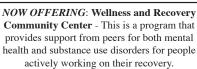
Please see "Mental Illness," page 63

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# **Healthy Eating For the Family**



By Janet V. Johnson, MD Loving Care Pediatrics

Natural preferences for the foods we enjoy the most are developed, so the challenge in most families is to make healthy choices appealing. Children should be eating whole foods or minimally processed food. We should consume foods that are as close to their natural form as possible.

Restaurant and takeout meals have more added salt, sugar and unhealthy fat. Strive to cook more meals at home, where the family gathers. Everyone can come together and the time spent can offer an opportunity to catch up on the activities of each family member. Get the children involved in shopping for groceries and preparing meals. You can teach them about different foods and how to read food labels. In addition, they are more likely to eat what they helped prepare. Be aware of portion sizes, you can obtain this information on MyPlate.gov. Never insist that your child clean their plate, and never use food as a reward or bribe.

Make healthy snacks available. Keep plenty of fruit, vegetables, and healthy beverages (water, milk, and limited amounts of pure fruit juice) on hand so the children can avoid unhealthy snacks like soda, chips, and cookies.

Be a role model for your children. Their impulse to imitate is strong so don't ask your child to eat vegetables or fruits while you eat cookies, chips or other less healthy foods.

Healthy Eating Tips For Families On The Go School Lunches For Your Kids.

Please see "Healthy Eating," page 63

# Doesn't **Your** Child Deserve the **Best**?



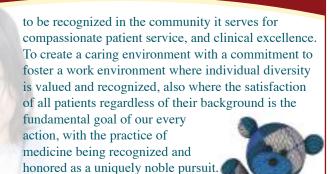
# Loving Care Pediatrics

Janet V. Johnson, MD

Board Certified in Pediatrics and Adolescent Medicine by the American Academy of Pediatrics Fellow of the American Academy of Pediatrics

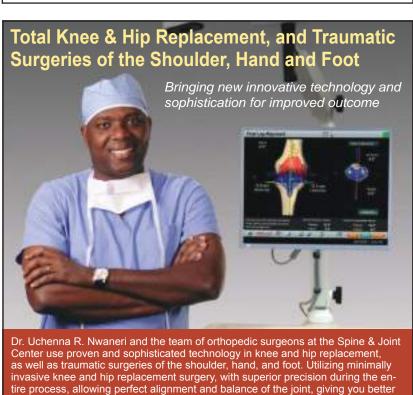
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# Navigating Maryland's Cannabis Marijuana Landscape

# **Understanding Strains** and Components



By Sharron Sample, CEO Dispensary Works

In recent years, Maryland has emerged as a progressive state in the realm of medical cannabis, offering patients a holistic approach to managing various health conditions. This article explores the nuances of medical cannabis in Maryland, shedding light on the differences between Sativa, Indica, CBD, and more.

### **Medical Cannabis In Maryland**

Maryland's Medical Cannabis Program, established in 2014, aims to provide patients with a natural and effective alternative for managing symptoms associated with chronic illnesses. Qualified patients can access a variety of cannabis products, each with distinct properties and potential therapeutic benefits.

### **Understanding Strains**

The two primary strains of cannabis, Sativa and Indica, offer divergent effects. Sativa strains are often associated with increased energy, focus, and creativity, making them suitable for daytime use. Indica strains, on the other hand, are renowned for their relaxing and sedative properties, making them ideal for nighttime use or managing chronic pain.

### **CBD** and **THC**

Beyond Sativa and Indica, the distinction between Cannabidiol (CBD) and Tetrahydrocannabinol (THC) is crucial. CBD is non-psychoactive and has gained popularity for its potential anti-inflammatory and analgesic properties. In contrast, THC is responsible for the euphoric "high" associated with cannabis use, making it a valuable component for managing conditions like nausea and chronic pain.

### Maryland's Approach **To Medical Cannabis**

Maryland emphasizes the importance of personalized treatment plans, encouraging patients to work closely with healthcare professionals to determine the most suitable strains and ratios of CBD to THC for their specific needs. This patient-centric

Please see "Cannabis," page 66



UltraSli

What were your goals at the beginning of the year? Have you met your goals? Are you moving in the right direction? Is it hard to stay on track?

Losing "stubborn fat" is hard and as you get older - it just gets harder and harder. You might go to the gym five days a week, sweat on the treadmill for an hour, and see maybe a pound or two drop in a month. Is that really worth your time?

Or... imagine going to a medical facility, laying down, spending 35 minutes relaxing, then getting up and finding out you've lost two inches around your waist. Which do you prefer? What if you could keep doing that and losing more and more fat until you looked like you did years ago?

If you have any interest in this and how it works when it comes to inch loss, you should stop what you're doing and call the office for an appointment immediately. This new treatment technology uses a special laser therapy to trick your mitochondria (in your fat cells) to release their fat contents.

If you eat better, drink plenty of water, stay away from sugars, and carbohydrates, this can lead to permanent fat loss without surgery. Here's a heads up. If you have tried liposuction in the past - you know that when you "regain the weight" it goes to different place(s) - making your body look distorted and then unfortunately, you're back to where you started, only worse. With this technology we don't destroy your fat cells. What we do is we simply drain the contents of the fat cells so you lose the inches and look good again.



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**Frames:** Frames hold the lenses in place and are available in various styles, materials, and shapes. Choosing the right frame is essential for comfort and aesthetics. Frames also allow for the proper positioning of lenses in front of the eyes to ensure effective vision correction.

### **How Eyeglasses Correct Vision**

Eyeglasses work by altering the way light enters the eyes to compensate for the refractive error. When you have a vision problem, the light entering your eye does not focus correctly on the retina, causing blurry or distorted vision. Eyeglasses modify the path of

Integrative

incoming light, bending it to match the eye's natural focusing ability, thus producing a clear image on the retina.

### **Regular Eye Exams**

To ensure that your eyeglasses continue to provide optimal vision correction, it's crucial to have regular eye exams. Eye health can change over time, and your prescription may need to be adjusted. A qualified optometrist or ophthalmologist can assess your vision and make the necessary adjustments to the prescription for your glasses. Also the fit and adjustment of your glasses should be frequently checked by a qualified optician.

### From page 24

not a profit to be made is often not very compelling to those with the resources to do these studies. One example is the treatment

sis requires a diet without seeds or nuts has been debunked.

Maybe one day every possible treatment option will have been adequately studied but what is one to do now?

long held belief that treating diverticulo-

First of all is communication. Physicians are trained in many subjects but often listening and communicating are lacking. A legendary physician named William Osler said, "Listen to the patient, he is telling you the diagnosis." Doing so not only comforts the patient, and creates trust, but also may go a long way to avoid unnecessary tests and treatments.

The system doctors function in often does not give them the time to listen to what their patient is actually saying. They don't have the time to listen and instead are trying to figure out which box to put a patient in so they can come up with a plan and

move on to the next patient.

It is critical to know what types of treatment a patient is willing to pursue. Often a patient knows intuitively what will or will not work for them. And if they really do not want to pursue a treatment option but do so anyway, there is a higher chance it will not work, like a reverse placebo effect (the nocebo effect).

Finally, taking from the best of all approaches is critical to good health.

Give the body what it needs in terms of nutrition, vitamins, exercise and rest. When necessary, intervene for as short of time as possible with prescriptions and surgery. Look for healing herbs that can help. Supplement with low doses of safe hormones when a deficiency causes a problem.

And make sure you find a doctor who listens carefully to your history and for the interrelationship between symptoms...often (though not always) there is one root cause that has given rise to a multitude of symptoms, each of which must be addressed.

### HERNIA

From page 29

Many hernias are noticeable but do not cause any problems. Those hernias are said to be asymptomatic. Other hernias, however, may cause problems such as pain, progressive increase in size, or limitation of daily activities. In severe cases, the hernia is incarcerated containing trapped intestines in the bulge causing intense pain and/or vomiting. This is considered an emergency.

Many asymptomatic hernias can be observed. If the hernia is small and there are no major symptoms then it is often reasonable to simply observe. For large and symptomatic hernias, patients benefit from surgical repair to eliminate the associated pain and to restore normal functioning as it relates to daily activities. Surgical repair will also reduce the risk of an emergency situation.

In emergency situations, where there is trapped tissue with associated intestinal obstruction or risk for loss of blood supply, surgical treatment is mandatory.

Management decisions for hernias are influenced by factors such as the location, size, symptoms of the hernia and medical condition of the individual.

# Marijuana

male fertility by supporting sperm production. Alterations in hormone levels can potentially affect fertility. One study found decreased testicular size in marijuana users. Marijuana use also decreases sperm motility in a dose dependent fashion. A prior systematic review and meta-analysis of five case—control studies found that erectile dysfunction was twice as high in marijuana users compared with controls.

Marijuana also affects female reproduction. The endocannabinoid system, which interacts with the compounds found in marijuana, plays a crucial role in regulating the female reproductive system. Animal studies suggest that activation of cannabinoid receptors in the ovaries can disrupt the release of hormones necessary for ovulation, potentially leading to irregular menstrual cycles.

Marijuana use may affect hormone levels involved in the menstrual cycle, such as luteinizing hormone (LH) and follicle-stimulating hormone (FSH). Some studies have reported altered levels of these hormones in women who use marijuana regularly, which could potentially disrupt the timing and regularity of ovulation.

### **Effects On Fallopian Tubes**

In addition to its negative effects on the gametes (Eggs and Sperm); it can interfere with the transport function of the fallopian tube. The fallopian tubes are responsible for picking up recently ovulated eggs and are the location of fertilization of the egg. The fertilized egg is then transported by both the cilia (hair like projections) on the top of cells lining the inside of the tube as well as peristaltic motion of the smooth muscle wall of the tube itself. The interference of the function of the tube can lead to an increase in the risk of ectopic pregnancies.

### **Effects On Implantation**

Now assuming the egg and sperm safely navigate the above pitfalls, and the resulting embryo manages to traverse the fallopian tube to make it to the uterine cavity, there is another snare waiting for it. THC has been shown to impair the proper implantation of the embryo in the uterine cavity. The endometrium, the lining of the uterus, needs to be receptive to support the implantation and growth of a fertilized embryo. Animal studies have suggested that marijuana exposure can affect endometrial receptivity, potentially compromising the successful implantation of an embryo.

The receptors for cannabinoids are evenly distributed throughout the body including the brain. Exposing a growing fetus to marijuana use during pregnancy can raise potential harm at a time when there is rapid growth and development of cells.

Marijuana use during pregnancy can be harmful to the baby's health and may result in preterm delivery of the baby, stillbirth aka fetal death-inutero, early death in infancy, as well as developmental issues.

### DENTAL HEALTH

From page 21

social isolation and loneliness.

### **Medical Considerations**

A significant 39% of individuals aged 65 and older report using five or more prescription drugs, a situation that can become more complex when multiple healthcare providers and pharmacies are involved. It is crucial for dentists to regularly review the medical history and current medications of aging patients.

### Xerostomia (Dry Mouth)

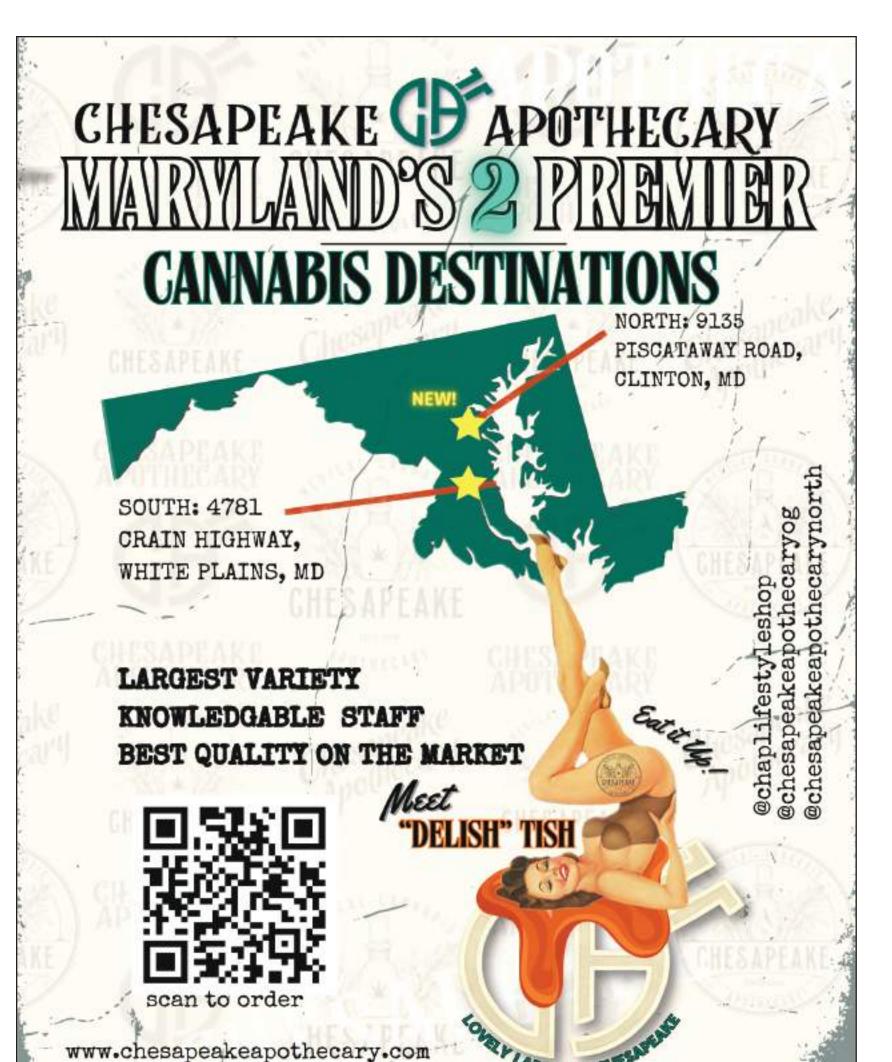
Dry mouth affects approximately 30% of patients over 65 years old, with this number increasing to 40% among those over 80 years old. This condition can be triggered by more than 400 commonly prescribed medications and can lead to mucositis, cavities, cracked lips, and a fissured tongue. To combat this, it is recommended to stay hydrated by drinking water throughout the day while limiting alcohol and sugary or caffeinated beverages such as juices, sodas, and coffee.

### **Dental Insurance Coverage**

Surprisingly, half of seniors neglect to visit a dentist, with cost being the primary deterrent. Shockingly, around 70% of seniors lack dental insurance. Traditional Medicare does not cover routine dental care, and even Medicare Part A offers limited coverage for "medically necessary" dental benefits. Medicare Advantage plans with dental coverage often provide minimal benefits.

### Tips For Maintaining and Enhancing Oral Health

- Brush your teeth twice a day using a soft-bristle toothbrush. An electric toothbrush may be advantageous for those with limited mobility.
- Floss daily to clean between your teeth.
- If you wear dentures or partials, remember to clean them daily.
- Opt for tap water, which contains fluoride to help prevent tooth decay.
- Regularly visit a dentist for checkups and dental care.



want to take a more natural approach, but you don't know where to start. BeBalanced can help!

### Is Stress Inhibiting Your Ability To Lose Weight?

Hormones impact everything in your body, including your weight. Every aspect of your metabolism is regulated by hormones. So, no matter how much you exercise or what you eat, if your hormones are out of balance, losing weight will be a struggle.

Why? Stress! Like most Americans, you are bombarded with stress daily. Stress from work, finances, a busy family life – the list goes on and on. Not only does stress impact your mental well-being, but it can also wreak havoc on your hormones.

Aside from the traditional forms

of stress we experience daily, there are other sources of stress that can impact your ability to lose weight such as overexercising, processed foods, chemicals in your household products, artificial lights, eating foods (even healthy foods) that your body is sensitive to, and inflammation (pain).

At BeBalanced we address the root cause of hormone imbalances through a holistic approach, focused on eliminating stressors through a whole-foods diet, natural supplementation, and relaxation techniques. On average, our clients lose 15-21 pounds in just 30 days, plus nearly 70% say they experience improvements in their PMS and menopausal symptoms.

Ready to learn more? Schedule your free consultation today!

### Mental Illness

From page 57

Exploring ways to continue daily activities and responsibilities while addressing specific symptomatology is an important part of the recovery process.

The medical field and those diagnosed with a serious mental illness are learning much these days about what and why these illnesses occur. As the answers unfold, there will be more opportunity to overcome symptoms and prevent the diseases.

Persons when first diagnosed with a mental illness frequently experience the same emotions as many in society—fear, avoidance, denial. However, knowledge is power. Learning about the illness, what occurs and how others have dealt with schizophrenia and other affective disorders shifts control and extinguishes fear.

None of us need avoid mental illness, we need to learn what it means, how to recognize the illness, and how to seek help when necessary. Very few of us will be untouched by someone having emotional problems, perhaps a serious one. All of us need to know where to find help, and assist each other.

# Shoveling

From page 25

- Pace yourself to avoid exhaustion. Take breaks if you run out of breath, and cease shoveling immediately if you feel chest tightness.
- Dress warmly, paying extra attention to extremities such as the nose,
- ears, hands, and feet.
- If you or someone you know experiences back or neck pain during the winter, seek evaluation and treatment from a chiropractor for a safe and healthy season.

# TOOTH WHITENING

From page 56

the results and treat accordingly until the desired outcome is achieved.

Take-home tray systems are less expensive than the one-hour in-office whitening treatment, but they require wearing fitted plastic trays filled with whitening gel for 30-60 minutes a day for 2-3 weeks. Results will vary according to the time the trays are worn daily and to the concentration of the whitening gel. Tray systems (especially the professionally provided ones) can be very effective with excellent results in a reasonable amount of time. Beware of self-fitted OTC tray

systems that can leak the bleaching gel into your mouth.

One advantage of a tray system is that several months down the road you can do a touch-up treatment as the whitening fades. No whitening is permanent, but some types last longer than others (1-3 years). Usually, only a minor touch-up tray treatment is necessary to get back to prior whiteness.

Whitening choices make a brighter, whiter smile available to almost everyone. See your family dentist to determine what system is best for you.

# ALL-ON-FOUR

to restore your full smile. That's the beauty of the all-on-four. And because the implant is made of titanium, it has the unique ability to fuse to living bone and function as part of it. So eventually, the dental implant becomes part of the jawbone and serves as a strong, long-lasting foundation for your new teeth.

Besides ensuring that your implants are permanently fixed in place, this bone fusion has another important benefit: it prevents future bone loss in the jaw. This helps to maintain a more youthful facial structure – and better oral health. But perhaps the biggest surprise about the all-on-four is how quickly it can transform your life.

# What's The All-On-Four Dental Implant Procedure Like?

It can be scary to get implants for the first time. Most of that fear is probably due to the uncertainty, so here is the step-by-step process for getting an All-On-Four dental implant.

First, your dentist will want to make sure your comfortable, so either local or general anesthesia will be administered.

Second, the dentist or surgeon will prepare your mouth for the im-

plants, which involves removing your remaining teeth that are failing. They will then remove any diseased or infected tissue from your jaw and gums.

Next, they will begin the implantation process. This means they will insert the titanium screws into your jawbone. Most likely, they will place two implants toward the front of your mouth and two towards the back of your mouth so the "anchors" can evenly bare the force of the denture.

After the implants have been placed, they will thoroughly clean the surgical sites and suturing all the incisions. Then you'll be taken to a recovery room where you can relax and take time to wake up from the anesthesia.

### How Do You Know If The All-On-Four Procedure Is The Right Option For You?

At your All-On-Four consultation, you'll receive a 3D CT Scan. This scan will help determine if you need implants and assist your doctors in creating your treatment plan. So if you want to learn more about dental implants, simply schedule a consultation with an All-On-Four provider. It's the best way to find out how dental implants can change your life.

# DENTAL CARE

From page 28

procedure or a routine dental treatment, your peace of mind is our priority.

Patient-Centric Approach: At Total Dental Care, we prioritize your comfort with a patient-focused approach, offering amenities such as heated chairs with massage features, ensuring a relaxed experience. Our team is dedicated to fostering a positive dental experience, emphasizing communication and education to empower patients in making informed decisions about their oral health.

Total Dental Care stands as a beacon of excellence in dental health, providing total solutions for patients seeking comprehensive, detail-oriented care. Experience the difference with our wide range of services and patient-focused approach, ensuring your journey to a healthy smile is seamless and satisfying.

# HEALTHY EATING

From page 57

Pack lunches with whole grains, fruits, lean, all natural meats and healthy snacks, such as nuts and dried fruits.

Healthy Breakfasts – Quick and Easy. Get rid of the sugar-filled neon-colored "breakfast" cereals. There are dozens of great-tasting, all-natural, organic cereals. Also, try a breakfast smoothie. MyPlate.gov

Healthy Snacks In the Car. Have non-perishable healthy snacks in your car for when your little one is hungry on the road. Dried fruits, nuts and healthy individually-packaged snacks are a good option.

**Freeze Your Meals.** If you take the time to make a healthy, homemade meal, they are safe to be placed in a vacuum-sealed container and put

in the freezer, they can often keep for several weeks.

Make Time For Sit-Down Meals. Try to have at least three (preferably four) family sit-down meals a week. It helps strengthen the family bond. There is nothing that brings people together like food! It also helps show children the importance of taking time to be with people they love.

**Fiber.** Not an essential nutrient, performs several vital functions: Natural laxative and may lower cholesterol concentration in the blood. A high-fiber intake also supplied greater amounts of vitamins A, B6, B12, C, niacin, thiamin, riboflavin and folate, as well as the minerals magnesium, iron, zinc, calcium and phosphorus.

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into other "allergic" conditions like eczema or respiratory illnesses. About 40% of adults and up to 8% of children have a food allergy.

### **What Foods Commonly Trigger Allergic Reactions?**

The foods that most often cause allergic reactions in adults are the same for women and men. They include shellfish, peanuts, tree nuts, fish, milk, eggs, wheat, and soybeans.

For some people, an allergic reaction to a food is uncomfortable but not serious; for others, an allergic food reaction can lead to death. A life-threatening reaction caused by an allergy is called anaphylaxis.

For these people, even the smallest amount of exposure - eating a food or even touching someone who is eating the food – can be dangerous. If you have anaphylactic reactions to certain foods, your doctor may give you a prescription for injectable epinephrine. You need to carry this medicine with you at all times so that you or someone you are with can give you an emergency injection if needed.

Symptoms of anaphylaxis include hoarseness, throat tightness, or a lump in your throat, wheezing, chest tightness, or trouble breathing, rapid heart rate, dizziness, lightheadedness, or fainting, tingling in the hands, feet, lips, or scalp, and clammy, grayish, or bluish skin.

### **Food Sensitivity** and Foot Intolerance

If you are not suffering from a true food allergy you may be experiencing a food sensitivity, or symptoms of a food intolerance.

### Do You Think You Have a True Allergy?

A study from Bastyr University has shown that a single person's blood sent to a number of laboratories for food allergy testing had very different results depending on the lab. Unfortunately, this kind of testing can be inaccurate. Nutritional Response Testing® can be used to analyze the body to determine the underlying causes of ill or non-optimum health.

# Social Media

From page 44

do share a window into the reality of a teenager's life online.

Imagine engaging with a loaded interaction right up until bedtime. Then, as a result, imagine sleeping poorly or experiencing anxiety and depression the next day. It is easy to imagine a reality in which this becomes a vicious cycle.

One can also imagine a relationship between the kind of content one sees online and the pressure to conform to societal norms. Young girls have had to deal with this for generations. This is thanks to the pressures of advertising, media, and the feminine beauty ideal. But that has been in moments when they were engaging with our culture as consumers.

With social media, it is no longer just in advertising, fashion, or media that teenage girls have to grapple with. Instead, even simple social interactions might inspire feelings of envy or frustration with their own life satisfaction.

There are countless examples of how social media can harm a teen girl's mental health. But there are also countless means to help mitigate that harm. Counseling is a reliable way to help navigate the journey toward positive mental health in today's complicated media climate.

# RTHODONTIC

From page 50

they become more difficult and cause irreversible damage to your teeth and jaws and self-esteem. Treatment usually involves appliances as well as braces on the permanent teeth that are present.

Comprehensive orthodontic treatment addresses the needs of individuals whom require treatment related to more difficult or multiple problems and involve both the top and bottom teeth. Today, treatment can involve patients that have periodontal disease and also prepare for replacing missing teeth. Treatment usually lasts over a longer period of time and utilize appliances, braces and additional treatment aids. Some people require jaw surgery in order to properly function such as chewing food, talking, breathing and sleeping correctly.

The benefits of orthodontic treatment or braces today is not just about esthetics although esthetics and how we look and feel play a major role in living a healthy and happy lifestyle whether you are young or not so young. Having great self-esteem at any age can improve overall health and ultimately, your lifestyle. Having confidence about your smile and abilities can help you be all that you can be.

# HOLISTIC WELLNESS FROM PAGE 44

Seniors, in particular, benefit significantly from holistic wellness practices. Maintaining mobility, cognitive function, and emotional stability becomes crucial in the golden years. Doctors recommend tailored exercise regimens, a nutrient-rich diet, and social engagement to support overall health in older adults. Holistic wellness also considers preventive measures, such as vaccinations and regular health check-ups, to catch potential issues early on.

The holistic wellness paradigm emphasizes the interconnectedness of the body and mind. Medical doctors stress the importance of a collaborative approach, involving various healthcare professionals to address diverse aspects of an individual's health. Integrative medicine, which combines conventional and alternative therapies, is often recommended to optimize treatment outcomes.

Holistic wellness is a holistic approach to health that benefits individuals of all ages. Medical doctors encourage everyone to embrace a lifestyle that encompasses physical, mental, and emotional well-being. By prioritizing holistic wellness, individuals can proactively manage their health and cultivate a vibrant and fulfilling life at every stage.

# NASAL ALLERGIES

From page 46

### **How Can I Control** My Symptoms?

Seasonal and perennial nasal allergies can be treated effectively using medications. Many are available without a prescription. Talk to your doctor or pharmacist to determine which one of these is best for you.

### **Antihistamines:**

- Oral medications (taken by mouth)
- Nasal sprays

How it might help: Reduces itching, sneezing, eye irritation, and runny nose.

### What to keep in mind:

- Not effective for nasal congestion.
- May cause drowsiness.
- · Antihistamine nasal sprays may leave a bad taste in the mouth.

### **Decongestants:**

- Oral medications (taken by mouth)
- Nasal sprays

How it might help: Reduces nasal congestion.

### What to keep in mind:

· Can cause difficulty sleeping, loss of

appetite, or excessive nervousness.

· Decongestant nasal sprays may temporarily reduce nasal congestion but can cause even more severe congestion if used for more than 3-5 days or more often than recommended.

### **Cromolyn Sodium Nasal Spray:**

How it might help: Effective in some people for controlling symptoms of nasal allergies.

### What to keep in mind:

- · Works only if used before nasal symptoms appear.
- Won't work during an active allergy attack

### **Corticosteroid Nasal Spray:** How it might help:

- · Highly effective treatment of nasal allergies.
- Used as the primary preventive treatment for patients with moderate to severe allergies.

### What to keep in mind:

- May cause nasal dryness.
- As an oral medication, can be taken over the short term (3-7 days) for treatment of severe symptoms.

### **EPILEPSY**

From page 50

treatment. For instance, Gastrodia's root, known as tian ma, is a common remedy in China for epilepsy and other ailments. The traditional herbal formulation Bu-yang-huan-wu-tang has shown substantial improvement in refractory epilepsy cases, and open-label studies of Chinese herbal remedies like Qingyangsen and Zhenxianling indicate potential anticonvulsant effects with fewer side effects than standard antiepileptic drugs.

In addition to herbal remedies, acupuncture, another TCM practice, is utilized for epilepsy treatment. Case reports demonstrate the potential efficacy of acupuncture in epilepsy patients, and animal studies suggest it may inhibit epileptic seizures and hippocampal cell death induced by kainic acid.

A Norwegian trial involving 29 patients with intractable epilepsy revealed a reduction in seizure frequency in both acupuncture and sham acupuncture groups, though statistical significance was not achieved. The combination of herbal medicine and acupuncture is often recommended for epilepsy treatment, with a typical duration of 3-6 months depending on the individual's condition.

stimulation, including TENS units, ultrasound and dry needling. Examples of active physical therapy include: movement based activities, including stretching and range of motion exercises, specific strengthening exercises, pain relief exercises and low-impact aerobic conditioning such as hydrotherapy. While many of these methods of treatment can be accessed without direct contact with a physical therapist, there are numerous potential dangers if treatment is being conducted by someone who is uninformed.

Highly trained and experienced physical therapy staff provide safe and appropriate personalized treatment to a wide and varied range of conditions. Therapists guide patients from the initial assessment through to discharge while monitoring progress and adapting treatment to meet the needs of that individual.

# SHOCKWAVE

From page 29

types of devices have expanded and the size and cost of the machines have dramatically diminished. Today the more common device in North America produces a 'radial' pressure wave (EPAT, by Curamedix). This type of wave is most effective with soft tissue; chronically inflamed ligaments around joints, tendons and peripheral nerves (Morton's Neuroma in the foot). 'Focused' shockwave (FSW) is similar to the original device but lower intensity. It is most effective where soft tissue is anchored to bone; chronic inflamed areas of tendon or ligament 'insertion' to bone (chronic plantar fasciitis, insertional achilles/ peroneal/tibial tendonitis in the foot). These devices are table top in size and require no anesthesia and treatment is delivered over 3 -5 sessions lasting 10-15 minutes with intensity adjustable to the patient's tolerance during each session.

I have experience with both EPAT and FSW devices and now have both available in my Bowie office. I use devices from Curamedix/ Storz from Germany. These are the devices used in most research studies in the US and their effectiveness in treating chronic MSK problems is impressive. In my experience, I often finds that combining both EPAT and FSW brings the best results.

# **YPNOSIS**

From page 56

thoughts that surround COVID-19, or your children, spouse, boss, or whomever – the consulting hypnotist can help you sort things out.

Hypnosis helps you to become aware of your state of mind such as your thoughts, feelings, and emotions that can get trapped in the body, in your organs. A consulting hypnotist helps you to identify the state (fear, anger, sadness, depression, or love) and release it, without the use of drugs or surgery.

Going to see a consulting hypnotist is like going to talk with a friend, a person who has everyday problems too, and who has the tools to teach you how to not just cope but live.

Often our creative imagination in our thoughts helps us to create make-believe situations. But what's not imagined is the effect it has on your organs and your systems. What is imagined is you feeling whole and complete to go about living your life in the reality that you have healed. What is real and not imagined is going to see a consulting hypnotist, and that it does help.

# CANNABIS

From page 58

approach ensures that individuals receive the maximum therapeutic benefits while minimizing potential side effects.

As Maryland continues to pave the way for progressive healthcare, understanding the diverse world of medical cannabis is essential for patients seeking natural alternatives. By appreciating the differences

between Sativa, Indica, CBD, and THC, individuals can make informed choices to enhance their well-being within the framework of the state's evolving medical cannabis program. Always consult with healthcare professionals to tailor a treatment plan that aligns with your unique health requirements.

# MENSTRUAL HEALTH FROM PAGE 50

disposable products, promoting a healthier and more natural experience.

Reusable cloth pads and period underwear are other sustainable choices gaining traction. Crafted from organic materials, these products are washable and durable, providing a comfortable and eco-friendly alternative to traditional disposable pads. By investing in these reusable options, individuals contribute to reducing the billions of pads and tampons that end up in landfills annually.

Moreover, sustainable menstrual products are not only beneficial for the environment but also for one's well-being. They often lack the chemicals, fragrances, and dyes present in conventional products, minimizing the risk of irritation and allergic reactions.

Embracing more sustainable menstrual options is a small yet impactful step towards a greener and healthier future. By making informed choices about our period products, we can collectively reduce the environmental burden and promote a more sustainable lifestyle. Let's turn the tide on the 12 billion pads and 7 billion tampons that reach landfills each year and strive for a menstruation experience that aligns with our commitment to a healthier planet.

# **IRCULATION**

**Symptoms Of Poor** Circulation/PAD In Feet

Poor blood circulation in feet and legs may cause various symptoms that may vary with the underlying cause as well as the severity of the condition:

- · Fatigue, tiredness, or pain in your legs, thighs, or buttocks that always happens when you walk but goes away when you rest
- Foot or toe pain at rest that often disturbs your sleep.
- · Skin wounds or ulcers on your feet or toes that are slow to heal (or that do not heal for 8-12 weeks)

However, many individuals with poor circulation do not experience typical leg symptoms such as crampFrom page 52

ing, pain, or fatigue known as claudication.

Apart from pain and cramps, some of the affected people may develop swelling of the feet. They may also experience frequent cold feet, which are considered a symbol of low blood circulation (in feet). Cold feet are more commonly experienced at night before sleep, after having certain foods or during periods of immobility.

Some may experience severe and sudden leg pain due to formation of a blood clot, which may stop or slow down the blood flow all of a sudden. This is caused by deep vein thrombosis, a condition wherein, a blood clot forms in the deep veins of the legs.

### ALLERGY

From page 17

point within an area of the ear called the "allergy zone." This point is particular to the person and the allergen. To deactivate the allergy, a tiny needle is inserted and retained for three weeks.

In most instances, the core allergy is completely and permanently resolved. However, there are cases where we go further. Let's say a person has an allergy to apples, they may also have a sensitivity to the pesticide or food grade wax applied to the apple. The allergy will be reduced but a slight sensitivity could remain. For a milk

allergy we must identify the offending component: whey, lactose, or casein. Environmental allergies can also be tricky to pinpoint but targeting the major ones can offer much relief. This treatment is gentle, safe, quick, and effective. No allergy shots, medications, or ongoing treatment.

If you suffer from allergies, you need SAAT! Call your local acupuncturist to schedule your appointment or to learn more about how this simple technique can bring you and your loved one's fast relief.

From page 17

39.4% of CRC cases are diagnosed at the local stage. About one-third of adults aged 50 or older (about 22 million people) have not been screened as recommended.

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Through commitment to research and education, Dr. Sundaram has been involved in pivotal studies of many of the advanced aesthetic technologies available in North America, and teaches them nationally and internationally to dermatologists and plastic surgeons

the mirror of everything that's happening internally. After over twenty years as a fellowship-trained, Board Certified dermatologist and as a cosmetic surgeon, I am completely convinced of the positive effects of integrating medical and cosmetic treatments to balance how you look with how you feel. When that balance is missing or has been lost with age, how we look doesn't represent who we really are inside. Others may assume that an older, stressed or worried appearance means a lack of ideas, energy and creativity. This impacts us both personally and professionally. The greatest joy of my profession is restoring the inner-outer balance for the women and men who consult me. They find it an exhilarating experience to look in the mirror, and love the reflection that's looking back. My team and I offer you breakthrough technology, advanced science and true

Your skin is the largest organ in your body and, together with your hair and nails,

artistry in a warm, compassionate and emotionally intelligent environment. We stay on the cutting edge, serving as national research and training centers - in many cases, the only centers in the mid-Atlantic and East - for expert treatment of skin, hair and nail conditions and state of-the-art techniques including lasers, fillers, Botox, fat grafting, platelet-rich plasma (PRP), chemical peels, liposuction and body contouring and vaginal rejuvenation.

My mission in my North American and global research is to elucidate the scientific basis of new and emerging technologies, and how this science can be applied to achieve the best and safest procedural outcomes. As a Principal Investigator for studies of new technologies, a national and international teacher of dermatologists and plastic surgeons, and one of a handful of experts serving as an advisor and director of advanced medical education programs, I'm confident that you will achieve the best possible results when you entrust your face and body to our hands. As a daily practitioner of yoga, I understand the value of a holistic approach.

Above all, my team and I promise to give you straight answers. We'll steer you through the hype and jargon, and help you restore the inner-outer balance that empowers us in every aspect of our lives.

Dr. Hema Sundaram, MA, MD, FAAD • Board Certified in Dermatology

- Fellow and Visiting Professor for the American Society for Dermatologic Surgery  $(ASDS) \bullet Fellow\ of\ the\ American\ Academy\ of\ Dermatology.$
- Premier medical training at Cambridge University (England), University of Chicago and NIH.
- Internationally recognized physician teacher, researcher and author.
- International Speaker and Course Director at Dermatology and Plastic Surgery Academies.
- International Physician Trainer and Advisor.
- North American Chairperson of the Global Aesthetics Alliance and Global **Aesthetics Consensus Group for Procedural Safety.**
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SEE PAGE 7 FOR MORE INFORMATION