

BROWARD **Lifestyles**

BrowardLifestyles.com
Issue 242/Vol 201

**LOCAL COUNTRY SINGER,
ERICA MORGAN, SETS HER
SIGHTS ON NASHVILLE**

Story on page 29

**Check out our NEW
Dining Guide!**

Page 5

**Joseph Ribkoff Available
at Body & Soul Boutique
in Lighthouse Point**

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WELCOME TO THE
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Isotonix Supplements – Drink Your Vitamins!

By Kristen Hernandez

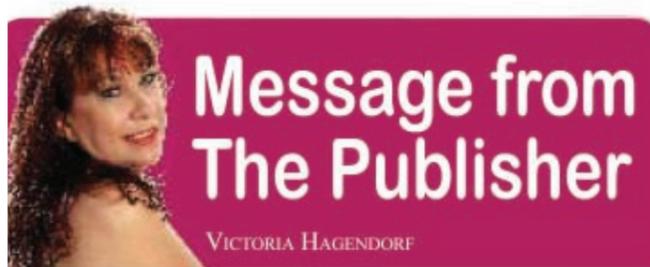
The search for the proverbial Fountain of Youth is ongoing. While the literal one may not exist, by making the right nutritional choices every day, benefits that add up over weeks, months, and years are set in motion. Supplements and over-the-counter vitamins are usually recommended for those looking to boost their body. But according to PreventDisease.com, only about 10% of vitamin tablets and about 20% of capsules are actually absorbed into your body over a four hour period. The remaining vitamin is eliminated via waste, and sometimes expelled whole, leaving your body essentially no healthier than before.

Instead, drink your vitamins as a tasty shot and feel it work. Isotonix Supplements is a revolutionary product that allows nutrients to pass directly into the small intestine to get absorbed directly into the bloodstream within 10 minutes. Studies show Isotonix has up to a 90% absorption rate. Isotonix products aren't encapsulated or compacted, eliminating the need for fillers, coatings, or anything artificial. They come in convenient single serving packets. Mix with water and drink to give your body a maximum dose of nutrition before you begin the day. Isotonix Daily Essentials Packets contain necessary vitamins, minerals, and nutrients your body craves to prevent disease, while supporting a healthy complexion with anti-aging factors. Isotonix packets contain four supplements in one that otherwise can be difficult to absorb. Isotonix OPC-3 is an all-natural formula clinically proven to reduce inflammation over 50%, maintain joint flexibility, supports healthy blood sugar levels, promotes cardiovascular health, possesses natural antihistamine properties, and helps the body function at it's peak. Next is Isotonix Multivitamin which contains 100% or more of the recommended daily value of essential nutrients and minerals to complement your diet, fueling your body while maintaining normal metabolic rates. Next is Isotonix Activated B-Complex provides your body with active B vitamins in isotonic form, important for vital energy and fights against fatigue, lethargy, and stress. Last but certainly not least is Isotonix Calcium Plus which delivers a potent dose of calcium and complementary nutrients such as Vitamin D to keep your bones strong and healthy. The unique system of Isotonix Supplement packets should be a necessary part of your morning routine. It's an all natural way to feel good in your skin and it tastes great, too. Your search for the proverbial Fountain of Youth ends by contacting

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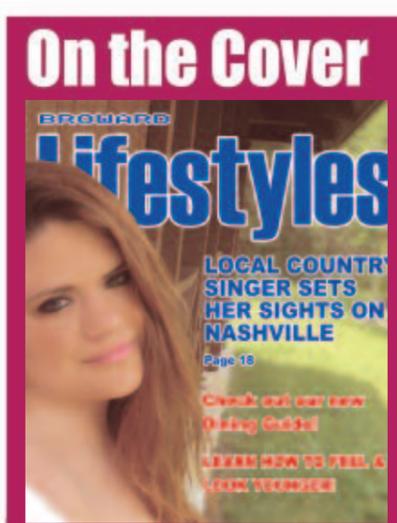


What's Happening...

The Ocean Manor has undergone some amazing changes; I see subtle finishing touches, all over that bring charm and sophistication to the ambience of the hotel. The Tiki Bar at the Ocean Manor, continues to offer you great Summer Specials such as: Taco Tuesdays-- for \$5 Get 2-Tacos, \$5 Tequila Shots, \$5 Margaritas, --- Wednesday offers 50% off food, drinks, and rooms- In the Biz Thursdays- Stop for a \$7 NY Steak-- Ladies Drink Free-- check for times -- Fridays -- Premium Happy Hour---Raw Bar/\$5 BBQ -- 50% Off . I personally think they have the best pizza.... Their sandwiches, burgers, and flatbreads all look tempting; there is a new menu that I am looking forward to trying. Tokyo Blue has closed and a new Italian restaurant is scheduled to open in the fall. A fabulous new store has opened in the Ocean Manor, and it is called Accessories by Lina. I stopped by and found it impossible to leave, without this fantastic piece that was on sale for 50% off. Stop down and see for yourself.

Let's see, there was this huge restaurant and bar on old McNab, just east of 18th Avenue, that someone put a lot of money into remodeling and updating, McNab's Dockside.... the place was only there a few months, now it has closed. The French Place and Jean Pierre are gone; there is a new burger place that seems to be doing well, I see many cars in front. A new restaurant chain called Blaze Pizza, where every pizza is your very own creation. not only unique, but scrumptiously delicious; you Select your own toppings. Anything you want, as much as you want, all for about \$8.00. Sometimes you will find BOGO coupons for double the fun. Just had some food delivered from the Green Spot on Commercial; an organic café featuring

- CONTINUED ON PAGE 11 -



Get to know Erica Morgan, a country singer/songwriter from South Florida. Page 29

LIFESTYLES

Since 1979
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- Valerie Bass
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victoriahagendorf@gmail.com
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Mai Kai Named to the National Register of Historic Places

Conceived and created by brothers Bob and Jack Thornton, The Mai-Kai is a direct descendant of the Don the Beachcomber chain that began in Hollywood, Calif., in the 1930s when restaurateur Donn Beach opened what is considered the world's first Tiki bar and lounge. By the 1950s, the Tiki craze had swept the nation and the The Thorntons spared no expense in building their dream restaurant. They traveled throughout the South Seas, returning with

one-of-a-kind artifacts, many of which ended up in museums. Designed by noted Fort Lauderdale architect Charles McKirahan and rising on a desolate stretch of U.S. 1, The Mai-Kai was a million-dollar project, the most expensive restaurant built anywhere in 1956. It earned over \$1 million in its first year alone and was one of the most successful restaurants of the era. For years, it sold more rum than any other single location. Celebrities such as Johnny Carson, Jackie Gleason and members of the Rat Pack were regulars. And while more than a half-century has passed, The Mai-Kai remains successful and is still a favorite among celebrities, tourists and locals alike. As the decades passed, The Mai-Kai expanded from its small, four-room, A-frame building into a sprawling 500-seat restaurant with eight dining rooms, a 150-capacity bar, gift shop, meeting/banquet facilities and tropical garden. But stylistically it remains virtually unchanged. Much of the original management, including the chef and mixologist, came from Don the Beachcomber. And the staff still follows the protocols established by Donn Beach and the Thorntons. Owned and operated by Bob Thornton's widow, Mireille, and her family, The Mai-Kai is now considered the last Polynesian restaurant/bar in existence carrying on the mid-century traditions of tableside fine-dining service. Its acclaimed menu of tropical drinks includes many of Donn Beach's secret recipes that date back to the 1930s. The Mai-Kai's Polynesian Islander Revue, established in 1961, is the longest-running authentic South Seas stage show in the United States, including Hawaii.

In recognition of its significance and status as an icon, The Mai-Kai was recently named to the National Register of Historic Places. This interesting information was taken from one of their press releases

- continued on page 28 -

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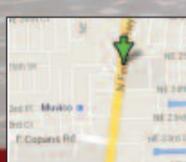
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Peace Pipe is a Smoker's Paradise



I always say if you're going to smoke, do it in style and in that case be sure to visit the Peace Pipe. The original store is located at 4800 N. Dixie Hwy. and was opened by Jerry (Mat's father) almost 20 years ago. In April, I was travelling down Federal Hwy. and made the turn to keep heading south, and there was a grand opening sign for the PEACE PIPE located at 821 N. Federal Hwy. I was quite excited, and had to stop in to congratulate Mat and his wife, who were busy putting all kinds of items on shelves, and talking to the new customers who just kept coming in. They were giving away free food, drinks, beer

and were offering up to 50% off select items. What a great deal. When you do drop in to any of their 2 stores, be prepared to spend some time, because you will be in awe of their expansive selection of clothing, candles, jewelry, pipes, incense and all kinds of new age items. It's truly captivating. The Peace Pipe offers a stylish selection of the most original and creative smoking accessories you'll find anywhere and at great prices too.

Remember, as you enter this wonderland of stylish creativity, that even Alice would be jealous of... which door you came in.... so you don't get lost on the way out!

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“World Famous” RED’S BAR & PACKAGE STORE

By Vicki Hagendorf

King Wilkinson is quite the man, owning a construction business, a real estate business, and also serving as mayor of Wilton Manors from 1994 to 1998. King bought Red's Bar in 2015, knowing that it would be a good real estate investment. He closed it down for a year while he was remodeling. When the brand new bar opened, there was a new rule “No Smoking” for a much cleaner environment.

Wilkinson is a big sports memorabilia collector, so you will find on display at his U shaped bar, many autographed baseballs, pictures of all kinds of sporting events, and more. In fact Wilkinson used to box.... and represented the legendary world heavyweight champ, Rocky Marciano. When Rocky died in a plane crash, King became very close to his son, and worked with him in his younger years.



King in Front of Red's Bar & Package Store



Felia, King, and Bridgett

You will find many plaques from other various sporting events... in fact King told me he has an office, where he keeps even more of his collection of memorabilia. King while serving as mayor, knew many firemen, so when they started to retire, many chose to donate their helmets, to be kept on display at Red's Bar & Package Store. But the best is the atmosphere of the bar, casual and down to earth. Not only one of the “best local bars” in the area, but every day, there is a reason to stop down to Red's. There is Taco Thursday with FREE Tacos all day - Velia makes all the fixings for the tacos – so you can make your own – She prepares the meat, with fresh ingredients giving it an amazing flavor, her salsa or pico de gallo is outstanding –take your choice of soft or crispy tacos. This is a well-kept secret that everyone should know about.

Stop down and listen to Magaly sing Karaoke, without missing a beat, and make your favorite cocktail. Boy is she good. Saturday nights, listen to the live entertainment by Paul Albert. Stop by for brunch every Sunday with Jeanne 7am till noon. Birthday's are very special at Red's ... they have a special calendar each month wishing their loyal customers “Happy Birthday”. And let's pay special attention to Velia, who is King's right hand person; and makes sure the bar runs smoothly. Hat's off to you Velia, you are the best. You know, she always has a smile and a kind word to say about everyone.



King, and Lifestyles
 Publisher Vicky H.

“World Famous” Red's Bar & Package Store is located at 2620 N. Dixie Hwy. In Five Points – Wilton Manors, call 954.564.0233



Vilia & Magally

Lucca Italian Bistro

“The Talk of the Town”

By Dr. Howard Stoller

Tucked away in the beautiful Galt Ocean Mile on A1A... just north of the Oakland Park Bridge, you'll find Lucca Italian Bistro, serving the finest Italian cuisine in a truly intimate setting.

Owner operator David never ceases to amaze us with his creative ideas that totally rock. Always offering great specials, the food, so scrumptiously delicious, just keeps getting better. The menu features some of the specialties originating from David's father's restaurant in Canada.

When I entered, I was courteously seated, and my server appeared with homemade focaccia bread, that came with extra virgin olive oil and roasted garlic, it is so yummy, be sure not to eat too much, and ruin your appetite.

Having visited Lucca many times, some of the specialties that I am most fond of are: home-made lasagna, boasting the finest prime veal meatballs, like none you have ever tasted with a delicate pink sauce. The Fettuccine Alfredo will whisk you away to place worlds apart

from the everyday, with just the right amount of fresh, delicious cheese bathing those tender, remarkable noodles. Their

homemade soups are an ocean of delectable perfection, and if you're a soup lover like me, you must come here.

Every night, you are welcomed to Lucca, with a special board that will delight the senses and tantalize the imagination

with the pleasures to come. You will always find at least one fresh fish, a special salad, pasta, meat, and chicken selection to choose

DINING REVIEW



from. Be sure to try the short ribs and Osso Bucco when available. Mashed potatoes or

pasta and fresh vegetables accompany most dishes. The wine selection is superb and reasonably priced. Seating is limited at Lucca, so it is best to make reservations. Call 954-563-1349

Lucca Italian Bistro, 311 N. Ocean Blvd. (A1A) 33308 on Galt Ocean Drive. Visit their website: www.luccafl.com



“WHAT’S HAPPENING” CONTINUED FROM PAGE 5

sandwiches, smoothies, salads, and appetizers. The tender, grilled to perfection steak sandwich just melted in our mouths. For an appetizer the popcorn cauliflower puffs are a unique and tantalizing change of pace.. Be sure and ask for their 2 for 1 specials, call 754.223.5558

Hey, gals, always wanted fuller longer lashes that looked real? Lashes that you could go swimming in, take a shower, etc. and not have them fall off in a week or so. I was so thrilled when I went in to Samantha and had her put on real mink eyelashes. Mine stayed on over 6 weeks and that was with shampooing, washing my face every day, etc. Samantha is a Certified Lash Expert and is now offering classes. Call 954. 687.6094 to find out more about how you can become a certified lash technician. Not all of us have been blessed with a full head of hair, myself being in that group, I was extremely interested when Chrissy called and needed my help with advertising She offers hair-pieces made of the finest quality human hair at unbeatable prices. The latest rage is the Brazilian Bundles for extensions; or try a clip in bang just for fun, or a full lace wig. Krush Kollection 754.300.9301. I am thrilled to say I have started on the product Isotonix,, a high quality supplement that you drink first thing in the morning; after all, a glass of Isotonix , specially balanced for maximum absorption, is like fueling up for the day . Just in... a word from Wanda Ferrari: All had A good time! When you go to Cafe Del Mar on Ft Laud Bch you won't miss Arturo, who's personality is larger than life! He is the Manager/Operator that keeps the wheels of this well-oiled machine in perpetual motion. If you love good music you're in for a treat, Alex Fox and his sons perform there weekends; you can check their event schedule online. The Flamenco music an amazing, the magical guitars is not to be missed. Wanda Ferrari, Mint, Peter Kelly, owner of another up, an becoming the place too be an be seen since Peter and Paul Kelly have taken over the now called Kelly's Irish Pub located off Oakland Pk Blvd and Federal Hwy on the SW corner. They are finishing the VIP room upstairs Kelly's Up Top! The Kelly Brothers welcome you to come down and meet them and pick up your Up Top VIP card and as Peter would say CHEERS!

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How Many Nutrients Do We Need?

By Dr. Howard Stoller

Here is an excerpt from Dr. G. Schrauzer Ph.D. I found on www.Greenplanet.com in his article: How Many Nutrients do we Need?

Already more than four decades ago, several researchers expressed the view that, in principle, all naturally occurring elements with the exception of the rare gases and some of the heavy radioactive elements could possibly have important biological functions [5]. However, in order to be able to discover new essential elements, the old definition of essentiality, which recognizes only two categories – essential and nonessential elements – has to be abandoned. H.A. Schweigart, from the Friedrich-Wilhelm University of Berlin, introduced a new classification system [6], which allows the placement of the elements into four categories:

1. Main (or constituent)
2. Integrating (essential)
3. Facultative (partly essential or beneficial)
4. Indifferent (or negative)

Under this classification system, numerous elements, which previously had been neglected by researchers, are now being studied.

Nutrition expert Dr. Joel Wallach claims we need 90 nutrients for optimal health. I think he is closer to the truth than most. Some of these "Essential Nutrients" might shock you. Aluminum for example, thought by most to be only toxic to living things is actually an essential nutrient. Then there are substances such as High Fructose Corn Syrup known to spike insulin levels and foods fried in old rancid oils which flood your body with free radicals, those little bad guys we've been trying so hard to get rid of are pushed on us by industry as being nutritious when in reality they actually contribute to the myriad disease states which plague us today such as Diabetes, Cardiovascular Disease and Cancer. I for one always like to give credit where credit is due. Therefore I must mention the brilliant and dedicated Dr. Denham Harmon who decades ago helped us understand the shocking difference between plants, animals and ultimately humans living on nutrient rich as opposed to nutrient poor soil and who is progenitor of one of the most important discoveries in healthcare history, the free Radical Theory of ageing and disease. So remember, keep an open mind and follow your nose but only with brain engaged. If you wish you may contact Dr. Howard Stoller ("Dr. How")

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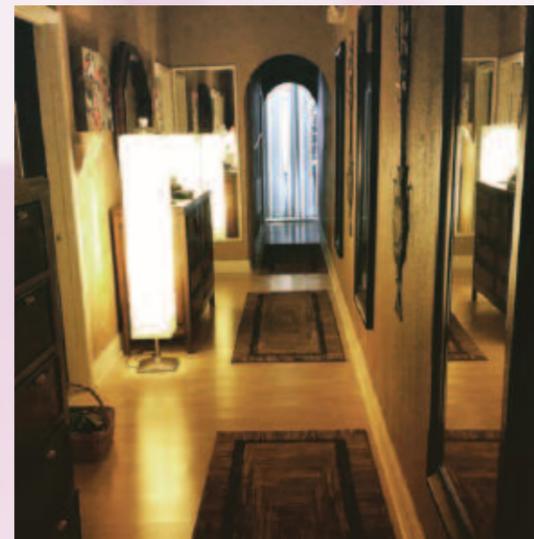


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Sandra described a skincare treatment that was quite amazing, "The O2 Lift Treatment". It starts with a gentle cleaner for all types of skin, made using milk products and oxygen. Milk has amino acids that build and repair; oxygen then rejuvenates the skin. Next, a gel is used on the skin that exfoliates, so the dead cells fall off. After extractions are done, a 100% oxygen mask is applied that will rejuvenate and feed the skin. After the mask sits on the skin for 25 minutes, there will be bubbles gently popping on the skin, which means the new skin is absorbing the oxygen. Next, the stem cell serum and liquid oxygen are added, along with an eye and lip hydration cream. The results are remarkable and you will leave with glowing, healthy, and fresh skin. "While we believe that beautiful skin starts from within, we stress the importance of the whole package approach in eating well, exercising, and taking care of your body."



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Mission Catpossible Takes Off! Humane Society of Broward County

On May 1st, 2015 the Humane Society of Broward County and Broward County Animal Care & Adoption launched "Mission Catpossible" a collaborative free spay/neuter project for felines residing in zip codes representing the highest number of felines surrendered. In one month, 350 cats and kittens from the eleven targeted zip codes were sterilized, received their rabies vaccination and were ear-tipped thanks to caring individuals who brought them to the HSBC's mobile unit. This in addition to 746 spays/neuters done for the shelter's low-cost spay/neuter programs. According to Cherie Wachter, VP of Marketing for the HSBC, "this is a wonderful start for the program and at this rate we will reach our goal of 4,000 by May 2016. With compassion, the number of rescues necessary can be greatly reduced. If you live in one of the following zip codes and have felines you feed, please do the responsible thing and have the cat sterilized. 33009, 33021, 33023, 33024, 33025, 33060, 33314, 33315, 33317, 33324, 33325. Proof of residency required. For appointments call 954-463-SPAY (7729) or email spayneuter@hsbroward.com. Low cost Vaccinations, microchipping and testing available. In other areas the fees for sterilization are: \$15 for feral cats, \$25 for male cats and \$40 for females. Stray Aid, another local non-profit, is offering a free spay/neuter for outdoor cats residing in zip code 33020 www.strayaid.org. The Humane Society of Broward County, conveniently located at 2070 Griffin Road, just a block west of I-95, a private, non-profit organization relying on the generosity of people and companies, receives no government funding and is not affiliated with any organization with a similar name. To learn more visit www.humanebroward.com Broward County Animal Care and Adoption is dedicated to providing shelter for lost and homeless animals. The agency provides access to hundreds of shelter pets hoping for a new home. Please prevent dangerous overpopulation; spay or neuter. Visit Broward.org/animal, or "like us" on Facebook.com/BrowardPets.

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By Victoria Hagendorf



Millie Walsh

I have always loved going in to Body & Soul – it seems that Millie Walsh, owner, has a special touch when it comes to buying. Her unique boutique is located in the Beacon Shopping Center, in Lighthouse Point on Federal Hwy. Millie has an interesting and diverse background; her love for fashion, design, clothing and accessories drove her to open her own store. What makes this store so remarkable is the way Millie pays special attention to fabric, color and style, and to her customers - she listens....Congratulations Millie!



FASHION EMERGENCIES

Fashion Tape – Does your wrap dress expose a little too much? Is your bra strap showing? Did you catch your heel in your dress pants and split the hem? Does your blouse gap between the buttons? Then It's double stick fashion tape to the rescue.stores,. This is one item that should be in every woman's purse because you never know when you or a friend might need it. **DIMR's** – to dim your headlights! These feather-light silicone nipple covers are perfect for form fitting tops, bathing suits, anything strapless, sports bras, or no bra at all. DIMR's adhere with suction, not adhesive, so one pair can last for years. **Miss Oops Rescue Sponge** – I'd be lost without this in the store and at home! Miss Oops sponges remove deodorant marks from clothing without wetting or pilling the material **NuBra** – The NuBra stick-on bra is ideal for anyone who needs the freedom of moderate coverage and light structure without bulky straps, underwire or metal clasps.

Hem Gems – Are your jeans too long to wear with flats? With Hem Gems you can temporarily alter the length of your jeans and keep the look of your original hem. **Piggy Pillows** – Those awesome stilettos felt comfortable in the store but after wearing them for a few hours your feet are throbbing. Piggy Pillows insoles keep feet stable in even the highest of high heels, while cushioning the sensitive ball of your foot with every step. Their split front design is perfect even if you are wearing a thong sandal.

Wrinkle Spray – When there's no time to iron, spray the wrinkles away. Like steam, the fine clear mist penetrates the fabric weave removing wrinkles and freshening the garment. There are many different brands available and yes, it really does work.

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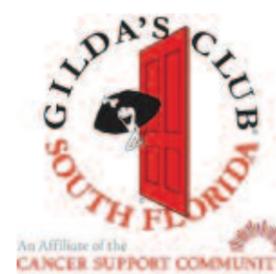
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Gilda's Club South Florida to Host Annual Casino Night

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Gilda's Club South Florida is excited to announce it will be hosting its Annual Casino Night on October 16, 2015 at Ferrari Maserati of Florida Lauderdale. Over 250 guests are anticipated to attend this exclusive evening which will feature the best in gaming, gourmet cuisine and cocktails and premium silent auction items in an incredible showroom surrounded by the most luxurious cars of Ferrari and Maserati. The event will raise much needed funds to ensure the continuation of Gilda's Club's innovative programming of social and emotional support that complements the medical care of cancer patients. Over the years the event has successfully raised over \$800,000 to make certain that anyone living with cancer – men, women, teens, children – along with their families and friends have access to free networking and support groups, workshops, education and social activities. "We are very fortunate to have such amazing support in the community, which has enabled us to sustain this event for so many years. We're very thankful to our friends at Ferrari Maserati of Fort Lauderdale for once again hosting this stand-out event," said Shelley Goren, CEO of Gilda's Club South Florida. The volunteer committee members include the committee chair Heather Miller of Broward Health, Wayne Abbott, Michael Andrews of Kovacks Securities Advisors, Rachel Dunn of Rachel Andrews Photography, Danielle Giordano of Worth Avenue Yachts, Dana MacDonald of Panza, Maurer, & Maynard, PA, Jamie Mayeroshn of the Mailman Segal Center at Novasoutheastern University, Susanne McCoy Ellman, Drew Orvieto of Propellers at ZF Marine Propulsions Systems, Kathleen Schaffer, Danielle Schneider, Amy Sprout and Beth Rielly. Tickets are \$150 per person and will be available for purchase beginning in August at www.gildasclubsouthflorida.org. For more information about attending, sponsoring or supporting this event, please call Rebecca Reese, Development Coordinator, at 954-763-6776 or email rebecca@gildasclubsouthflorida.org. Gilda's Club, was named in honor of comedian Gilda Radner, who lost her battle with ovarian cancer in 1989 at 42 years old. Gilda's Club South Florida's mission is to create welcoming communities of free support for everyone living with cancer – men, women, teens, and children – along with their families and friends. Gilda's Club has been providing programs to those living with cancer and their family and friends in South Florida since 1997. Additional information about the various programs being offered at Gilda's Club, as well as volunteer opportunities and the ways you can help may be found at the Gilda's Club website at www.gildasclubsouthflorida.org or by calling 954-763-6776.

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2015 Hurricane Guide

Planning is the most important step to staying safe, so please take the measures included in this guide to prepare early and protect your home and family this storm season. There are a variety of resources available to provide assistance during a disaster. Keep the following contacts handy in case of an emergency

In the event of a hurricane:

Make sure your hurricane kit includes:
Flashlights & extra bulbs, Battery-operated radio
Battery-operated lanterns, Batteries (in different sizes!)
Matches, First aid kit, Duct tape, Rain gear
Clock (wind-up or battery-powered)
Plastic garbage bags, Fire extinguisher, Scissors
Can Opener, Clean clothes, Extra blankets, Heavy glove

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Changes to Medicare Part B benefits for 2015 entitle ALL recipients to the new Annual Wellness Visit.

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Answering these questions can help you and your provider develop a personalized prevention plan to

help you stay healthy and get the most out of your visit. It also includes:

- A review of your medical and family history
- Developing or updating a list of current providers and prescriptions
- Height, weight, blood pressure, and other routine measurements
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- A screening schedule (like a checklist) for appropriate preventive services.

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Having & Keeping a Beautiful Face

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Honestly, if you have any of these 3; beautiful face, a beautiful body and a beautiful mind, you are beautiful. Here we shall focus on how to have and maintain a beautiful face.

A wise lady once said, "At 20 you have the face God gave you, at 40 you have the face you worked for, at 60 you have a face you paid for and at 80 you have a face you deserve!" So, now you know why so many of us go for Botox (or equivalents like Dysport & Xeomin) for wrinkle reduction and for Dermal Fillers for filling deeper folds around the mouth and depressed cheeks.

THE VERY FIRST STEP towards looking beautiful is to have clear skin. An essential first step for most of us is a good Chemical Peel to exfoliate the dead cells from the top layer of our skin. Let the physician recommend the right one. Do not risk harming your skin with cheap off-the-shelf peels.

Commonly used Dermal Fillers are: RESTYLANE & Restylane-SILK, JUVEDERM, RADIESSE & BELOTERO BALANCE, & VOLUMA. SCULPTRA is not really a dermal filler in the conventional sense, because it gives results in a different way. However, it is one of the better products for long-term results.

Which one is for me? DERMAL FILLERS OR SCULPTRA AESTHETIC? We will do a quick comparison of these by their results and their costs.

RESULTS: Dermal Fillers give immediate result, SCULPTRA does so gradually & lasts longer.

COST: Sculptra appears expensive at the time of the treatment, but it works out cheaper in the long run. Sculptra treatment usually start with two. Each vial may cost from \$675.00 to \$750.00 in our general area. Sale prices may be less at some places. Dermal Fillers cost about \$425.00 to \$525.00. However, be wary of very low prices or special-one-time sales. For a few dollars, DO NOT risk damaging your skin with cheaper products or inexperienced injectors.

Dermal Filler or Sculptra? Let an experienced physician (injector) decide which is best for you. Proper selection depends on age, skin condition, long-term or immediate results, lifestyle, etc. of a person.

How long will it last? For the usual Dermal Fillers, the result may last 5-8 months, or twice that long if a booster (repeat) treatment is taken within 2-3 months. SCULPTRA results last much longer; up to 2+ years, if it is boosted after 3 to 5 months.

Maintaining the results is very important to look beautiful without, or little, makeup. Selection & use of suitable skincare is important. Again, consult the physician who performs your treatments; to select a combination of serums, lotions & creams. Pharmaceutical grade skincare from iS Clinical is very good and Sitara Medi Spa, in Ft. Lauderdale offers a wide selection.

Summing up: To really get good Aesthetic treatments, you must consult with an experienced physician, Neeta Mitroo, MD, a Board Certified physician at Sitara Medi Spa is one such physician in our area. She will discuss your expectations and needs in her free consultation and then advise you the best combination of treatments for immediate or long term results. Sitara has non-surgical Face Lift, PRP Deep skin Rejuvenation, under eye treatment, smoker's lines treatment. They also have very good chemical peels. They carry the excellent pharmaceutical-grade skincare products of iS Clinical. You can reach Sitara & Dr. Neeta Mitroo at 954-237-6646.

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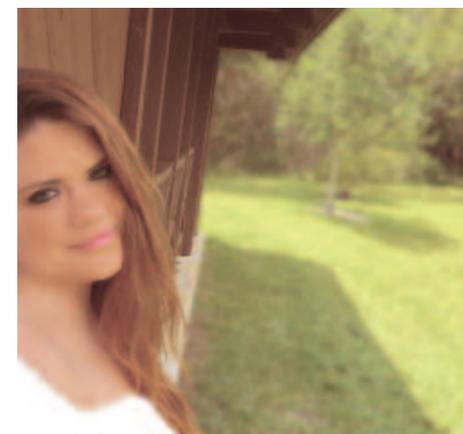
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South Florida Country Singer, Erica Morgan, Sets Her Sights on Nashville!

A native South Floridian, Erica Morgan was born September 17, in Coral Springs, Florida. With the ability to play guitar, piano, mandolin, and write catchy tunes, it's not surprising that Erica has heart set on Nashville. In tenth grade, Erica became passionate over the beautiful country sounds of Shania Twain, Rascal Flatts, and Keith Urban. Having a guitar in the house, she asked her dad if he would teach her how to play. After only a few lessons, she began to play chords and write her own songs. She played for hours each day after school and became quite proficient. But what was so surprising to everyone was how well she wrote...and sang. A songwriter/singer/guitar player was born!



Inspired by country singers such as Faith Hill, Sarah Buxton, and Shania, she started building up a catalog of beautifully written songs. Her songwriting and singing talent became very evident in college when she had one of her songs put on iTunes. She was also written up in her college newspaper, The University Press, describing her as an up-and-coming musician whose lyrics and melodies inspire and make a difference in the lives of many people listening to her music. This article attracted attention, which resulted in her being called to open up for country star, James Otto.

Erica felt an instant musical connection with Otto's producer and band. This friendship led to her going to Nashville to record one of her recently written songs, which was backed by Otto's band. What made the trip so exciting was that it was recorded at Jay DeMarcus' studio, bass player and founder of the group Rascal

Flatts. Otto's producer, Tyler Cain, became so supportive of Erica's music that he decided to be her producer on all future recordings. While in Nashville, she also performed at very popular venues, the Hotel Indigo and The Listening Room, where many hit songwriters perform on a daily basis. As well as recording and performing on that first Nashville trip, Erica got to co-write a song with Grammy-Nominated songwriter Dan Demay, who has penned songs for Martina McBride and Daryl Worley.

Erica has played for VIP at concerts such as Rascal Flatts, Jonas Brothers, and Florida Georgia Line. She has volunteered for organizations such as Musicians On Call, playing guitar and singing at Joe DiMaggio's Children's hospital. She continues to play at various festivals and venues around Florida and also played to a packed house at the legendary venue, The Bitter End,

in New York City. In early 2012, she presented a demo to one of Taylor Swift's publishers. He immediately recognized her talent and opened his door to any song she wishes him to hear.

In December, Erica graduated from Florida Atlantic University with a degree in Communication Studies. She has also interned at South Florida's country radio station, 99.9 Kiss Country, allowing her to learn a lot about what goes on behind the scenes. In a tough industry like music, Erica constantly reminds herself that she can "accomplish anything as long as the belief I have in myself is greater than the doubts others have". Erica will be moving to Nashville when the summer is over to pursue her country music career. To stay up to date on performances, check her out at: www.ericamorganmusic.com | Twitter: @EricaMorgan3 | Instagram: @EricaMorgan3 | www.facebook.com/ericamorganmusic

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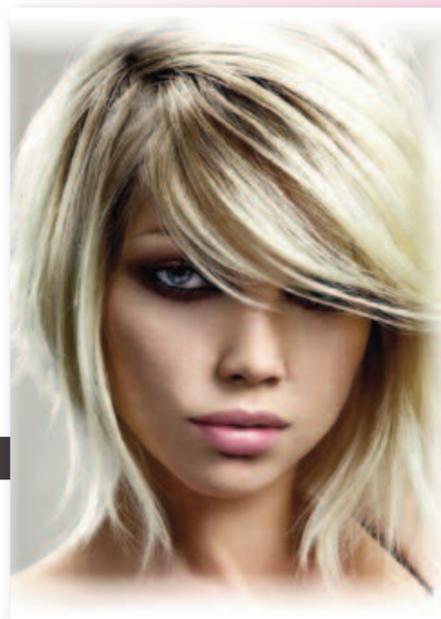
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Biopuncture: Cutting Edge Pain Therapy

By David Webb, D.O.M.

If there is one therapy that I incorporate into my own practice, that I wish more people were aware of, it would be Biopuncture. This relatively new, cutting edge therapy, showcased on both the Dr. Oz Show and The Doctors TV show, represents the fusion of acupuncture and homeopathy. Simply put, Biopuncture is the injection of natural, plant and mineral derived, FDA-regulated homeopathic medicines, using ultra-fine injection needles, to treat pain and inflammation, orthopedic injuries, and even chronic conditions like arthritis.

Arguably the most used homeopathic injectable, Traumeel is known for its ability to rapidly reduce inflammation and therefore pain, as well as to promote accelerated tissue repair. Shattering the misinformed belief that natural remedies may be safer, but are not as effective as pharmaceutical medications, several studies published in respected, peer-reviewed medical journals show that Traumeel is both better tolerated and at least as effective, and in some instances more effective than its pharmaceutical counterpart. In the Journal of Musculoskeletal Research, a 2015 study comparing Traumeel and NSAID use in the treatment of tennis elbow, Traumeel had significantly greater effectiveness and tolerability. In the study, NSAID effectiveness was rated as 44% good/very good, whereas Traumeel effectiveness was rated as 71% good/very good.

Tolerability is certainly as important as effectiveness, and again Traumeel excels over both NSAID and steroid use. In the above mentioned study, NSAID tolerability was rated as 45% very good, and Traumeel tolerability was 88% very good. Safety is very important when considering medications for pain and injury. Current research has shown that in addition to having a significant immune suppressive effect, Cortisone use increases local tissue deterioration. NSAID use also leads to local tissue deterioration with continued use, significantly impedes tissue healing, and offers significant and even life-threatening side effects. On the other hand, Traumeel has no known side effects, so is safe to use as often as needed. While anyone can enjoy the benefits of Biopuncture, it is a great option for those who are not candidates for cortisone or NSAIDs, or for those who simply want to avoid the potentially significant and harmful side effects of either drug.

David Webb is a Doctor of Oriental Medicine at Maximum Wellness Centers in Fort Lauderdale (www.maxwc.com) who specializes in pain and injury. He can be contacted at 954-306-6497.



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Through the years, Mr. Lawrence has observed a strong correlation between children having a strong sense of worth

and children exercising their bodies and social skills. He encourages parents, therapists, and educators to give the Feel Fit Bell system a try and then "KEEP IT GOING!" **CONTACT AVI DIRECT AT 954.605.5804**

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