

GREAT Information From Local Doctors To Help You Live Healthier!



YOUR HEALTH

View Latest Editions



Scan me

Washington DC | September 2023

SPECIAL FOCUS ON

Dental



HEALTH
PROFESSIONALS
PAGES 24-26

Plus

Body Contouring & Weight Control

Pages 27-28



Elizabeth "Andie" Shin, DDS
Pediatric Dentistry



Jeffrey L. Brown, DDS
TMJ & Sleep Apnea



Sivakumar Sreenivasan, DMD
Oral and Maxillofacial Surgeon



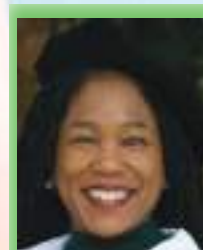
Gina C. Pham, DDS
Pediatric Dentistry



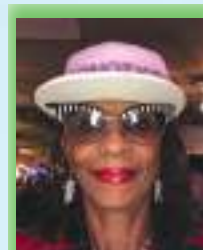
Rex Hoang, DMD
Dentistry



Ike V. Lans, DDS
Dentistry



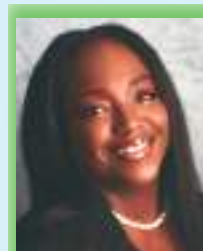
Melissa Ramsey, MSN, RN, FNP
Face & Body Specialist



Toni Greene, Owner
Hypnosis/Yoga



Patti Lee, BSN, FNP, MSN
Weight Control & Nutrition



Tara White
First Aid & CPR Training

Next Month In Your Health Magazine...

Cancer Awareness

Featuring Cancer Care Professionals

PLUS A FOCUS ON...

Health Technology

Also Inside:

Whiplash | Hair Loss

Chiropractic | Edible Gardens

Acupuncture | Beauty & Skin Care

Weight Loss | Dental Implants

and More!

Health Directory – page 40

50 CENTS



8 60005 35000 1

LOCAL DOCTORS & ARTICLES at YOURHEALTHMAGAZINE.NET

Garima K. Talwar, DDS, MS

Board Certified Prosthodontist

Specializing in Reconstructive and Implant Dentistry



Dr. Garima Talwar specializes in Full Mouth Reconstructive and Implant Dentistry.

She brings 25 years of experience to Northern Virginia, and has been recognized as one of the best Prosthodontists by “Top Dentist” and *Washingtonian* magazine, and by her peers.

Her state-of-the-art facilities in Ashburn and Leesburg offer comprehensive Full Mouth Reconstruction with laser-assisted procedures and oral/intravenous sedation.

Esthetique Dentistry
THE ORAL AND DENTAL WELLNESS CENTER

(703) 729-6222

44345 Premier Plaza • Suite 220, Ashburn, VA

EsthetiqueDentistryAshburn.com

 *Advanced Dental Care*
AT LEESBURG VILLAGE

(571) 455-0466

1602 Village Market Boulevard, SE • Ste 130, Leesburg, VA

AdvancedDentalCareLeesburg.com



IN-OFFICE LABORATORY
& TECHNICIAN



FIND OUT IF Weight-Loss Surgery Is an Option for You

Obesity is a national issue.
Nearly 42% of U.S.
adults are obese.

**Estimates of obese adults in the DMV Area
can reach 35% in some locations.***

GW Hospital can help you assess whether weight-loss, or bariatric, surgery is right for you with our quick, easy and no-cost health risk assessments (HRAs).

We make it easy, so grab your phone, tablet or computer and get your results in minutes.

You can share your results with your primary care provider (PCP), who can help address any potential risks.

ARE YOU A CANDIDATE FOR BARIATRIC SURGERY?

Visit gwhospital.com/hra
to take a **simple, no-cost**
assessment now. ▶



WE OFFER WEIGHT-LOSS SURGERY SOLUTIONS

When diet and exercise are not getting the results you are seeking, weight-loss surgery may be an option. Our minimally invasive surgical options can help you lose the weight and keep it off.**

At GW Hospital, we support you every step of the way on your road to success, from starting healthy habits before surgery to life-long follow-up care. It all begins online with your free introductory seminar.

* SOURCE: Centers for Disease Control & Prevention (CDC)



THE GEORGE WASHINGTON
UNIVERSITY **HOSPITAL**

To get started with your **FREE**,
virtual introductory seminar, call
888-4GW-DOCS (449-3627).

Learn more about our program at gwhospital.com/weightloss

Find us in the heart of D.C., steps away from buses, Metro stops and parking garages.

** Individual results may vary. There are risks associated with any surgical procedure. Talk with your doctor about these risks to find out if bariatric surgery is right for you.

Physicians are independent practitioners who are not employees or agents of The George Washington University Hospital. The hospital shall not be liable for actions or treatments provided by physicians. For language assistance, disability accommodations and the nondiscrimination notice, visit our website. 231301150-1431741 8/23

Finding Answers

TO THE GUT ISSUES YOU
CAN'T FIND ANSWERS TO

YOU'VE TRIED EVERYTHING.

You feel alone and isolated. You don't feel heard. You feel like you have failed. You're tired of feeling sick. You don't know what the answer is. Is there an answer?

There is. I want to help you find that answer. I want to hear your story. My purpose is to guide you.

I want you to feel understood. I want you to be seen. I want you to know that the way you've been feeling is not okay. There is space here for you to heal.

We manipulate the food, your body will do the rest.

ARE YOU TIRED OF THINKING ABOUT IT AND READY TO JUST MAKE A DECISION?

Schedule a time for us to chat. I'm here to guide you.

kylie.fagnano@stratanutrition.com

@the.gut.therapist

/stratanutrition

Kylie Fagnano



Strata
NUTRITION

The Gut-Brain Connection

How to Make It Work For You



By Kylie Fagnano, MS, RDN, LDN
IFNCP, CLT, Strata Nutrition

There is a connection between your gut and your brain. A literal, physical connection: the vagus nerve. It is one of your 12 cranial nerves and it innervates all of its branches into every single part of your digestive system. One very important thing about this highway of communication is that the direction of information flows both ways. Which means: your

brain sends signals through this vagus nerve down to your gut, and your gut sends signals back up to your brain.

Brain To Gut

What signal do you want your brain to send to the gut? One of stress: fight or flight? Or one of calm, cool, and collected: rest and digest? How do you want to protect or optimize the state of your mind, in order to get the signal you're looking for?

This is coming back to everyone's favorite topic: stress. When you are stressed (in "fight or flight" mode), your brain sends a message to your body that says, "Hey, we need energy and resources in the limbs of the body because this person needs to run away to safety!" That's what fight or flight comes from, the evolutionary need to run to safety. The problem in today's society is that this rarely gets turned off. The message is sent down

Please see "Connection," page 41



Chiropractic, Physical Therapy, Rehabilitation



Dr. Gela provides personal injuries and rehabilitation services. She works with a network of medical professionals and personal injury attorneys to ensure that you receive the highest quality of care and support. Most of her new patients are referred through this network; she has the experience they rely on, and so can you!

Our Services:

- Auto Injury
- Work Injury
- CDL/DOT Physical Exam
- Digital X-Ray
- Spinal Decompression Therapy
- Dry Needling





By Dr. H. Michael Rassael, DO
Millennium Medical Spa

Cosmetic surgery has come a long way in recent years, offering a myriad of procedures to help individuals improve and restore their body contours. From liposuction to breast augmentation, abdominoplasty to Brazilian butt lift, modern cosmetic surgery offers effective solutions for those seeking to achieve their desired appearance.

Liposuction: Sculpting Away Stubborn Fat

Liposuction is a popular cosmetic surgery procedure designed to remove excess fat from specific areas of the body. Despite maintaining a healthy lifestyle, some individuals may struggle with stubborn pockets of fat that resist diet and exercise. Liposuction allows for targeted fat removal, sculpting the body to create a more defined and aesthetically pleasing silhouette. Common areas for liposuction include the abdomen, thighs, hips, and arms.

Breast Lift: Restoring Youthful Elevation

Aging, pregnancy, and weight fluctuations can lead to sagging breasts, causing a loss of firmness and shape. A breast lift, or mastopexy, is a cosmetic surgery that addresses this issue by raising and reshaping the breasts. By removing excess skin and tightening surrounding tissues, a breast lift can restore a more youthful and perky breast contour.

Breast Augmentation: Enhancing Volume and Symmetry

Breast augmentation, also known as augmentation mammoplasty, is a procedure that involves the placement of implants to increase breast size and improve symmetry. This surgery is ideal for individuals who desire more fullness, wish to balance asymmetrical breasts, or have experienced a reduction in breast volume due to factors like weight loss or pregnancy.

Breast Reduction: Alleviating Discomfort and Enhancing Proportions

For some individuals, overly large breasts can lead to physical discomfort, back pain, and self-esteem issues. Breast reduction surgery, or reduction mammoplasty, is a transformative procedure that removes excess breast tis-

Enhancing Your Body Contour With Cosmetic Surgery

sue and skin, reducing the breast size and weight. This not only relieves physical discomfort but also enhances the overall proportions of the body.

Abdominoplasty (Tummy Tuck): Achieving a Flatter, Tighter Abdomen

A tummy tuck is a popular cosmetic surgery that targets loose abdominal skin and muscles, often resulting from significant weight loss or pregnancy. Abdominoplasty involves removing excess skin and fat while tightening the underlying muscles, resulting in a flatter, more toned midsection.

Brazilian Butt Lift: Sculpting a Curvier and More Youthful Butt

The Brazilian butt lift is a revolutionary procedure that uses fat grafting techniques to augment and reshape the buttocks. Excess fat from other areas of the body is removed via liposuction and then carefully injected into the buttocks to create a fuller, more contoured, and youthful appearance.

Mommy Makeover: Restoring Pre-Pregnancy Body Confidence

A mommy makeover combines several cosmetic procedures to ad-

dress the physical changes that occur after pregnancy and breastfeeding. This customizable package often includes a combination of breast procedures (lift or augmentation) and abdominal procedures (liposuction or tummy tuck), helping mothers regain their pre-pregnancy body contours and confidence.

Cosmetic surgery, when performed by a qualified and experienced surgeon, can help improve self-confidence and overall well-being, empowering individuals to feel more comfortable and satisfied in their own skin.

Customized Beauty Treatments *Just For You!*

COSMETIC SURGERY

- Breast Augmentation
- Abdominoplasty (Tummy Tuck)
- Liposuction
- Hair Transplants
- Mommy Makeover
- Facial Surgery

NON-INVASIVE TREATMENTS

- Botox®, Dysport®, Xeomin®*
- BellaFill®
- Juvederm*
- Restylane®*
- TempSure Envi
- Endermologie
- Zerona
- Lipolight

LASER TREATMENT

- Hair Removal
- Vein Treatment
- Laser Resurfacing

WELLNESS SERVICES

- Bioidentical Hormones (BHRT)
- ED Treatment for Men
- Medical Weight Loss



**Dr. H. Michael
Rassael**

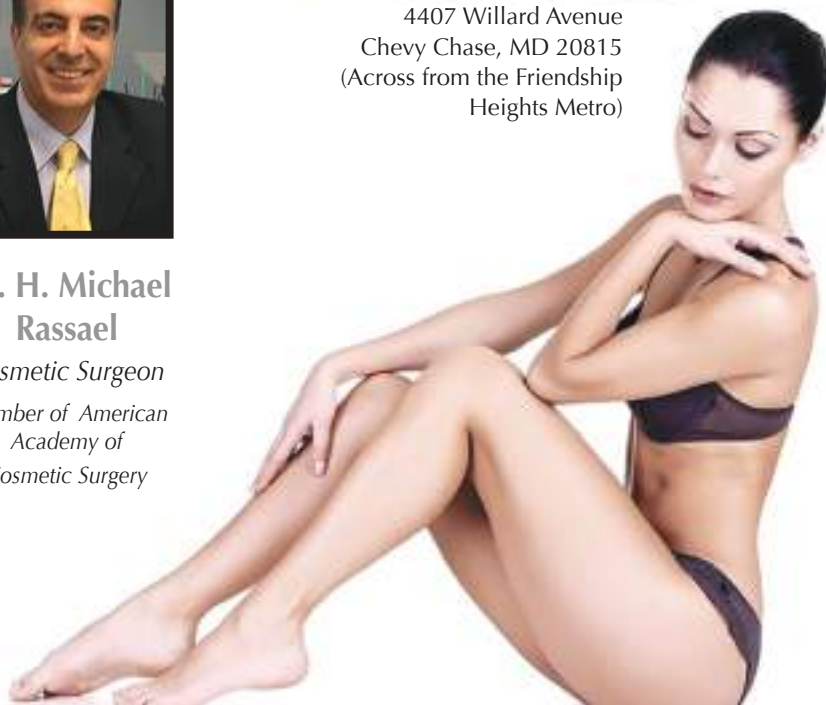
Cosmetic Surgeon

*Member of American
Academy of*

Cosmetic Surgery



4407 Willard Avenue
Chevy Chase, MD 20815
(Across from the Friendship
Heights Metro)



Now Offering: PRP Skin Rejuvenation

Call for a Consultation
301.652.9005

For more monthly specials visit us at:
www.ChevyChaseCosmetic.com

Mention This Ad
and Receive

**20%
OFF**

All Non-Surgical
Services

Must Call By 10/31/23

*Not valid with
any other offers*

NON-INVASIVE BODY CONTOURING

Zerona® - The first
non-invasive body
contouring procedure to
effectively remove excess fat.

AND

Endermologie Lipo Massage
Cellulite Treatment

**Combined
Package of 6
Each - \$499.00**

In This Edition...

The articles below are provided by local health professionals for the benefit of the public. Please contact them for advice and services.

- 4 | **The Gut-Brain Connection** | By Kylie Fagnano, MS, RDN
- 5 | **Enhancing Your Body Contour With Cosmetic Surgery** | By Dr. H. Michael Rassael, DO
- 7 | **Everything You Need To Know About Platelet-Rich Plasma Treatment For Hair Loss** | By Dr. Acia Williams
- 8 | **Strategies For a Fear-Free Dentist Visit** | By Elizabeth Shin, DDS
- 10 | **Utilizing Fitness, Food, and Edible Gardens** | By Gregory Taylor, MS, Owner
- 12 | **Understanding Muco-Gingival Defects and Gingival Recession** | By Marc P. Stanard, DDS
- 16 | **All-On-Four Dental Implants** | Submitted By Sivakumar Sreenivasan, DMD, MDS
- 17 | **Future Trends In Spine Research** | By Deeni Bassam, MD, DABPM
- 18 | **Revolutionizing Whiplash Diagnosis** | Submitted By Washington Open MRI, Inc.
- 19 | **Keep Your Eyes Young and Healthy** | By Jacqueline D. Griffiths, MD
- 21 | **BabyLase™: The Advanced and Gentle Solution For Infant Tongue Tie** | By Lynda Dean-Duru, DDS
- 23 | **Your Child's First Dental Visit** | By Jonelle Anamelechi, DDS
- 24-31 | Featured Dental Health + Weight Control, Exercise & Nutrition Professionals**
- 32 | **Achieving the Body You've Always Wanted** | By Qi Medical Spa & Wellness
- 33 | **Shirin-yoku Forest Bathing and Fertility** | By Yemi Adesanya-Famuyiwa, MD
- 33 | **Your Child's First Dental Visit** | By Janet V. Johnson, MD
- 34 | **Traditional Chinese Medicine For Epilepsy** | By Quansheng Lu, CMD, PhD, LAc
- 34 | **Is Your Scalp Trying To Tell You Something? Hair Loss** | By Jaimi Jackson, Owner
- 39 | **Coping With Nasal Allergies** | Submitted By Kensington Pharmacy
- 41 | **30-Minute Foot Workout** | By Edward Pozarny, DPM
- 33 | **Weathering Life Changes** | By Beth Albaneze, MA, CTRS, CPRP, CLP

Articles and information about health professionals is available at
www.YourHealthMagazine.net

In the next edition of Your Health Magazine



Cancer Awareness

Diagnosis • Prevention • Early Detection • Surviving
Articles and Information from local Health Professionals

It Makes a Difference!

Latest editions now available online:
www.YourHealthMagazine.net



301-805-6805 • info@yourhealthmagazine.net

Your Health Magazine is here to Help People Find the Healthcare They Need! Information from local doctors lowers the barriers to getting better healthcare and living healthier...

Next month's edition will also include
HEALTH TECHNOLOGY

If you are a health professional who would like to be included in upcoming editions, contact us today:



SERVING MARYLAND & VIRGINIA Since 1990

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.

MARYLAND & WASHINGTON, DC OFFICE

One Town Center
4201 Northview Drive, Suite 102
Bowie, MD 20716
Office (301) 805-6805 • Fax (301) 805-6808
info@yourhealthmagazine.net

VIRGINIA OFFICE

Office (703) 288-3130
production@yourhealthmagazine.net

© Your Health Magazine, 2023. The magazine and all of its contents are protected by copyright. For permission to reproduce any materials in this magazine, contact publish@yourhealthmagazine.net.

EDITOR-IN-CHIEF
Gregory Scott Hunter

MANAGING EDITOR
Heather L. Mahoney

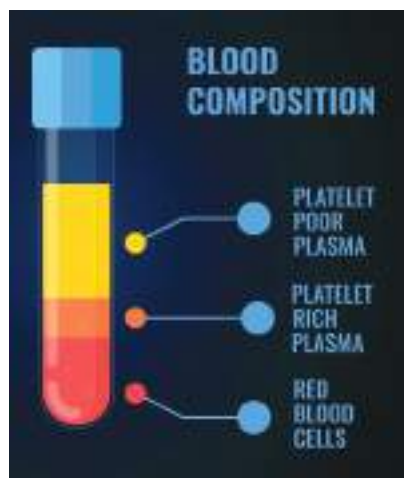
SALES & MARKETING CONSULTANT
Mili Parra

PRODUCTION & DESIGN ADMIN ASSISTANT
Alison Doner - MD



By Dr. Acia Williams
A New Image by Acia LLC &
Hair Loss Rejuvenation Clinic

PRP stands for “platelet-rich plasma.” Plasma is a component of our blood, which contains platelets that are important in the daily functioning of our bodies, but they also contain growth factors, which serve several regenerative purposes, one of which is the production of new cells. PRP is a new service I offer, which is a cutting edge hair loss therapy that uses the growth factors from your blood’s plasma (liquid gold) to stimulate and rejuvenate hair growth on your scalp.



Our Process:

- I draw blood (this is not painful) and with a centrifuge and with the help of a special kit, the plasma is separated from the blood in a manner to ensure a consistent amount of this liquid gold, (aka platelet concentration). After isolating the platelet-rich plasma, the mixture is gently injected back into various parts of your scalp to stimulate hair growth.
- My process usually takes less than an hour, including collecting the blood, separating the plasma, and reinjecting it back into the scalp. It is important to note, this is not a permanent fix. For optimal results, clients should consider coming in every six to eight months in order to maintain results.

Everything You Need To Know About Platelet-Rich Plasma Treatment for Hair Loss

Who's a Good Candidate For PRP?

- PRP is a great solution for everyone and all types of hair.
- Male balding and hair thinning is always talked about but the fact is that women are losing a lot of hair too, especially since the pandemic!
- Those suffering from androgenic alopecia or other forms of alopecia. It is a hereditary condition that affects around 80 million people in the U.S.
- Those suffering from hair loss due to high stress levels.
- Those who have recently experienced hair loss.

The best part of PRP? It's about as natural as you can get. It truly is your body healing itself, with a slight boost from technology. So if you're tired of spending a fortune on topical solutions and supplements, and waiting endlessly for your hair to grow back, come in for a consultation and let's get started on your Hair Restoration journey.

SUFFERING FROM HAIR LOSS?



WE OFFER TREATMENTS

- Platelet Rich Plasma (PRP) Hair Growth Injections
- MicroNeedling Facial with PRP
- Hair Strengthening Programs
- Hair Loss Growth Therapy
- Scalp MicroPigmentation (SMP)
- Microblading & Powder Ombre Eyebrows
- Hair Styling Service For All Types



Hair Loss Rejuvenation Clinic
www.DrAciaWilliams.com
202-808-8925

705 Florida Avenue, NW
Washington, DC
20001

Understanding Dental Anxiety in Children

Strategies For a Fear-Free Dentist Visit

By Elizabeth Shin, DDS
Bethesda Chevy Chase
Pediatric Dentistry

Dental anxiety in children is very common in children especially toddlers. However, it's crucial to help children overcome this fear to ensure they maintain proper oral health habits as they grow.

Dental anxiety in children can arise from several factors:

1. Fear of the Unknown: Children, especially those visiting a dentist for the first time, may not know what to expect, leading to fear and anxiety.

The unfamiliar environment, the strange tools, and the new faces can be intimidating.

2. Fear of Pain or Discomfort: The idea of someone examining their mouth or the potential for pain during procedures can be scary. Even if they've never experienced a painful dental procedure, they might have heard stories from friends or siblings that instill fear.

3. Negative Past Experience: If a child has had a previous bad experience at the dentist they may develop anxiety about returning.

4. Influence from Parents or Sib-

lings: Children often pick up on the fears and anxieties of those around them. If a parent or sibling has expressed fear or discomfort about their own dental visits, a child might internalize that fear.

5. Sensory Overload: The sounds, sights, and smells of a dental office can be overwhelming for some children, particularly for those with sensory sensitivities.

6. Lack of Control: In a dental setting, children are often asked to sit still in a chair while a relative stranger performs procedures on them. This lack of control and personal space

can be anxiety-provoking.

Each child is unique, so the cause of dental anxiety can differ from one child to another. Identifying the specific causes can help parents and dental professionals develop effective strategies to manage and reduce this anxiety.

Strategies For a Fear-Free Dentist Visit

1. Early Exposure: Introducing children to the dentist at a young age helps them become familiar with the environment and the routine, reducing anxiety. The American Academy of Pediatric Dentistry recommends a child's first visit by their first birthday.

2. Open Communication: Talk to your kids about the visit in a fun and positive way, explaining the importance of keeping their teeth healthy.

3. Role-Playing: Play games involving dental visits at home. Allow your child to act as the 'dentist,' examining your teeth, which can help them understand and become comfortable with the process.

4. Positive Reinforcement: Verbal praise or a small reward for a successful visit can be very effective in reducing anxiety and promoting a positive association with dental visits.

5. Child-Friendly Clinics: Look for a pediatric dentist who specializes in dealing with children. Such clinics often have child-friendly décor, toys, and other distractions that make the environment feel less clinical and more inviting.

6. Mindful Scheduling: Schedule the appointment at a time when your child is well-rested and not hungry. An irritable, tired child is more likely to experience anxiety.

7. Parental Presence: Parents should stay close during the examination. Your presence can offer a great deal of comfort to a nervous child. It's essential, though, for parents to maintain a calm demeanor as children can pick up on your anxiety.

8. Gradual Acclimatization: Start with easy and quick procedures, like cleaning, before progressing to more complex treatments. This allows the child to gradually get used to dental procedures.

With time and patience, it's possible to turn dental visits into a non-threatening, even enjoyable, experience for children. As we build these positive experiences, we're setting a solid foundation for a lifetime of oral health.



Helping Children Achieve Better Health!

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.



4825 Bethesda Avenue, Suite #220
Bethesda, MD 20814

301-941-7374

smile@bccpediatricdentistry.com

BCCPediatricDentistry.com

GET THE PROFESSIONAL CARE AND IMMEDIATE ATTENTION YOU DESERVE

Department of
Veterans Affairs
Contracted provider,
Baltimore and DC

*Free Evaluation and
Maryland State Licensed
to Treat People At Home*



Pete Goller, BS, CP

- More Than 30 Years Experience
- President/Owner of Metro Prosthetics, Inc.
- ABC Certified Prosthetist



Kyle Wilhelm, BS, CO

- ABC Certified Orthotist
- More Than 25 Years Experience



Jed Newhardt, BS, CPO

- ABC Certified Prosthetist/ Orthotist
- More Than 10 Years Experience

Now Offering Orthotics/ Diabetic Shoes!

- Family owned and operated
- Custom fabrication on site
- Immediate attention one-on-one patient contact
- We accept Medicare
- Contracted provider for Aetna, BlueCross BlueShield, Carefirst and Kaiser
- Other insurances also accepted

METRO
PROSTHETICS INC.



***Helping People Regain
Their Independence...Since 1977***

7438 Annapolis Road, Landover Hills, MD 20784

4320 Fitch Avenue, Nottingham, MD 21236

info@metroprosthetics.com

ABC Accredited Facility

301-459-0999 • 410-870-0365

www.MetroProsthetics.com

Utilizing Fitness, Food, and Edible Gardens

A Path To Sustainable Weight Management and Community Health

By Gregory Taylor, MS, Owner
Taylored 4 Life Wellness, Inc.

In our modern society, where fast food and sedentary lifestyles have become the norm, the importance of fitness and healthy eating cannot be overstated. Weight management is a crucial aspect of overall health, and with the right approach, it can be a

transformative journey that leads to improved well-being and a stronger sense of community. By incorporating fitness and food as medicine through edible garden preparation, planting, and harvesting, we can not only ensure access to fresh vegetables but also eliminate food deserts, paving the way for positive change in body, mind, and soul.

Edible Garden Preparation

Embarking on a journey towards weight management begins with small but impactful steps. By creating an edible garden within residential and community settings, individuals can take control of their food choices, manage their weight and cultivate a deeper connection with nature. Edible gardens can be

as simple as planting a few herbs and vegetables in pots on a balcony or as elaborate as transforming unused spaces into thriving vegetable patches. Gardening itself is a form of exercise, burning calories and releasing endorphins that contribute to improved mental health.

Planting and Harvesting Fresh Vegetables

As the edible garden flourishes, it offers a bounty of fresh vegetables packed with essential nutrients and fiber. By consuming homegrown produce, individuals gain access to healthier options that support weight management goals. Fresh vegetables provide vital vitamins, minerals, and antioxidants, while the act of planting and harvesting them encourages physical activity and a sense of accomplishment.

Eliminating Food Deserts

In many communities, the lack of access to fresh and nutritious food creates what is known as food deserts. These areas are plagued by an abundance of unhealthy fast-food options (food swamp) and limited access to fresh produce. Edible gardens, especially in community settings, can serve as a solution to this problem. By empowering communities to grow their own food, we not only address the issue of food deserts but also foster a stronger sense of unity and support among residents.

The Power Of Change

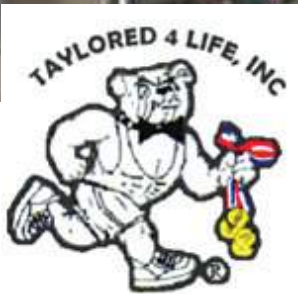
Integrating fitness and food as medicine not only aids in weight management but also promotes overall well-being. Engaging in physical activity releases natural endorphins, which act as mood boosters, reducing stress and anxiety. When combined with a balanced diet of fresh vegetables, individuals experience heightened performance in various aspects of life, be it in work, sports, or personal pursuits.

The combination of fitness, food as medicine, and edible produce gardens can be a transformative approach to weight management and community health. It empowers individuals to take charge of their well-being while fostering a strong sense of community and environmental consciousness. By cultivating fresh vegetables, we not only nourish our bodies but also the collective spirit, ensuring that change is truly good for the soul, mind, and body. My organization is positioned to help you and the community through the transformation process.

\$75 OFF! an Initial Assessment

~or~ 1/2 hour health coaching, with a complete health-wellness assessment

Unlock Your Full Potential
For a **Healthy Lifestyle!**



- **Weight Loss**
- **Nutrition Planning**
- **Disease Prevention**
- **Stress Reduction**
- **Boost Energy**
- **Life Coaching**

Are you tired of feeling constantly worried about your health and unsure of how to maintain a healthy lifestyle? Taylored 4 Life is here to help you unlock your full potential and live your best life.

Our State of the Art Health Fitness Wellness Evaluations measure and assess your lifestyle choices, blood pressure, heart rate, body composition, aerobic fitness, strength, and flexibility.

Call us now to schedule an appointment and take the first step towards a healthier you. Don't wait any longer to take control of your health!

Find out precisely what whole foods you should eat
and precisely which vitamins your body needs! Go to:
yhm.news/viome

Don't let your health take a back seat! Contact Taylored 4 Life today to unlock your full potential for a healthy lifestyle.

Call us at 301-979-9010 or visit our website at Taylored4LifeWellness.com

Affiliated with Priority Partners, MedStar, United Health Care, Aetna, Maryland Physicians Care, Care First



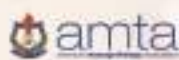
Potomac Massage Training Institute

Balancing the Art and Science of Massage Therapy since 1976

Learn to be a Professional Massage Therapist

PMTI offers 9-month and 18-month programs

- Our Professional Massage Training Program is one of the most comprehensive and respected training programs in the US
- PMTI graduates have a **93% average pass rate** on the National Massage & Bodywork Licensing Exam (MBLEx) (vs. US avg 70%, MD avg 62% – source: FSMTB 2010-18)
- **Lowest Cost Tuition Massage School in Maryland**
- We offer Continuing Education and Community Workshops to fulfill licensing requirements and help your practice grow!
- **Easy Metro access in Silver Spring, Maryland**



Community Workshops & Continuing Education

UPCOMING CLASSES

Introduction to Clinical Sports Massage: **Aug 26**

Usui Reiki: **Sept 9-10**

Advanced Integrative Reflexology–
Muscle Reflexology with Meridians: **Sept 16-17**

Anatomy Trains in Structure and Function: **Oct 13-15**

Biodynamic Craniosacral Therapy Overview: **Oct 30–Nov 2**

Visceral Manipulation: **Nov 3-5**

3.5 Steps to Private Practice: **Nov 10-12**

Modern Cupping Therapy: **Apr 11-14, 2024**

new events announced regularly
check www.PMTI.org for updates

Events, dates, and times subject to change.

The PMTI Massage Clinics

"Spa Services Without the Spend"
— *Washingtonian Magazine*, May '23

book your next massage:

\$45 student clinic / \$65 graduate clinic

appointments online: www.PMTI.org

appointments by phone: (202) 686-7046

PMTI continues to maintain protocols and procedures for the health and safety of our clients and practitioners.

Visit www.PMTI.org for more details.

**join our email list for
specials and discounts**

PMTI

8701 Georgia Ave., Suite 700
Silver Spring, MD 20910

(202) 686-7046

www.PMTI.org

Understanding Muco-Gingival Defects and Gingival Recession

Definitions, Treatment Timing, and Options



By Marc P. Stanard, DDS

Maintaining optimal oral health goes beyond just brushing and flossing; it also involves addressing various dental conditions to ensure a healthy smile. Two common issues that affect gum health are muco-gingival defects and gingival recession. Let's delve into their definitions, when to seek treatment, and the available treatment options.

Muco-Gingival Defects

Muco-gingival defects refer to a range of conditions that involve both the gingiva (gums) and the mucosa (soft tissue lining of the mouth). These defects can manifest as irregularities, discrepancies, or abnormalities in the interface between the gums and the surrounding oral tissues. They might result in gum recession, soft tissue loss, or pockets forming between the gum and the teeth. Muco-gingival defects can lead to increased sensitivity, difficulty in maintaining oral hygiene, and potential aesthetic concerns.

Gingival Recession

Gingival recession is a specific form of muco-gingival defect where the gum tissue gradually recedes, exposing the tooth's root. This can be caused by factors such as aggressive brushing, poor oral hygiene, gum disease, genetic predisposition, and even

orthodontic treatment. Gingival recession can lead to tooth sensitivity, increased risk of decay on exposed roots, and aesthetic concerns due to the appearance of longer teeth.

When To Seek Treatment

Early detection and intervention are crucial for managing both muco-gingival defects and gingival recession. If you notice symptoms like tooth sensitivity, longer-looking teeth, or changes in gum appearance, consult a dentist. Regular dental check-ups can help identify these issues in their early stages, allowing for timely treatment.

Treatment Options

- **Oral Hygiene Improvement:** In mild cases, better oral hygiene practices and using a soft-bristle toothbrush can help prevent further recession. Dentists might also recommend

changes in brushing techniques to avoid damaging the gums.

- **Gum Grafting:** For moderate to severe cases, gum grafting is a common surgical procedure. Tissue from the patient's palate or a donor source is placed over the exposed root, restoring gum coverage and reducing sensitivity. At times, no coverage of the root is predictable, so merely increasing the quality and quantity of the existing gum is attempted.
- **Orthodontic Intervention:** In some cases, gingival recession might result from improper tooth positioning. Orthodontic treatment can help reposition teeth to reduce recession risk.
- **Maintaining Healthy Habits:** After treatment, maintaining good oral hygiene practices and regular dental visits are vital to prevent recurrence.

Periodontist In Washington, DC

Maintaining good dental hygiene is crucial, and Dr. Marc Stanard, a periodontist and specialist in surgical implant dentistry, can help you achieve healthy teeth comfortably. We offer a wide range of specialized procedures and services to cater to your periodontal needs, such as bone surgery, scaling, and root planing, gum grafts, crown lengthenings, and sinus lifts.

Why you should choose Dr. Marc Stanard:

- We provide advanced, affordable dental care tailored to meet your unique needs.
- Our team offers oral hygiene instruction and education on gum disease, bone loss, and other dental health conditions.
- Dr. Marc Stanard has decades of experience and a passion for his work, and he's earned numerous designations, affiliations, and awards, including Top DDS by Washingtonian and high ratings on Google and Yelp.
- Our office is friendly and welcoming, making it the perfect place to receive top-quality dental care.

Contact us today to schedule an appointment and experience the benefits of our specialized periodontal care.



Call: (202) 887-5441

1350 Connecticut Ave NW Ste 305 • Washington, DC 20036

wdcperioimplant.com



Sheilah A. Lynch, M.D.
LYNCH PLASTIC SURGERY

Free To Be A More Confident You

Sunglasses and Hourglasses

When things no longer feel right or look tight,
call us to receive information about Tummy Tuck & Lipo 360

Lipo 360

Mid-Section Slim Without The Gym.

This surgical enhancement also known as “circumferential liposuction” removes unwanted, stubborn fat from your abdomen, love handles, and back.

Tummy Tuck

Tummy tucks are the surgical removal of excess skin or fatty deposits from the abdomen, along with the repositioning of abdomen muscles into a tighter formation

If deemed a good candidate, combining a tummy tuck with Lipo 360 can give you a more contoured and hourglass figure.

Call us today to schedule your consultation!



Consider Your Surgeon's Credentials...

Dr. Sheilah Lynch is a Board Certified Plastic Surgeon with 20 years experience.

BROWN UNIVERSITY
RESIDENCY – PLASTIC SURGERY

GEORGETOWN UNIVERSITY
FELLOWSHIP – BREAST & COSMETIC SURGERY



Member



Member
The American Society For
Aesthetic Plastic Surgery



LYNCH PLASTIC SURGERY

5530 Wisconsin Avenue, Suite #1440
Chevy Chase, MD 20815

www.lynchplasticsurgery

8615 Commerce Drive, Suite #5
Easton, MD 21601

Call Today To Make Your Appointment
301.652.5933 / 410.822.1222

New Patient Whitening \$99 (\$500 Discount)

After Exam, X-rays and Cleaning



DENTAL IMPLANTS

COSMETIC SERVICES

EMERGENCY CARE

INVISALIGN



Cummins
DENTAL GROUP

Combined with today's advanced dental technology and Dr. Cummins' extensive dental history and experience, our team is able to create the treatment plan that's specific to your smile and give you the care you've been searching for.

***We Offer: Implant Dentistry, Same Day Emergency Appointments,
FREE Second Opinions, Certified Invisalign Provider***

COME SEE OUR NEW LOCATION!

8630 FENTON STREET, SUITE #210, SILVER SPRING, MD 20910 | (301) 681-9111

Easy Ways To Lose Weight

Why We Are Unique

- Customized Plans
- Affordable
- No Contracts
- No Hidden Fees
- Programs Run By Doctors
- Long-term Weight Loss
- Feel & Look Younger
- FDA Approved Medications
- Control Appetite
- Eliminate Cravings
- Burn Fat
- More Energy

Who We Are

Just Lose Weight MD is a multifaceted weight loss center providing a comprehensive medical weight loss programs designed to assist patients in losing significant amounts of weight quickly and safely. Besides helping our patients lose pounds, we also provide them the support, education and resources that are necessary to maintain a healthy weight for the rest of their lives. We are all about getting healthy and staying healthy!



Our Services

Here are some of our Weight Loss Medications:

Appetite Suppressants – Semaglutide – Ozempic – HCG – Mega Injections

B12 Complex Injections – Lipo Fat Burner Injections – B5 Injections

Please check our website for individual plans!

Mention *YourHEALTH Magazine* and get 10% off all Initial Plans



PLUS IV HYDRATION & VITAMIN THERAPY

OPTIMAL WELLNESS IV THERAPY INFUSION

- Brain Fog/Mental Clarity
- Glowing Skin/Acne
- Energy/Get Up and Go
- Detox/Meyer's
- Immune Boost/Migraine Relief
- IBS
- High Dose Vitamin C
- Quench/Hydration
- Super Immune/Post COVID

EFFORTLESSLY CHANGE YOUR WAISTLINE

BODY CONTOURING

PERMANENT – NON-SURGICAL

FAT REMOVAL

NO DOWNTIME

BTL VANQUISH+ ME™



Takoma Park Office:

7513 New Hampshire Avenue
Takoma Park, MD 20912

301-434-0075

Tues.-Fri. 10am-6pm; Sat. 8am-2pm

Rockville Office:

12250 Rockville Pike, Suite #208
Rockville, MD 20852

301-603-2811

Mon., Wed., Thurs., & Fri. 11am-7pm

Chevy Chase Office:

5530 Wisconsin Avenue, Suite #800
Chevy Chase, MD 20815

240-750-3635

Call For Opening Days and Hours

Visit Our Website: www.JustLoseWeightMD.com

Considering Weight Loss Surgery?

Take the first step to improve your overall health.

Learn more by attending one of our **FREE** educational information seminars OR schedule your first appointment today!

240.206.8506

www.tbhinstitute.com



**The Bariatric & Hernia
INSTITUTE, PC**

Greenbelt and Silver Spring, Maryland

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-on-four” 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

Please see “All-On-Four,” page 38

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.



Courtesy 3D Planning For Implants

When patients bring a 3D scan with them to or
have one taken in the office.

Appointment needs to be scheduled
before September 15, 2023



CALL TODAY TO GET YOUR OLD SMILE BACK!

301.294.8700



DENTAL IMPLANT CENTER OF ROCKVILLE

Dr. Sivakumar Sreenivasan & Associates

OMFS MD, P.A.

Dental Implant Center of Rockville

77 South Washington Street, Suite #205

Rockville, MD 20850 • www.DrSreeni.com



By Deeni Bassam, MD, DABPM
The Spine Care Center

Future Trends In Spine Research

Already, many options for “minimally invasive” fusion of the spine are available allowing for a more speedy recovery, with shorter hospitalizations and blood loss. Nerve and spinal cord stimulators used in the treatment of refractory neuropathic pain will shrink in size as they grow in stimulation options.

A surgical option for painful degenerative disc disease which is safe and effective will one day materialize. Disc replacement surgery is being performed in very select individuals at this time and this will likely grow as surgical techniques improve. Look for improvements in accurate diagnosis of painful conditions of the spine to guide practitioners treatment options. The

trend is towards a multi-disciplinary approach to treatment of spine disorders, particularly patients afflicted with chronically painful conditions.

These and other innovations will ultimately benefit all of humanity and will most certainly continue to be a source of growth for the United States for generations to come.

The United States is the world leader in medical innovation by far. Over the past 10 years more medical drug discoveries have occurred in the United States than in Japan, the UK, Germany, and Canada combined. Some of the most significant discoveries in medicine in our lifetime have come from the great engine of innovation that is the United States including MRI, CT scans, and cholesterol lowering “statin” drugs to name a few.

Plus, our understanding of normal and pathological processes of the spine has grown exponentially during the modern era. The future holds great promise for patients who suffer from painful and debilitating conditions of the spine and patients in the US will continue to enjoy first access to these cutting edge technologies.

Our understanding of the basic science of spine anatomy at the cellular level in both normal and pathological states will certainly expand in the next decade. Already we are learning more about the role of inflammatory mediators in the propagation of pain signals in acute back pain and how microscopic disruptions of our aging discs are associated with these painful episodes.

Understanding these inflammatory cascades offers greater opportunity to intervene medically to lessen the painful symptoms. Although we are a long way off from truly reversing the effects of time on our bodies we can at least offer treatments to reduce the pain and productive time lost when we are affected by these painful episodes. Look for medications to be more and more specific in their targets to intervene in the inflammatory process allowing for improved pain control with a reduction in side effects.

Surgery will continue to play an important role in the treatment of some severe conditions of the spine. The objectives will continue to be stabilization and decompression but the means to those ends will surely continue to evolve.

Back Pain? Back and neck pain *can* be treated.



Back and neck pain are among the most common reasons for doctor visits, and are major causes of disability, lost work days, and high healthcare costs. Back or neck pain is a symptom, not a disease. That means the pain is likely being caused by something that can often be relieved when treated by the board certified physicians at The Spine Care Center.

SPECIALIZING IN TREATMENTS FOR:

- Neck Pain
- Low Back Pain
- Herniated Discs
- Facet Arthritis
- SI Joint Dysfunction
- Musculoskeletal Pain
- Complex Regional Pain Syndrome
- Reflex Sympathetic Dystrophy (RSD)
- Radiculopathy
- Neuralgia
- Sciatica
- Post Laminectomy Syndrome
- Shingles (Post Herpetic Neuralgia)
- Diabetic Neuropathy
- Post Amputation Pain
- Cancer Pain Management
- Persistent Pain after Back Surgery
- Spinal Tumors
- Spinal Injuries
- Spine Trauma
- Spine Fractures
- Spine Infections
- Degenerative Discs
- Scoliosis in children and adults
- Spinal Stenosis
- Spinal Arthritis

Top Quality Minimally Invasive Surgical and Non-Surgical Spine Treatments

Voted "Top Doctors" in *Washingtonian* and
Northern Virginia magazines all years
published since 2008



THE SPINE CARE CENTER

For more information or to schedule an appointment please call:
703-705-4471

Manassas Location:
8525 Rolling Road, Suite #200
Manassas, VA 20110

**We can help you
live your BEST LIFE!**

www.spinecareva.com

New Technology



Hurt in an *Auto Accident*?



Don't Let Undiagnosed *Whiplash* Steal Your Quality of Life!

- 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, weight-bearing posture.
- Patients can be positioned upright, allowing for a full range of motion to be captured.
- The scanner is fully functional inside the magnetic field, enabling unique patient positions.
- You can watch TV during your scan, and a loved one can accompany you for reassurance.
- Conventional "lie-down" MRI scanners can miss your whiplash diagnosis!



DMX – available exclusively at our Greenbelt location!

WASHINGTON
OPENMRI
WASHINGTONOPENMRI.COM

Greenbelt • Oxon Hill
Chevy Chase • Clinton
Rockville • Owings Mills

Don't suffer in silence – take control of your health and book an appointment today!

Call us today **1-866-674-2727**
or **301-220-3003**

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. Weight-bearing 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 tech-

nologies, 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.



Keep Your Eyes Young and Healthy

By Jacqueline D. Griffiths, MD
New View Eye Center

Preventive eye care is important to everyone because eye conditions and diseases that can destroy you and your family's healthy vision can strike at any time in life, from newborn to old age. Read below for suggested guidelines on when you and your family should have your eyes checked. Infants and toddlers should be screened for common eye problems, such as strabismus (crossed eyes) and Amblyopia (lazy eye) during their regular pediatric appointments. Vision testing is recommended for all children starting at around three years of age.

Most children and teenagers have healthy eyes, but they still need to take care of their vision by wearing protective eyewear when playing sports, doing yard work, working with chemicals, or taking part in other activities that could cause an eye injury.

Even young adults and middle-aged individuals can be affected by eye problems, so preventive measures should be taken to detect eye diseases early and to protect eye from injury. These individuals should have a complete eye exam at least once between the ages of 20 and 29, at least twice between the ages of 30 and 39 and every two to four years between the ages of 40 and 65.

Seniors over age 65 should have a complete eye exam by their Eye M.D. every one to two years for cataracts, glaucoma, age-related macular degeneration, diabetic retinopathy, and other eye conditions.

The suggested examination guidelines are:

- Ages zero to two: screening during regular pediatric appointments
- Ages three to five: screening every one to two years during regular primary care appointments
- Ages six to 19: schedule examinations as needed
- Ages 20 to 29: one examination
- Ages 30 to 39: two examinations
- Ages 40 to 65: examination every

two to four years

- Ages 65 and over: examination every one to two years

But check with your Eye M.D. to see how often you should have a complete eye exam if any of the following risk factors affect your eyes:

- History of eye injury
- Diabetes
- Family history of eye problems
- African American over age 40

Protecting your eyes from accidents, early detection, and treatment of eye problems are the best ways to keep your healthy vision throughout life. If you and your family are at risk for eye disease or experience any eye problems, visit your Eye M.D. promptly.

Find out what it takes to preserve your vision and prevent common eye problems. How many of these questions about vision can you answer correctly?

1. Which of the following habits can weaken your eyes?

- a. Watching television sitting too close to the screen
- b. Smoking
- c. Reading in dim light
- d. Not wearing prescription lenses if you need them

2. Which vitamin(s) should you take to protect your eyes if they're sensitive to light?

- a. B1
- b. B2
- c. B12
- d. All of the above

3. Eating which of the following foods helps prevent and alleviate conjunctivitis?

- a. Apples
- b. Broccoli
- c. Eggs
- d. Yogurt

4. Menopause can cause dry eyes.

- a. True
- b. False

5. Eating which food prevents macular degeneration?

- a. Eggs

b. Bran

c. Mushrooms

d. Spinach

6. Which of the following minerals should you take to relieve an eyelid twitch?

- a. Copper
- b. Iron
- c. Magnesium
- d. Zinc

7. When is it most important to wear sunglasses?

- a. During the summer
- b. From 8 a.m. to 10 a.m.
- c. From 10 a.m. to 2 p.m.
- d. During the winter

8. Which of the following drugs makes your eyes more sensitive to sunlight?

- a. Antibiotics
- b. Aspirin
- c. Oral contraceptives
- d. All of above

9. Taking high doses of zinc can cause macular degeneration.

- a. True
- b. False

10. A poorly functioning liver can cause glaucoma.

- a. True
- b. False

Answers on Page 38

Fast Fact #1:

Your eyes use more oxygen than any other tissue in your body.

Fast Fact #2:

Make Healthy Choices. More than 13 million Americans have age-related macular degeneration, a leading cause of blindness. Age, smoking, high blood pressure, and exposure to sunlight increase your risk of developing this disease.

Fast Fact #3:

Rest your eyes. Computer vision syndrome symptoms include sore eyes, blurred vision, and headaches. To avoid this syndrome, reduce screen glare and take a five-minute computer break every 20 minutes.



Jacqueline D. Griffiths, MD

Selected as a
"Super Doctor"

Washington Post Magazine

Voted

"Top Ophthalmologist"

Washingtonian Magazine
& Northern Virginia Magazine

Jacqueline D. Griffiths M.D. earned her undergraduate degree at Yale and her medical degree from the University of Michigan. Her Ophthalmology residency was completed at Georgetown University Medical Center.

Dr. Griffiths has been in private practice since 1994. She started her own practice and laser center, NewView Laser Eye™ in 1999 where she serves as the Medical Director. NewView's Mission is to provide Excellence in Ophthalmologic services by giving personalized attention to every patient.

Dr. Griffiths is Board Certified and began performing laser vision correction practically from its inception in this country. She has performed thousands of cases and participated with the CRS-USALASIK trials to get the LASIK procedure approved by the FDA.

In addition to offering CustomVue LASIK and EpiLase, NewView offers CKSM, no-stitch cataract surgery, annual eye exams, contact lenses, glaucoma and diabetic screening exams, and cosmetic services including Botox, Restylane, Radiesse, Juvederm, and eyelid surgery. NewView Optical offers affordable high quality frames and lenses for the entire family (ages 5 and older).

Dr. Griffiths is the immediate past Ophthalmology Section Chief of Reston Hospital Department of Surgery, the former Chief of Ophthalmology for the Reston Ambulatory Surgical Center in Reston, VA as well as Loudoun Hospital in Leesburg, VA, Diplomate of the American Board of Ophthalmology, a Fellow of the American Academy of Ophthalmology, a member of the American Society of Cataract and Refractive Surgery, the Washington National Eye Center and others.



Reston: 703-834-9777 • 800-MY-VISION
Leesburg: 703-777-1244
www.drjdg.com
www.NewViewEye.com

20% OFF
on your
tile selection!

When you purchase from
our tile distributors



You Need the
Ceramic Tile Experts



For Your Spring & Summer
Remodeling Projects

Your Kitchen, Your Bath,
and Beyond.

Doing it right from the start
makes all the difference!

Contact our Award-Winning Team for a

FREE ESTIMATE: 703-772-1836

www.aetileva.com • aetileandmarble@gmail.com



By Lynda Dean-Duru, DDS
Ashburn Children's Dentistry

Ensuring the best care for newborns is of utmost importance, especially when it comes to addressing conditions like tongue tie and lip tie that can affect proper nursing. Traditional surgical approaches can be overwhelming for both mother and child, but now there is a revolutionary alternative known as BabyLase™. This advanced laser-assisted treatment offers a gentle and effective solution for releasing oral soft tissues, providing numerous benefits for infants and their caregivers. Let's explore how BabyLase™ has transformed the landscape of treating tongue tie and lip tie in newborns.

A Non-Surgical Approach

BabyLase™ represents a significant departure from traditional surgical methods. Instead of using incisions or sutures, this innovative system utilizes laser technology to gently release restrictive oral tissues. The mild warmth produced by the laser helps relax and soften the tissue, allowing it to assume a more functional position without the need for invasive procedures. This non-surgical approach not only minimizes discomfort for the infant but also offers a more convenient and less stressful experience for both mother and child.

Enhanced Healing and Comfort

One of the key advantages of BabyLase™ treatment is its ability to promote comprehensive healing and comfort. The laser's gentle light not only releases the restrictive tissues but also stimulates natural blood flow and the nervous system. This stimulation aids in reducing discomfort and inflammation, facilitating the healing process. By addressing the underlying issues and promoting whole-health healing, BabyLase™ ensures that infants experience a smoother recovery and improved nursing outcomes.

Improved Nursing Experience

Tongue tie and lip tie can significantly impact a baby's ability to breastfeed properly, leading to frustration and challenges for both the infant and the mother. BabyLase™ provides an effective solution by releasing the restrictive tissues and allowing for improved mobility and functionality of the tongue and lips. By addressing these concerns, BabyLase™ enhances the nursing experience, enabling infants to latch more easily, extract

milk efficiently, and promote better milk production for the mother.

Long-Term Benefits

BabyLase™ not only provides immediate relief but also offers long-term benefits for infants. By resolving tongue tie and lip tie early on, potential issues such as speech difficulties, dental problems, and feeding challenges can be prevented or minimized. The

gentle and precise nature of BabyLase™ ensures that infants can achieve optimal oral function and development, setting them up for a healthier and more comfortable future.

BabyLase™ is a game-changer in the field of infant tongue tie and lip tie treatment. By offering a non-surgical, gentle, and effective solution, it revolutionizes the way we approach these

conditions in newborns. With improved healing, enhanced comfort, and better nursing outcomes, BabyLase™ empowers both infants and their caregivers to overcome the challenges associated with tongue tie and lip tie. By investing in this innovative technology, we can provide newborns with the most advanced and gentle treatment available, ensuring their well-being and setting them on a path to optimal oral health.



IMPROVING OVERALL HEALTH BY GROWING HEALTHY FACES



Dr. Lynda Dean-Duru



Dr. Krystle Dean-Duru

Preventative & Comprehensive Dental Care

- Regular Dental Exams
- Professional Teeth Cleanings
- Dentistry for Children with Special Healthcare Needs
- Digital X-Rays
- CBCT (Cone Beam Computed Tomography)
- Icon® Cavity Prevention
- Fluoride Treatment
- Sealants
- Pediatric Sedation Dentistry
- Laser Dentistry
- Baby Root Canal (Pulpotomy)
- StemSave™
- Mouthguards
- Tooth Extraction & Space Maintainers

Child Growth & Development

- Myofunctional Orthodontics
- Infant & Child Frenectomy
- Bebe Munchee® Tool
- BabyLase™
- Sleep Apnea & Sleep Airway Treatments

Cosmetic & Restorative Care

- Tooth-Colored Fillings
- Dental Crowns
- Teeth Whitening
- Lumineers
- Snap-On Smile®



ASHBURN
Children's Dentistry

Schedule your child's appointment today!

Call: 703-723-8440

44025 Pipeline Plaza, Suite #225, Ashburn, VA 20147

www.kidzsmile.com



TUESDAY COOK, MD, BARIATRIC SURGEON

IS WEIGHT LOSS SURGERY RIGHT FOR YOU?

To schedule a consultation or meet with a primary care doctor, call 240-724-6018

 **Adventist HealthCare**
Fort Washington Medical Center

AdventistFWMC.com

Your Child's First Dental Visit

Building Rapport and Positive Dental Attitudes From a Young Age



By Jonelle Anamelechi, DDS
Children's Choice Pediatric
Dentistry and Orthodontics

Your child's first dental visit is an essential milestone in their overall health and well-being. It sets the foundation for a lifetime of good oral habits and helps establish a positive attitude towards dental care. Timing-wise, the ideal moment for your child's inaugural dental visit is around their first birthday or when their teeth start erupting, typically around six months of age.

The primary goals of the first dental visit are to build rapport and trust between your child and the dentist and to instill a positive dental attitude from a young age. By introducing your child to the dental environment early on, you familiarize them with the sights, sounds, and instruments, making future visits less intimidating.

Pediatric Dentist Or Family Dentist?

You might wonder whether to take your child to a pediatric dentist or a family dentist for their first visit. While both are qualified to care for your child's oral health, pediatric dentists have specialized training in treating children and adolescents. They understand child psychology, behavior management, and how to create a child-friendly atmosphere, making them an excellent choice for your child's first dental experience.

What To Expect During the First Dental Visit

Oral Habits Assessment: The dentist will inquire about your child's feeding practices, oral habits such as thumb sucking, and mouth cleaning routines. This information helps them understand your child's oral care habits and identify areas for improvement if necessary.

Teething and Dental Injury Prevention: The dentist will examine your child's mouth to check for proper tooth eruption and assess any potential risks of dental injuries. They will offer guidance on teeth-

ing discomfort relief and ways to prevent dental injuries, especially if your child is beginning to walk and explore their surroundings.

How To Prepare

Ensure Your Child Had a Good Night's Rest: A well-rested child is more likely to be cooperative and less fussy during the appointment. Make sure they get a good night's sleep before the visit.

Stay Positive and Avoid Showing Anxiety: Children are highly

sensitive to their parents' emotions. If you remain calm and positive about the visit, your child is more likely to feel at ease as well. Avoid using negative words or sharing personal dental fears with your child.

Your child's first dental visit is a crucial step in their oral health journey. By scheduling the appointment around their first birthday or when their teeth start erupting, you lay the groundwork for a positive dental experience. Choose a pedi-

atric dentist to ensure a child-friendly environment and expert care for your little one. During the visit, expect an assessment of oral habits, teething advice, and dental injury prevention guidance.

Remember, as a parent, your demeanor significantly influences your child's feelings about the dentist. Stay positive, reassuring, and make the experience an enjoyable adventure, setting the stage for a lifetime of excellent oral health.



Welcome to the Judgment-Free Zone

Parenting is tough enough without other people judging you. We are here to encourage, inspire, and partner with parents in their child's oral health. At Children's Choice, parents are always welcome to remain with their child during treatment.

Playful

From our playtime waiting area to our kid-focused treatment rooms, we've designed a relaxing and inviting environment for your child.

Comfortable

With advanced training in pediatric behavioral management methods, pediatric and laser techniques, and pediatric orthodontic clinical skills, our energy-filled team loves to laugh and have fun as they seek to make your child's visit more comfortable and carefree.

Tailored Treatment

During your child's first visit, we will provide a tailored dental experience including a gentle cleaning, fluoride treatment, exam, and x-rays.

SPECIALIZED SERVICES

We offer a full range of Pediatric Dental Services, including Tongue Tie Consultation & Treatment, Pediatric Sleep Apnea, and Orofacial Myofunctional Therapy for Kids.



MARYLAND OFFICE:

8500 Annapolis Road, Suite #213, New Carrollton, MD 20784

301-731-8510

WASHINGTON, DC OFFICE:

2013 Bunker Hill Road, NE, Washington, DC 20018

202-410-0088

www.MyChildrensChoiceDental.com

Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

Elizabeth “Andie” Shin, DDS



4825 Bethesda Avenue
Suite #220, Bethesda, MD
301-941-7374
smile@BCCPediatricDentistry.com



Meet Elizabeth “Andie” Shin

Dr. Shin is the founder and president of BCC Pediatric Dentistry. She is a Board-Certified Pediatric Dentist with more than 20 years of practice experience. Among other awards and recognitions, Dr. Shin has been selected by her peers as a Washingtonian Top Pediatric Dentist and a Bethesda Magazine Top Pediatric Dentist.

Dr. Shin's experience spans a diverse range of locations, settings, and organizations. She was Associate Professor of Pediatric Dentistry for the Advanced Post-Graduate Pediatric Dentistry Residency at the University of Southern California (USC). Dr. Shin practiced pediatric dentistry at a Native American Reservation in Montana. After 911, she joined the Army and served as an active-duty military officer and pediatric dentist at Walter Reed Army Medical Center, in Washington DC. Dr. Shin was also the first Korean-American female to hold the position as the division head of the Pediatric Dentistry and Orthodontic Dental Clinic at the Children's Hospital of Los Angeles. These and other positions throughout the years have provided Dr. Shin with invaluable pediatric dentistry experience and unique expertise.

Most of all she loves children, likes to make them laugh, and is constantly trying to learn more about them and their accomplishments. That includes her patients and her son, daughter, grandkids, and your child too!

*Helping children achieve
better health brings us
tremendous joy.*

BCCPediatricDentistry.com

Jeffrey L. Brown, DDS

**TMJ & Sleep Apnea
Treatment**



2841 Hartland Road
Suite #301
Falls Church, VA
703-821-1103



Meet Jeffrey L. Brown

Dr. Brown's practice focuses on TMJ, sleep apnea and orthodontics. This allows Dr. Brown and his team to provide individualized, focused care for patients dealing with these specific issues. Every day, his practice helps patients of all ages with facial development, sleep issues, chronic headaches, migraines, neck pain, movement disorders, and much more. His training also includes multiple disciplines involving the cranial bones in the skull, and the discs in the jaw joints. Through treatment, Dr. Brown is able to reduce these symptoms, align cranial bones, avoid extractions, and greatly reduce the need for traditional braces.

His expertise allows him to identify issues early on which promotes proper facial development using dental appliances. If there is an internal imbalance, whether an adult or child, the body does not develop or function properly. When the cranial bones are lined up correctly, patients are able to function, sleep and generally live better.

With that in mind, the team at Sleep & TMJ Therapy takes a whole-body approach when treatment planning. They work hand in hand with physical therapists and osteopathic doctors for a better success rate. Dr. Brown is devoted to helping patients of all ages live a symptom free life.

Degrees & Certifications

Dr. Brown earned his degree from Georgetown Dental School and completed residencies with Emory University Hospital for Dental Sleep Medicine and the ALF Appliance Therapy Institute.

Outside the Office

When not seeing patients, Dr. Brown is a sought-after speaker. He has lectured all over the world, including D.C., Dubai, Seoul, London, Norway and Toronto. He has also been featured on Channel 9's Good Morning Washington, several podcasts, and numerous magazines and journals.

Professional Affiliations

Dr. Brown is a diplomate of the American Academy of Craniofacial Pain, a member of the American Academy of Dental Sleep Medicine, American Academy of Gnathological Orthopedic, Academy of Integrative Pain Management American Dental Association, a Fellow of the American Academy of Craniofacial Pain, and Legacy Provider for the ALF Interface Academy.

Do you have TMD or Sleep Apnea?

TMD Symptoms: Noise in the jaw joints when opening and closing your mouth, difficulty chewing, limited opening, tender facial muscles, ear ringing, uncomfortable bite, jaw locking, headaches, migraines, dizziness, vision issues as well as pain in the jaw area which can radiate to the ears, head, neck, shoulders, and back.

Sleep Apnea Symptoms: Snoring, waking up gasping for air, feeling tired and irritable in the morning, difficulty controlling weight, concentration problems, morning headaches, episodes of not breathing, waking with a sore throat, forgetfulness and mood changes.

*If you believe you may be suffering from TMD or Sleep Apnea, don't wait...
Call today to schedule a consultation with Dr. Brown: 703-821-1103.*

www.SleepandTMJTherapy.com

Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier



DENTAL IMPLANT CENTER OF ROCKVILLE

Sivakumar Sreenivasan, DMD

*Oral and
Maxillofacial Surgeon*

*Diplomate, American
Board of Oral &
Maxillofacial Surgery*

DMD, MDS • OMFS, MD, PA

77 South Washington Street
Suite #205, Rockville, MD

301-294-8700

www.OMFSMD.com



Meet Dr. Sreenivasan:

Dr. Sreeni came to the United States as an Oral and Maxillofacial Surgeon in the year 1990 and put himself through dental school again at Boston University and Oral and Maxillofacial Surgery residency at University of Medicine and Dentistry of New Jersey.

As an Oral and Maxillofacial Surgeon, Dr. Sreeni manages a wide variety of problems relating to the Mouth, Teeth and Facial Regions. He practices a full scope of Oral and Maxillofacial Surgery with expertise ranging from Corrective Jaw Surgery to Wisdom Teeth Removal. His passion is in implant surgery and he is well known for same day placement of implants following teeth removal be it for single teeth or a complete "makeover" (Smile in a day). He can also diagnose and treat Facial Pain, Facial Injuries and TMJ disorders and perform Bone Grafting and Sinus lift procedures.

Dr. Sreeni completed a residency in Anesthesiology at Mount Sinai Hospital, New York in 1994 and has worked as an Attending providing anesthesia services for children and adults in the ambulatory out-patient center of the hospital.

Dr. Sreeni is an Advanced Cardiac Life Support instructor with the Adventist group. He is also certified in Pediatric advanced life support and is very capable of handling emergencies that could possibly arise in the office. Dr. Sreeni's staff are trained in assisting with IV Sedation/General Anesthesia within our state of the art office setting. Patients are continuously monitored during and after surgery. The goal of our office is to provide professional service with compassion and an understanding of the patients' perspective.

Boost Your Confidence.
Get the smile you deserve!

Gina C. Pham, DDS

Shining Stars
Pediatric Dentistry
www.ShiningStarsDC.net

435 Ingrham Street, NE
Washington, DC

202-600-4833

4301 Connecticut Avenue, NW
Washington, DC

202-470-3676



Meet Gina Pham

Dr. Gina C. Pham is a dedicated pediatric dentist with a passion for children's oral health. She earned her dental degree from Howard University College of Dentistry in Washington, DC. Driven by her genuine affection for kids, she pursued advanced training in pediatric dentistry at the University of Pittsburgh, School of Dental Medicine, completing her Residency in July 2002.

Dr. Gina's journey in dentistry led her to private practice, where she honed her clinical skills under the guidance of experienced mentors in Pittsburgh and Maryland. After expanding her family, she ventured to Northern Virginia, establishing her first small practice in Woodbridge, VA. Her practice has since flourished, a testament to her commitment and expertise.

Her unwavering dedication to serving communities brought her back to the heart of DC. In 2018, Dr. Gina founded a practice in the North East, Washington, DC, then later North West neighborhoods, aligning with her admiration for the city that first inspired her. Her excellence in dentistry earned her multiple accolades, including being recognized as the top dentist by esteemed publications like *The Washingtonian* magazine, *Northern Virginia Living*, and *Northern Virginian Magazine*.

At her offices, Dr. Gina's comprehensive approach to pediatric dentistry shines through. From preventive care to dental restorations, sedation dentistry to hospital care, her practice covers all aspects of children's dental health. Alongside her associate doctors and highly trained staff, she ensures that each child receives quality dental care delivered with a gentle touch. Dr. Gina's unwavering dedication to her profession and her genuine love for children create a nurturing environment that supports young smiles on their journey to lifelong oral health.

www.ShiningStarsDC.net

Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

Rex Hoang, DMD

**Your One
Destination
For All Of
Your Dental
Care Needs**

730 24th Street, NW, Suite #9
Washington, DC

202-333-9282



Meet Rex Hoang

Rex Hoang, DMD, PC, has been the president of his family-run business, DC Dental Spa, in Washington, DC for over 28 years, and gets great satisfaction from helping his patients achieve beautiful, healthy smiles. Dr. Rex has extensive training and experience in general dentistry, periodontology, endodontology, oral surgery, dental implants, sleep apnea and cosmetic dentistry.

Dr. Rex earned his title of Doctor of Medicine in Dentistry from The University of Pennsylvania School of Dental Medicine in 1990, and to stay up-to-date in the latest dental practices and technologies, Dr. Rex regularly attends continuing education courses. Recently, his continuing education took him to the Dominican Republic, where he provided dental implants to disadvantaged community members. He believes in delivering the very best care for his patients' needs while being sensitive to their comfort levels and concerns, and a love for dentistry runs in the Hoang family. Of his five children, two have joined him in the field of dentistry. Dr. Rex's son Dylan is currently pursuing dentistry in school, and Dr. Rex is looking forward to him joining the practice upon graduation.

Outside of dentistry, Dr. Rex has many interests and hobbies, including piano and guitar. He also stays active playing golf, tennis and practicing martial arts.

Dr. Hoang Leads Charitable Mission to Laos & Vietnam

Dr. Hoang, his wife and daughter traveled to Laos and Vietnam. On this trip prepared food and money was donated to those people of need. Dr. Hoang's family personally prepared the food, visited and spoke with the local communities and had a wonderful experience.



DCDentalSpa.COM

Ike V. Lans, DDS



44110 Ashburn Shopping Plaza
Suite #166
Ashburn, VA 20147

703-729-1400



Meet Ike Lans

Degrees & Training: Dr. Lans has been providing outstanding dental services to the Northern Virginia area since 1978. He earned his Bachelor of Science in Biology from Queens College of the City University of New York in 1973 before going on to earn his Doctor of Dental Surgery degree from Howard University in 1977.

Professional Memberships: Dr. Lans maintains active membership in numerous prestigious professional organizations such as the Academy of General Dentistry, the Virginia Academy of General Dentistry, the American Academy of Cosmetic Dentistry, the Academy of Sports Dentistry and the Crown Council, an alliance of leading-edge dental teams throughout North America.

We have the latest technology in the industry through digital scanning. Also, we are a one stop shop offering multiple specialties like general dentistry, orthodontics, endodontics and oral surgery. All in one location for the convenience of you and your family.

Practice Philosophy: Dr. Ike Lans is accepting new patients, and he is committed to doing everything possible to provide you with high quality, state-of-the-art dental care. Our goal is to make your visit to our office as pleasant and as comfortable as possible.

Dr. Lans has been voted one of Northern Virginia's Top Dentists by both patient and peer surveys!

LansFamilyDentistry.com

Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

Dr. Melissa Ramsey

MSN, RN, FNP-C

We Specialize In:

Weight Loss
Body Contouring
Liposuction



NIGHTLASE®: Fotona's NightLase® Therapy is a non-invasive, patient-friendly laser treatment for increasing the quality of a patient's sleep. NightLase® reduces the effects of sleep apnea and decreases the amplitude of snoring by means of a gentle, laser-induced tightening effect caused by the contraction of collagen in the oral mucosa tissue.

VAGINAL RESTORATION: IntimaLase® is a unique, laser therapy for incisionless, non-invasive tightening of the vaginal canal. Clinical studies have shown that IntimaLase is an efficient, easy-to-perform, and safe procedure. Helps with stress incontinence and vaginal dryness, and increases sensation.

BEAUTIFILL LASER LIPOSUCTION: The unique BeautiFill machine enables providers to easily pass through tissue to quickly and efficiently remove fat cells, minimize bleeding, swelling, bruising, and resulting post-operative pain and downtime. The BeautiFill offers a fat transfer feature that will safely preserve fat that is taken from one area and can be transferred to another area of the body. Examples: fat transfer to face, hands, breast, and butt



Contact Us
443-852-1611

3169 Braverton Street
Edgewater, MD 21037

4964 Fairmont Avenue
Bethesda, MD 20814



Toni Greene

Toni's Happy Hour Yoga

6504 Old Branch Avenue
Temple Hills, MD 20748
301-449-8664



HAPPY HOUR YOGA ON "ZOOM"

Your Space, Your Energy, Your Sacredness
Yoga on a more relaxed, deeper level at home.

Meet Toni Nandini Greene

Mission: To help people to be comfortable in their own skin, to love themselves, like themselves and be themselves and most of all accept and forgive themselves. "I'm here for you".

Specialized Degrees: Hypnotherapy, G.I.A. of America Gem (stone specialist), Advanced Yoga Training in Rishikesh India, continuing yearly training of Yoga and Ayurveda in Rishikesh India. Certified Astrologer - Charts interpreted for as little as \$49. The Big 3: Sun, Moon, Rising Ascendant.

Associations: Nath - (National Association of Transpersonal Hypnotherapists), NGH - (National Guild of Consulting Hypnotist), Y.A. (Yoga Alliance)

Areas of Interest: Hypnosis for Everything, (Fears, Phobias, Nail biting and more), Ayurveda Yoga, Yoga for Couples, Yoga for Diabetes, Yoga Teachers Training, and Life Coaching.

Hypnosis is a very useful tool to use in alleviating or diminishing pain in the body by at least 50% to not having pain at all. Hypnosis is a process whereby you are lead into a deep state of relaxation. In this state of deep relaxation you become aware of the pain. In hypnosis you are put in a hypnotic trance. In this trance it is suggested that you become aware of your breathing; breathing is emphasized to help regulate your sympathetic nervous system.

The sympathetic nervous system is the system in the body that serves to accelerate the heart rate, constrict blood vessels and raise blood pressure. It also becomes out of balance because of our unawareness of our thoughts, and actions. Pain and disease in the body has a lot to do with the imbalances in the body due to our diet and lifestyle. Mental or physical stress and an unhealthy diet, including refined sugars, fried food and over indulgence in food and drink, can cause pain in the body as well. This is a major cause of inflammation in the body that causes pain.

Acidic foods, and left over or stale foods, build up toxins in the body and can cause pain and inflammation in the joints that cause joint pain such as arthritis, burning sensation, swollen ankles, knees, and legs. Hypnosis will help you through the hypnotic suggestion so that you are mindful of the foods you eat and the thoughts we think. Stress in the body and mind is intimately related with causing pain in the body.

We use hypnosis in controlling the thoughts to manage or alleviate the pain in the body. With positive suggestions to you in a hypnotic state (trance), you will be reminded to be mindful of the new suggested way of eating with awareness, and you will realize as a result of awareness the lack of pain in the body. Hypnosis is a useful, natural tool that can be used to manage pain, stop over eating, smoking, phobias and more. Hypnosis is used to ease the pain of surgery or excessive pills taken for pain management.

When the conscious part of the brain is temporarily relaxed the person focuses on relaxing and letting go of distracting thoughts, thereby allowing the mind to slow down the pulse and respiration. When the pulse and respiration is slowed, the heart rate and respiration is then slowed causing relief in the body and mind and the pain is released or just simply gone.

When using hypnosis for pain management there may need to be a series of sessions. There are different levels of pain, and discomfort we carry in the body and mind. The sessions can vary depending on the severity of the discomfort in the body and mind.

Hypnosis is a pain-free technique used in healing the body and mind. Hypnosis only requires your participation and willingness and it will happen, the pain will be gone from the body, or three degrees milder, or more. Give it a try.

ychm.news/Happy-Hour-Yoga

Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

Patti Lee, BSN, FNP, MSN



5631 Burke Centre
Parkway, Suite C
Burke, VA 22015

Revive Clinic and IV Therapy
7000 Infantry Ridge Ste 110
Manassas VA 20109

571-464-3142



**NOW OFFERING BODY CONTOURING
WITHOUT SURGERY**

What Is

RED LIGHT THERAPY?



Delivering the highest amount of energy for optimal efficacy, the Contour Light system incorporates a proprietary reflective coating that assists in the retention of light within the tissue. Providing measurable results without surgery or pain, the Contour Light can help in attaining results for all types of individuals seeking to achieve a more sleek and slim profile.

The Contour Light System is based on a technology that was initially researched by NASA to maintain the health of astronauts while in space and was discovered to be effective for circumferential reduction (inch loss) by a Columbian surgeon.

The surgeon found that by exposing his patients to mid-600nm light prior to a liposuction procedure, the fat was much easier to extract without heat or discomfort. Subsequent testing indicated the light energy caused a photobiostimulation of the fat cell mitochondria, starting a chain reaction that opens transient pores in the cell membrane and releasing the cell contents into the interstitial region of the body. Under a microscope, it was observed that the cells appeared to deflate and transform from a "grape to a raisin". This action results in a reduction of the circumference of the treated area of a patient's body.

Results can be achieved with exposure to the light alone, and when a Contour Light treatment is coupled with a protocol of diet and exercise, it acts as an accelerant to a weight loss program to deliver the best possible outcomes. Patients find it is much easier to lose weight, to drop multiple dress/pants sizes and improve the appearance of their body and skin in general.

As an additional benefit, the Contour Light System is also FDA cleared for the temporary relief of arthritic, joint and muscle pain, including the temporary increase of local blood circulation. Overall, the Contour Light treatment provides a relaxing and comfortable experience for patients seeking an improvement in their health, well-being and appearance.

Now in Burke!

\$79 for one treatment

Expect to lose 1-3 inches!

MontageHealthandWellness.com

Tara White

14502 Greenview Drive
Suite #207
Laurel, MD 20708

240-468-7555



Meet Tara White

Whether it's teaching students, advising clients, or counseling patients, Tara White has always found herself pursuing her dreams and passions, adapting to her environment, stepping in to fill a need whenever it arises. Her current journey began in 2015 when her uncle choked on a hotdog in front of her, and subsequently passed away.

This was the catalyst for her crusade to ensure that people in the community are CPR-trained and equipped with the necessary skills to respond to real-life emergencies. TFC (Teaching For Charles) Lifesavers was born in an effort to increase the very low percentage of people in this country who are certified in first aid, CPR, and AED usage. TFC Lifesavers now has over 60 instructors in 18 states and has trained thousands of students in various health, safety and life-saving skills.

Education: Post Masters Certification in Child and Family Counseling – Wilmington University – 2012, Master of Education in Elementary and Secondary School Counseling – Wilmington University – 2011, Master of Primary Education K-4 – Wilmington University – 2004 and Bachelor of Arts – Criminal Justice University of Delaware – 2001

Certifications: Emergency Medical Response Instructor Trainer, American Safety and Health Institute Active Violence Instructor Trainer, American Safety and Health Institute FA/CPR/AED Instructor Trainer, American Safety and Health Institute Basic Life Support Instructor, American Red Cross FA/CPR/AED Instructor Trainer, American Red Cross Basic Life Support Instructor Trainer, American Red Cross CPR for the Professional Rescuer Instructor, American Red Cross Babysitting Training Instructor Trainer, American Heart Association Basic Life Support Instructor Faculty, Nationally Registered Emergency Medical Technician (EMT)



www.TFCLifesavers.com

Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

Lynda Dean-Duru, DDS

Ashburn Children's Dentistry

44025 Pipeline Plaza
Suite #225, Ashburn, VA

703-723-8440

info@kidzsmile.com



About Lynda Dean-Duru

Dr. Lynda Dean-Duru pursues pediatric dentistry with a passion rooted in her fascinating personal story.

For Doctor Lynda, the pathway to dentistry started during her own childhood experience with a dentist's impact in her native Nigeria. As the eldest of nine children (including seven brothers), she witnessed a total transformation in the health of one of her little brothers after his aches and pains were totally resolved under the care of a well-trained dentist.

As a result of this transformative experience, young Lynda determined to extend that kind of care to others as her life's calling. She went on to earn her dentistry degree from the University of Benin, her General Practice residency from Howard University Hospital, her Pediatric Dentistry Specialty Training from Children's National Medical Center, Board Certification from the American Board of Pediatric Dentistry, and her Fellowship Laser Certification from the Academy of Laser Dentistry.

Doctor Lynda has undertaken much continuing education in Orthodontic training and is a fellow of the United States Dental Institute and a member of the prestigious Gnathos education group in Atlanta, Georgia. She holds a certification in Oral Myology from the International Association of Oral Myology (IAOM). She has completed levels 1 and 2 of the Advanced Light force functionals (ALF) therapy, ALF Interface Academy Foundations, Genesis, and other courses.

Doctor Lynda is part of an Integrative team of healthcare providers seeking to deliver optimal health to our pediatric population by education, awareness, and collaborative care. She also has a special interest in treatment that focuses on infants' breastfeeding and prevention of sleep apnea in children.

She is a member of numerous professional and civic associations and provides tens of thousands of dollars in pro bono screenings and procedures along with other community service in Northern Virginia every year.



www.KidzSmile.com

Krystle Dean-Duru, DDS

Ashburn Children's Dentistry

44025 Pipeline Plaza
Suite #225, Ashburn, VA

703-723-8440

info@kidzsmile.com



About Krystle Dean-Duru

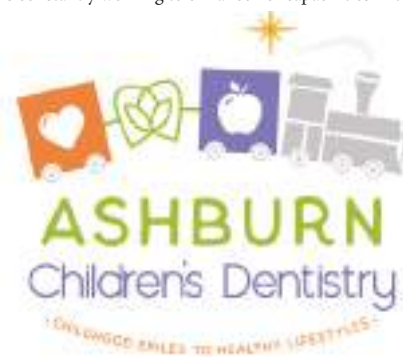
Family dentistry has been a way of life for me, and the passion for caring for children is in my genes. My mother, Dr. Lynda Dean-Duru, also a pediatric dentist, was my first inspiration towards family dentistry. Having started my journey in family care working as a pediatric dental assistant at Ashburn Children's Dentistry, I spent many summers as my mother's mentee. Watching what seemed like magical healing art she deployed while treating her patients and knowing the need and the power of proactive preventive dental health for children, I chose a career specializing in pediatric dentistry.

It is an honor to join my mother in practice at Ashburn Children's Dentistry where I get to fulfill my commitment to helping each child and parent have a positive and transformative dental experience, with compassion and fun! Having matured as an integrative laser pediatric dental surgeon and absorbing the ethos of Ashburn Children's Dentistry, I work tirelessly to stay abreast of emerging research, and improve the quality of life for children by learning from the world's leading researchers and clinicians. Through these means, we are continually integrating critical aspects of oral structure, craniofacial development, and its impact on the pediatric airway in the service of providing optimal patient outcomes. Caring for children is so powerful and rewarding and with that, understanding the importance of utilizing gentle and minimal intervention therapies. Treating the source of their issues—instead of the symptoms—and focusing on early prevention, has been critical to my role in educating parents and assisting their blossoming child's development into a healthy and resilient adult.

I hold an undergraduate degree from Columbia University in New York, where I studied Psychology. I received a Doctorate of Dental Surgery from Virginia Commonwealth University in Richmond, Virginia and completed my Pediatric Residency at Interfaith Department of Dental Medicine in Brooklyn, New York, where I served in a leadership role as Chief Resident. Board certified, I am a proud Diplomate of the American Board of Pediatric Dentistry.

When not helping my young patients build happy smiles, I enjoy spending time with family and friends, growing in my faith, improving my dancing skills, learning boxing moves, traveling — and cheering on Washington sports teams!

"Dr. Krystle," as she is known by her patients, is thrilled to join her mom, Dr. Lynda, in practice. Patients and parents compliment her fun, compassionate approach. They are also impressed by her commitment to helping each child and parent have a positive dental experience. Having matured as a dental surgeon, she is constantly working to enhance her capabilities in the field.



www.KidzSmile.com

Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

E. Richard Hughes, DDS

**Comprehensive
Dentist, Renowned
Implantologist
(Dental Implant
Specialist)**

46440 Benedict Drive
Suite #201, Sterling, VA

703-444-1152



**Meet Dr. E. Richard Hughes, a Renowned Implantologist
Offering Life-Changing Dental Care**

Dr. E. Richard Hughes received his Bachelor of Science in Microbiology from the University of Maryland in College Park, MD. He graduated from Meharry Medical College School of Dentistry in Nashville, TN with a degree as a Doctor of Dental Surgery. His Post Doctorate Certificate in Oral Implantology is from Howard University of Dentistry in Washington, DC.

Dr. Hughes has been in practice for over three decades. During that time, his extensive training and dedication to patient-centered care in Sterling, VA, and the surrounding communities has earned him recognition as a highly esteemed dentist.

Practice Philosophy

Dr. Hughes is committed to respectful, personalized care. Along with his entire staff, he provides treatment in a comfortable, welcoming environment. He is a great listener, and will take the time to get to know you and your needs. Because of his experience and gentle approach, most patients experience minimal discomfort during treatment. However, Dr. Hughes understands that dental anxiety is a very real obstacle for some patients. For this reason, he offers effective oral sedation and nitrous oxide to help patients achieve total comfort during treatment.

Areas Of Expertise

Restorative & Implant Dentistry (Dental Implants, Bridges & Crowns, Dentures, Full Mouth Reconstruction), General Dentistry (Preventive Care, Periodontal Care, Sleep Apnea, TMJ, Root Canal Therapy, Invisalign® Clear Aligners, Sedation Dentistry), and Cosmetic Dentistry (Teeth Whitening, Veneers, Smile Makeovers).

Credentials & Memberships

- Diplomate, American Board of Oral Implantology/Implant Dentistry (less than 500 worldwide with this designation)
- Honored Fellow & Fellow of the American Academy of Implant Dentistry
- Fellow of the American Academy of Prosthodontics

Missing Teeth?

Embarrassed By Your Smile? Tired of Wearing Dentures?

Call us today at 703-444-1152 to learn if dental implants are the right solution for you. *Ask us about our Flexible Financing Options!*

To read more about dental implants, check out Dr. Hughes' articles @ www.YourHealthMagazine.net/Richard-Hughes/

www.ERHughesDDS.com

Craig A. Smith, DDS

**General
Dentistry/
Family Dentist**

7201 Hanover Parkway
Suite A
Greenbelt, MD

301-446-1784



Meet Craig A. Smith

Dr. Craig Smith is committed to health through dentistry, ensuring you have optimal oral health which contributes to your overall health and well-being.

Quality service, advanced technology and a passionate commitment to education means patients receive the best that dentistry has to offer.

Dr. Smith's Philosophy: Always listen to the patient and in turn respond in an educational manner so that the patient will understand.

Degrees, Training, and Certificates: Doctor of Dental Surgery (D.D.S.) - Howard University College of Dentistry; 2 Year General Practice Residency; Chief Resident - Harlem Hospital Center (Affiliate of Columbia University); Certified Invisalign Provider

Professional Memberships: National Dental Association
Areas of Interest: All phases of dentistry - cosmetic, implant, crowns and bridges, root canals, veneers, preventive care, Invisalign and whitening.

Hobbies: Mountain biking, racquetball, golfing, and boating. My interests are to continue to deliver quality dentistry and to further reach out to the community to help to increase the peace.

Additional: Many patients do not understand the importance of a healthy mouth, as health problems could arise. I want to educate all of my patients on health through dentistry.

**Zoom! Whitening Special
Now Only \$399** (Regular Price \$699)

Expires 09/30/23

Featured Health Professionals

Local Professionals Empowering and Encouraging People To Live Healthier

Elizabeth Zubowicz, MD, FACS, FASMBS

Treatments For Everyone

15030 Washington Street
Haymarket, VA

540-690-9249



Meet Elizabeth Alexandra Zubowicz

Elizabeth Alexandra Zubowicz, MD, FACS, FASMBS is a Board Certified General Surgeon. She specializes in bariatric surgery and hernia surgery. She performs both open as well as minimally invasive surgery, with a focus on robotic surgery and its advancement in the realm of general surgery. She has performed over 1000 bariatric procedures and has a passion for helping patients get healthier.

One of the biggest concerns post bariatric surgery is "loose skin." After so much hard work and effort to lose weight and get healthier, patients still have this loose skin that can significantly impact their quality of life and self-image. Skin removal surgery is rarely covered by insurance and can be an extremely long and painful recovery.

In addition, being a mother of 2, she personally felt the body image challenges of having permanent loose/sagging abdominal skin no matter how many crunches after having babies. After extensive research, Dr. Zubowicz was impressed by the significant results from minimally laser techniques for loose/wrinkled skin and decided to incorporate it into her practice.

This market-leading body-contouring technology can be used on many areas of the body and can help improve skin laxity after weight loss, pregnancy or aging. It is also great for removing those last stubborn areas of fat that just can't be lost no matter how much weight one loses.

She is extremely excited to now offer these skin tightening and rejuvenating techniques as well as other minimally invasive approaches to graceful aging and improved overall body wellness at Thrive Medspa.

Dr. E. Alexandra Zubowicz is a Board Certified General Surgeon and a Fellow of the American Society for Metabolic and Bariatric Surgery as well as the American College of Surgeons. Dr. Zubowicz received her medical degree from University of Texas Health Science Center San Antonio. She completed her Residency at the Georgetown-Medstar General Surgery Residency Program in Washington, DC. She has presented at numerous regional and national conferences and has been published in multiple peer-reviewed publications.



Dr. Zubowicz is originally from Atlanta, Georgia. She has an interest in medical mission work and has been on several medical mission trips, in both Ecuador and in the Philippines. Her husband is active duty with the United States Army, and they have two daughters Gabrielle and Sophia.

ThriveMedSpaVA.com

Michael Rogers, DDS

**We Understand
the Connection
Between a Healthy
Smile and a
Healthy Body.**

4850 31st Street South
Suite A, Arlington, VA

703-936-4166



Meet Michael Rogers

Michael Rogers, DDS, is pleased to be able to offer beautiful smiles to his neighbors in Arlington and the surrounding communities.

Dr. Rogers earned his dental degree from UCLA after graduating cum laude from Harvard University. Prior to entering private practice, he served a general practice residency at Sepulveda Veteran's Hospital. Dr. Rogers has invested significant time into ongoing education, seeking to learn emerging dental technologies and techniques in the areas of cosmetic dentistry, implant dentistry, sleep apnea treatment, orthodontics, temporomandibular joint (TMJ) disorders, and safe amalgam replacement. His most recent training in airway management has allowed him to offer a cure for sleep apnea using an intraoral device known as the DNA appliance.

He is a member of the International Academy of Oral Medicine and Toxicology, American Academy of Dental Sleep Medicine, American Academy of Craniofacial Pain, and also of Mercury-Free Dentists. He has served as a guest author for *TMJ News & Views*, and when that publication ceased, began his own quarterly newsletter. You may have seen one of his television interviews on "A New Me" or the local PBS station, or seen his articles and features in *Ladies' Home Journal*, *Arlington Magazine*, and *New Beauty*.

Dr. Rogers is an active participant in the community as a sponsor for Encore Theater, Little League of Alexandria, Abingdon Elementary, and the local Fairlington Farmer's Market. He and his wife Terri enjoy spending time with their daughter Megan and her husband Corey traveling around the country and the Caribbean.



FairlingtonDental.com

Achieving the Body You've Always Wanted

The Power Of Cryotherapy In Body Contouring

Submitted By
Qi Medical Spa & Wellness

In the quest for the perfect physique, many individuals turn to various methods of body contouring to sculpt and tone their bodies. Among the innovative and non-invasive approaches to achieving a well-defined physique, Cryotherapy has gained

popularity for its remarkable benefits. This cutting-edge treatment offers a safe and effective way to help you get the body you've always wanted.

What Is Cryotherapy?

Cryotherapy, derived from the Greek word "cryo" (cold) and "therapy" (treatment), involves exposing the body to extremely cold temperatures for a brief period. While whole-body

cryotherapy has been used for pain relief and athletic recovery, localized cryotherapy is the method specifically used for body contouring.

How Does Cryotherapy Work In Body Contouring?

Localized cryotherapy is a targeted approach that uses controlled blasts of cold air to freeze and destroy unwanted fat cells in specific areas

of the body. The process, known as cryolipolysis, targets stubborn fat pockets that may not respond well to traditional diet and exercise alone.

During the procedure, a specially designed applicator is placed on the targeted area, applying precise cold temperatures to freeze the fat cells without harming the surrounding tissues. The frozen fat cells gradually undergo apoptosis (cell death) and are then naturally eliminated by the body's lymphatic system over the following weeks.

The Benefits Of Cryotherapy In Body Contouring:

- **Non-Invasive and Safe:** Cryotherapy is a non-surgical and non-invasive procedure, making it a safer alternative to traditional liposuction or other invasive fat removal methods. There are no incisions, needles, or anesthesia required, reducing the risk of complications and minimizing downtime.
- **Precise Targeting:** Cryolipolysis allows for precise targeting of specific problem areas, such as the abdomen, thighs, love handles, and arms. This enables individuals to sculpt their bodies according to their unique preferences and needs.
- **Minimal Discomfort and Downtime:** The procedure is generally well-tolerated, with minimal discomfort experienced during the treatment. After the session, patients can resume their regular activities immediately, as there is little to no downtime associated with cryotherapy.
- **Natural-Looking Results:** Cryotherapy encourages the body to gradually eliminate the treated fat cells, resulting in a more natural-looking transformation over several weeks. This avoids the sudden, drastic changes sometimes seen with surgical procedures.
- **Long-Lasting Results:** Once the fat cells are eliminated through cryolipolysis, they do not return. As long as individuals maintain a healthy lifestyle and manage their weight, the results from cryotherapy can be long-lasting.
- **Improved Confidence and Well-being:** Body contouring through cryotherapy can boost self-esteem and enhance body confidence. Feeling more comfortable in one's own skin can positively impact overall well-being and mental health.



Qi Medical Spa & Wellness

Our Services

Cryotherapy
Veroxlication

Intravenous Nutrient Therapies (IVNT)

Lymphatic Rejuvenation

Mental Health Therapy

Color Light Therapy

Weight Loss

10905 Fort Washington Road, Suite #105-B, Fort Washington, MD 20744

240-766-4194

LEARN MORE ONLINE AT QIMEDICALSPA.COM



Shirin-yoku Forest Bathing and Fertility



By Yemi Adesanya-Famuyiwa, MD
Montgomery Fertility Center

Being in nature can be salubrious to your health. The greatest creatives of all time have practiced this. Nature is calming and restorative.

There is some physiology behind this phenomenon. The Japanese have long practiced the art of tree bathing or forest bathing. Walking through the woods for as little as 10 to 20 minutes can be extremely restorative.

Trees themselves release oxygen

and soak up carbon dioxide in the atmosphere. We all know this and that's why we encourage indoor plants. In addition to the oxygen being released are chemicals called phytoncides.

It turns out trees release organic compounds called phytoncides. These chemicals help plants defend themselves against microbial infections, such as from bacteria or fungi, and protect them from invasion from certain insects. The Japanese art of tree bathing enfold you in the phytoncides released.

These chemicals are also known to improve your immune system by increasing your natural killer cells activity. Natural killer cells can marshal your body's immune defenses against viruses and germs and protect you from even tumor formation. There is data that suggests that your increased natural killer activity after a trip to the forest can last for as much as 30 days.

Please see "Forest Bathing," page 38



Preserve Your Eggs with a Fertility Specialist in Maryland





FERTILITY TREATMENT



EGG FREEZING



EGG DONATION TREATMENT




CALL US 301-946-6962

visit www.montgomeryfertilitycenter.com

Your Child's First Dental Visit



By Janet V. Johnson, MD
Loving Care Pediatrics

"First visit by first birthday." This is the view of the American Academy of Pediatric Dentistry. Pediatricians agree. The American Academy of Pediatrics suggests that children who are at risk of early childhood cavities visit a pediatric dentist by age one.

National studies have shown that preschool-aged children are getting more cavities. More than one in four children in the United States has had at least one cavity by the age of one. Many kids get cavities as early as age

two.

To prevent early childhood cavities, parents first have to find out their child's risk of developing cavities. They also need to learn how to manage diet, hygiene and fluoride to prevent problems.

But cavities aren't all that parents need to learn about their child's dental health. The age one dental visit lets parents discuss the following important facts

How to care for an infant's or toddler's mouth

1. Proper use of fluoride
2. Oral habits, including finger and thumb sucking
3. Ways to prevent accidents that could damage the face and teeth
4. Teething and milestones of development
5. The link between diet and oral health

After this first visit, the pediatric dentist will suggest a schedule of follow-up visits. In the past, dentists

Please see "Dental Visit," page 38

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

3311 Toledo Terrace Suite C-201, Hyattsville, Maryland 20782
Mon-Fri, 9:00 am-5:00 pm | Office: (301) 403-8808 or Alt: (301) 403-1341

Our Vision is



to be recognized in the community it serves for compassionate patient service, and clinical excellence. To create a caring environment with a commitment to foster a work environment where individual diversity is valued and recognized, also where the satisfaction of all patients regardless of their background is the fundamental goal of our every action, with the practice of medicine being recognized and honored as a uniquely noble pursuit.



Call today to make an appointment! 301-403-8808



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

Over countless millennia, Traditional Chinese Medicine has unfurled its therapeutic embrace within the

Traditional Chinese Medicine For Epilepsy

heart of China, casting its influence across horizons, notably igniting a luminous ascent in Europe and the United States. An ever-swelling throng now turns its gaze toward the realm of Chinese medicine and its kindred spirit, Complementary and Alternative Medicine (CAM), seeking the nurturing touch of holistic healthcare. Painted upon the canvas of statistics

by the National Center for Complementary and Alternative Medicine (NCCAM), the year 2007 witnessed a remarkable transformation, with 38% of adults, 44% of those aged 50-59, and even 12% of the youthful cohort embarking on a CAM journey.

Within this multifaceted tapestry of medical exploration, epilepsy emerges as a poignant narrative thread, tracing its roots back to the ancient pages of the Chinese Medicine Classic, the Huang Di Nei Jing, penned more than two millennia ago. The venerable tradition of Chinese herbal medicine and the refined choreography of acupuncture stand as the principal pillars of this ancient healthcare symphony.

In the gallery of recent studies, a vibrant tableau of promise takes shape, capturing the potential of Chinese medicine's potent blend of herbal alchemy and acupuncture in the treatment of epilepsy. Woven within this tapestry are the age-old remedies, with herbal blessings bestowed upon humanity since the dawn of antiquity.

Consider, for instance, tian ma, the esteemed root of Gastrodia, a staple within China's pharmacopeia, renowned for its role in addressing epilepsy and other maladies.

The annals of medical history unveil an intriguing trio of cases, where individuals grappling with intractable epilepsy found solace through the traditional herbal formulation Bu-yang-huan-wu-tang. Echoing through the corridors of time are the resounding endorsements from reviewers, spotlighting studies that illuminate the potential anticonvulsant properties of Chinese herbal remedies like Qingyangsen and Zhenxianling, offering a harmonious note of hope with fewer dissonant side effects compared to conventional antiepileptic medications.

In the elaborate mosaic of healing, acupuncture emerges as a poignant brushstroke, gracefully wielded by Traditional Chinese Medicine. Anecdotal accounts intertwine with mouse studies, suggesting the potential efficacy.

Please see "Epilepsy," page 38



Wholife Acupuncture & Fitness Center

Quansheng Lu, CMD, PhD, LAc

www.wholifeherb.com • luquansheng@gmail.com

301-340-1066 • fax: 301-340-1090

Guest professor, Henan University of Traditional Chinese Medicine (TCM)
Chief TCM Physician, WFCMS; M.S. in TCM, Beijing University of TCM
PhD in integrated medicine, China Academy of Chinese Medical Sciences
Fellowship, Georgetown University & Children's National Medical Center
3 patents, 8 books of TCM, 30 papers, 30+ years of experience in TCM

Low back pain • eczema • arthritis • allergies • cough • insomnia • paralysis
obesity • nephritis • hepatitis • infertility • PMS • side effects of cancer treatment

416 Hungerford Drive, #300
Rockville, MD 20850

5022 Dorsey Hall Drive, #101
Ellicott City, MD 21042

Is Your Scalp Trying To Tell You Something? Hair Loss



By Jaimi Jackson,
Certified Trichologist, Owner
Jai Stylz Hair Spa & Salon

Hair loss is a common concern that affects people of all ages and genders. While some hair shedding is a normal part of the hair growth cycle, excessive hair loss can be distressing. Understanding the causes of hair loss and exploring potential solutions can help individuals take a


proactive approach to hair and scalp care.

Causes Of Hair Loss:


Hair loss can result from a variety of factors, including genetics, medical conditions, hormonal changes, and lifestyle habits. Some common causes of hair loss include:

- **Genetics:** Family history plays a significant role in determining hair loss patterns. Androgenetic alopecia, commonly known as male or female pattern baldness, is a hereditary condition that leads to gradual hair thinning and eventual hair loss.
- **Medical Conditions:** Certain medical conditions can trigger hair loss, such as thyroid disorders, autoimmune diseases, and scalp infections like seborrheic dermatitis

Please see "Hair Loss," page 38



Certified Trichologist
Professional Hair Stylist &
Owner, Beyond The Strandz
Wellness Clinic and Jai'StylZ Hair Salon




BEYOND THE STRANDZ
WELLNESS CLINIC

A JAI'STYLZ COMPANY

- Hair Loss Evaluation
- Scalp Treatments
- Hair Thinning

5000 Pennsylvania Avenue
(off Spaulding Avenue)
Suite J, Suitland, MD 20746
301-967-4044
BeyondTheStrandzWC.com

 @jaistylz
@beyondthestrاندzwc

THIS YEAR LIVE WELL

Experience rejuvenating head-to-toe wellness and embrace the vitality of LIFE® at Brooke Grove Retirement Village.

SIMPLY DIFFERENT

- Exceptional independent living in an energetic and supportive community
- State-of-the-art rehabilitation that inspires and restores
- Assisted living that nurtures freedom of movement, choice and self-discovery
- Innovative and safe memory support
- Exceptional skilled nursing care
- Meaningful LIFE® enrichment programming
- Dedicated and compassionate staff committed to helping you get the most out of LIFE®
- Walking paths and outdoor gathering spaces in a healing environment

... BECAUSE WHAT SURROUNDS YOU **REALLY MATTERS.**



18100 Slade School Road
Sandy Spring, MD 20860

301-637-8928
www.bgf.org



INDEPENDENT LIVING ASSISTED LIVING REHABILITATION
LONG-TERM CARE MEMORY SUPPORT



Visual Eyes is committed to providing Families with the BEST Eyecare in the Washington, D.C. Metro Area.

YES, WE TAKE YOUR INSURANCE!

Services We Offer:

- State-of-the-art comprehensive eyecare
- Eye disease treatment and management
- Designer eyewear and sunglasses
- Colored and bifocal contact lenses
- Pediatric eyecare
- Laser vision consultants

Dr. Alexander C. Nnabue



VISUALEYES

www.visualeyesgroup.com

Mitchellville: 10240 Lake Arbor Way,
Mitchellville MD 20721
301-324-9500

Silver Spring: 10313 Georgia Ave, #109,
Silver Spring, MD 20902
301-681-9797

Greenbelt: 6088 Greenbelt Rd,
Unit 44, Greenbelt MD 20770
301-614-3937

Hyattsville: 1835 University Blvd, Ste 228,
Hyattsville MD 20783
301-434-3937

Frederick: 176 Thomas Johnson Dr. #100,
Frederick, MD 21702
301-694-7557

Clinton: 8931 Woodyard Rd,
Clinton MD 20735
301-877-1770



A warm caring home for Maryland's Heroes

**USDVA
funding to
help with
cost of care**

**No waiting
list!**

**Serving
those who
served.**



Providing Affordable, Comfortable and Trusted Care for Veterans and Eligible Spouses

- ★ Medicare Certified Rehabilitation
- ★ Secure Compassionate Memory Care
- ★ Long-Term Nursing Care for Veterans & Eligible Spouses
- ★ Income-Based Assisted Living
- ★ Fully Subsidized Nursing Care for Veterans with a 70%+ Service Connected Disability Rating
- ★ Physician Services on Premises: Primary Care, Audiology, Dental, Dermatology, Optometry and Counseling

Skilled Care 24-Hours a Day - Social & Fitness Activities - Barber & Beauty Shop - Multiple Dining Rooms
- Devoted Volunteer Program - FREE Transportation to VA Medical Center in Washington, DC



Visit our beautiful home today...

Charlotte Hall Veterans Home
29449 Charlotte Hall Road
Charlotte Hall, Maryland 20622

Serving Those Who Served

www.charhall.org



301-884-8171

FOREST BATHING

FROM PAGE 33

In addition, these chemicals can help you fight off tumor invasion. They have anti-cancer proteins; they also help to lower your blood pressure and heart rate as well as stress hormones. They help to reduce anxiety

as well as depression.

Tree bathing can decrease your stress levels which may help you in your fertility journey.

*Previously published on
[Medium.com](https://www.medium.com)*

EPILEPSY

FROM PAGE 34

cacy of acupuncture against epileptic seizures and the cellular toll they bear. A Norwegian chapter adds to this tapestry, where a trial involving 29 individuals grappling with unyielding epilepsy explored the potential of acupuncture, revealing promising but not yet statistically significant results.

The choreography of healing, however, often calls for a dual performance, harmonizing herbal medicine with acupuncture in a synergistic dance. Typically spanning 3-6 months, this therapeutic pas de deux seeks to mend the discordant notes of epilepsy, crafting a melody of health and vitality.

DENTAL VISIT

FROM PAGE 33

typically called for visits every six months. However, this schedule may vary according to each child's needs and risks. As the child grows, the dental team can help you, the parent, learn how to prevent common oral problems.

Before leaving the office, you should have a clear idea about

1. Your child's development

2. Your responsibilities
3. Follow-up care by the dentist
4. Your child's likelihood of having problems with cavities or bite

You should have your questions answered. You also should know what you and the dentist can do together to make sure your child has excellent oral health.

HAIR LOSS

FROM PAGE 34

and psoriasis.

- **Hormonal Changes:** Hormonal imbalances, such as those experienced during pregnancy, menopause, or as a result of certain medications, can lead to temporary hair loss.
- **Nutritional Deficiencies:** Poor nutrition, especially inadequate intake of essential vitamins and minerals, can weaken hair follicles and contribute to hair loss.
- **Hairstyling Practices:** Excessive use of tight hairstyles, hair extensions, or chemical treatments can cause traction alopecia, a type of hair loss resulting from tension on the hair shafts.

Solutions For Hair Loss:

Addressing hair loss requires a holistic approach that considers both

the scalp and hair health. Here are some potential solutions for managing hair loss:

- **Scalp Evaluation:** Trichologists can perform in-depth scalp examinations and recommend appropriate treatments.
- **Healthy Hair Care:** Adopt a gentle hair care routine, avoiding harsh chemicals and excessive heat styling. Regularly shampooing and conditioning hair helps maintain scalp health.
- **Nutrition:** Ensure a balanced diet rich in vitamins, minerals, and proteins to support hair growth and prevent nutritional deficiencies.
- **Scalp Treatments:** Various scalp treatments, such as exfoliation, detoxification, and hydration therapy, can promote a healthier scalp environment and stimulate hair growth.

EYES YOUNG

FROM PAGE 19

1. **B.** How close you sit to the television, low light reading, and not wearing your glasses won't weaken your vision, reports Prevent Blindness America, a nonprofit eye health group in Schaumburg, IL. But studies show that breathing cigarette smoke can indirectly damage your eyes.

2. **D.** B vitamins reduce your light sensitivity. Take 25 to 50 mg of B1, 25 to 100 mg of B2 and 1000 to 2000 mcg of B12 daily.

3. **D.** The healthy bacteria *L. acidophilus* in yogurt combats the bacteria that causes conjunctivitis. Eat 1 1/2 cups of yogurt with active cultures daily.

4. **A.** Women's tears contain high levels of the hormone prolactin, which decline after menopause, resulting in dry eyes. To help reverse this problem, be sure to get enough potassium (500 mg daily), a mineral that metabolizes fluid. Also, take vitamin B complex (50 mg daily). B vitamins, especially folic acid and B6, are crucial for tear production.

5. **D.** Spinach contains lutein, a plant pigment that prevents macular degeneration. Each day, eat four to eight ounces of cooked Spinach, or take

two to six mg of lutein in capsule form.

6. **C.** Muscle spasms trigger twitches in your eyelids. For relief, take up to 400 mg of magnesium (a known muscle relaxant) twice daily. If a twitch persists, also take 50 mg of vitamin B6 daily.

7. **C.** It's crucial to wear sunglasses between 10 a.m. and 2 p.m., even on cloudy or winter days. Look for ones that block 100 percent of UVA and UVB rays.

8. **D.** Antibiotics, aspirin, and oral contraceptives make your eyes sensitive to light. Wear sunglasses if your medication's label includes a photosensitization warning.

9. **B.** Taking the mineral zinc doesn't cause macular degeneration. In fact, a recent study published in the Archives of Ophthalmology reported that high doses of zinc (80 mg daily), taken in addition to vitamin C (500 mg), vitamin E (400 IU), and beta carotene (15 mg), slow its progression.

10. **A.** A qi, or life energy, deficiency in the liver can cause glaucoma, according to traditional Chinese medicine. The Chinese herbal formula hsaiao yao wan improves liver energy.

ALL-ON-FOUR

FROM PAGE 16

top of your mouth, and four on the bottom, 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.



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.

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 nervous-

ness.

- 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.



KENSINGTON PHARMACY

From Our Family To Yours

Owned by a local family of pharmacists

The Tunc Family: From Left: Melike, Pinar, Huseyin and Zeynep

Kensington Pharmacy Offers

- Prescription Refills via On-line or Phone 24 hours a day
- Flu Shots, Shingles and Pneumavac Vaccines
- Prescription Plans including Medicare Part-D and Part-B, CVS-Caremark
- Transfer Of Your Prescriptions
- Compounding Specialists
- Wide Vitamin Selection
- Blisterpacking For Assisted Living Facilities
- BOIRON Homeopathic Remedies
- Greeting Cards, Select Books and Gifts
- Wide Home Health Care Selection Wheelchairs, Canes, Walkers, Medical Legsupport, Arthritis and Sport Aids, Bath Aids
- Toys and Books for Children
- And More

301-933-6165

3737 University Blvd W., Kensington, Maryland 20895
<http://kensingtonrx.com/>
email: mypharmacist@kensingtonrx.com

OPEN HOURS:

Mon-Fri 8a-6p

Sat 9a-4p, Sun Closed

**Free
Prescription
Delivery**

HEALTH DIRECTORY



ACUPUNCTURE

Active Care Chiropractic & Acupuncture, 10680, Main Street, Suite 275, Fairfax VA 22030, 703-539-8822 www.activecareclinic.com

Eastern Medical Holistic Healing Center, Angel Wood, 240-755-5925. www.acupuncture4wellness.webs.com

ALTERNATIVE HEALTHCARE

Holistic Family Health - Thermal Imaging, Herndon, VA. 703-635-6324 For More information visit www.fhtid.com

BEAUTY/SKIN

A Better You, Dr. Clarke-Bennett, 410-672-2742.

Alya Salon & Spa, 139 Park Street SE, Vienna VA 703-281-2592 www.alyasalon.com

Essence of Jamal - World's Best Shea Butter, Tree Oil, Eucalyptus Oil. 1-877-236-0600.

BREAST HEALTH

University of Maryland Charles Regional Medical Center. 11340 Pembroke Square, Suite 202, Waldorf, MD 20603. 240-607-2010. UMCharlesRegional.org

CHINESE MEDICINE & ACUPUNCTURE

Wholelife Chinese Medicine & Acupuncture, 301-526-9898, 416 Hungerford Dr., Rockville www.wholelifeherb.com

DENTISTRY

Karl A Smith, DDS, 2550 N. Van Dorn St., Suite #128, Alexandria, VA. Call 703-894-4867, Visit www.drkarlsmith.com

Richard Hughes, DDS, 703-444-1152, 46440 Benedict Drive Suite #201, Sterling, VA. www.SterlingImplantDentist.com

EYE CARE

Visual Eyes, Alexander Nnabue OD, 301-324- 9500

Maryland Eye Care Center. 831 University Blvd. E., Suite #11, Silver Spring, MD 20903. 301-431-0431. www.mdeyecarecenter.com

FERTILITY

Montgomery Women's Fertility Center, 301-946-6962

HELP WANTED

Immediate Opening for Medical Receptionist with Experience. Must be able to multi-task, have computer skills, knowledge of insurance processing a plus, be helpful and motivated. Able to speak Spanish a plus. Arlington Podiatry Center, Call 703-820-1472 or email: footdrpoz@comcast.net. 611 S. Carlin Springs Road, Suite #512, Arlington, VA.

HYPNOSIS

Toni's Happy Hour Yoga and Holistic Wellness Center • 6504 Old Branch Avenue, Temple Hills, MD 20748 • 301-449-8664

MEDICAL SPACE

Charles L. Feitel Company, 301-571-9333, www.medicalanddentalspace.com

MENTAL HEALTH SERVICES

House Calls, LLC. 301-346-6732. callingonbeth@gmail.com. www.CallingOnBeth.net.

NUTRITION

Nutritional Healing Center, Thomas K. Lo, DC, MA, 240-651-1650, 7310 Grove Road, Suite 107, Frederick, MD 21704. doctorlo.com

OPHTHALMOLOGY

NewView Laser Eye Center, Jacqueline D. Griffiths, MD. Reston (703) 834-9777 or (800) 294-1001 For more information visit us at www.NewViewEye.com

ORAL & FACIAL SURGERY

Northern Virginia Surgical Arts 703-998-3971, 611 South Carlin Springs Road, Ste 308, Arlington, VA 22204 For more information visit us online at www.novasurgicalarts.com

ORAL SURGERY

The Maryland Oral Surgery Group, Dr. Sharon Russell. 301-967-0183. www.THEMOSG.com.

ORTHODONTICS

All Smiles Orthodontics. 9010 Lorton Station Blvd Suite 260, Lorton VA 22079 www.allsmilesbraces.com For more information call us at 703 337-4414

Jacqueline Brown Bryant D.D.S., M.S., P.C., Damon, Clear Braces & Invisalign for Adults And Children. Silver Spring, Maryland 20910 www.smileconstructors.com 301-587-8750

PHYSICAL THERAPY/ REHABILITATION

Active Physical Therapy. Various Locations across Maryland and Washington, DC. Active-physicaltherapy.com.

PLASTIC & COSMETIC SURGERY

Bella Plastic Surgery, Michael F. Chiaramonte, MD, 301-567-6767

PODIATRY

Arlington Podiatry Center, Edward S. Pozarny, DPM CALL (703) 820-1472. 611 S. Carlin Springs Road Suite 512, Arlington VA

Burton J. Katzen, DPM, Temple Hills and Clinton, 301-423-9495, 301-868-3515

PODIATRY

Largo Foot and Ankle Health Center, Ade Adetunji, DPM, 301 386 5453

PRIMARY CARE

Loving Care, Johnson, MD, Janet. Hyattsville, MD, 301-403-8808

SENIOR CARE

Chevy Chase Home Care. Help at a time you need it most. Any Ages. Any situations. Any shifts. MD, DC, VA. www.CHCHomecare.com 202-374-1240

YOGA

Toni's Happy Hour Yoga and Holistic Wellness Center • 6504 Old Branch Avenue, Temple Hills, MD 20748 • 301-449-8664

Subscribe Today!

Your Health Magazine is available at local grocery stores, pharmacies, and convenience stores, including:

Giant • Safeway • Harris Teeter • CVS • 7-11
• and more locations near you!



Now you can get the latest issues delivered directly to your home!

- Health articles and advice
- Doctors near YOU!
- Maryland, Washington, DC & Virginia editions
- **Only \$24 for a year's subscription (12 issues)!**

CHECK EDITION (\$24 each edition):

- ☐ MARYLAND ☐ VIRGINIA
☐ WASHINGTON, DC

SUBSCRIBING IS EASY:

1) Call **301-805-6805**

with your name, contact info, and credit card payment for \$24, or

2) Simply mail this form along with your check for \$24:

Your Health Magazine
4201 Northview Dr. Suite 102
Bowie, MD • 20716

NAME: _____

STREET: _____

CITY: _____

STATE: _____ ZIP: _____

PHONE: _____

EMAIL: _____

DIRECTORY OF HEALTH PROFESSIONALS ORDERING

Order Information: 3 line listing \$30.00 for 6 months, \$5.00 for each additional line. 10 line listing for 6 months is \$65.00. (Each line approximately 3-4 words)

To Order: Include you NAME, ADDRESS, PHONE, EMAIL AND WHAT HEADING YOU WISH TO BE LISTED UNDER, AND ANY SPECIAL OFFER OR TEXT TO INCLUDE. We will prepare a proof and email to you for approval.

Email your information to: info@yourhealthmagazine.net or Fax to: (301) 805-6808.

Call (301) 805-6805 for assistance.

WASHINGTON, DC EDITION

MARYLAND/WASHINGTON, DC OFFICE

4201 Northview Drive, Suite #401, Bowie, MD 20716

phone: (301) 805-6805 • fax: (301) 805-6808 • email: Info@YourHealthMagazine.net

VIRGINIA OFFICE

phone: (703) 288-3130 • fax: (703) 288-3174 • email: Publish@YourHealthMagazine.net



By Edward S. Pozarny, DPM
Arlington Podiatry Center

30-Minute Foot Workout

The Heel-Toe Wiggle

Sit on a chair with feet flat on the floor and shoes removed. With heels remaining on the floor, raise the fore-foot and toes as high as you can and move them to the right. Bring the toes back down to the floor and raise your heels as high as you can. Move them to the right until they are parallel with your toes. Bring your heels back down to the ground. Repeat the process to the left. Do this for approximately ten minutes.

The Foot Loop

Lie on your back. Loop a towel or other long cloth under one foot. Keeping your knee straight, pull your toes toward your head and hold for five seconds. Then push your toes down against the cloth as far as you can and hold for five seconds. Relax your foot and pull the side of the cloth on the outside so that your foot bends sideways out for five seconds, then pull the other side of the cloth so that your foot bends sideways in for five seconds. Repeat with the other foot. Do for approximately ten minutes.

The Foot Grabber

Place a dishcloth or towel flat on the floor. Sit in a chair with your feet

on one end of the cloth. Curl your toes and pull the cloth under your feet. As you release, point only your toes up and spread them out as far as you can. Lower them back onto the cloth for the next grab. Repeat the process, spreading the cloth back out as necessary. Do for approximately ten minutes.

By doing these simple exercises for 30 minutes each morning, you can strengthen your feet and toes and lessen the likelihood of developing serious muscular/skeletal problems.



Your feet work hard. They support your total body weight. They absorb the shock of your body pounding against the ground and adjust to the many different surfaces you walk or run on. Each foot contains 26 bones, 33 joints, and many different muscles, tendons, and ligaments.

If any of those bones, joints, or soft tissues are out of place or working incorrectly they can cause your foot to have pain. If you have a medical problem such as diabetes, improper foot biomechanics can cause a serious health risk.

There are many different exercises that can help you strengthen the muscles of your feet. The three contained in this article are just an example of how simple stretching and flexing can help.

CONNECTIONS

your vagus nerve and tells your body to divert energy away from the gut. Your brain is telling your body to put energy and resources anywhere but your gut, because digesting food isn't important for your safety

So how do you override this when many of us have stress that cannot simply just be removed. You have to look at how you can help manage the messages. How can you use a simple tool to create small pockets of space in the day where this message is interrupted and a new one is sent: rest and digest.

Here's What I Recommend

Create pockets of rest and digest around meal times specifically to support digestion. Deep breathing can reset the nervous system, help you enter rest and digest, and better support digestion. Check out Dr. Huberman's work on this and the Physiological Sigh at <https://www.youtube.com/watch?v=kSZKIupBUuc&t=221s>. This one simple trick can help you use this gut-brain connection to your advantage.

Gut To Brain

There are a lot of options to support the gut, and therefore the messages being sent to the brain. The

overarching idea is that you want to feed the bacteria that produce by-products that impact your brain. You also want to think about how to support the microbiome as a whole so the bugs that you want to thrive have the correct environment to do so.

The bacteria that is the most abundant has the loudest message. Some of you may have experience with candida and may recall the intense cravings for sugar. This is in part because candida thrives off of sugar and carbohydrates so it sends a signal to the brain to feed the gut what it wants the most! Cravings decrease as the candida is being killed off because other organisms are starting to increase and balance things out so that message is less loud.

Resistant Starch

Resistant starch is what it sounds like. It doesn't get digested so it makes its way all the way into the large intestine where it can serve as a source of food for certain types of bacteria. The by-product of bacteria "eating" resistant starch is something called short chain fatty acids (SCFAs).

SCFAs are the number one fuel source for the cells that make up the gut lining. The cells of the gut lining

utilize short chain fatty acids to help maintain the barrier and protect what comes in and what goes out. SCFAs also have an impact on the blood brain barrier, which means that they have an impact on the brain. These things have an impact on mood, anxiety, your sleep, irritability, and stress – all of these can be impacted simply from eating resistant starch!

What Is Resistant Starch?

You can get resistant starch in cooked and cooled rice, white potatoes, and sweet potatoes. You can warm them back up but it's the cooling process that creates the resistant starch (you know how rice gets sticky when it cools down? That's the resistant starch.) Green bananas, or green banana flour and white potato starch are also good sources of resistant starch.

If you don't like or tolerate these foods, you're going to want to supplement with a resistant starch powder. I recommend Gut Fuel, this is what I use most days (in addition to food sources). It has white potato starch in it + 5 grams of fiber. Brilliant!

Fiber For the Good Bugs

Speaking of fiber – this is the easiest way to break down feeding

the microbiome as a whole to support the environment that allows the good bugs to grow and prevents the "bad ones" from overgrowing.

- **color** - get all of them in
- **variety** - mix up the fruits, veggies, proteins, nuts/seeds, and grains that you choose
- **in-season** - nature's way of reminding you to keep things cyclical

These are three super easy ways you can think about your meals to help ensure you're feeding the gut a variety of nutrients and fibers. Keep it as simple as possible. Think about what produce is in season, pick a variety of different colors, and then week to week, switch it up. This way you're naturally getting a variety of different fibers without having to think too much about it. When you get a variety of fibers, you feed a variety of bugs. This will support the gut and the messages it sends to your brain.

Finally, take a look at the Gut-Brain Guide too! You can download it for free at <https://deft-speaker-5452.ck.page/faff68aec8> and use the tips and tricks to see how far you can impact your digestion and mental state with this alone.

Don't Walk In Pain Anymore!

Relief Is Now More Convenient Than Ever Before!



ARLINGTON PODIATRY CENTER
Medical & Surgical Care of the Foot

Dr. Edward S. Pozarny
Diplomate, American Board of Foot and Ankle Surgery
Certified in Foot and Ankle Surgery

OPEN
All Precautions are being taken to ensure your safety & protection from COVID-19

Schedule Your Appointment Today!
703-820-1472
www.ArlingtonPodiatry.com

Most Insurance Accepted! Sé Habla Español!
611 S. Carlin Springs Road, Suite #512 • Arlington, VA 22204
(Office next to Urgent Care Facility)

FROM PAGE 4

In the next edition of Your Health Magazine

Awareness Month **Cancer**

Diagnosis • Prevention • Early Detection • Surviving

Articles and Information from local Health Professionals

Your Health Magazine is here to Help People Find the Healthcare They Need! Information from local doctors lowers the barriers to getting better healthcare and living healthier...

It Makes a Difference!

**Latest editions
now available online:**

www.YourHealthMagazine.net



PLUS Learn About HEALTH TECHNOLOGY...

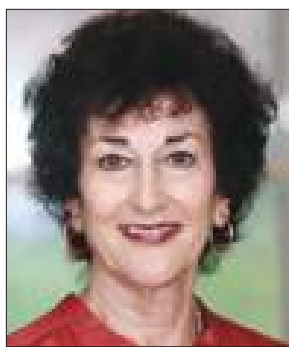


Next month's editions will also feature **HEALTH TECHNOLOGY**. Whether it's a new **Laser, Skin Care Device, MRI, Ultrasound, or Other Equipment** – health technology is important and helps you live healthier and better!



If you are a health professional who would like to feature your information in the upcoming edition, contact us today:

301-805-6805 • info@yourhealthmagazine.net



Beth Albanese
MA, CTRS, CPRP, CLP

New Book Offers Guidance For Weathering Life Changes, No Matter When They Happen

Studies have shown that the U.S. is in the middle of a mental health crisis, and experts say there is an immediate need for integrated mental health services. For people who are dealing with a loved one's acute or chronic challenge or life transition the scope of available services can be overwhelming.

In her new book *From Helpless to Hopeful: Addressing a Loved One's Challenges and Changes*, Beth Albanese, MA, CTRS, CPRP, CLP, owner of House Calls Total Wellness, an award-winning program in the metro Maryland/Washington, DC area explains how to navigate both mental health challenges and the system that treats them. Many people go through this kind of nightmare without a guide or flashlight, and it is for them that she wrote this book to teach, educate, and inform readers where to turn for help and what to expect.

"It's such an important time for people to have a tool like this," Ms. Albanese says. "Mental health issues are so widespread right now that even people who haven't experienced such challenges themselves know someone who is having a hard time."

Her goal is to take the mystery out of some common mental health situations by providing new ways to look at challenging circumstances. Trying to make all the parts work together can understandably provoke a lot of anxiety. People wonder who to contact. What kind of care is needed? Is there a specialist? Do I need a referral? Which provider is on our insurance plan? Do we have prescription drug coverage and the unknown terrifying question of how will you be able to pay for it? The process can be extremely frustrating. Albanese addresses these concerns providing comfort with information.

The book is designed to help lay-people find appropriate resources to help a loved one who is experiencing an emotional and/or life shift. The guidance is delivered alongside Ms. Albanese's personal anecdotes as well as case studies from her many decades of helping clients find creative and effective ways to help someone they care about.

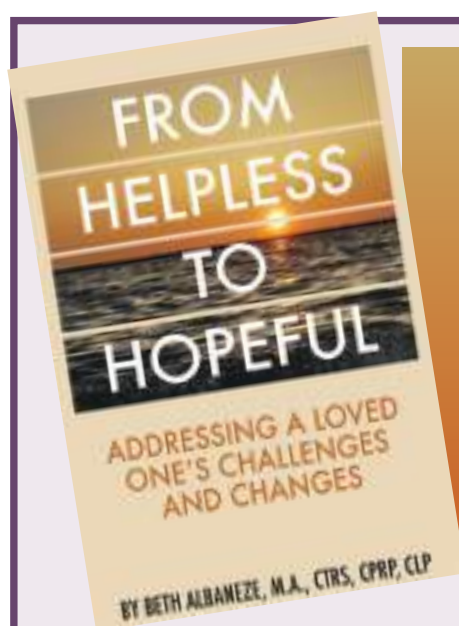
"It is so rare to find anyone so well

informed about the complex and diverse systems of care and services, as well as the right methods to locate and access the appropriate service. Beth Albanese brings to her clients that special knowledge, expertise, and the compassion in finding and accessing the right matches," said Mary Reese, who retired as the executive director of the Prince George's County (Md.) Volunteer Center.

Whether a family is concerned about their elderly mother's transition into senior care, a child who is struggling at school, a teen who is abusing drugs or alcohol or any other difficulty, Ms. Albanese offers sage, evidence-based approaches to finding care, starting with tips on how to communicate effectively with someone who is in a mental health crisis.

"During these current times in our

country when mental health care support is extremely limited, *Helpless to Hopeful* is an invaluable resource for what to expect during a mental health crisis and to help navigate the complicated systems involved in government, health care, and insurance resources that may be available," noted Ellen Witt, Ph.D. "This innovative book definitely fills a critical gap in how to understand and treat mental illness."



From the Owner of
House Calls Total Wellness
**FROM HELPLESS
TO HOPEFUL**

By Beth Albanese and
Co-Author Amy E. Trumbull

Order Your Copy Today!
www.FromHelplessToHopeful.com

This book is meant to provide guidance and ideas on how to help and what to expect when you are dealing with a loved one's acute or chronic challenge or life transition, whether it's as relatively common as retirement, a teen moodiness or as major as unemployment, medical urgency, divorce, or a clinical diagnosis of mental illness.

The goal of this book is to make people aware of the many health services available and to suggest ways to access the.

Trying to make all the parts work together can understandably provoke a lot of anxiety.

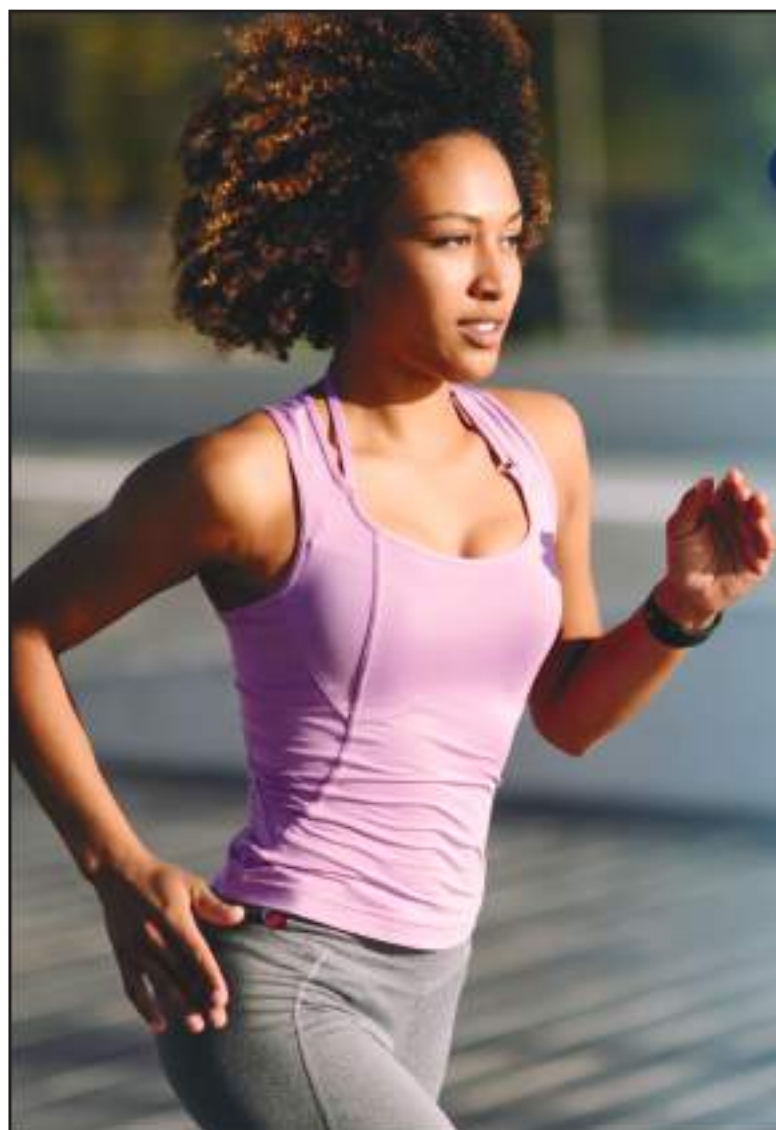
This book will help take the mystery out of some common mental health care situations and offer readers new ways to look at their challenging circumstances.

This book will also help guide families and caregivers through a process that the author has experienced personally and navigated professionally for decades.



Beth receiving
the Governors
Citation Award





ACTIVE PHYSICAL THERAPY

A STEP IN THE RIGHT DIRECTION

DON'T LET **PAIN** RUN YOUR LIFE

- **PHYSICAL THERAPISTS AND
CERTIFIED HAND THERAPISTS**
- **WE ARE THE **AUTO AND WORK
INJURY** SPECIALISTS**
- **ACCEPT MOST INSURANCES –
CAREFIRST BCBS, CIGNA, UNITED,
AETNA, MEDICARE WHERE
ACCEPTED, AND MANY MORE!**

LEARN MORE BY VISITING US ONLINE AT

WWW.ACTIVE-PHYSICALTHERAPY.COM

Physical Therapy • Hand Therapy • FCE / Work Hardening

CLINTON (Piscataway Rd.)

9135 Piscataway Rd., Suite 305 • Clinton, MD 20735
Phone: 301-877-2323 • Fax: 301-877-2366

COLLEGE PARK / BERWYN HEIGHTS

6201 Greenbelt Rd., Unit 15 • College Park, MD 20740
Phone: 301-220-0571 • Fax: 301-220-0692

GREENBELT*

8717 Greenbelt Rd., Suite 101 • Greenbelt, MD 20770
Phone: 301-552-8700 • Fax: 301-552-8751

HYATTSVILLE / TAKOMA PARK

1535-D University Blvd. • Hyattsville, MD 20783
Phone: 301-434-1850 • Fax: 301-434-1853

LANDOVER

7021 Martin Luther King Jr. Hwy. • Landover, MD 20785
Phone: 301-341-4600 • Fax: 301-341-4604

SILVER SPRING / WHEATON*

9801 Georgia Ave., Suite 111 • Silver Spring, MD 20902
Phone: 301-593-7300 • Fax: 301-593-1559

TEMPLE HILLS / OXON HILL

5474 St. Barnabas Rd. • Oxon Hill, MD 20745
Phone: 301-505-0555 • Fax: 301-505-0558

WALDORF

3165 Crain Hwy., Suite 100 • Waldorf, MD 20603
Phone: 301-885-2500 • Fax: 301-885-2501

WASHINGTON, DC (Northeast)

333 Hawaii Ave. NE, Suite 200 • Washington, DC 20011
Phone: 202-269-0358 • Fax: 202-269-0418

WASHINGTON, DC (Northwest)

3 Washington Circle NW, Suite 110 • Washington, DC 20037
Phone: 202-659-7625 • Fax: 202-659-7740

WASHINGTON, DC (Southeast)

650 Pennsylvania Ave. SE, Suite 360 • Washington, DC 20003
Phone: 202-544-4874 • Fax: 202-544-4875

Hours of Operation: Active Physical Therapy is open Monday through Friday from 7AM to 7PM with Saturday hours by appointment only. Hours vary by location. Please check with individual clinic if you have questions.