

“Raving Fans”



T. Taylor

“I am now corrected to 20/25 in my right eye!!! This was the eye that previously could only be corrected to 20/70. My left eye is also 20/25!”

—T. Taylor, Architect, Colorado Springs, Colorado
Holcomb C3-R; Intacs® and CK Patient



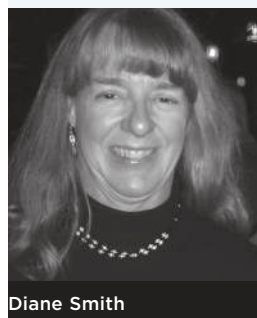
Brian Henderson

“I have to say it’s an amazing difference in my life. It truly is. I would have to really squint to try and focus the lens. And in fact now I still squint when I try to read out of a behavior. And when I stop squinting it is absolutely clear.”

—Brian Henderson, Colorado Springs, Colorado
Multifocal LASIK patient from The Doctors TV show

“Thank you so much for treating me so kindly. You made me feel so comfortable and the procedure went so smoothly. I couldn’t ask for a better doctor and team. I truly appreciate all that you have done for me.”

—Tara Decock, Payment Service Representative,
Winnipeg, Canada
I-Brite™ Patient



Diane Smith

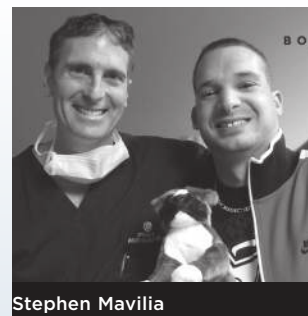
“The procedures I had that day changed my life. I am seeing so much better now, especially at night. I am SO happy I decided to get the CK done in addition to the Holcomb C3-R. I didn’t realize how much I was missing!”

—Diane Smith, Company Vice President,
Los Alamos, New Mexico Colorado
CK and Holcomb C3-R Patient

“I can tell your Flax Oil capsules are far and away MUCH BETTER than others I’ve tried. I can tell the difference in my skin!”

—Joy Nuell, Los Angeles, California

“I just came back from my local follow up doctor. Just 9 months ago this was the same man who told me I needed a cornea transplant. Today he learned something. He was so shocked at the way my eyes are basically normal again but how before I could barely see the big “E” and now I’m reading all the way down to the 5th line! He was so amazed he needed to bring in a cornea specialist to take a look as well and he was just as shocked! Here’s to no more squinting!!”



Stephen Mavilla

—Steve Mavilla, Service Representative,
Hull, Massachusetts
Holcomb C3-R; Intacs® and CK Patient

“LOVE getting your newsletter. You are the ONLY doc I have or even know who puts out such a great newsletter! Nice to watch your girls grow. Loved your story about Bobsledder Steve Holcomb.”

—Jeannie MacCabe, Attorney, Rolling Hills, CA



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Announcing New Patient Referral Contest!

Our practice has been built on the kindness of our patients spreading the news about us with their family, friends, and co-workers. Based on feedback from patients, we are happy to announce a new **"Patient Referral Contest"**. Over the next 4 months (ending September 30), we are happy to award gifts of appreciation to the patients who refer people to our practice. Here's the list of goodies for our referring patients.

1st referral	Pizza delivered to your house	7th referral	Dinner & Music—2 tickets to Walt Disney Concert Hall or Hollywood Bowl with Certificate for Dinner
2nd referral	\$50 AMC (movie theater) Gift Card	8th referral	iPad
3rd referral	\$100 Visa Gift Card	9th referral	2 Tickets to Staples Center LA Kings or LA Lakers Game with Dr. Brian and wife Selina in 2012 season
4th referral	iPod Nano	10th referral	Entered in drawing to win 4 night stay with airfare to Oahu, Hawaii drawing to be done 1/3/2012
5th referral	Entered in drawing to win 2 night stay at Spa Hotel in Temecula Wine Country drawing to be done on 1/3/2012		
6th referral	Dinner & Show—2 tickets to Cirque Soleil or Ahmanson Theater Performance with Certificate for Dinner		

Great News if You Had a Corneal Transplant—How Laser Can Help Your Astigmatism

SOME PATIENTS HAD CORNEA TRANSPLANTS performed because their eye surgeons were not yet familiar with Intacs, Holcomb C3-R, and CK procedures. A very common problem with transplants is that they frequently cause HIGH ASTIGMATISM which can cause more vision problems than the Keratoconus itself originally did. **Great News! An outpatient laser procedure called PRK (which is related to LASIK) can reshape the surface of the corneal transplant and can reduce MASSIVE amounts of astigmatism even as high as 10 diopters.** The benefit of reducing astigmatism is that contacts or glasses can be much weaker PLUS better vision since the astigmatism is reduced.

Lessons from Being a Parent

EARLIER YOU HEARD about how Micaela and Jordanna are growing up. Being a parent is the most important, yet hardest job in the world. Parenting has evolved over the years. From educators and parenting experts I understand that often children now are over-scheduled by their parents, which deprives them from valuable "free play" with their friends. **I remember growing up with plenty of time for free play with my friends—we would make up our own games and let our imaginations run free.** We also learned responsibility and if there was a problem we had to figure out how to solve it ourselves, especially interpersonal conflicts.

MY STORY

Back then, there weren't many "helicopter" parents who hover and direct children with a barrage of "do's" and "don'ts". Experts found that depriving kids of "free play" robs them of creative development and the ability to think for themselves. Children now are over scheduled after school nearly every day with piano lessons, dance lessons, tennis lessons, foreign language class, "lesson du jour", etc until dinner time. When these children grow up and go to college, they often cannot think for themselves and call their parents multiple times throughout the day for advice on the most commonplace issues, such as a roommate who being a little difficult.

Striking a balance between freedom and oversight is one of the many challenges in parenting nowadays. Selina and I are committed to empowering our girls (remember the story from last Summer about them having a lemonade stand to make some money to buy hair bands that they wanted vs us just giving the bands to them?), yet having them respect limitations and order. Unfortunately babies don't come with parenting books attached to the umbilical cord. But if they did, I would highly recommend this one: *Children: The Challenge* by Rudolf Dreikurs It's an oldie but goodie!

OPTIMAL HEALTH IN THE NEWS

Losing A Fitness Icon— Jack LaLanne

AS A KID I REMEMBER watching the old "Jack LaLanne Show" on TV. He and his beautiful assistant would jump, bounce, stretch, squat, and do just about anything imaginable with the human body. Few appreciate how far ahead of his time Jack LaLanne was. Almost five years ago I read a wonderful interview with this legend and saved it in my Newsletter file. After hearing of Jack's unfortunate death, I read the article and was astonished by how much he contributed to our current appreciation of health from exercise to eating right. His story is almost surreal to read: how he was a junk-food addicted teenager before his transformation; how he opened the nation's first modern health studio in 1936 in Northern California; how the medical establishment thought he was 'nuts' as doctors in those days believed weight lifting caused heart attacks; how he invented the 'jumping jack', the first leg extension machine and pulley machines, and the list goes on and on. He is fascinating—so much so that I put this exclusive interview on a special webpage so you can read it: www.boxerwachler.com/jumpingjack. Enjoy!



Directly From An I-Brite® Patient—

"For 14 years I suffered from red, blood shot, dry eyes. I tried everything there is, but nothing helped me. Then I found Dr. Brian who truly changed my life. It's been 3 months since having I-Brite® and I cannot express how happy, grateful and thankful I am. I can't find the words. This is truly a LIFE-CHANGING experience. I would encourage anyone suffering from red eyes to consider having I-Brite®—you won't believe the difference!"

Marine Gulogian, Los Angeles

Multifocal LASIK for Reading Vision Featured on Dr. Phil's The Doctors

IN JANUARY, the TV show THE DOCTORS got wind of an advanced LASIK procedure that I have been performing for several years to help people read and see in the distance. Monovision LASIK can work for a number of people, especially if they do monovision in contact lenses. But monovision does not work well for everyone. **Multifocal LASIK is more like bifocal glasses where the eyes are somewhat more similar to each other and each eye can see both far away and can see better up close.** Multifocal LASIK does not necessary mean never needing reading glasses for small print or when the light is low, but it can help free up people from the constant on-off-on-off of drugstore readers or bifocals. To watch the video from the THE DOCTORS, please go to www.boxerwachler.com/multifocal.



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- **Chewable Optimal Fish Oil** (berry flavored for kids and adults) **NEW!**
- **Optimal Multivitamin Basic and Packs**
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- **Osteoporosis Support**
- **Antioxidant Support**
- **Triplichol** (all natural, cholesterol lowering supplement, more effective than Lipitor-type drugs WITHOUT safety issues of those drugs too) **NEW!**

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