

CENTRAL FLORIDA'S

Health & Wellness[®]

MAGAZINE

May 2019

Polk/Brandon Edition – Monthly

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FREE

**PERMANENT MAKEUP 101:
WHAT YOU SHOULD KNOW
BEFORE GETTING YOURS**

**WHAT'S RIGHT FOR ME?
HOW DO I CHOOSE?**

**CARLOS ROMERO MD
ON THE BENEFIT OF CARE
FOCUS TEAMS**

**GETTING HELP FOR
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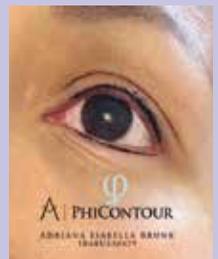
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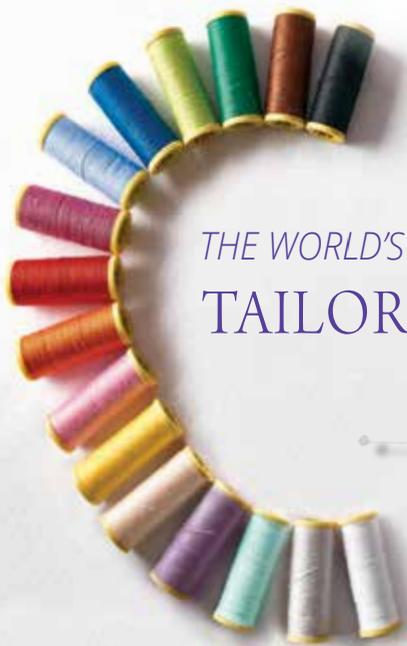
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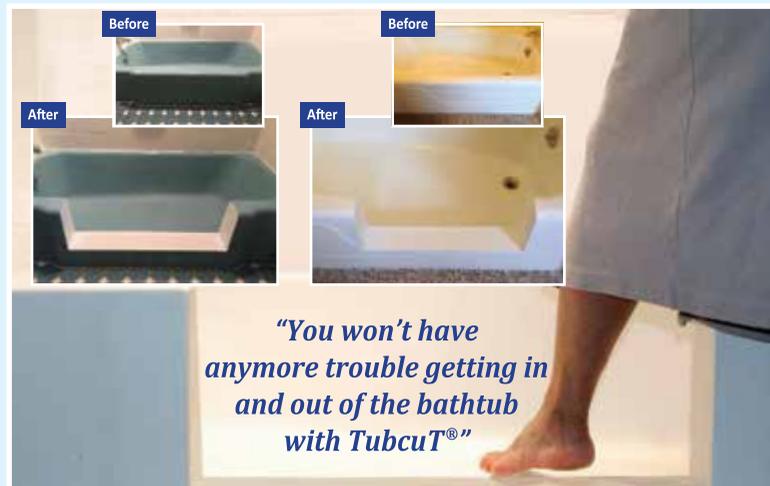
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Plastic Surgeon Treats the Entire Patient

Plastic surgeon Tutu Cheng, M.D., is often asked why someone should see a plastic surgeon to have little “tweaks” made to their bodies.

Dr. Cheng, who is fellowship-trained in plastic surgery, says her answer is always the same – education and training.

“The steps to becoming a plastic surgeon include many years of surgical training to operate and perform procedures on the entire body; i.e., from head to toe. Within the discipline of plastic surgery, there is a dedicated focus and appreciation for the face and complex anatomy. This translates to having the medical knowledge and technical expertise that is necessary in providing the best aesthetic outcomes for patients,” she said.

Dr. Cheng has a unique approach to plastic surgery. She believes you need to treat the entire patient not just the area they may have an issue with or need surgery to correct.

“As a plastic surgeon, I have the ability to help and heal patients from a surgical as well as psychological standpoint,” Dr. Cheng said. “I am trained to make a patient look and feel whole again. My patients often come to me after having been afflicted with a devastating life event, whether it be cancer or trauma or some other process. Regardless of the reason, I am tasked with providing a surgical solution to restore form and function in order for them to return to and maintain a fulfilling life.”

From breast reconstruction surgery after a mastectomy to body contouring after significant weight loss to cosmetic procedures such as eyelid and neck lifts, Dr. Cheng listens to the patient’s concerns and is sensitive to their needs. After meeting with the patient, Dr. Cheng develops a personalized plan that outlines and meshes with the patient’s desires.

Patients looking for facial procedures, both surgical and non-surgical such as injections and fillers, also get the personal touch from Dr. Cheng. From an aesthetics standpoint, her goal is to help a patient enhance their natural features without appearing as if they had anything “done.”



Dr. Cheng feels subtlety and discretion are key in maintaining timeless and classic beauty when discussing aesthetic procedures. In reconstructive cases, Dr. Cheng’s goal is to restore form and function for the patient and get them back to as close to their usual self as possible in order to maintain a fulfilling lifestyle.

One procedure she gets asked about a lot is the use of dermal fillers. People want to know the benefits to having injections or dermal fillers. They also want to know how long the effects will last.

“Injections and fillers can do wonders in helping an individual look and feel refreshed and vibrant.

The physical improvement will definitely provide a boost in one’s self-esteem and confidence level, which is the ultimate benefit,” she said. “Injections will help in smoothing out the fine wrinkles in the upper face and around the eyes that are the result of years of facial expressions, like smiling and frowning. In doing so, a more relaxed and youthful appearance can be achieved.”

Dr. Cheng said fillers will help with the deeper creases on the face, especially the “smile lines” around the nose and mouth.

“Fillers will “fill in” these deep creases and soften one’s appearance, creating a rejuvenated appearance,” Dr. Cheng said.

Although results may vary with each individual but, in general, injections last about 4 to 6 months and dermal fillers last about 6 to 12 months, she said.

Dermal fillers and injections are becoming more popular as well.

“In 2017, more than 7 million injection procedures and nearly 3 million dermal filler procedures were performed in the U.S. Your friends and family may or may not be willing to admit they want cosmetic procedures, but clearly it is very well perceived and received in today’s culture,” Dr. Cheng said.

She also gets asked how long the effects will last.

“I would plan ahead and schedule your consultation at least 1-2 weeks before any big party or get-together with friends and family to ensure you will be looking your best. Injections and fillers work differently,” Dr. Cheng said. “The effects of fillers are nearly immediate and you will definitely appreciate its benefits by the end of your office visit. Injections, on the other hand, takes about 72 hours to fully relax the muscles of facial expression that were targeted during the procedure.”

She said there are minor side effects with both procedures. Patients may experience localized redness, swelling and bruising, but these side effects usually go away within a week.

In addition to the dermal fillers and injections, Dr. Cheng performs rejuvenation and reconstruction procedures as well.

“My practice welcomes patients of all ages but I tend to focus on adults who wish to enhance



their personal appearance. There is no age limit in helping patients’ look and feel their best,” Dr. Cheng said.

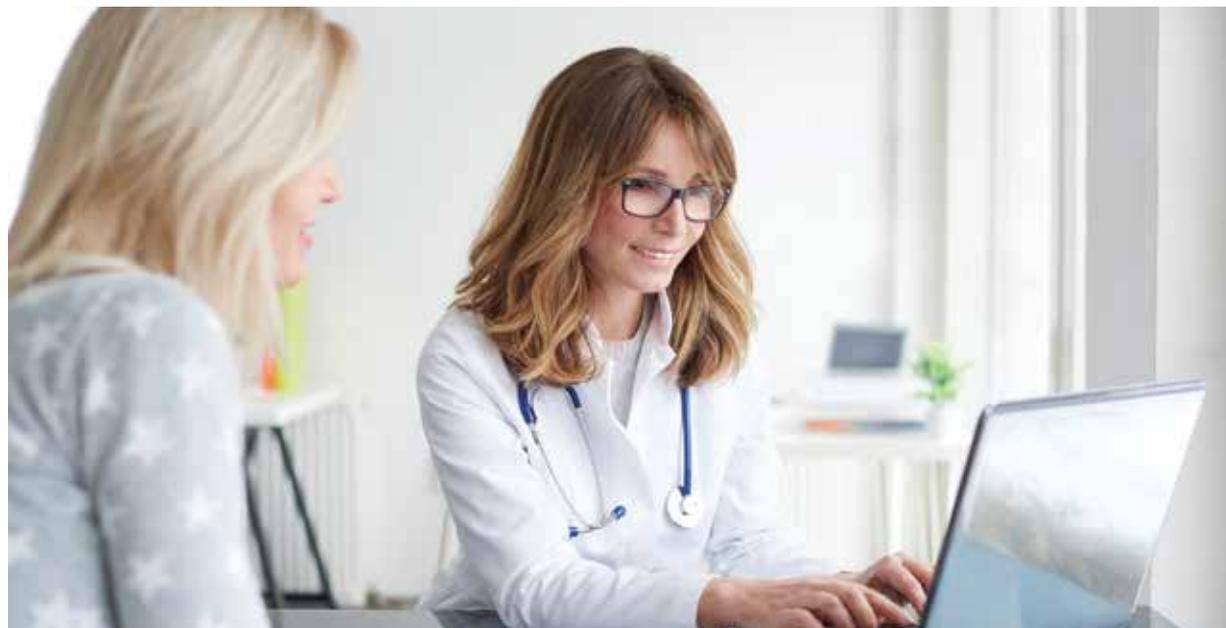
Dr. Cheng feels that the physician-patient relationship should be a strong one and makes it clear that their health and overall outcomes are her priority. She takes to heart advice she was given about treating patients like one of her own family.

“Since a young age, I have always wanted to help people. It is very cliché, yet still very much the truth. The ability to help and heal is a wonderful qualification to have. Being a doctor is a very challenging, yet humbling profession. The reward lies in the rapport established with patients who’ve entrusted you with literally their body and life,” Dr. Cheng said.



To make an appointment, please call Dr. Cheng’s office at **844-634-DOCS (3627)** or visit the web site at **HeartOfFloridaPhysicianGroup.com**. Her office located in at **410 Lionel Way, Suite 204, Davenport, FL 33837**.

Dr. Cheng is a member of the medical staff of Heart of Florida Regional Medical Center. Heart of Florida Regional Medical Center is owned in part by physicians.



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ARE YOUR FEMININE ISSUES CAUSING YOU PAIN, DRYNESS OR INCONTINENCE?

What you should know about the FemTouch™

Many women can experience vaginal disorders after childbirth, during perimenopause, throughout menopause and after a hysterectomy. Unfortunately these women may be too embarrassed to discuss their pain, dryness, and discomfort with their medical provider. Some women chalk it up to a “normal part of the hormonal process” and feel as if they must suffer in silence, however, there is an amazing treatment offered at Bella Visage Medical & Aesthetic Rejuvenation to relieve these painful and embarrassing symptoms.



VAGINAL DETERIORATION

Due to a decrease in estrogen as women age, the walls of the vagina begin to thin and degenerate, causing dryness, burning, and inflammation. This mucosal impairment can make intercourse very painful and cause urinary incontinence that can interfere with daily activities, such as walking, sitting, standing, and exercising.

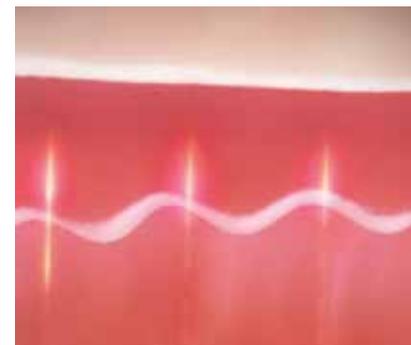
There are many options for women to try and relieve their symptoms like creams, medications, and surgery, but they all pale in comparison to an innovative procedure called the FemTouch™. This treatment is a quick non-surgical procedure that is performed by our Board Certified Nurse Practitioner Jeanna Parker.

A BETTER, PROGRESSIVE TREATMENT OPTION

The FemTouch's™ advanced technology is an out-patient, minimally invasive, non-surgical, and non-hormonal laser vaginal procedure that stimulates new collagen production for healthier tissue. The sensation is very similar to having a Pap smear exam. The laser does not burn or cause any pain, you will only feel tiny vibrating sensations from the machine. This amazing laser was developed by Lumenis, the leading company for aesthetic medical laser devices, in collaboration with leading gynecologists.

HOW DOES IT WORK?

The FemTouch™ laser treatment is a CO₂ (carbon dioxide) laser that enables our Nurse Practitioner to apply precise and controlled laser microbeams on the vaginal lining. This allow stimulation of new tissue growth by triggering collagen production.



Fractional laser beams are applied along the vaginal wall.



Your physician will move the sterilized applicator along the vaginal wall in an outward motion, applying the laser in a 360° pattern covering the entire area.



FemTouch™

Vaginal Laser Rejuvenation

HOW MANY TREATMENTS DO I NEED?

The FemTouch™ procedure is a series of three treatments spaced one month apart. Clients notice a remarkable improvement in their symptoms after the first treatment.

WHAT DOES THE FEMTOUCH TREATMENT IMPROVE?

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- Painful Intercourse
- Vaginal Dryness
- Quality/Intensity of Orgasms
- Urinary Incontinence
- Frequent Urinary Tract Infections

WHAT OUR CLIENTS ARE SAYING...

Mrs. P, 53 years old, married, previous hysterectomy

This client used to have so much pain during intercourse that she stopped trying because it hurt so much. After the first treatment, she could not believe the difference. She has completed the full series of treatments and now has a consistent and satisfying sexual relationship with her husband with enhanced quality of orgasms.

Mrs. M, 33 years old, married with 2 children

This client used to suffer from stress incontinence and vaginal dryness. She was embarrassed by her incontinence and did not feel attractive to her husband. She also experienced painful intercourse and dryness, which severely limited her intimacy with her husband. After completing the series of 3 treatments, she no longer suffers from incontinence and has a restored, satisfying sex life once again.

Bella Viságe offers high-end medical rejuvenation services, world-class aesthetics, and luxurious massages in a unique, historic spa in downtown Lakeland. The owners, Mark & Jeanna Parker, have been in business for 4 years. They put great thought and planning into every detail of the spa from the décor, technology, products, and the types of services offered. Bella Viságe is the highest rated medical spa in Lakeland with 5 star Google and Facebook ratings.



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RAPID RECOVERY FROM ANKLE SPRAINS

By Anthony Pribila, PT, DSc, CMPT, CMP, CEAS

Ankle sprains can be a nasty and debilitating injury causing you to miss work, your sport or leisure activities. They can happen suddenly when stepping wrong, jumping and when running or walking on an uneven surface. Ankle sprains can happen in less than a second when the ankle rolls inward such as with an inversion sprain, or outward with an eversion sprain. Swelling can occur within seconds which often leads to lack of mobility, weakness and the inability to bear weight on that extremity. There are three areas that are often affected with ankle sprains: They are the lateral (most common), medial and high, or the tib-fib joint. In severe ankle sprains all three areas and even the foot can be affected at times.



Of the 206 bones in the body, the ankle/foot complex makes up a total of 28 bones on each side with 25 component joints. It is important to undergo a thorough assessment of the ankle and foot to properly address the true areas of injury and dysfunction. An accurate assessment and treatment can make a profound difference in a rapid return to function.

WHAT DOES A PROPER EVALUATION CONSIST OF?

At Therapeutic Rehab Specialists (TRS) we look at the entire body's overall functioning. This examination may include determining if there is a spinal component causing muscular inhibition or neural dysfunction. This can be accomplished by a palpation, strength testing, combined motion pattern testing, and a functional movement

screen. An example of this is the discovery of someone with frequent ankle sprains having weak hip abductors or the side hip muscle responsible for raising the thigh to the side as well as helping to stabilize the lower leg. Movements such as twisting, squatting, toe and heel raising are assessed for dysfunctional movement patterns. This can be due to problems with functioning of the spine, hip, knee and ankle. Typically, a person will need good mobility of the ankle and hip with good stability of the spine, knee and foot. Often forgotten components of a proper ankle assessment include the foot and the distal and proximal tibiofibular joints. A proper functioning ankle is also dependent on an individual having good active foot stability for which coordination exercises and at times orthotics may be recommended.



ARE THERE OVERLOOKED AREAS IN ANKLE SPRAINS?

Although it is common medical knowledge that individuals who sustain inversion ankle sprains typically injure the lateral ankle ligament complex consisting of three main ligaments: the anterior talofibular, post talofibular and calcaneofibular ligament. We also find a disruption of the inferior tibio-fibular ligament from the ball of the ankle or talus rolling inward and causing a quick separation of the inferior tibio-fibular joint often resulting in an anterior or forward positioning of the joint.

RAPID RESOLUTION OF ANKLE SPRAINS

Ankle inversion sprain patients often present with lateral ankle swelling, trouble weight bearing on the affected leg, problems with ankle inversion and plantarflexion, as well as ankle weakness. We have witnessed remarkable results from a specialized distal fibula mobilization technique that was created by New Zealand physiotherapist Brian Mulligan. After performing this technique on our recent patient Pat: we witnessed pain

free ankle inversion with improved ability to weight bear and a rapid resolution of swelling. Pat shouted out: "I'm healed, simply amazing!" Although quite flattered, we explained to Pat that we did not actually heal him, we only helped facilitate his body's healing process by removing barriers. TRS therapists are trained and certified in this specialized fibular repositioning technique along with taping, which does not restrict but reinforce and encourage proper joint mechanics. There is not a week that goes by where we don't have another miracle success story utilizing this technique in our treatment of ankle sprains.

SHOW ME THE RESEARCH!

A 2006 study measured the effects of prophylactic ankle mobilization with taping on 443 measured basketball exposures resulting in 11 ankle injuries. All injuries occurred in subjects with a history of a previous ankle sprain. Significantly less ankle injuries were sustained by members of the ankle taping group (2), compared to members of the control condition without taping (9).

This study provides preliminary data regarding the prophylactic effects of fibula taping on ankle injury in male basketball players. Other previous studies on football as well as soccer players show similar results.

LASTING RELIEF

Once joint mobility is restored, range of motion is improved and pain is reduced, functional strengthening will be of importance with the incorporation of balance and coordination exercises. Our goal is for you to achieve excellent motor control with little to no effort. When you achieve good balance and motor control you are less likely to suffer reoccurring ankle sprains.

If you are one of the nearly million individuals who suffer an ankle sprain each year, call us at **813-876-8771** or check our website out at **www.therapeuticrehabspecialists.com** to get back on your feet and back to what you love doing.



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PERMANENT MAKEUP 101:

What you should know before getting yours

Part III

This is the last article of the Permanent Makeup 101 introductory series that has been developing through the previous articles. This purpose of this series is to provide information on this subject and also provide guidance for choosing a permanent makeup artist. A very important factor to consider when choosing your service provider is their ability make you feel comfortable and confident regarding the treatment by building a good rapport, answering all your questions with patience and honesty, and not pressuring you to make any decisions. And please, don't feel bad or get upset if a PMU artist declines performing your procedure. It is likely that they are doing this by putting your interest before their business' interest, and that's not something that everyone does. Now, to the FAQ's:

- **What kind of technique is better when getting PMU treatments, manual (such as Microblading) or machine (Ombre/powder) techniques?**

There are many factors to consider in choosing the best technique. For example, manual is not the best option for oily skin or if you have old PMU to cover up. However, if you are looking for very intense results, machine work is better. So, if you want to get your eyebrows done, and you have oily skin, you're a sun lover and workout frequently, your best choice is either Ombre/powder eyebrows or hybrids (Microblading & Ombre/powder shading). If you have normal/dry skin and you're looking to get very natural results, then manual will be perfect for you.

- **What are contraindications for PMU?**

There are some health conditions and medicines that are considered contraindications for a PMU procedure. This is because your health or well being could be compromised by the procedure itself or because, due to the medical condition



Hybrid eyebrows for shape and density enhancement



Powder Eyebrows



*Permanent upper Eyeliner
(old PMU coverup)*



Microblading Eyebrows

and/or medicines taken, the results of your procedure could be negatively affected. Some contraindications can be evaluated and the procedure could be performed with medical consent (i.e.: Diabetes II, blood thinners intake, autoimmune ongoing hormonal therapy). Some contraindications are a hard no (pregnancy, lactating women, ongoing cancer treatments). Although not a health condition, it is illegal to perform any kind of tattooing on people under 16 years old.

• **Why should I have a prior consultation?**

A consultation is very important because it allows you to find out if you have contraindications, to get a patch test, receive all the information about your procedure, and ask any questions so you can make an informed decision. This is the moment to ask your artist about important things as their licenses, education, experience, portfolio, etc. It is also the opportunity to let them know your expectations about design, color and getting feedback on how possible it is to meet those expectations. Some artists will show you how different designs would look on you so you will have a very close idea of what they can do and what final result you can expect.

• **Is it painful?**

Being a form of tattooing, some discomfort is to be expected, but the level of pain depends on everyone's pain threshold. In any case, when a procedure is technically well performed, the possibilities of experiencing pain decreases considerably. All this being said, we usually have numbing anesthetics as part of our pain management options. Combining all this, most of my clients say that the procedures are more uncomfortable than painful.

• **How can I avoid the risks of PMU?**

There will always be some level of risks involved, but these risks can be minimized by making sure to have your treatment done with a well trained,

experienced and responsible artist, letting them know each and all of your health conditions and medicines/health supplements consumption and following your cosmetic tattoo artist's instructions to the letter for both preparing for your procedure and for your at home care during the healing process.

These questions should cover the most important facts that you need to know before getting your permanent makeup done. Do you have questions that I did not answer here? Please feel free to contact me and I will be happy to answer either in further articles or by direct response.

And now, after all this talking on Permanent Makeup, how about if for our June article we talk about the canvas of all makeup (permanent or not), and one of the biggest keys on beauty and wellness: Behold your majesty the skin!

For additional information visit our FB or IG "MiBella DermaStudio" pages, or feel free to contact me at: bella.brunk@mibelladermastudio.com

*Be happy,
that's your best makeup!*



I am a Colombian native, happy wife, and a proud mom. Former psychologist & educator. Currently a practicing Esthetician & PMU artist. I just love my new life and career in the USA providing Permanent Cosmetics and Skin Care Services!



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What's Right For Me? How Do I Choose?

By Kevin T Barlow, AuD



What's the best automobile? What's the best television? What's the best home entertainment speaker? How do you answer these questions? Is your opinion based on personal experience, maybe a bias for a manufacturer or product, or maybe something you read or heard?



I'm often asked, what's the best hearing aid? And like the above questions, my answer will be based on professional experiences, outcome measures, and knowledge of each product. But ultimately, the hearing aid that is the best is the one that works the best for you. We are all unique and we all have different needs, and what may work for one person may not work for you.

Hearing aids will sound different from manufacturer to manufacturer. My patients are often surprised by this statement. But just like speakers for your stereo system, each product will sound different. The human ear perceives sound differently; some people like the booming low frequencies and others prefer the sharper high frequencies. Just like speakers, hearing aids can sound different too.

For this reason, I have always carried every major hearing aid manufacturer and have the knowledge to properly program and fit each product. You will get a quality product if you use one of these manufacturers. The difference will be how it will sound to your ear in your world.

That's right, there are only 5 major brands. They do all the research and development of new technologies to bring you the best possible hearing and clarity. Also, they print other company names on their products (private label) and sell them to the franchise offices.

“

...how do you know which is the right manufacturer for you? Your audiologist will help you make the right decision by asking specific questions concerning your hearing loss, your lifestyle, and your specific hearing needs.

”

In my opinion, it is better to use the name brand and not the private label. The name brand allows you to have any multiline audiologist help you with your hearing needs where ever you live or travel. The private label locks you into seeing only their providers and typically they will carry only one manufacturer.

So, how do you know which is the right manufacturer for you? Your audiologist will help you make the right decision by asking specific questions concerning your hearing loss, your lifestyle, and your specific hearing needs. Then they will offer at minimum a 30 day trial with that specific product and provide follow-up visits to ensure success.

At Winter Haven and Ridge Audiology we offer a 75 day trial, and carry all the major manufacturers. Call our office to schedule a complimentary hearing screening and consultation. We hope you will allow us to get you on the road to better hearing.

CALL TODAY to
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CARLOS ROMERO MD

Article and Photographs
by John Robins

ON THE BENEFIT OF CARE FOCUS TEAMS



As one of the architects of the 'Care Focus Team' approach to senior healthcare, we talk to Carlos Romero MD, CEO of Reliance Medical Centers, to find out how having a Care Focus Team led by a Primary Care Physician benefits patients.

Q: "Can you tell me what a Care Focus Team is?"

A: "A Care Focus Team (CFT) is a group of clinical professionals, headed by a Primary Care Physician (PCP), that work together, not only to get well, but keep well the patients assigned to them. By organizing the clinical staff into CFTs means that patients get consistent, coordinated care by the same team, always. It's a team-based approach to keeping our patients healthy. One person can't do it as well; the PCP needs the whole team to work with a panel of patients. When we put that team together, we called it a Care Focus Team."

Q: "How did you come up with the idea?"

A: "As a Doctor, over time, I became frustrated with the delivery of traditional primary care. Fortunately, being a business owner, I could work any way I wanted. A few years ago we started doing things differently. I started surrounding myself with staff that thought differently. Then, two years ago I partnered with Roberto Martinez, who brought substantial business and operational experience. We combined our know-how, and ideas and formalized what we call the 'Care Focus Team.' We spent many hours researching how others had broken the mold, saw what we thought would work and what others had proven to work. We combined and developed the team, their roles, processes, required experience, and personality. Some of the challenges we wanted to overcome from a primary care perspective were; lack of coordination between the providers that touch our patients e.g., hospitals, pharmacies, specialists, equipment suppliers, etc. Also, the lack of proper guidance on how the system works and how to tackle our health conditions. The growing chasm of personal attention and patients being just one more number, with financial incentives driven by procedures and sickness, not health.

I also saw that as patients get older, many aspects of their lives change. Some became more forgetful, not remembering appointments or taking medication correctly. Some had a partner pass and experienced loneliness and grief and not take care of themselves properly. Some would experience reduced mobility finding it hard to get to appointments. I saw first-hand that it was not just the consultation and treatment that impacted a patient's health outcome, but also the social, economic and personal circumstances surrounding the patient. These factors can have even more impact on a patient's health outcome. When we were designing the team, we also took this into account; we wanted to offer a more holistic approach."



Q: “Can you tell me why a CFT is important for improving healthcare for seniors.”

A: “Certainly, the clinical professionals, and support resources at their disposal, work together. They each fulfill a function, coordinate and share information about the patients assigned to them. The benefits are delivered via two main concepts. First, a limited panel creates familiarity and insight, secondly, by bringing a broad spectrum of activities and know-how under the direct management of the PCP enables the doctor to understand the issues better and deploy solutions.”

Q: “Who makes up the Care Focus Team?”

A: “The head of the Care Focus Team is the PCP. The Doctor is overall in charge, leads and manages his dedicated team. The other members of the Care Focus Team provide the Doctor with services and information; giving additional support and care to patients.

The Personal Medical Concierge acts as a personal assistant to the patient and the team for all healthcare needs. They get to know their patients in-depth and assist in all healthcare matters; including coordinating external appointments and making sure they can get to it; contacting the patient after a consultation to find out if they have questions about the consultation or their medication. The PMC is there to facilitate support on all health-related matters. Also, the PMC is the coordinator and quarterback of the team. They

process all information gathered and assists the team in absorbing it and facilitating the indications of the PCP.

Each team also has a Nurse Practitioner (ARNP). When we were thinking about how to create the team, we used my personal experience with Nurse Practitioners and researched the evolution of that role in healthcare overall. We recognized their indispensable part in our setting. Not all patient visits require an MD; many visits can be managed by an ARNP. This allows us to manage a larger panel without sacrificing quality and also for an escalation to the MD if the visit requires. Very important is that the ARNP is part of the team and also only sees those patients in their team's panel.

Next, is a Medical Assistant (MA). Each Team has four MAs, and they too only work with the patients assigned to the team. They have fewer patients to work with and get to know patients well. Both the team's PCP and the Nurse Practitioner have the same two MAs working for them. We also evolved their traditional roles to provide more comprehensive activities for the team.

Last, but definitely not least, is the Quality Analyst. Each Care Focus Team has a full-time Quality Analyst who analyzes patients records, test results, and treatments. Their role is to look at all aspects of a patient's information to ensure the optimum health outcomes for a patient and provide

additional information and analysis to the Doctor so that preventative care can be given to patients wherever possible.”

In summary, I can say that having listened carefully to Carols Romero MD, the Care Focus Team approach to senior healthcare offers real benefits to patients and quite clearly has a significant positive effect on health outcomes.

Reliance

MEDICAL CENTERS

LOCATIONS

Lakeland

3655 Innovation Dr.
 Monday – Friday: 8am – 5pm
 Saturday: 9am – 1pm
 Lab: 7am – 4pm

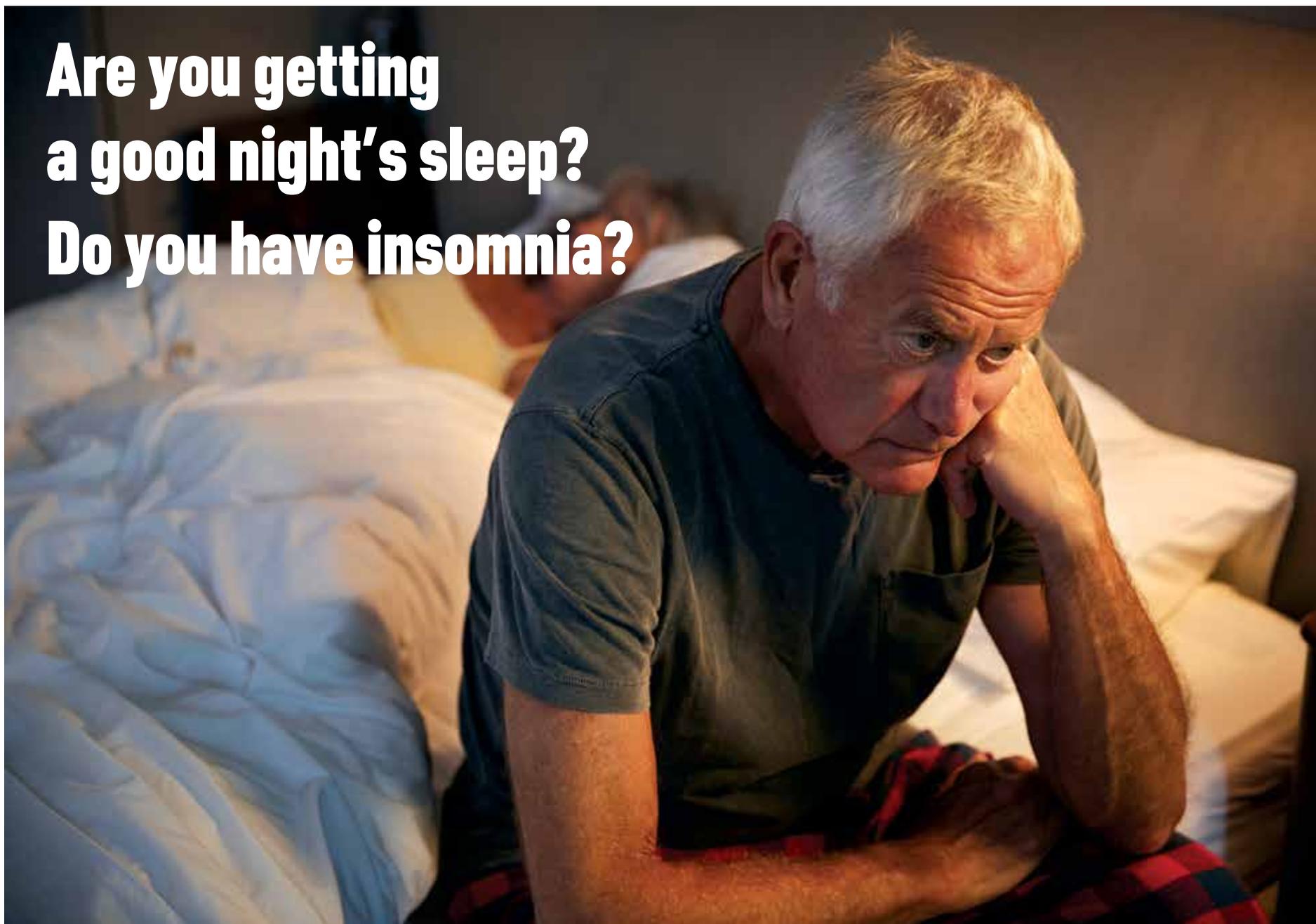
Winter Haven

111 Avenue A SE
 Monday – Friday: 8am – 5pm
 Lab: 7am – 4pm

RelianceMedicalCenters.com

Getting **HELP FOR SLEEP DISTURBANCES** is Critical for your Health: **CBD is the Natural Alternative** That May Work For You

**Are you getting
a good night's sleep?
Do you have insomnia?**



If you experience sleep disturbances, not only are you less effective at work and with daily activities because you're exhausted, but it may have significant repercussions on your overall health. If you have trouble falling asleep, or you find yourself waking up during the night, unable to fall back to sleep, negative health conditions often coincide with sleep disturbances like the following:

- High blood pressure
- Cardiovascular disorders
- Chronic disease
- Diabetes
- Dementia
- Depression
- Behavioral issues
- Stroke
- Brain health impairment
- Delayed Reactions and Safety Concerns

Your CBD Store Lakeland has a natural alternative to sleeping pills. With their CBD products, you can say goodnight and good riddance to sleeping issues. Their organic, CBD may help you fall asleep safely. Your CBD Store Lakeland is a revolutionary leader in the production and distribution of industrial hemp oil. Their company searched extensively to find the purest CBD on the market, which has zero levels of THC.

Recent Study on CBD & Insomnia

Though psychoactive, THC is known for its sleep-inducing ability, CBD is known for countering the effects of THC, and instead, providing a more alert state of mind. You may think that this would be ineffective in treating insomnia – but a study published in March 2013 by the Department of Neuroscience and Behavior of the Ribeirao Preto Medical School, University of Sao Paulo, Sao Paulo, Brazil says otherwise. The study was conducted on male Wistar rats which were randomly distributed into four groups that received injections of CBD in either 2.5mg, 10mg, or 40mg, with one being a control group. Sleep recordings were made during the light and dark periods for four days and found that the groups who received 10 and 40mg of CBD increased the total percentage of time asleep.

This suggests that CBD could possibly help increase the total amount of time that you sleep at once – helping insomniacs get a full night's rest without the use of chemical sleep aids. This is more evidence that CBD can work similarly to THC without having a psychoactive impact that is debilitating or in some situations cause drowsiness that is too much for normal function.



If you have diagnosed insomnia, tinctures of CBD oil or supplemental versions may be suitable for your condition.

Why Choose Your CBD Store Lakeland? Their SunMed Products are Superior!

SunMed Broad Spectrum Hemp Oil products are made with the highest quality, organically grown hemp; it comes from Denver, Colorado and is registered with the Colorado State Department of Agriculture. The phytocannabinoid rich (PCR) hemp has a naturally high CBD level, as well as an abundance of other beneficial cannabinoids (CBG, CBN, CBC) as well as flavonoids, terpenes and essential amino acids.

While most CBD oil companies extract CBD making a pure CBD isolate, SunMed offers a high-CBD broad spectrum hemp oil, without the THC. By extracting the THC patients can gain the benefits of other cannabinoids and terpenes that are lost in pure CBD oil products available from other brands.

SunMed Broad Spectrum Hemp Oil and SunMed Hemp Oil products are intended to be used as an herbal supplement. Please consult your doctor before you quit taking any medications with intentions of replacing them with the natural and holistic option of CBD.

These products have not been reviewed by the U.S. Food and Drug Administration (FDA) and are not approved treatments for any medical conditions.

Your CBD Store Lakeland

At Your CBD Store Lakeland, we believe in bringing the highest quality CBD products to market. We formulate our products with our customers' needs in mind, using other cannabinoids and terpenes, creating unique synergies that increase efficacy, target specific ailments, and increase the binding of CBD. We believe you the customer should see our product from soil to oil and should be seeing the best product on the market along that journey. By setting the standards in the CBD industry, Your CBD Store Lakeland is moving plant medicine to the 21st century.



Your CBD Store®

Your CBD Store Lakeland
 3145 S FL Ave., Lakeland, FL 33803
 (863) 937-3195
 Lakeland.CBDrx4u.com

BAUMAN “TURBO” LASERCAP Sheds New Light on Thinning Hair

By Alan J. Bauman, MD, ABHRS

Laser therapy has been shedding light on hair loss and promoting hair regrowth since the 1960's and has in recent years become a go-to treatment for hair restoration physicians. The newest weapon in the arsenal comes 10 years after the release of the first LaserCap device, a portable hands-free FDA-cleared hair regrowth treatment. The new and advanced Bauman TURBO LaserCap delivers more energy to more areas of the scalp than any other portable laser hair regrowth device on the market.



The Bauman TURBO LaserCap was the brainchild of Dr. Michael Rabin, inventor of the original LaserCap, in collaboration with Dr. Alan Bauman, a new treatment pioneer and early adopter of laser therapy for hair growth..

THE SCIENCE BEHIND LASER THERAPY

Laser therapy for hair growth utilizes wavelengths of light in the “visible red” part of the spectrum which have a biological effect on cells. It is known that wavelengths of light produced by the diodes of the lasers are associated with increased blood flow and an increase in energy production (ATP) within the cells, which may be a primary mechanism for helping a follicle to grow better hair by producing thicker, longer, healthier hair strands. Since their discovery in the 1960s, low-level lasers have been proven to be an effective drug-free and side effect-free way to help heal wounds, relieve pain, increase circulation, and decrease inflammation.

BENEFITS OF THE BAUMAN TURBO LASERCAP

Completely reimagined and redesigned from the ground up, the Bauman TURBO LaserCap is the quickest, most powerful device for at-home laser therapy for hair growth, delivering the most laser power over the largest area of any at-home laser using only the highest quality laser diodes

available. The Bauman TURBO LaserCap has 300 diodes which simultaneously cover an area 25% larger than any other previous at-home devices, delivering 2-3x more laser energy than previous devices.

The Bauman TURBO LaserCap is also ideal for accelerating healing in hair transplant donor areas around the back of the scalp thanks to its occipital zone lasers. This expanded coverage area also helps protect and enhance hair follicle function at-risk areas around the sides and back of the scalp where hair extensions are often attached.

- Hair Growth: FDA-cleared for safe, non-chemical, side effect-free hair growth.
- Expanded Coverage: 300 High-quality laser diodes have been thoughtfully placed for maximum hair growth, post-op healing and hair extension damage protection.
- Fastest Treatment Time: 5-minute treatment sessions are now possible because of the high-quality diodes and technological improvements which maintain maximum power and deliver more energy in less time.
- Most Portable: The Bauman TURBO LaserCap packs completely flat for convenient travel.

- Customizable & Adjustable: Every Bauman TURBO LaserCap comes with three possible size-adjustment “click-strips,” allowing each patient a comfortable, customized fit no matter your head size and also making the device easy to share.
- Improved Battery: Thanks to longer life, charge level indicator and a spare battery – you never have to skip a treatment to recharge.
- Lifetime Warranty: The Bauman TURBO LaserCap comes with a lifetime warranty and the manufacturer will replace a damaged or malfunctioning device with a working unit, absolutely no questions asked.

CAN I COMBINE LASER THERAPY WITH MY OTHER TREATMENTS?

Absolutely. While laser therapy, like the Bauman TURBO LaserCap, can be used as a stand-alone treatment, many patients maximize its effectiveness by adding it to a multi-therapy treatment plan. Hair transplant patients often use laser therapy to help accelerate healing and decrease discomfort after surgery.

IS THE BAUMAN TURBO LASERCAP RIGHT FOR YOU?

For those with hair loss or hair thinning, keep in mind these may be influenced by many factors including heredity, medications, illness, stress, nutrition, lifestyle, etc., and left untreated only gets worse with time. Because so many factors can influence one's hair loss status, it is essential to undergo a thorough medical consultation with a specialist before initiating any hair restoration regimen. Baseline evaluations, tracking measurements and standardized medical photos are critical to provide an objective measurement of your progress. Laser therapy like the Bauman TURBO LaserCap can add a non-chemical side effect-free treatment to your hair growth regimen.

LASER THERAPY IS NOT A CURE

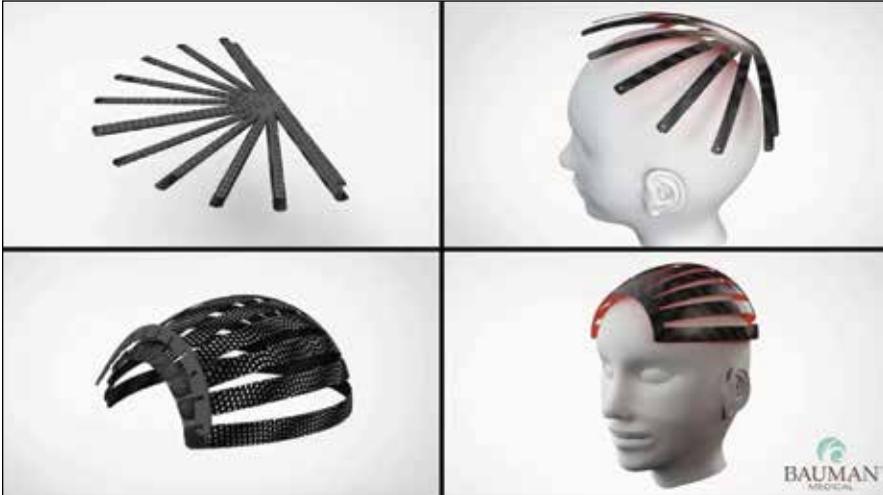
Although the Bauman TURBO LaserCap offers the most powerful and efficient at-home device available, patients should note that laser therapy, like other non-invasive hair growth treatments, is not a “miracle cure,” but it can be an important treatment for damaged hair, thinning hair and hair loss. While laser therapy does facilitate hair growth, it is important to understand that it doesn't regrow



Male patient before and 6 months after LaserCap therapy by Dr. Alan Bauman



Female patient before and 6 months after LaserCap therapy by Dr. Alan Bauman



The Bauman TURBO LaserCap packs flat for convenient travel, is adjustable, lightweight, powerful and fast – only 5 minutes per treatment daily!

hair that is already dead and gone, which is why early detection and intervention is essential for optimal results. Laser therapy can jumpstart areas where the hair is thinning and can also be effective for hair growth when used in combination with other medical treatments like compounded topical minoxidil 82M, oral finasteride, platelet-rich plasma (PRP) plus extracellular matrix (ECM), PDOgro™,

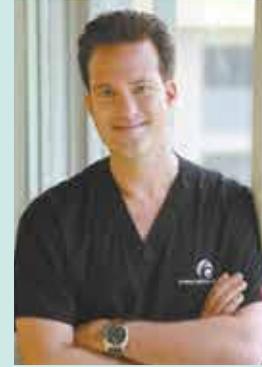
prostaglandin analogs, nutritional supplements and hair transplant surgery.

For more information on what kind of results you might achieve with the Bauman TURBO LaserCap or how laser therapy can be added to your 'multi-therapy' hair restoration regimen, please visit www.baumanmedical.com or call **561-220-3480**.

ABOUT LASER THERAPY FOR HAIR REGROWTH

- FDA-cleared for the treatment for hair loss.
- Drug-free, chemical-free, side effect-free non-invasive treatment option for hair thinning for both men and women.
- Improves hair growth by reversing the miniaturization of hair by improving blood flow and increasing energy production at the follicle.
- Increases mitochondrial membrane potential at the cellular level through a process called photobiomodulation.
- Consistent use of low-level laser therapy treats hair loss, hair thinning and has been proven to improve the appearance of hair quality, hair strength and hair thickness in addition to promoting hair growth.
- Clinical studies have shown a 51% increase in healthy hair counts on subjects when compared to those using placebo devices.
- There has never been a reported side effect of low-level laser therapy since its use began in the 1960s.
- The one-time cost of a powerful laser therapy device may be your least expensive hair growth treatment over time.

About Dr. Alan J. Bauman, M.D.



Alan J. Bauman
Hair Loss Expert

Dr. Alan J. Bauman is the Founder and Medical Director of Bauman Medical Group in Boca Raton, Florida. Since 1997, he has treated over 20,000 hair loss patients and performed over 8,000 hair transplant procedures. An international lecturer and frequent faculty member of major medical conferences, Dr. Bauman was recently named one of "10 CEOs Transforming Healthcare in America" in Forbes.

His work has been featured in prestigious media outlets such as The Doctors Show, CNN, NBC Today, ABC Good Morning America, CBS Early Show, Men's Health, The New York Times, Women's Health, The Wall Street Journal, Newsweek, Dateline NBC, FOX News, MSNBC, Vogue, Allure, Harpers Bazaar and more.

A minimally-invasive hair transplant pioneer, in 2008 Dr. Bauman became the first ABHRS certified Hair Restoration Physician to routinely use NeoGraft FUE for hair transplant procedures.



ADVANCED TREATMENTS. EXCEPTIONAL RESULTS.
THE ULTIMATE HAIR RESTORATION EXPERIENCE.

**Hair Restoration
for Men and Women**
www.BaumanMedical.com
561-220-3480

WANT BUNION TREATMENT THAT LASTS?

An Advanced 3D Surgical Treatment Gets to the Root Cause & Eliminates Recurrence



A form of arthritis can cause painful, red, boney, growths; consequently, bunions can also be hereditary and run in families, especially in females, generation after generation. More women than men experience the painful boney growth on their big toe, known as a bunion, or Hallux Valgus. One of the leading exacerbations of a bunion is from wearing shoes that are too tight, too narrow or too high. All of this causes pressure on your toe joint, which in turn starts to ache, become fluid filled and can have boney growths.

YOU HAVE OPTIONS

For a conservative approach, many individuals will start out trying to alleviate their pain by wearing more comfortable shoes, or by wearing gel toe inserts that help keep the toes in the proper alignment. Icing the foot can help to tamp down inflammations, as well as taking NSAID's (ibuprofen) as needed to lessen the discomfort.

When the conservative approach begins to stop working, which is not unusual, as most bunions fail to heal on their own, surgery is the definitive answer.



In traditional bunion surgery, the toe bone is cut in half, and part of the bone is removed. In many cases, there is a need to relieve tension on surrounding ligaments and tendons to try and realign the joint and bones. The total recovery can take a few months, but initially, you will be in a protective boot or cast for the first two to four weeks.

The problem with traditional surgery is that it doesn't address the root cause of the bunion deformity, but rather temporarily or cosmetically removes the boney growth, leaving the real deformity, which is midfoot, unaddressed. That's why it's not uncommon for bunions to return after surgery.

In reality, bunions are complex 3D deformities caused by an unstable joint which allows your bone to lean, elevate, and rotate out of alignment.¹

THERE IS A BETTER WAY!

A procedure called Lapiplasty®, which is a 3D surgical approach, fixes the 3D deformities at the core with a minimally invasive approach. Instead of cutting and removing bone, it corrects the deformity at the mid-bone malformation (metatarsal bone) without unnecessary bone removal. Lapiplasty® moves the metatarsal bone back into its normal position and secures it there permanently. You'll never need another surgical or therapeutic intervention for the bunion again.

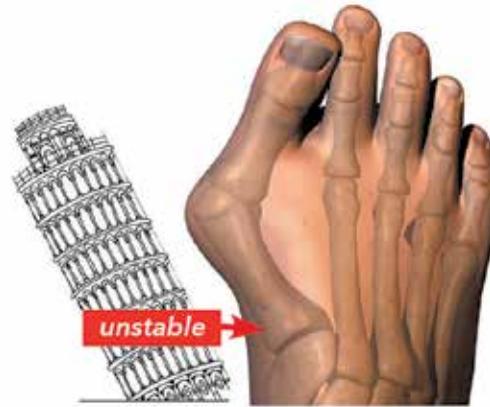
HOW THE LAPIPLASTY® PROCEDURE WORKS

The Lapiplasty® Procedure naturally restores your natural anatomy. There's no need to cut and shift the normal metatarsal bone as with osteotomy (2D surgery). The entire metatarsal bone is simply rotated and shifted back into position, eliminating the unsightly bump. And, the unstable foundation is permanently secured with patented, titanium technology allowing you to get back on your feet quickly!¹

This 3D approach not only treats the root cause of the bunion, but it also repositions the toe and foot alignment precisely as it once was, and it lessens the healing time significantly, and it's permanent.

BUNIONS ARE PAINFUL! It's always best to be proactive and get them treated before they get too advanced.

A podiatrist will evaluate your symptoms and pain level, and from there create an individualized plan for your best treatment options. They will provide you with the best solution for your needs.



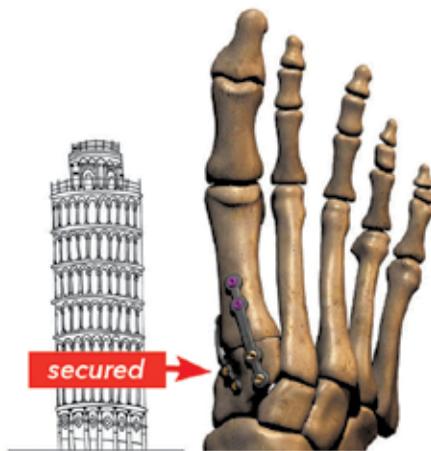
Bunion Deformity

An unstable foundation allows the metatarsal bone to drift out of 3D alignment, causing the visible "bump" on the inside of the foot.



Osteotomies (Traditional Surgery)

"Osteotomies" target the cosmetic bump by cutting and shifting the bone in 2D, but do not address the 3D deformity or the unstable foundation.



Lapiplasty® 3D Bunion Correction

This advanced procedure precisely corrects the 3D metatarsal alignment and secures the foundation, allowing you to walk within days of surgery.*



Hallux Valgus



Lapiplasty

Mid Florida Foot, Ankle & Vein Clinic provides pain-reducing, comprehensive, cutting-edge treatment. Their podiatrist, Dr. Gabriel Delgado, can treat all foot problems and even performs in-office surgeries. Rest assured you'll get patient-focused care from their highly skilled and compassionate staff.

To find out more, or to schedule your appointment, please contact Mid Florida Foot, Ankle & Vein Clinic today.



Dr. Gabriel F Delgado FACFAS

LAKELAND OFFICE
203 Kerneywood St.
Lakeland, FL 33803

BARTOW OFFICE
510 West Main St.
Bartow, FL 33830

863-686-1641

midflfootanklevein.com

References:

1. Treace Medical Concepts, Smith B, et al. 2017 AOFAS Annual Meeting, Seattle, WA, 2019, Treace.com

MANY OF OUR CHILDREN ARE STRESSED, NOT SLEEPING WELL & SUFFER FROM ANXIETY.

WELLNESS HOLISTIC APPROACH & VIBROACOUSTIC THERAPY MAY HELP

Our children are OUR CHILDREN! no matter how old they are. We – parents carry this psychological-emotional role and parents-children bond even when our children are grown up, are independent, already left the home nest, and physically, are far away. We are happy with their happiness, achievement and success, and worry when things get out of control and messy in their lives.



Many people tend to look with nostalgia to their childhood years, yet some of us still carry an open wound from struggling with stress, insomnia & anxiety. In many cases parents were not attentive enough to the interrelation of mental, emotional and physical needs and the impact of the external world in children's inner world.

Our life nowadays is very dynamic and, in many cases, hectic. Technology and society change so rapidly therefore research about the influence of these changes on a personal and social levels, may not be quick enough to realize their negative effects.

Many children get their smartphone in first/second grade. These are the years that new habits are infused into subconsciousness easily and unfiltered.

Schools justify countless exams and competitive environment as: "preparation for real life". Social media culture creates an atmosphere of exposure, obsessive request for attention and desire to get more "likes".

When children get back home, very often parents are not waiting for them because they are at work. They may be hungry, tired and overwhelmed from homework, social interactions and preparation for exams. They may escape challenges by playing video games and become addicted.

The environment at school is not always harmonious. It may be stressful, commuting may be exhausting, and social pressure and bullying may create negative atmosphere that may be harmful to children's wellness, health & wellbeing.

In high school the above conditions may be magnified. In college students may accumulate more pressure because many of them need to work in addition to the academic exams and projects' demands.

[The bottom line – stress is here, there and everywhere.](#)

You may say – "that is life" or you may say, "let's provide self help tools" to reduce mental, emotional and physical stress daily"

WELLNESS-WELLBEING CONDITIONS AT HOME AND AT SCHOOLS (ELEMENTARY, HIGH SCHOOL, COLLEGE) TO IMPROVE CHILDREN'S HEALTH:

1. Healthy food to nourish the cells
2. Effective spaces to reduce fatigue and insomnia
3. Ways to reduce mental, emotional and physical stress daily
4. Encouraging ways to move the body
5. Atmosphere to support creativity
6. Ecosystem for effective conversation and multidisciplinary dialogue

7. Personal physical space and green eco environment (air circulation, clean water, inspiring design)
8. Emotional support for individuals' personal evolution

HOW VIBROACOUSTIC THERAPY CAN BENEFIT CHILDREN OF ALL AGES

Vibroacoustic therapy (Norway/ Finland) is a process in which harmonic low sound frequencies in the range between 30hz-120hz are streamed to special mats, bed frames, pillows and stuffed animals.

The process is very soothing and easy – you simply lie on vibroacoustic therapy mat or hug a pillow or a special stuffed harmonic pet and feel gentle sonic waves hugging you from within. The outcome – less stress, less insomnia or fatigue, less pain, less anxiety. In addition, there is a sense of clearer mind, better mood and calmer body, all with no efforts.

Olav Skille – The inventor of Vibroacoustic therapy was playing his bass in front of children with disabilities. He noticed relief of tension in their physical body and less physical, emotional and mental stress. That encouraged him to create special mats and pillows with vibroacoustic therapy built in. Avigail Berg-Panitz – the writer and owner of The SoundWell – www.vibro-therapy.com, was personally trained by Skille and she added the stuffed animals to the arsenal of vibroacoustic therapy equipment.



Panda
Daisy
makes
your day
nice & easy



HARMONIC PULSING AND PURRING PETS SERVE AS EMOTIONAL SUPPORT

There is something magic in hugging a teddy bear or a Panda. Children in all ages (and adults) feel a sense of security together with a smile. The harmonic pets' vibrations are felt as if they hug you back. They serve as emotional support pet. There is a sense they calm bodymind, provide confidence, comfort and initiate a better mood.

SILENTSOUNDSPACE TO RECHARGE VITALITY AND REDUCE STRESS

Schools with holistic wellness approach should dedicate a special room called SilentSoundSpace. Children and teachers will enjoy experiencing silence and harmony and gentle inner body massage in this **sanctuary space or tranquility temple**. There are variety of designs for a SilentSoundSpace (depends on physical location and budget) yet they are all based on vibroacoustic therapy mats / recliners and are isolated from noise



and distractions. This is a space of tranquility, serenity and bodymind balance. This is a place in which children and teachers let go of stress, anxiety and fatigue and recharge vitality. Vibroacoustic therapy may minimize bullying, violence and aggressive behavior.

Parents may adopt UnWindMe – a vibroacoustic therapy personal and portable mat and create a SilentSoundSpace at home as well.

WHY WE CHERISH A SILENT SPACE

From the minute we wake up, we run in the maze of our daily missions: Parents preparing their children and themselves. Children getting ready to school... Business people getting organized to their multiple projects. During the day we accumulate more duties and unexpected interactions... We respond to emails, conversations, messages. Very often, the only time a person is by her/himself is when they are in the restroom... rest-room...

Having silence and a personal space – helps balance and calibrate inner systems. We all need such a space and that is why high-quality sleep is so essential to our mental, emotional and physical systems. That is also why we need a break during the days. – Many societies and cultures have the *SIESTA* and some schools enable taking a nap. You close your eyes and dis-appear. **The problem is that because adults and children are so overwhelmed, they are unable to reset and reboot their body-minds. That is why Vibroacoustic therapy is so effective – it enables taking that calming pause during the day – with no efforts. The outcome is similar to the feeling of recharged vitality after taking a good nap.**

Let's work together to incorporate vibroacoustic therapy as an easy to use, very effective and effortless way to help our children – BE LESS STRESSED, SLEEP BETTER & SUFFER LESS FROM ANXIETY.



Hello I'm Avigail Berg-Panitz – the owner of TheSoundwell vibro-therapy.

I was fortunate to be mentored personally by Olav Skille – the inventor of the original Vibroacoustic therapy (Norway/Finland). We use his original harmonic frequencies compositions in our products – (vibroacoustic therapy mats, pillows and teddy bears), to facilitate inner body massage to organs, tissues and cells.

I'M AN ENERGY HEALER, MEDITATION FACILITATOR, VIBROACOUSTIC THERAPIST AND WELLNESS-WELLBEING LIFE COACH. I HAVE MA IN HOLISTIC HEALTH FROM LESLEY UNIVERSITY.

My perception is based on providing tools for bodymind balance so that you can drive life and enjoy your life journey – your way.

You are welcome to set an appointment with me to map your challenges and together create a plan to clear your mind from clouds of thoughts, emotions, sensations, memories, imagination and belief system that limit your advancement and drain your vitality.

The tools we will be using to dynamically balance mental and emotional systems:

Energy healing, Vibroacoustic therapy, meditation, wellness-wellbeing coaching and expressive-creative writing.

I advise therapists, physicians, chiropractors and individuals of how to dynamically balance bodymind and integrative vibroacoustic therapy to increase life quality and recharge vitality.

Contact me today to set an appointment
www.vibro-therapy.com
www.avigaili.wix.com/avigailbergpanitz
www.avigailwellness.com
 avigail@vibro-therapy.com
 914-433-2849



Ten Things You Can do to Make Your Home Safer for Seniors



Aging can be challenging not only relating to our health but also our ability to perform daily tasks and to live the life we deserve. When we're younger, we often take for granted the ability to easily jump in and out of the bath or shower, walk up and down the stairs, or the capacity to stroll safely from the bathroom to the living room without tripping over an area rug and getting hurt.

Whether you've suffered from a stroke, have arthritic knees, or perhaps you've undergone a total hip replacement, whatever the reason, getting around the home safely gets much more challenging as we age.

Top Ten Things to Keep Seniors Safe:

1 Install grab bars – Getting in and out of the shower can be tricky. For one thing, when the surface is wet, slips and falls are not uncommon, and they can be deadly. Another reason to consider installing grab bars is if you or your loved one can no longer easily lift their legs to climb in or out of the bathtub. A grab bar increases stability in these cases. It's also important to consider that medications sometimes make us dizzy and having the grab bar there can alleviate imbalance or a fall.



2 Purchase a shower seat – If you are unable to stand in the shower, perhaps from dizziness, weakness, or vertigo, a shower seat provides a significant benefit. In addition, if a loved one has paralysis from a stroke then the ability to sit while getting showered is essential.

3 Purchase a hand-held shower – If you have a shower seat or if you need to sit in the bath, a hand-held shower option is ideal. Many individuals cannot put their head back or lean it forward, so this also helps when washing the hair in the bathtub, as well as when using a shower seat.

4 Purchase a lift chair – A lift chair is a comfortable recliner that has a motor that actually raises the chair so you can more easily rise to a standing position. This eliminates the risk of getting stuck in the seated position due to weakness. They greatly enhance safety, and they are very comfortable too!

5 Remove throw rugs – Many people don't realize how often elderly individuals trip over the corners of area rugs. Their walkers can get stuck or the footing can be uneven. As we age, it's best to remove them from the home.

6 Remove clutter – Decluttering your home is good for the spirit, but more importantly, it provides a much safer environment. Tripping over boxes,

odds and ends, laundry baskets, or extension cords can cause major injuries and unwanted trips to the hospital.

7 Address hard floors and sharp furniture – Area rugs are unsafe, but so are hard floors. Consider installing carpeting on the floors to soften the brunt of a fall. Similarly, consider adding padding to the edges of counters and remove sharp edged furniture.

8 Obtain a remotely monitored fall-assist device (e.g., "Lifeline") – If you are vulnerable or have medical conditions, it's critical to have a life assistance button. For example, if you fall or suddenly feel faint or have a heart attack, you need a way to contact emergency medical services without having to get to a telephone. Having a life assistance button is crucial for seniors.

9 Purchase a bed handle – Getting in and out of bed can be difficult when our bodies are stiff and full of pain. A bed handle can make it easier to get up or in the bed, and it can even act as a barrier to help keep you safely in the bed.

10 Consider a personal mobility device such as a cane or walker – Getting around gets more difficult as you age. There are many benefits to having a walker or cane for more stability.

If you are beginning to feel unstable or if for any reason think you might need a walker or cane, talk to your physician or caregiver. Don't wait until you've had a fall.

Kin-Care Medical Supplies

When selecting medical equipment for your home, the decision must be done carefully and with professional assistance. It is obviously not a one-size-fits-all approach. Kin Care Medical Supplies carries many of the products described above and can help you with the selection process. Kin-Care provides professional guidance for their clients, and they file the necessary paperwork to assist you in obtaining the maximum allowable Medicare and insurance benefits for the medical supply products you need.

Please stop by, call (561) 477-2507 or visit kincare.net today.



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Having Trouble Getting in & out of the Bath?

TubcuT[®] has the Answers

Whether from injury or aging, getting in and out of a bathtub can be challenging. Instead of spending thousands of dollars on a bathroom renovation, you can easily convert your tub into a walk-in shower with the TubcuT[®] Company.

The TubcuT[®] is the original tub to shower conversion, and it helps to improve accessibility, reduce accidents, serious injuries and help people remain in their homes longer. And the good news is, you will save on average, 90% of replacement costs with TubcuT[®] as they convert your tub into a walk-in shower in just one day. There is no plumbing or demolition required, and there is little to no disruption. A regular shower curtain is all that's needed to stop any water overspray concerns; they can also install shower doors if you'd prefer.



*“You won’t have
anymore trouble getting in
and out of the bathtub
with TubcuT®”*

**IT’S LIKE HAVING A WALK
IN SHOWER WITHOUT THE COST!**

TubcuT® creates an opening that fits your needs. Unlike cap systems, The TubcuT® adapts to you and what your lifestyle requires. With TubcuT’s® exclusive process, you dictate where they create the opening, how wide it will be, and how low.

The TubcuT® threshold is typically 4” above the floor giving you more accessible, safer access, the same as a typical shower pan. TubcuT® follows the same exact contour of your tub there, and there is no ledge on the threshold or bulky plastic inserts. Those inferior plastic inserts are just caulked in and are subject to leaking and will need service down the road. The TubcuT® is custom fitted to your tub creating a seamless, waterproof shower with a professional factory appearance that’s unlike anything else available. The TubcuT®

is the only tub to shower conversion that can be reversed! If you save the cutout section of the tub, they can easily restore your bathtub to its original condition if needed.

The TubcuT® changes lives, but many dismiss it as something only for the elderly. However, there is another class of customer that it suits just as well, those with health and mobility issues. People with multiple sclerosis, Parkinson’s disease, arthritis, fibromyalgia, muscular dystrophy, cerebral palsy to name a few, will benefit significantly from The TubcuT®.

For accident victims, anyone in chronic pain, people with knee or hip replacements or any neuro-muscular disease, the TubcuT® can be a life-changing product. To find out more, contact them today!



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SKIN HEALTH



Healthy living is at the forefront for most Americans, more so now than ever before. It is difficult to pick up a newspaper and not see an article that has to do with diet, exercise, or the importance of sleep or stress management. The most common cancer of all is skin cancer. Fortunately most skin cancers are completely curable if detected at an early stage. Even the more aggressive skin cancers, such as melanoma can be cured if removed early. Unlike many other organs which are internal, the skin is easily accessible for examination. This underscores the importance of seeing your dermatologist regularly.

Basal cell and squamous cell carcinoma are the most common skin cancers. They usually present as a non-healing sore. In the beginning phase they can mimic a bite, burn, or an injury but are different because they persist. These skin cancers mostly occur on sun exposed skin.

Metastasis is the process where the cancer leaves the site of origin and travels to a distant location. For example, breast cancer is not dangerous because the cancer affects the breast; it is dangerous because the cancer leaves the site of origin and travels to a vital organ such as the brain or liver. Basal cell carcinoma almost never metastasizes and squamous cell carcinoma usually will only metastasize if it is neglected. Therefore these two most common skin cancers are very treatable and curable.

Melanoma is a more dangerous skin cancer. Melanoma has a tendency to leave the skin and travel to other vital organs. Still, if a melanoma is removed at an early stage, it is a completely curable skin cancer.



Melanoma can occur any where on the body, it is not restricted to sun exposed skin. Melanoma is increasing at a very fast rate. Twenty five years ago the incidence of melanoma was one out of 140, today it is closer to 1 out of 50. Melanoma is the number 2 cancer in teenagers. It is the most common cancer in women aged 25-29. One contributing factor is the use of tanning beds.

Although melanoma is increasing in the younger population, age is also a risk factor, so the older a person gets, the more likely it is to get melanoma. Genes play a role. If you have a first degree family member with a melanoma, you are more likely to get a melanoma. In the US, one person an hour dies of melanoma.

Melanoma looks like a funny mole. An easy-to-remember memory tool for what melanoma can look like on the skin is the first 5 letters of the alphabet:

- A: asymmetry, one side is not the mirror image of the other**
- B: borders that are irregular, poorly defined or indistinct**
- C: color, multiple colors, changing color, black in color**
- D: diameter greater than 6mm, or larger than a pencil eraser**
- E: evolving; change in size, shape, color, bleeding, symptoms**

When considering skin cancer prevention, three considerations are important:



1. Sun protection:

a. Sunscreen: make sure you apply 15 minutes before going outside in air-conditioning and reapply every 2-3 hours. Physical blockers like zinc and titanium are best.

b. Clothing: brimmed hat or long sleeves, a big umbrella at the beach.

c. Time of day: try to schedule your activity before 10am or after 4pm.



2. Self examinations on a regular basis, use a spouse to help look at your back.

3. See a dermatologist regularly.

There are many keys to a healthy life; eat your vegetables, go for a walk or run, shut off the electronics and hit the hay, meditate. Don't forget the easiest one: put on some sunscreen and see your dermatologist.



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Don't Give Up!

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

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

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

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

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

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

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

Perseverance reveals a lot about ourselves.

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

Perseverance reveals our commitment. In his pursuit of creating a sustainable light bulb, Thomas Edison never gave up because he was committed. Edison is quoted as saying, "I have not failed, I've just found 10,000 ways that won't work." If I'm really committed to it, then it's not just a matter of "I won't give up" but really a matter of "I can't give up."



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

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

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

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

So be great... and Don't Give Up!



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