

CENTRAL FLORIDA'S

Health & Wellness[®]

MAGAZINE

November 2022

Polk/Brandon Edition - Monthly

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FREE



**UNSIGHTLY VEINS CAN INDICATE
DEEPER PROBLEMS**

**RADIOFREQUENCY ABLATION
FOR PAIN MANAGEMENT**

**RESEARCHING
"THE BEST OF BOTH WORLDS"**

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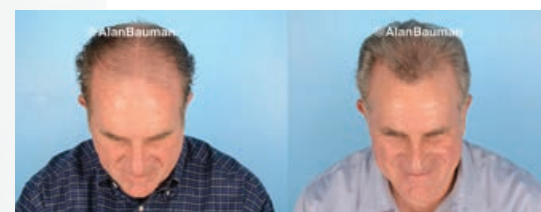
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CONTACT US
OWNER / ACCOUNT EXECUTIVE
Sybil C. Berryman
sybil@sflhealthandwellness.com

OWNER / ACCOUNT EXECUTIVE
Bryan Berryman
bryan@sflhealthandwellness.com

GRAPHIC DESIGNER
Sonny Gensing
sonny@gwhizmarketing.com

**BERRYMAN**
Marketing Group LLC

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sybil@sflhealthandwellness.com

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UNSIGHTLY VEINS CAN INDICATE DEEPER PROBLEMS

“YOU CAN’T TELL A BOOK BY LOOKING AT ITS COVER.”



Many men & women are concerned about the appearance of spider veins and varicose veins. These veins, which can cause a spider web appearance in the skin, or big, unsightly bulges underneath the skin, can also cause a person to have symptoms and are signs of vein disease.



Ignoring these problems and not treating them can lead to a progression and further damage to the tissue of the lower leg. Some of the symptoms and signs of vein disease occur **predominately in the lower leg.**

Some of the symptoms include:

- Subtle feeling of fullness
- Mild aching, heaviness or pressure
- Fatigue as the day progresses

Some of the signs include:

- Swelling, which can be minimal but significant
- Rough, dry skin sometimes accompanied with itching
- Big, unsightly bulging veins underneath the skin
- Spider veins, the unsightly 'webs' in the skin itself, while considered cosmetic, usually indicate deeper problems

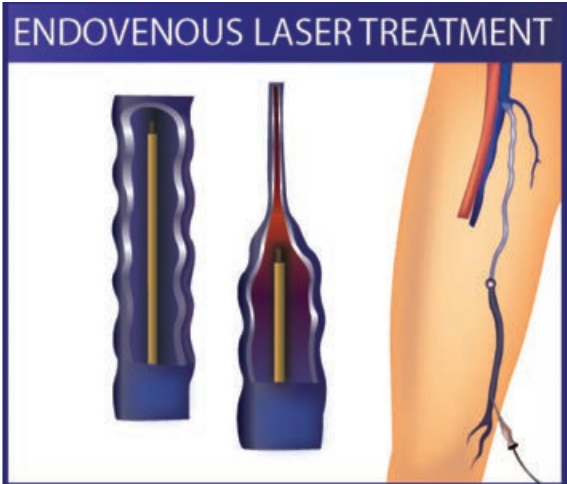
Over time, if untreated, vein disease can lead to more significant issues and more damage to the lower leg including, thickening and drying of the skin and discoloration, prominently a brownish color or, if the patient has been up on their feet for long periods of time, these sometimes subtle signs can lead to the possibility of an ulceration or sore around the ankle area.

Fortunately, with today's technology, these issues can be dealt with in a very minimally invasive way with very little discomfort. Patients can return back to normal activities very quickly. At Vascular Vein Centers we use Endovenous Laser Treatment, which employs the thermal closing of diseased veins. We then use a foamed chemical to treat the actual varicose or bulging veins. These two measures are used to close the source veins. We then use a foamed chemical to treat of the actual varicose or bulging veins. This is done in an outpatient clinical setting avoiding surgery. These procedures are covered by most medical insurances, including MEDICARE.

Anyone concerned about the appearance of their veins should have a thorough physical and ultrasound evaluation to examine the underlying cause. This can be done quickly with very little disruption in one's normal schedule and activities. We strongly recommend wearing graduated compression stockings, hose or leggings while working or in situations where a person is on their feet or sitting for prolonged periods of time.

Vein health equates to leg health.

"A stitch in time to save mine"!



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RADIOFREQUENCY ABLATION FOR PAIN MANAGEMENT



ARE YOU
ONE OF THE
MILLIONS OF
AMERICANS
SUFFERING FROM CHRONIC BACK
OR NECK PAIN? HAVE YOU TRIED
MULTIPLE TREATMENT OPTIONS WITH
LITTLE OR NO SUCCESS? IF SO,
RADIOFREQUENCY ABLATION MIGHT
BE THE SOLUTION TO YOUR
CHRONIC PAIN.

At Excel Pain and Spine, their team are experts at performing radiofrequency ablation. This minimally invasive treatment can get rid of your pain for months, years, or even forever.

What is radiofrequency ablation?

Radiofrequency ablation is a treatment that uses electromagnetic waves to create heat. The heat destroys the nerve tissue that's causing your pain. With the nerve destroyed, the pain signal is no longer sent.

What conditions are treated by radiofrequency ablation?

Excel Pain and Spine uses radiofrequency ablation to help patients with chronic pain in the lower back, neck, and sacroiliac joints, which are located in the pelvis. Patients with joint pain related to arthritis may also benefit.

It's also possible to treat other pain conditions with radiofrequency ablation. The team at Spine & Pain Institute of Florida will give you a thorough evaluation to determine the best course of treatment for your symptoms.

How does radiofrequency ablation work?

Radiofrequency ablation is minimally invasive, and the procedure typically takes less than an hour. It's performed on an outpatient basis, and patients are usually allowed to go home after a short recovery period.

Typically, you are given a local anesthetic at the treatment site. Then, using a special X-ray, Dr. Jassal inserts a needle near the nerve that's causing your pain.

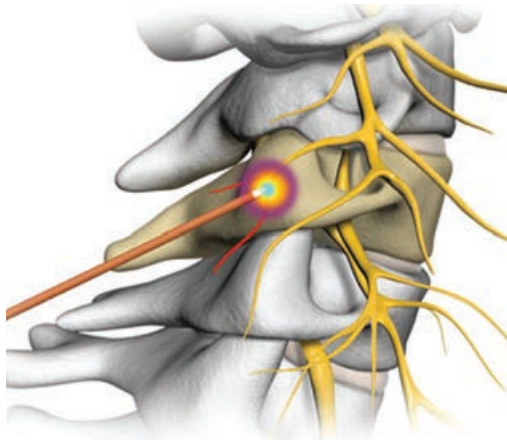
Once the needle is in place, a radiofrequency current is passed through the needle to create a precise burn on the nerve. This destroys the part of the nerve responsible for transmitting pain and disrupts the signal to the brain.

Excel Pain and Spine will provide you with specific post-procedure instructions, and these usually include avoiding driving for 24 hours as well as resting and avoiding strenuous activity for 24 hours.

Is radiofrequency ablation effective?

Yes. More than 70% of patients experience lasting relief with radiofrequency ablation. It usually takes 1-3 weeks for the treatment to take its full effect.

Pain relief typically lasts 6 months to 2 years, and for some patients, the pain never returns. It's possible, however, for the nerve to regrow. In these cases, radiofrequency ablation may be required again.



Are there any risks associated with radiofrequency ablation?

Radiofrequency ablation is a safe procedure with few risks of complications. Serious complications, such as infection and bleeding, are rare. Temporary side effects – which are also uncommon – usually only last 2-3 days.

They include:

- Localized numbness or weakness
- Mild discomfort or an increase in pain
- Swelling or bruising at the incision site

The treatment is not a good option for women who are or may become pregnant, people with an infection, or those who suffer from bleeding disorders.

You don't have to live with pain any longer. If you're suffering from chronic pain, book an appointment online or over the phone with Excel Pain and Spine today.



Our clinic, Excel Pain and Spine, was founded with one principle in mind – to provide the best possible care to patients above all else. Every decision made by our providers is and will continue to be made with this principle in mind. We always defer back to how we would want a family member treated and base our clinical and non-clinical decisions with the goal in mind. We are the most comprehensive pain management team in Central Florida.

Many of the challenges and frustration patients face are the same ones that providers struggle with day-to-day. We understand these challenges and have built a company that teams up with our patients to navigate the modern health care system and provide solutions for patients' suffering from pain.

All of the physicians are double board certified physicians. Our physicians have various academic titles, bring world class pain management treatment options to Central Florida. We understand that to provide the best patient care and be our best as physicians, we need to have the best trained clinical staff. We are lucky to have an attentive team with many combined years of pain experience, all aligned on the same goal of giving the best care above all else.

Pain and the limitations that result is a very personal problem. Pain is not simply a statistic like cholesterol. Every patient responds differently to the various treatment options available. Having a treatment plan based on the latest medical research is key to ensure the best possible outcomes for our patients. Additionally, we understand the need to constantly re-evaluate, make adjustments, and incorporate other options as we go through the pain relief journey together.

We pride ourselves on making sure every patient leaves with an understanding of their personalized treatment plan as well as educational materials specific to their recommended treatments so that they can make the best possible decision regarding their own care.

Navdeep S. Jassal, M.D.

Board Certified - Pain Medicine
Board Certified - Physical Medicine
& Rehabilitation

Arpit Patel, D.O.

Board Certified - Pain Medicine
Board Certified - Physical Medicine
& Rehabilitation

Corey Reeves, M.D., M.B.A.

Board Certified - Pain Medicine
Board Certified - Physical Medicine
& Rehabilitation

Neal Shah, M.D.

Board Certified - Pain Medicine
Board Certified - Anesthesiology

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NON-INVASIVE APPROACH TO YOUTHFUL & RADIANT SKIN



OVER TIME, YOUR SKIN WILL SHOW SIGNS OF AGE. IT'S NATURAL: SKIN LOOSENS UP BECAUSE IT STARTS TO LOSE PROTEINS CALLED COLLAGEN AND ELASTIN, THE SUBSTANCES THAT MAKE SKIN FIRM. THIS LOSS RESULTS IN WRINKLES, SAGGING, AND A CREEPY APPEARANCE ON YOUR HANDS, NECK, AND FACE.

There are numerous anti-aging treatments available to change the look of older skin. Dermal fillers can improve the appearance of wrinkles for several months. Plastic surgery is an option, but it is expensive, and recovery can take a long time.

If you're looking to try something other than fillers but don't want to commit to major surgery, you may want to consider skin tightening with a type of energy called radio waves.

HOW DOES RADIOFREQUENCY SKIN TIGHTENING WORK?

Radiofrequency skin tightening, or RF treatment, is a non-invasive procedure that can be performed in a doctor's office or medial spa. The provider will use a wand that is connected to a machine that creates radio waves. They will pass the wand over your body to apply radio waves to your skin.

The waves give off heat that prompts your skin to produce more collagen and elastin. The treatment also speeds up cell turnover, so the skin gets firmer and thicker over time.



and elastin, resulting in tighter skin. That's because collagen and elastin help to improve skin texture and elasticity and minimize the appearance of enlarged pores, superficial acne, scarring, and fine lines and wrinkles.

The best part about radiofrequency treatments is that they don't require injections or surgery to bring results to life. Radiofrequency will help improve jawline definition, sculpt cheekbones, tighten the neck, and enhance the contours of the face.

Dior Beauty & Aesthetics lounge offers cutting edge RF technology to help keep your skin looking radiant and youthful. If you are interested in learning if RF skin tightening is right for you reach out to the beauty experts at Dior.



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www.diorbeautyestheticlounge.com

The process can take approximately 30 to 90 minutes, depending on how much skin you are having treated. The treatment will leave you with minimal discomfort.

WHAT CAN RADIOFREQUENCY TREATMENTS HELP?

Radiofrequency skin tightening is a safe, effective anti-aging treatment for a number of different parts of the body. It is a popular treatment for the face and neck area. It can also help with loose skin around your belly or upper arms.

BENEFITS OF RADIO-FREQUENCY SKIN TIGHTENING

- Boosts collagen production
- Offers immediate results
- Accelerates healing
- Tightens skin
- Improves texture and tone overall

Beginning in our 20s, we lose about 1% of collagen each year, which unfortunately leads to less plump and radiant skin. Radiofrequency skin tightening stimulates the production of collagen



MEET SHAQUILLA

Shaquilla Williams-Murray currently runs two summer camps in the summer that teaches young kids' business, entrepreneurship. She is the owner of a Wellness Spa and a Post Op Recovery Home.

Mrs. Williams-Murray teaches Body Contouring Workshops that are held around the world! Mrs. Williams-Murray is an established Best-Selling Author who has written 2 books, and 10 eBooks she has a master's degree (New York School of Interior Design) in Interior Design along with being a Graduate of the IWED Institute. Shaquilla is a mother of 3, a Wife, she's also an International Event & Floral Designer, an Educator, Mentor & Event Business Coach, a Sought After We'll Known Speaker has been called An Innovator in her field.

Shaquilla Williams-Murray, President and founder of Dior Beauty Esthetic Lounge and Dior Beauty Post Op Recovery Home has the vision, expertise, and Connections to lead her team to create events that are memorable and exceed expectations. Her students in both industries are ready to lead & succeed when they leave her workshops.

Successful entrepreneurs take pride and love what they do, and without doubt Shaquilla's craftsmanship speaks volume in action from start to finish. In 2019 she started her business from scratch and Dior Beauty Esthetic Lounge continues to build patients confidence making them feel beautiful known as the "the Magic Touch, Shaquilla listens and digests information, then her creative ideas are always brewing, giving new energy.

Through the years, Shaquilla has established connections with an extensive network of trusted professionals to customize the best team for each event. Her experience includes managing events of all sizes from corporate meetings to fundraising galas and celebrations. Shaquilla enjoys supporting local businesses and charities.

While events are a fast -paced business, Shaquilla takes time to pause and focus on what's most important.

Mrs. Williams-Murray educates hundreds of event planners who are mastering their crafts at business workshops around the US teaching over 30 certifications in the Spa Wellness Industry. She also has a Mentorship Program that caters Body Contouring & Laser Specialist all over the world.

As a Spa Owner & Mentor she is constantly challenging her skills, her way of thinking, and her mindset to create an experience her patients and mentees will never forget. teaches in-house secrets, resulting in reaching a goal to help business owners create success beyond limits. Shaquilla loves to give 500% in all areas of her expertise. One of her favorite quotes inspires her to always take it to the next level.

'There's always another level up. There's always another ascension. More grace, more light, more generosity, more compassion, more to shed, more to grow.'
- Elizabeth Gilbert

DE-STRESS YOUR TRESSES

Let Bauman Medical's "Head-Spa" Help You Relax and Grow Hair You'll Be Thankful For

by Alan J. Bauman, MD, ABHRS



IT'S ALMOST HERE—YOU KNOW—"THE MOST WONDERFUL TIME OF THE YEAR." BUT ALONG WITH ALL THE SPECIAL MEALS, FAMILY GET-TOGETHERS, AND MERRIMENT COMES STRESS, AND POTENTIALLY LOTS OF IT...SO MUCH TO DO! SO MANY DETAILS!

Please don't be pulling your hair out over this (literally or figuratively). We have easier – and more pleasant – ways to help you get through the upcoming weeks. So, prepare to give yourself a break and carve out some "me" time.

But I'm getting ahead of myself.

Can stress and hair loss be related? You bet. In fact, there are three common stress-related causes that I see in my practice every day:

1. **Telogen effluvium.** Excessive shedding occurs when significant physiological or psychological stress prematurely forces hair follicles into a resting stage. You may not notice it right away, but a few months down the line, it could be the reason you have started seeing a larger-than-normal number of hairs in your brush or shower drain.

2. **Trichotillomania.** If you catch yourself repeatedly twirling or pulling on your hair, you're probably "stressing out" and unconsciously self-soothing. Repeatedly doing so can make that hair fall out and damage your follicles.

3. **Alopecia areata (AA).** This hair loss occurs when your body's immune system attacks your hair follicles and interrupts their normal growing phases. Several factors can trigger AA. Stress is a biggie.

The common thread running through all these hair loss causes is a distressed scalp. After all, that's where the hair growth magic begins for all of us.

A healthy scalp (and healthy hair follicles) is the necessary foundation for growing the best hair you possibly can. Reducing your stress by pampering yourself while getting your scalp in prime condition is the best reason I can think of for you to visit Bauman Medical's unique "head spa." This spa, named the SalonB Trichology Lab, is located within the 12,000 sq ft Bauman Medical complex in Boca Raton.

By the way, trichology is the science of the structure, function, and diseases of human hair. The word "trichology" comes from the Greek word 'trichos,' meaning 'hair' and the suffix 'ology,' meaning "the study of."

I created SalonB to help patients maximize their scalp health and to offer them a relaxing spa experience aimed at reducing stress. In fact, many people without scalp issues come regularly to enjoy some self-indulgence and shut out the rest of the world for a while.

Here's what you can expect if you're experiencing hair loss from any of the conditions above or you simply want to find out the status of your scalp health.

STEP 1: TRICHOLOGICAL EVALUATION

This service consists of an in-depth evaluation of your scalp by Kimberly Jenkins, our Certified Trichologist and HairCoach™. It addresses every possible aspect of scalp health, including

- Determining the acid mantle (pH) balance of your scalp
- Assessing your scalp's hydration status and sebum production. (Sebum is the oily substance that moisturizes and protects the scalp). Is your scalp too oily, blocking the hydration element? Is it too hydrated, impeding the secretion of oil?
- Measuring your scalp's elasticity
- Taking magnified, close-up photos to see what's happening on your scalp (looking for inflammation, dandruff, and other abnormalities like evidence of microorganism overgrowth)



During a Trichological (Scalp) Evaluation, state-of-the-art technology is used to measure pH balance, sebum levels, and scalp elasticity, and microscopic photos to look for any scalp abnormalities.

- Noting details of your lifestyle, health, and stress levels that may be contributing to hair loss

Armed with this data, Kimberly formulates your customized treatment plan. She often recommends some of Bauman Medical's high-quality hair products, carefully chosen for your particular situation.

Note: Everyone's scalp is as unique as a thumbprint, and it can change over time. These recommendations remove the guesswork. You won't encounter this type of hair product customization by going to the drugstore, reading labels, and speculating on what the best product is for your scalp health. We've discovered that many people are using exactly what they shouldn't be using for optimal hair and scalp health. The idea with hair products is to help, not hinder, the health of your particular scalp, and we can help with that.

STEP 2: SCIENTIFIC SCALP MAKEOVER™

Now for the good part.*

My Scientific Scalp Makeovers™ are for everyone, not just for people who had a trichological evaluation. However, they're particularly geared toward helping reverse hair loss in people with the stress-related conditions I mentioned above.

Your makeover takes place in our SalonB "head spa" room, which is equipped with low lighting and soft music, just like a regular spa. It's your chance to relax, rewind and indulge yourself. It consists of a 90-minute-to-three-hour session during which you are treated to a variety of soothing services, including

- Aromatherapy
- A customized scalp mask treatment for optimum scalp health and hair beauty
- A deep scalp massage to stimulate and purify the scalp and increase circulation
- Deep cleansing shampoo
- A customized conditioner or hair mask



A "Scalp Makeover" is the ultimate pampering for your scalp, providing stress-reducing and circulation-stimulating scalp massage, scalp steaming and application of highly advanced topical therapeutic products to boost the health of the scalp and follicles.

*(Warning: these sessions are so relaxing you may head home afterward without stopping at the grocery store to buy your turkey).

Now that you know what you can do, stop stressing about your hair loss and contact Bauman Medical for an appointment. You'll be thankful that you came, and we will be, too.

To book your appointment or to learn more, I invite you to call us now at (561) 394-0024. For more information, you can go to our website, www.baumanmedical.com.

SUPER SUPPLEMENTS TO PROMOTE HAIR GROWTH AND HEALTH

At Bauman Medical, we offer a superb line of proprietary nutritional supplements to help anyone experiencing hair loss or thinning, or who just wants thicker-looking hair.

- **The Recruiter™:** This special blend of probiotics, plant extract, and Vitamin D3 promotes the release of stored stem cells (stem cells promote healing of damaged tissues due to aging, injury, and stress). It increases the number of circulating stem cells in your body to promote hair growth and overall health.
- **The Good Guys™:** This hair probiotic complex infuses the gut with elements needed to optimize the digestive process and maximize overall health and wellness. It supports a robust scalp and strengthens follicles for optimal hair growth.
- **The Bodyguard™:** A unique blend of herbs and mushrooms, The Bodyguard™ supports a healthy immune system and defends against environmental toxins. Scientific research confirms the benefits of the formula's immune-enhancing herbs, together with the fungi, which include Asian mushrooms.
- **A-List Hair Vitamin Complex™:** It's called our "strategic supplement" because it's compounded with top-tier ingredients shown to strengthen hair and support skin elasticity. It contains antioxidants and trace minerals that protect hair and skin, and promote collagen renewal for hair, skin hydration, and wound healing.
- **The Hero Super-Biotin Mega Hair Support Caps™.** Biotin creates enzymes that strengthen hair and nails and assist digestion and cellular metabolism.
- **The Zenmaster™:** Contains the herb ashwagandha which helps address stress and its byproduct, cortisol. Excessive cortisol negatively affects the hair follicle as well as other organs in the body.
- **The Builder Hair Multi-Collagen Complex Peptide Protein Powder™:** Contains three proprietary ingredients that deliver vital proteins that multiply natural collagen levels, providing a boost to hair productivity, follicle strength, and a youthful shine.

About Dr. Alan J. Bauman



Alan J. Bauman, MD, ABHRS, IAHRs Hair Loss Expert

Dr. Alan Bauman is a full-time board-certified hair restoration physician who has treated over 33,000 patients, has performed more than 12,000 hair transplant procedures and over 12,000 PRP's since starting his medical hair loss practice, Bauman Medical in 1997.

Dr. Bauman is one of approximately only 200 physicians worldwide to achieve the certification from the esteemed American Board of Hair Restoration Surgery (ABHRS). Dr. Bauman is known for pioneering numerous technologies in the field of hair restoration including minimally-invasive FUE Follicular Unit Extraction, VIP|FUE™, Low-Level Laser Therapy, PRP Platelet Rich Plasma, PDOgro™, eyelash Transplants and others.

Dr. Bauman was voted "#1 Top Hair Restoration Surgeon" in North America by Aesthetic Everything for the 6th consecutive year, "Top Hair Restoration Surgeon of the Decade", and received the 2022 "Lifetime Achievement Award in Hair Restoration". He was also recognized by Forbes as one of "10 CEOs Transforming Healthcare in America."



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RESEARCHING “THE BEST OF BOTH WORLDS”



Electro medicine, Herbs, Ozone, diet were part of daily life in 2014. I first heard about Doctor Raymond Royal Rife's scientific work during a conversation with a health coach. He mentioned to me that I should get a device that broadcasts radio frequencies to kill pathogens. The scientific device named the Beam Ray machine was invented by a gifted scientist Raymond

Rife, born in 1888 who studied bacteriology at John Hopkins University. Doctor Rife began his experiments using electronic frequencies on viruses and bacteria in 1920. The doctor used powerful microscope to see microbes invisible at the time. He claimed that each microbe has its resonance frequency. With Rife technology, he bombarded the microbes with light frequency,

which marked the microbe at an intense level. Doctor Rife claimed that after flooding, the microbes would either explode or shrivel up and die. Hence, I decided that it is worth finding a similar device. I went ahead to search for more information, a quest that led me to meet Dr. RL. Dr. RL's herbal products and knowledge have been priceless and contributed significantly to understanding my husband's recovery journey. When it comes to electricity, frequencies, HZ Etc., Dr. RL is highly knowledgeable helping me through the years and still helps me whenever I need his help, prayers and support. I have since learned other modalities using frequencies even remotely. Despite it being challenging, we took every event that happened in our lives as a lesson, example, and opportunity to explore different ways of thinking and seeing life. Everyone we met was very special to us as they offered their support and brought the knowledge to our lives. Proteolytic, digestive, and pancreatic enzymes were the core of the entire treatment; for they function to digest and break down proteins into amino acid components. These components are essential for the body's immune system. Cancer patients usually need help with their food digestion. Dr. K took it upon him to teach and help me follow Dr. Gonzalez's treatment, which he initially learned from Dr. Kelly. He taught me everything I needed to know about metabolism and rebuild the body through nutrition and detoxification. Dr. K is a mentor and a teacher who helps people like me to get through with knowledge, and thanks to him, I was able to meet and understand enzymes which are one of the most magnificent substances I know. The Journey was full of hope, emotions, and expectations. Cancer is always something that brings fear to our lives because it leaves us without knowing how much time we have. With no clear-cut cure, we are only left to hope that the trials we understand all along the way will work. Sometimes I felt as if I was in dark tunnels holding on to the hope to see the light with faith as my pillar and desire to see my husband recover. Every day my husband was feeling better, with more energy and strength.

TubcuT® Can Help Alleviate Slip and Falls and trouble getting in and out of the Bath



Wisdom may come with age but getting older has its set of challenges. People are living longer but not necessarily healthier. From diminished eyesight, arthritis, immobility, to cognitive decline, some conditions make it high-risk and unsafe for seniors living on their own or with limited supervision.

Some of the biggest hurdles for seniors are tripping, slips and falls, slippery bathtubs, and getting in and out of the bath or shower. These can be extremely hazardous for those with arthritis, dementia, fibromyalgia, cardiac conditions, Parkinson's and many other conditions that cause stiffness, pain, lack of coordination, immobility and failure to be able to follow direction.



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.

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!



The Tub Cut Company
877-882-2887
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VA APPROVED

Developing Discipline

Here's a question for you: What is one thing in your life that you are not doing, that if you started doing on a regular basis would make a tremendous positive difference in your life?

Here's a follow-up question: WHY ARE YOU NOT DOING IT?

Answer: most of us are not doing it because we lack discipline.

In ancient times there was once a king named Solomon. The Bible says that he was the wisest man who ever lived. People would come from miles to hear his wisdom and we are fortunate because many of his wisdom is collected in the book of Proverbs in the Old Testament.

In Proverbs 28:25 Solomon says, "A person without self-control is like a house with its doors and windows knocked out." Discipline is pretty important, huh?

You see this virtue of discipline touches every fiber of our lives. Discipline is the indispensable tool to making your life work: our life, our health, our happiness, our wealth, our family life, our success is all rooted in our discipline. Discipline helps us to get to where we want to go.

You ask any great athlete and they will tell you about the importance of discipline. You ask any successful business man or woman and they will tell you about the importance of discipline. You ask any accomplished musician, actor, writer, salesperson or leader and they will tell you about the importance of discipline.

Spiritually speaking, the same is true: our relationship with God is largely determined by our discipline. You ask any godly man or godly woman and they will tell you about the importance of discipline. Spiritual discipline is the habit of making wise decisions and then living in alignment with them. Our behavior needs to be in alignment with our thinking and that takes discipline.

Prov. 10:17 says, "People who accept discipline are on the pathway to life, but those who ignore correction will go astray." NLT

Here are three "Disciplines of Being Disciplined".

1. Persistence – "Never Give Up"

Prov. 12:24 "Work hard and become a leader; be lazy and become a slave." Discipline always starts from within; we grow and develop our self-discipline by growing and changing our attitude towards it.



2. Advance Decision Making – "Say No Now"

Prov. 13:16 says, "A wise man thinks ahead, a fool doesn't and even brags about it." Be prepared in advance to make the right choices. Don't wait until it's too late.

3. Delayed Gratification – "Putting Pain before Pleasure"

You do the difficult now in order to enjoy the benefits later. The Apostle Paul reminds us that, "No discipline is enjoyable while it is happening--it is painful! But afterward there will be a quiet harvest of right living for those who are trained in this way." Heb. 12:11 NLT

So... let me ask you: What is one thing in your life that you are not doing, that if you started doing on a regular basis would make a tremendous positive difference in your life? And why are you not doing it?

Dr. Ray Underwood



Highland Park Church

4777 Lakeland

Highlands Road

Lakeland, FL 33813

Hplakeland.Com

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We've enhanced our safety measures to protect your health. We're screening everyone for COVID-19 symptoms before entering our offices. All doctors, team members and patients are required to wear masks and we're sanitizing our offices throughout the day.



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