

CENTRAL FLORIDA'S

Health & Wellness[®]

MAGAZINE

January 2023

Polk/Brandon Edition - Monthly

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FREE



**WINTER HAVEN HOSPITAL
ONLY HOSPITAL IN STATE
TO OFFER CORONARY
BRACHYTHERAPY**

POST PREGNANCY LEG HEALTH

**RADIOFREQUENCY ABLATION
FOR PAIN MANAGEMENT**

**INNOVATION SENIOR LIVING
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contents

January 2023

- 4 Winter Haven Hospital Only Hospital in State to Offer Coronary Brachytherapy
- 5 Spiritual Wellness: Selfie
- 6 Post Pregnancy Leg Health
- 8 Radiofrequency Ablation for Pain Management
- 10 Innovation Senior Living Communities – Redefining Value in Senior Living
- 12 Happy New Hair!
Out with the Bald, in with the New
- 14 Meso Lipo: Wage War on Fat Cells

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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HIGH QUALITY SUPPLEMENTS



Winter Haven Hospital

Only Hospital in State to Offer Coronary Brachytherapy

A procedure that can help heart patients manage symptoms linked to complications from stents is now being offered at BayCare's Winter Haven Hospital, bringing access to this service to the West Central Florida region.

The hospital has begun providing coronary brachytherapy and is the only one within 300 miles to do so.

The next closest facility offering brachytherapy is in Augusta, GA, though brachytherapy is not a new procedure. In fact, brachytherapy used to be widely used as the preferred way to treat restenosis. But over the last few decades, drug-eluting stents were developed and effective in the prevention of problematic scar tissue. Today, restenosis occurs in approximately 10 percent of coronary interventions performed.

"If a patient develops restenosis after a stent placement, they may be treated with another stent," explains Dr. Zaheed Tai, an interventional cardiologist at Winter Haven Hospital and director of the brachytherapy program. After that, however, "a third layer is often not effective. Brachytherapy is an option that does not require another layer of stent and will hopefully allow patients to go longer without restenosis."



Primarily an interventional cardiology procedure, brachytherapy treatment is completed in conjunction with specialists more commonly recognized with treating cancer – a radiation oncologist and a radiation physicist. The procedure directs radiation, through a catheter, to the site of restenosis. The radiation specialists ensure safety protocols and dosage accuracy are followed.

In the two months that Winter Haven Hospital has started performing brachytherapy, seven patients have undergone the procedure.

"We at BayCare Winter Haven Hospital are excited to be able to showcase our clinical

expertise with this adjuvant therapy," said Dr. John Davidyock, WHH's Chief Medical Officer. "It's impressive to recognize that a radioactive source the size of a grain of rice could yield such remarkable outcomes to potentially reduce further in-stent restenosis and need for bypass surgery."

 **Winter Haven
Hospital**
BayCare Health System

Bostick Heart Center

WinterHavenHeart.org

SELFIES



A SELFIE is a photograph of yourself taken with a mobile phone or other handheld device, and uploaded to social media – Facebook, Instagram, Twitter, etc.

Personally, I am fascinated with the whole selfie concept. I wonder: do people think so much of themselves that they want others to look at them? Or do they think so little of themselves that they portray an unrealistic image through photos? Or maybe they just do it for fun? Who knows? But what I do know is that the selfie tells others a lot about ourselves.

And probably more than you even realize.

I read this the other day: “We (people) are God’s selfie.” When I first read it, I thought to myself: what a disappointment. But then as I spent more time letting the statement soak in, I began to understand the truth behind it – and the impact it could have on our lives if we began to embrace the whole idea.

We are God’s selfie.

In the Bible we see in Genesis chapter one that God created the heavens and the earth. He created the seas, the animals, and all that we see everyday. “Then God said, “Let us make human beings *in our image, to be like us*. . . So *God created human beings in his own image*. In the image of God he created them; male and female he created them.” (Genesis 1:26-27)

That passage also tells us what God thinks of “His selfie”. When God created all of the other things, at the end of the day He said it was ‘good’. When God created humans in His image, He said it was *very* good.

So here’s the deal: we are God’s selfie.

But what does that mean for us? It means that when you look in the mirror at yourself you should see something different. When you think that you don’t have value as a person you should think again. Because God sees great value in you.

The Apostle Paul write this: “. . . we are God’s *masterpiece*. . .” (Ephesians 2:10) King David wrote a song in which he wrote these words: “For you formed my inward parts; you knitted me together in my mother’s womb. I praise you, for *I am fearfully and wonderfully made*.” (Psalm 139:13-14)

No matter how breath taking the sunset may be. No matter how majestic the scenery may look. No matter how beautiful the painting appears or how wonderful the symphony sounds. None of it compares to you. Because you are God’s masterpiece.

You are God’s selfie.

Brent Myers



Highland Park Church

4777 Lakeland, Highlands Road, Lakeland, FL 33813

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863.647.3518

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POST PREGNANCY LEG HEALTH

Pregnancy can cause varicose veins which persist after delivery. Post pregnancy, with time, they only get worse; especially if there are further pregnancies. Vascular Vein Centers is here to help during and after pregnancy and treat your varicose veins with minimally invasive procedures.

POST PREGNANCY Q & A

WHY DOES PREGNANCY CAUSE VEIN PROBLEMS?

Pregnancy causes significant changes in your body, and these can adversely affect your legs. The fluid in your body increases by as much as 50% during early pregnancy, and you retain more sodium from the salt you eat. These two factors can cause edema resulting in swollen legs and ankles. Levels of hormones like relaxin, estrogen, and progesterone change dramatically during pregnancy, causing your veins to dilate and weakening the vein walls. At the same time, your growing baby is compressing the veins in your pelvis, increasing pressure in the veins of your legs, and resisting the outflow of blood from the legs.





These factors make pregnancy a tough time for your legs. Although the causes of vein problems reduce after you give birth, the effects of pregnancy can leave you with lasting issues.

WHAT POST-PREGNANCY VEIN PROBLEMS MIGHT I HAVE?

Common post-pregnancy vein problems are:

Varicose veins

Varicose veins develop because of the pressure and dilation of your veins and resistance to the outflow of blood from your legs. The result can be spider veins with underlying varicose veins even if they aren't visible. Most often there are visible rope-like, bulging varicose veins which may be tender or itchy.

Vulvar varicosities

Vulvar varicosities are varicose veins that affect your vulva. There are rare during pregnancy, and usually disappear over the months following delivery. If you have vulvar varicosities that don't clear up, Vascular Vein Centers provides effective treatments. Pregnancy and post-pregnancy for up to 3 months is a time when you are at greater risk of developing deep vein thrombosis (DVT). DVT risk is higher during pregnancy and peaks after giving birth. Your body is dealing with high hormone and fluid levels and an enlarged uterus, as well as a more sedentary lifestyle.

HOW ARE POST-PREGNANCY VEIN CONDITIONS TREATED?

If you have vein problems after giving birth or persisting swelling, it's advisable to seek an evaluation at Vascular Vein Centers. Hormonal changes continue to affect your veins and fluid volume for some months after having your baby and when you're breastfeeding. This is a good time to wear compression and begin exercising. You might find that once the hormones and fluid volume return to normal, the problem veins get smaller, but they don't go away and will become worse with time. Vascular Vein Centers provides advanced treatments for varicose veins, spider veins and vulvar varicosities, including:

- Foam sclerotherapy using Varithena®; an FDA approved treatment
- Endovenous laser therapy (EVLT)
- Ultrasound-guided sclerotherapy
- Cosmetic sclerotherapy for spider veins

These treatments seal off and eliminate affected veins, so your body directs your blood through healthy veins. The treated veins disappear over time. The procedures are all minimally invasive outpatient procedures that the Vascular Vein Centers team performs in-office. To find out more about post-pregnancy vein therapy and the challenges of maintaining healthy legs during and post pregnancy, call Vascular Vein Centers today. For your convenience, appointments can be booked online.



**WE'RE OPEN & SAFE,
EXCEEDING CDC SANITIZATION
STANDARDS**

**Vascular Vein Centers
of Davenport / Haines City**

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www.PolkVVC.com
next to IMA Pichardo Clinic

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.

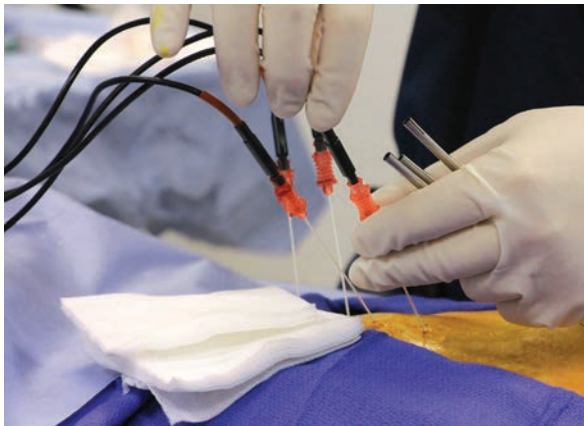
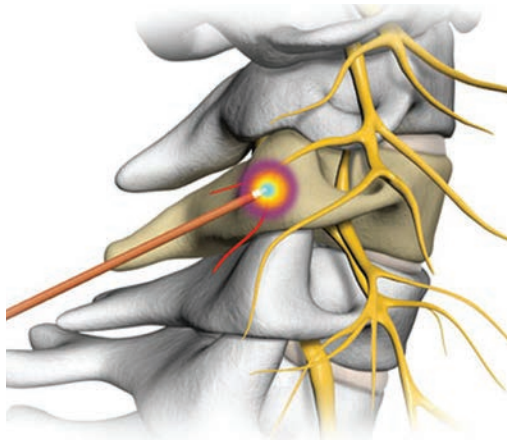
Once the needle is in place, a radiofrequency current is passed through the needle to create a precise burn on the nerve. This destroys the part of the nerve responsible for transmitting pain and disrupts the signal to the brain.

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

LOCATIONS

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Davenport, FL 33837

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Ellenton
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Ellenton, FL 34222

Wauchula
326 South 6th Ave.
Wauchula, FL 33873



(P) 813.701.5804
(F) 813.291.7615
excelpainandspine.com

Innovation Senior Living Communities – *Redefining Value in Senior Living*



The Innovation Senior Living family of senior living communities offers an exceptional array of options for Florida residents and their loved ones. Our unique communities stretch across the state

When we envision getting older, many times we picture it in our current homes. While this may work for some, many decide not to stay in their long-time home after retirement.

Remaining at home can be an overwhelming and isolating experience.

When researching senior living options, many adults do not consider senior living because of the cost. However in looking further, many find communities like those at Innovation Senior Living, may be more affordable than they think.

In senior living, there is no more mortgage payments, utility bills, property taxes, home repairs, grocery bills. There are also several resources available to older adults to help cover the cost of senior living.

These resources include Long Term Care Medicaid and Veterans Adi & Attendance. Please call our community for more information.

LAKE WALES SENIOR LIVING OPTIONS

The Club at Lake Wales, senior assisted living community is full of vibrant activity while offering a warm and comfortable feel throughout. The Club at Lake Wales is home to a wide range of people including independent residents who appreciate the security a community brings, residents who need physical assistance, residents who may need a little support and those living with dementias. The community represents a true Central Florida retirement lifestyle with comfort throughout.

Whether relaxing in the quaint lobby or one of several comfortable living rooms, mingling with new residents at an ice-cream social, or joining a live entertainment performance, The Club at Lake Wales offers an abundance of opportunities for maintenance free living, meaningful engagement and value.

Assisted Living

Assisted living at The Club at Lake Wales is individualized. Residential private apartments with support and care close at hand. The Club at Lake Wales offers support and personalized lifestyle while encouraging privacy and independence.

At The Club at Lake Wales, life is resident centered.

The associates at The Club provide support based on individual resident needs.

Residents are able to remain as independent as possible with the peace of mind that support is steps away if needed. Residents in our

assisted living community have all the benefits of a full support staff, chef, activities program, housekeeping, maintenance along with personal care services for assistance with daily activities.

Short Term Respite Care in Lake Wales, FL
The Club at Lake Wales Respite Program provides temporary and short term residential opportunities. Relax in a fully furnished senior living suite as our team assists you with whatever you need!

Respite is ideal for those who need transitional assistance after an illness, surgery, or a hospital stay and are not quite ready to go home alone. A Respite Stay also allows primary caregivers to take a break by going on a vacation or just taking a few days to relax while knowing your loved one is being well cared for. Respite stays may be as short as a few days, or as long as a few months. We find that many respite residents enjoy the experience so much, they either move-in becoming permanent residents or they return again and again!



Adult Day Programming
The Club is glad to offer Adult Day Care for Lake Wales' Seniors. Day Programming is perfect for seniors who need a little socialization during the day! Generally available 5 days a week, The Club at Lake Wales Adult Day Care Programs are a great alternative to staying at home!

Community Benefits
The Club at Lake Wales offers worry free living to all residents, their families and our guests. Residents enjoy the benefits of a chef,



housekeeper, concierge, chauffeur, maintenance team as well as a vibrant social calendar.

The Club at Lake Wales is home to Resident Programming Department that tailors their programming to the personalities that live at The Club. From arranging small poker nights to throwing the Annual BBQ, the programming team makes residents feel right at home – and keep residents engaged and excited about what's next.

COMMUNITY AMENITIES

- Recreation Room
- Meal Service
- Media Room
- Housekeeping
- Library
- Group Exercise
- Availability 24 Hours
- Courtyard
- High Speed Internet

APARTMENT AMENITIES

- Private Senior Apartments
- Renovated Apartments
- Private AC
- Private Bathrooms
- Full Kitchenette
- Handicap Accessible
- Pets – allowed

**\$500 off
Community Fee**

BARBARA BERRY
Senior Director
of Lake Wales & Haines City

TILLIE BRICKNER
Marketing Relations Director
of Lake Wales & Haines City



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FL 33844, 301 Peninsular Dr.
T.: (863) 588-0345
Assisted Living License 9382

www.Innovationsl.com



Happy New Hair!

OUT WITH THE BALD, IN WITH THE NEW

by Alan J. Bauman, MD, ABHRS



Below are some (but not all) of the exceptional products and services Bauman Medical offers that address just about any hair goal you might have, with something for every budget.

HOME USE

Low-Level Laser Light Caps

A popular option for people with thinning hair are our low-level laser light caps (we have five models). Bauman's LaserCaps™ are drug-free, chemical-free, non-invasive, FDA-cleared, and can be used at home on your schedule. Proper and consistent use of medical-grade low-level laser light therapy has been scientifically proven to improve hair quality, strength, and thickness, as well as promoting hair regrowth.

Our newest and most high-tech LaserCap, the TURBO LaserCap™, is especially popular. Here's why:

- Usage requires just five minutes per day.
- Its 300 high-quality laser diodes deliver more energy and power to 25% more area of the scalp than any other portable hands-free laser hair regrowth device on the market.
- It's easy to travel with. Its flexible spine lets you fold it flat.
- It has a long battery life, requiring fewer recharges.
- It's adjustable for a perfect fit for you and someone else you'd like to share it with.
- It has a lifetime warranty.

IN-OFFICE PROCEDURES

Some situations require in-person visits to get your hair follicles in tip-top shape. (It's not unusual for patients to fly in from long distances specifically to see us). Below are some of our most popular procedures.

PRP (Platelet-Rich Plasma)

PRP is comfortable and takes only about an hour. It requires no recovery or downtime.

Platelets and plasma are separated from other components of a small sample of your blood, then concentrated and painlessly applied into your scalp under local anesthesia where weak hair follicles exist. When performed using the appropriate concentration of platelets and proper application techniques, you can expect hair growth improvements that last a year or more from a single treatment.

PDOgro™

Researched and developed right here at Bauman Medical, we were the first hair restoration clinic in the U.S. to use PDO threads to enhance hair growth. PDO, or polydioxanone, is a synthetic, absorbable FDA-cleared material.

PDO threads placed into the scalp have been shown to stimulate hair regrowth. Typically performed in combination with PRP in a no-downtime "lunch-break" procedure, the threads are comfortably applied into the scalp. They dissolve and are absorbed over time. They safely stimulate collagen production, new blood vessel formation, and the release of powerful rejuvenating growth factors.

The PDOgro™ procedure may help prevent or reduce the need for future hair transplantation by stopping, slowing, or reversing hair loss.

FUE (Follicular Unit Extraction)

FUE is an advanced, minimally invasive method of harvesting DHT-resistant hair follicles directly from the sides and back of the scalp, as little as one follicle at a time without a scalpel incision or the need for sutures or staples.

FUE replaces the older invasive method of "strip" or linear harvesting known as FUT (Follicular Unit Transplantation), which leaves a telltale linear scar. FUE requires a shorter, more comfortable, and less restricted recovery than the strip-harvest FUT procedure. Skillfully and artistically performed with the help of sophisticated robotic or mechanical/manual devices, FUE hair transplantation provides a permanent, natural-looking result.

VIP|FUE™ No-Shave Long-Hair Preview

VIP|FUE™ is the most discreet hair transplant available. It has all the advantages of traditional FUE but requires

*Did you know...
More than half of the people
who make New Year's
resolutions have dropped
them by the end of January,
and almost everyone has
put them in their rearview
mirror by the end of March?*

Why is that? Well, sometimes the goals are unrealistic (lose 30 pounds by March; stop smoking cold turkey), there's no concrete plan, or there's no one partnering with them to help keep them on track.

At Bauman Medical we formulate an individualized treatment plan for every patient, promising only hair goals we know are realistic. And we encourage and support you throughout whatever type of hair restoration or hair growth solution we determine is best for you.



Before and 6 months after PDOgro™ by Dr. Alan Bauman



Before and after FUE Hair Transplant by Dr. Alan Bauman

no trimming or shaving of the donor area and therefore produces no dramatic change in your hairstyle. It's called a "preview" because it allows you to see the results of your transplant immediately after your procedure. VIP|FUE™ is a highly advanced, technical procedure that requires special skill and instrumentation, and is only available here at Bauman Medical.

TED

TED (TransEpidermal Delivery) is ideal for people who want to improve the overall thickness and appearance

of their hair but have avoided getting medical treatment because they're averse to needles or having their blood drawn. TED is needle-free, pain-free, requires no anesthesia of any kind, and is highly effective.

It involves applying a specialized topical hair growth serum on your scalp in the treatment zone. A handpiece that looks like a small massage gun is moved slowly over the scalp, emitting safe ultrasonic sound waves and air pressure for 20-25 minutes. This process gently enhances the penetration of the serum into the scalp by temporarily increasing scalp permeability and stimulating the hair follicles. TED is clinically proven to help minimize shedding and improve hair growth and scalp health within minutes.

LEARN MORE

OK. I know. It's hard to make that first contact. I feel that way sometimes when contemplating

doing something I've never done before. But I can assure you, from your first contact with us, you'll feel like you're our most important patient. Why wait another day? Let's talk to see what treatment regimen is right for you.

Call **561-220-3480** or point your camera at the QR code below to schedule your private one-on-one in-person or virtual consultation at **www.baumanmedical.com**.



Genetics and Hair Loss

- There are now over 200 known DNA locations (genes and SNPs) that contribute to genetic baldness.
- Hair loss genes can be inherited from either your mother's or father's side of the family, or a combination of the two.
- Hair loss can start as soon as puberty ends, depending on your hereditary sensitivity to DHT.
- Color quality, texture, length of growth cycles, balding patterns, the speed of balding – all of those put together will determine how quickly you see loss occur, how quickly it progresses, and how long it will occur later in life.
- Because it is a recessive gene, hair loss can skip generations, skip siblings, etc.
- Consumer DNA tests (e.g. TrichoTest™) include a prediction of whether you are likely to experience hereditary hair loss and what treatments will work best for you based on your unique DNA.

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."



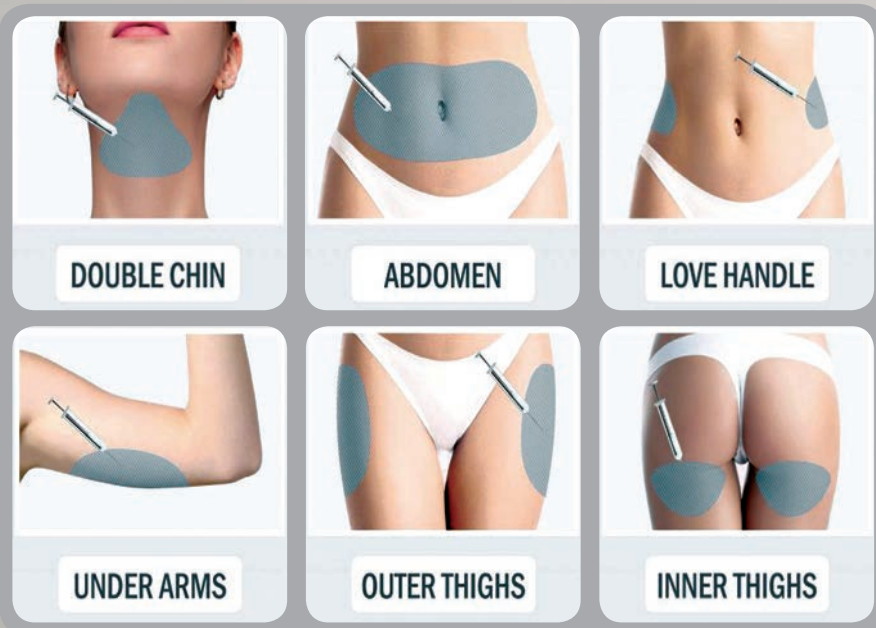
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MESO LIPO: WAGE WAR ON FAT CELLS

MESO LIPO INJECTIONS ARE KNOWN TO BE ONE OF THE QUICKEST AND MOST EFFECTIVE WAYS TO LOSE UNWANTED FAT.



Meso Lipo is a revolutionary minimally invasive procedure that reduces and reshapes specific undesired pocket of fats in your body such as in your hips, thighs, stomach, bottom, back, waist, under breasts, underarms, and above knees. It targets localized fat deposits and cellulite and is less invasive than liposuction.

Mesotherapy is used in three different ways:

- Sculpting Fat
- Cellulite Reduction
- Skin Rejuvenation

Meso Lipo involves the injection of a customized mixture of vitamins, minerals, and amino acids just millimeters under the skin into the problematic area through a series of tiny and almost painless microinjections. This blocks the cells at that area from storing fats while stimulating fat burn. The injected mixture of supplements tightens the skin, while the lipolytic agent helps break down the existing fat cells. The liquefied fat will then be flushed out naturally from your body. You can see a gradual loss of inches, tightening of skin and smoothing cellulite after a few sessions of Meso Lipo procedure.

Benefits Of Meso Lipo:

- Location-specific, targeted results
- Non-surgical fat loss solution
- Natural-looking result
- No downtime
- Permanent results
- Natural injectable FDA-approved product
- Comfortable process

Targeted treatments, no anesthesia, no incisions, and no prolonged, uncomfortable recovery time — it's easy to see why so many people are choosing Meso Lipo over liposuction. Reach out to us to learn more about Meso Lipo options to achieve your specific goals.



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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

“I put my heart into saving yours.”

**It's not just an ID badge.
It's a badge of honor.**

At Winter Haven Hospital, we give you compassionate, high-quality care in a comfortable atmosphere. Our Bostick Heart Center focuses on providing a full continuum of cardiac care to the communities of central Florida. You'll get cutting-edge heart care at our center, which can now meet the growing demand for minimally invasive procedures that include transcatheter aortic valve replacement (TAVR) and WATCHMAN™. And our state-of-the-art catheterization labs and intensive care units use the latest technologies. At Winter Haven Hospital, we make sure you'll receive the extraordinary heart care you deserve. **Learn more:** WinterHavenHeart.org

