

CENTRAL FLORIDA'S

# Health & Wellness<sup>®</sup>

MAGAZINE

May 2023

Polk/Brandon Edition - Monthly

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**FREE**



**WINTER HAVEN  
WOMEN'S HOSPITAL NURSE  
SHARES LESSONS FROM  
A 42-YEAR CAREER**

**UNSIGHTLY VEINS CAN INDICATE  
DEEPER PROBLEMS**

**RADIOFREQUENCY ABLATION  
FOR PAIN MANAGEMENT**

**INNOVATION SENIOR LIVING –  
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## CONTACT US

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

OWNER / ACCOUNT EXECUTIVE  
**Bryan Berryman**  
bryan@sflhealthandwellness.com

  
**BERRYMAN**  
Marketing Group LLC

GRAPHIC DESIGNER  
**Sonny Gensing**  
sonny@gwhizmarketing.com

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# Winter Haven Women's Hospital Nurse Shares Lessons from a 42-Year Career

**M**ay brings the annual International Nurses Day, a time to spotlight the contributions nurses bring to our society. At the time when shortages are affecting the health care industry, BayCare Health System is taking steps to recruit new nurses. These nurses in training will learn about providing extraordinary care from some of the best in the region.

Joyce Brown, a nurse on the Mother/Baby unit at Winter Haven Women's Hospital, is one of those nurses. She started her nursing career 42 years ago and looks forward to ending a stellar career this year.

"I can't remember when I did not want to be a nurse," Joyce remembered. "I was playing nurse with my parents and brothers as a little girl. When I graduated from high school I didn't even think about other options just how fast could I get into nursing school."

Joyce's personal experience as a mother plays a large role as she relates to patients at Winter Haven Women's, especially those dealing with a difficult diagnosis for their newborns.



"I have a very special connection with parents who have a child born with disability of any kind because I live that life myself," she shared. "I have some written materials I share with them and I try to visit and encourage them at this difficult time in their lives as they adjust to their new normal. Being able to see and talk to someone who has been there and understands can be so comforting. I have had several families contact me after years have passed and shared that my interaction with them helped them in a big way."

She has some advice for the incoming nurses she works with as well.



"My advice would be to really search your heart and know why you want to be a nurse. If it is for the money, then it is not for you. It is challenging and can break your heart some days. You must be in it for the caring and for the patients. Also I would advise new nurses to start their career by working on a basic medical surgical floor for at least a couple of years. This was the norm for me when I started and I think it makes a better nurse."

Nicci Lambert, Director of Patient Services at WHWH, has known Joyce for many years.

"Joyce is a nurse's nurse. She is confident, calm in a crisis, knowledgeable, and compassionate. I am grateful that I have been able to work with Joyce for many of her 42 years here," Nicci said. "She has touched many lives during her tenure at Winter Haven Hospital and Winter Haven Women's Hospital. This year she will retire and it will be a loss not only to the hospital but also to her team and our patients."

As she closes this chapter, though, Joyce has no doubt that she landed in the perfect career for her.

"It has always been easy to motivate myself when my job gets difficult by focusing on the patient and realizing that what kind of day they are having depends on me. They are depending on me to help them get better. This is why nursing has been the perfect career for me. I was taught as a child to think of others and to be caring. Focusing on others will always make your own troubles fade to the background to some degree."

 **Winter Haven  
Women's Hospital**  
BayCare Health System

[WinterHavenWomensHospital.org](http://WinterHavenWomensHospital.org)

# Don't Give Up!

Brent Myers

**O**K. 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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# UNSIGHTLY VEINS CAN INDICATE DEEPER PROBLEMS

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



**M**any women and men 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.

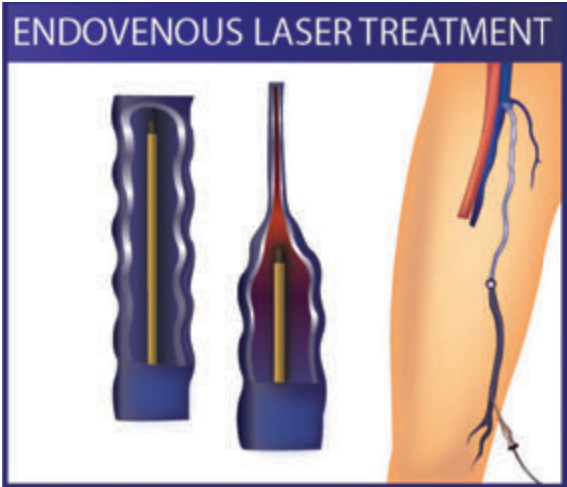
Fortunately, with today's technology, these issues can be dealt with in a very minimally invasive way with very little discomfort. Patients can return back to normal activities very quickly. At Vascular Vein Centers we use Endovenous Laser Treatment, which employs the thermal closing of diseased veins. 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 my 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 stich 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.

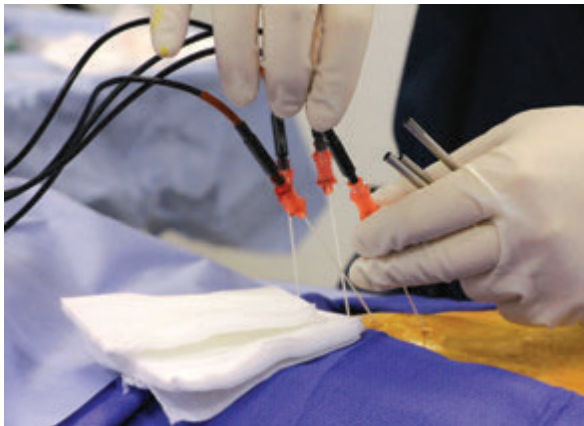
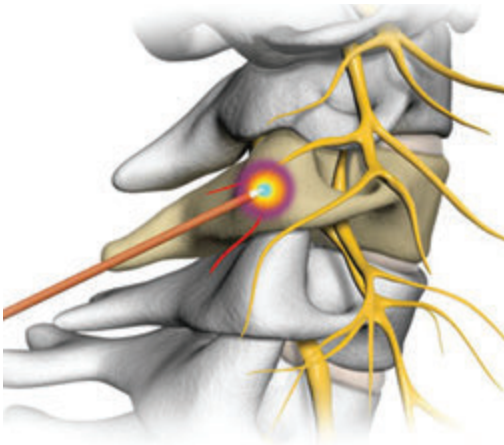
Excel Pain and Spine will provide you with specific post-procedure instructions, and these usually include avoiding driving for 24 hours as well as resting and avoiding strenuous activity for 24 hours.



### 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  
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**Corey Reeves, M.D., M.B.A.**  
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Board Certified - Physical Medicine  
& Rehabilitation

**Neal Shah, M.D.**  
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### LOCATIONS

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



**T**he 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

**W**hen 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.

## COMMUNITY OPTIONS

Both the Club at Haines City and The Club at Lake Wales, senior assisted living communities are full of vibrant activity while offering a warm and comfortable feel throughout. The Club 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 is individualized. Residential private apartments with support and care close at hand. The Club at Lake Wales and Haines City offers support and personalized lifestyle while encouraging privacy and independence.

## 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





**\$500 off**  
**Community Fee**

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

The Club's 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 Services

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

#### Community Benefits

The goal is 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 and Haines City 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.

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# From Tears to Terrific Innovative Hair Restoration Tools that Transform Women's Hair Loss

by Alan J. Bauman, MD, ABHRS

**W**omen's hair has long been the subject of numerous poems written by lovesick admirers who've, well, waxed poetic about the beauty of a woman's hair. Let's face it. Nothing conveys good health more than thick, shiny tresses.



Women's hair has long been the subject of numerous poems written by lovesick admirers who've, well, waxed poetic about the beauty of a woman's hair. Let's face it. Nothing conveys good health more than thick, shiny tresses.

To commemorate National Women's Health Month in May, I asked the artificial intelligence ChatGPT robot to write a poem about a woman who comes to see me because she's concerned about hair loss. Here's what it created:

She looked in the mirror with tears in her eyes.  
Her once luscious locks were thinning in size.  
Gloom filled her heart, and she felt much despair.  
The hair she so cherished was no longer there.

She searched for solutions and finally found,  
The good Dr. Bauman, who turned it around.  
He knew what to do and just what she needed.  
In no time at all, he'd superbly succeeded.

Slowly but surely, her hair grew and shone.  
Her follicles sprouting as fast as a clone.  
Now, she stands in the mirror, her heart full of glee.  
Her hair full and vibrant, as it once used to be.

OK, it's a far cry from the words of Lord Byron extolling the loveliness of a woman's hair in his poem *She Walks in Beauty*, published in 1815. However, it was a fun way to share what I hope is the experience of every woman I see when *She Walks in Our Doors* seeking a solution for her hair loss.

**It's not uncommon for women to experience hair loss.** Did you know that between 40-50 million American women have it, but it's often less obvious than it is to men. Most women have lost at least 50 percent of their hair before they realize it!

**Factors contributing to hair loss** include stress, hormones, heredity, certain medications, nutritional issues, and age.

**Women will consult with their hairdressers** about their hair loss, but there's not much most hairdressers can do but adjust the style or recommend products to help their hair look thicker.

What many women don't realize (and sometimes their hairdressers don't either) is that there's a **multitude of truly astonishing options** today to help women **restore** the hair they once had.

And Bauman Medical has them all.

In fact, **Bauman Medical is at the forefront** of the latest in hair restoration technology and medicine. And just as important to know...

...Hair restoration isn't a sideline for us. It's all we do.

Below is a mere fraction of the vast banquet of services we offer, ranging from products to procedures to services. Once we've had a consultation with you, we can help you choose the specific route that we know will give you the best results possible.

## HOME USE

### 82M Minoxidil

Our proprietary Formula 82M prescription minoxidil is designed for hair loss patients who experienced scalp and hair side effects from over-the-counter products or want a more powerful topical hair growth treatment they can use at home. If you've tried over-the-counter minoxidil 2% or 5% solutions, foam, a generic-brand (e.g., Kirkland) or Rogaine and found them greasy or goopy, try 82M!.

### Low-Level Laser Light Therapy

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 Bauman 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.





Before and 12 months after starting Low-Level Laser Light Therapy

**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.*

**IN-OFFICE SERVICES**

**Scientific Scalp Makeover\*** (AKA: Hair Grows While You Doze treatment)  
The Scientific Scalp Makeover is a patient favorite – an ultimate pampering experience with a bonus for your hair and scalp.

I created our SalonB Trichology Lab to help patients maximize their scalp health and to offer them a relaxing spa experience aimed at reducing stress. It’s so relaxing, in fact, that many people fall asleep!

SalonB is equipped with low lighting and soft music, just like a regular spa. It’s your chance to relax, rewind, get pampered, get treated and indulge yourself. It consists of a 90-minute-to-three-hour session during



Before and 12 months after PRP by Dr. Alan Bauman)

which you’re 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
- Hydrodermabrasion/Exfoliation Treatment
- A customized conditioner or hair mask

While the makeover is particularly geared toward helping reverse hair loss in people with stress-related conditions, many people without scalp issues come regularly to enjoy some self-indulgence and shut out the rest of the world for a while.

\*(One of many too numerous to list here).

**Learn more**

OK. I know. It’s hard to make that first contact, but keep in mind, we understand the special concerns of women. In fact, 90 percent of my staff is comprised of remarkable women who enjoy being part of our mission to help other women look their best.

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 or visit us at **www.baumanmedical.com**.



If you know a woman who would love to benefit from our services, consider giving her a Bauman gift certificate. It can be applied to any product or service, in-person, remotely, or for purchases in our eStore.

Here are a few ways of the many ways your e-gift card recipient might want to use it (in addition to what you read about above):

**Consultations** with me or Trina Arce, our nurse practitioner

**Hair transplantation**

**Trichotest™** (identifies the exact hair loss treatments that will perform best for you based on your genetics)

**High-density Platelet Rich Plasma (PRP)** “Vampire” hair regrowth therapy

**Compounded Formula 82F Topical Finasteride + Minoxidil** (designed to reduce the risk of side effects from oral finasteride/Propecia)

**TED** (TransEpidermal Delivery) Non-invasive technology that uses ultrasonic sound waves and air pressure to enhance the penetration of a specialized topical hair growth serum into the scalp

**Laser hair removal**

**Non-surgical 3D-printed hair systems or cranial prostheses**

**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 7th 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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**for Men and Women**

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# BEST NATURAL LIVER SUPPLEMENT FOR HEALTHY LIVER FUNCTION ON THE MARKET

**T**he liver is the largest solid internal organ of the body. It cleanses and removes toxins from our blood. The liver performs hundreds of functions in the body. Like any other part of the body, the liver also needs to be taken care of. A healthy liver means a healthy body. However, we often neglect our liver. In order to avoid liver diseases, it is necessary to maintain a healthy lifestyle. Liver supplements are not new on the market. There are many formulas available in the market that claim to improve your liver health. However, many of them neglect one or two essential ingredients. In this article, we will discuss in detail why liver care premium formula is the best natural liver supplement available on the market, what ingredients it contains, and the role of these ingredients in liver health.



## LIVER CARE: A COMPLETE SUPPLEMENT FOR YOUR LIVER

My Balance Nutrisentials' liver care premium formula contains 22 unique ingredients that have proven benefits for the liver. All the ingredients are carefully chosen and blended in a precise amount to make a powerful supplement for the liver. It detoxifies and rejuvenates the liver. Liver care also increases the production of bile and optimizes liver function. It is an all-inclusive dietary supplement that supports good liver health. A bottle of liver care contains 60 veggie capsules which means that one bottle lasts for 30 days. The dose recommendation of the liver care supplement is two capsules per day before a meal.

## WHAT IS INSIDE OUR PREMIUM FORMULA – LIVER CARE?

Our Liver care Premium formula contains a combination of 8 ingredients plus a proprietary blend of 14 distinctive ingredients.

**Zinc Oxide:** Zinc is a key element for the smooth functioning of the liver. It activates various enzymes including ornithine transcarbamylase (OTC) and glutamate dehydrogenase (GDH). The liver is responsible for zinc metabolism, which is why in conditions like chronic liver diseases, the levels of zinc decrease in the body. Zinc deficiency leads to abnormal functioning of hepatocytes and impacts immunity responses in inflammatory liver diseases. Many studies have found that liver supplements are necessary to improve the function of the liver and for an overall healthy liver. In liver care premium formula, one capsule contains 30mg of zinc as zinc oxide. Each capsule will ensure that your body gets enough zinc.

**Milk Thistle:** Milk thistle has been used for thousands of years in herbal remedies. It is one of the main ingredients in herbal supplements for the liver. Silymarin is the active ingredient responsible for antioxidant and anti-inflammatory properties. There are numerous benefits of this flowering herb. Milk thistle is commonly used for liver,

gallbladder, and even for the treatment of cancer. As it is evidenced by the studies that milk thistle has protective effects on the liver and thus reduces liver damage and inflammation. Some studies have also claimed that it is helpful in the treatment of liver cirrhosis and chronic hepatitis. We have added a precise amount of milk thistle to our premium formula which is 200 mg per serving.

**Beet Root:** Another crucial ingredient of liver care premium formula which preserves your healthy liver function. Beetroot is a great source of antioxidants and nitrates. It is beneficial for all detoxification organs including, the liver, kidney, and digestive system. It cleanses your blood and improves the flow of oxygen. Naturally, beetroot is rich in vitamin C and contains lots of fibers that keep your digestive system healthy. As beetroot reduces oxidative damage and liver inflammation, our premium formula contains 50 mg of beetroot per capsule. It also increases detoxifying enzymes in your body.

**Artichoke Extract:** Artichoke or Cynara Cardunculus has been used as a medicine to ease symptoms of nausea, vomiting, spasm, etc. It protects the liver and lowers cholesterol levels. It contains cynarin and other compounds which have positive effects on the liver. Artichoke extract promotes the growth of new tissue and protects your liver from damage. Some studies have shown that it increases the production of bile and helps in the removal of harmful toxins from the body. Artichoke extract is also used for high blood pressure, hepatitis C, lowers blood sugar, and irritable bowel syndrome. My Balance Nutrisentials' liver support also contains artichoke extract. Each capsule provides 50 mg of artichoke extract.

**Dandelion:** These weeds have been commonly used in herbal medicine for centuries. Dandelion is a liver tonic as it detoxifies your liver. Dandelion contains polysaccharides which help in reducing liver stress. It promotes the flow of bile and helps your liver to filter harmful toxins. A study suggested that it benefits in relieving symptoms

of liver disease and improves liver function. In our liver care premium formula, each capsule contains 50 mg of dandelion. It also helps to relieve skin and eye conditions. Dandelion has antifibrotic effects which reduce inflammatory cell activation and free radicals in the body.

**Chicory Root:** Chicory root has a long history of being used to treat different ailments. Ancient Romans and Egyptians used chicory root as a purifier for blood and liver. It is also used to enhance the richness of the coffee as well as a replacement for coffee. We choose chicory root in our liver care formula because of its high level of beta carotene, antioxidants, and its ability to detoxify the liver and gallbladder. Liver care premium formula contains pure and organic chicory root.

**Yarrow:** Achillea millefolium commonly known as Yarrow has many potential health benefits. Yarrow has been used for skin and liver inflammation. In conditions like non-alcoholic fatty liver disease, it reduces the severity of the disease. Yarrow is also a useful herb for your skin in addition to skin inflammation it is also believed to increase skin moisture naturally. Yarrow contains a number of flavonoids and alkaloids which help to relieve the issues of the digestive system. In short, Yarrow is a complete supplement for your body and that is why we have added it to our liver care premium formula. Each serving contains 50 mg of natural Yarrow.

**Jujube seed:** Jujube fruit has been used in traditional medicine for almost thousands of years. Minerals and vitamins are abundant in it. Jujube seed has antioxidant properties, it contains compounds like polysaccharides, flavonoids, and others. Free radicals are the main cause behind many diseases such as diabetes, and heart and liver diseases. Studies have found that jujube seed has extraordinary antioxidant properties that make it perfect to protect your liver from damage. Each capsule of Liver care premium formula contains 50 mg of jujube seed which makes this formula a perfect supplement for the liver.



## PROPRIETARY BLEND: A PERFECT BLEND OF INGREDIENTS FOR A HEALTHY LIVER

A proprietary blend is a collection of different ingredients blended together for specific purposes in dietary supplements. My Balance Nutrisentials' liver care has a unique blend of 14 ingredients that improves your liver function and thus makes it healthy. Here is the list of ingredients that our liver care' proprietary blend contains plus their role in making your liver healthier.

**Celery seed:** You may not have heard of celery seeds before, but they are as beneficial as the celery stalks. They have been a part of ayurvedic Indian medicine for centuries used to treat flu, cold, and much more. They are small in size and brown. The elements found in the seeds help excrete uric acid much more effectively by enabling the renal system. They also help in lowering blood pressure, cholesterol, and any kind of liver damage. Celery seeds are rich in restoration and regenerative properties.

**Alfalfa:** Alfalfa is also known as lucerne and is an important forage crop. Alfalfa can prevent the leaking of liver enzymes by reforming the membranes of liver cells. The reason for using this crop in our proprietary blend is to make sure that the liver enzymes are protected, and liver cells are healthy. Some studies show that alfalfa can even clear kidney stones. Even though there is not much evidence that alfalfa clears kidney stones, there is still enough information that shows how beneficial it is for our kidneys and liver.

**Burdock root:** Traditionally burdock root has been used as a diuretic and a digestive aid. Several studies have found burdock root has excellent antioxidant properties. It has also been used for detoxifying the body and liver for centuries. It is said that it can even reverse the damage caused to the liver by excessive alcohol consumption. Burdock clears our body from germs and bacteria, preventing bladder infections and others. It acts as a blood purifier and also shows activity against certain types of cancers.

**Yellow dock:** A common weed used in salads and the medicinal world. Yellow dock or Rumex Crispus has hepatoprotective effects due to its high levels of glycosides. It works as a laxative and has anti-inflammatory properties. Yellow dock also has antioxidative properties which prevent oxidative stress caused by free radicals. We have used yellow dock in our liver care premium formula because regular consumption of this herb initiates the detoxification process and increases the production of bile. In this way, it supports the liver in the elimination of toxins and waste from the body.

**Methionine:** Methionine is an essential amino acid. Amino acids are the building block of proteins. It is found in many food items including fish, meat, and dairy products. Methionine plays numerous roles in our body. It helps in the smooth functioning of cells. It prevents liver damage, especially in acetaminophen poisoning. It restricts the breakdown product of acetaminophen to damage your liver and thus protects the liver. It is also used in the management and treatment of depression, allergies, copper poisoning, drug withdrawal, and other health issues. Because of its numerous health benefits and its protective role for the liver, our experts have incorporated methionine in liver care's proprietary blend.

**Grape seed extract:** The extract is rich in antioxidants such as flavonoids, oligomeric proanthocyanidin complexes (OPCs), and others. It is grape seed extract's antioxidant property which makes it an effective ingredient against a number of health conditions including inflammation, oxidative stress, cell damage, etc. A grape seed extract has a detoxifying effect through which it protects the liver from harmful substances like drugs, viral infections, alcohol, and other environmental pollutants. Different scientific studies have concluded that grape seed extract significantly lowered liver enzymes such as ALT and also played a beneficial role in non-alcoholic fatty liver disease.

**L Cysteine:** L-cysteine is the basic building block of glutathione which is one of the most powerful antioxidants. L-cysteine is a semi-essential amino acid and is naturally made in the human body. However, its level is depleted in many health issues which is why it is important to consume it through diets or supplements. It promotes detoxification by reducing the harmful effects of drugs and other toxic chemicals. It also boosts immunity and increases male fertility. L-cysteine is our choice of ingredient in liver care because of its amazing antioxidant properties and its role in boosting the levels of glutathione.

**Feverfew:** Feverfew has been used in various herbal remedies because of its amazing health benefits. It is used to treat fever, migraine, rheumatoid arthritis, and dermatitis. In liver care premium formula, we have chosen feverfew because of its anti-inflammatory properties. Feverfew contains high levels of parthenolide, sterols, and triterpenes. It also has anticancer, antispasmodic, as an enema for worms and other pharmacological activities.

**N-Acetyl Cysteine:** It is an antioxidant that works well in liver diseases. N-acetyl cysteine improves liver function. It shows a great role in acetaminophen-induced liver failure as well as in non-acetaminophen-induced liver failure. In a fatty liver disease where oxidative stress is the main cause, N-acetyl cysteine plays a protective role because of its antioxidative abilities. It plays an important role in the detoxification of the liver and protects the liver from environmental toxins. Most of the liver supplements available on the market do not contain this ingredient. But, in the liver care premium formula, we have added N-acetyl cysteine in a proprietary blend.

**Choline:** Choline is one of the essential nutrients for the proper functioning of your mind and body. Choline deficiency in pregnant women can cause birth defects. According to studies, choline is necessary for liver function. It protects the liver against fatty liver disease. Our body produces some amount of choline but it is necessary to consume it through diet. Choline plays a vital role in producing a neurotransmitter called acetylcholine, fat metabolism and transport, synthesizing phospholipids, and other functions in the body. Research has confirmed that choline deficiency causes fatty liver disease in dogs and cats. So, choline is quite essential for your liver as well as for an overall healthy body.

**Turmeric:** It is one of the most popular spices. Turmeric contains a key component called curcumin which is responsible for its numerous health benefits. It has anti-inflammatory properties which make it an ideal ingredient in conditions like nonalcoholic fatty liver disease. Turmeric also has antioxidant abilities. It protects your liver against

the effect of drugs. It reduces the levels of liver enzymes such as ALT and AST. In liver care, we have used turmeric in a proprietary blend. The amount of turmeric in our blend is carefully calculated so that this supplement gives you maximum benefits.

**Red raspberry:** It contains strong antioxidant properties which make this ingredient ideal for Liver care premium formula. Red raspberries also show remarkable activity against cancer. Some studies have found red raspberry a useful ingredient in hepatic cancer. It contains several active components including flavonoids, phenolic acids, and others. Two important components which show anti-tumor activity found in red raspberry are proanthocyanidins, and ellagic acid. The antioxidant effect of raspberry protects the liver from damage.

**Berberine:** Another ingredient with remarkable benefits that support liver function. Berberine has a proven effect on liver function, it promotes cholesterol excretion and thus reduces blood lipid. It also improves hepatic steatosis and regulates lipid metabolism. Many studies have confirmed the effect of berberine in liver fibrosis, renal fibrosis, and myocardial fibrosis. Berberine is indeed an essential ingredient of our proprietary blend. We have chosen this ingredient because of its numerous health benefits, especially for the liver.

**Ginger:** Ginger is the most commonly used ingredient in culinary as well as in herbal medicine. It is one of the powerful ingredients with remarkable benefits. Some studies have proved that ginger reduces bad cholesterol, inflammation, and ALT. Ginger contains two compounds namely shogaols and gingerols that actively protect against cell damage and inflammation. Ginger also protects from alcohol damage. It is quite beneficial in diseases like non-alcoholic fatty liver diseases (NAFLD). As ginger holds many benefits that is why we have added this precious ingredient to our liver care premium formula. If your liver needs some extra support, then Our liver care premium formula is a must for you. By consuming two capsules every day you might improve your overall liver health. This is a complete supplement for your liver that contains all the essential ingredients that might support your liver function.

"These **statements have not been evaluated** by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease."



myroadtowellness.com  
www.my-balance.net  
info@my-balance.net  
Office 561-906-2902  
Cell 561-307-7025



# “I put my heart into saving yours.”

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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: (863) 292-4048 or [WinterHavenHeart.org](http://WinterHavenHeart.org)



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