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Health & Wellness[®]

MAGAZINE

June 2023

Polk/Brandon Edition - Monthly

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FREE



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YOU ALWAYS HAVE TO GO**

**SKIN CHANGES IN THE LOWER LEG
ARE A SIGN OF VENOUS DISEASE**

**CHRONIC PAIN:
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HIGH QUALITY SUPPLEMENTS

What to do when you always have to go

Urinary issues are a common problem among women of all ages. It can be an embarrassing and frustrating issue to deal with, but it is important to know that you are not alone. We spoke with Dr. Kenneth Essig, a urologist with BayCare Medical Group, to better understand the urinary issues women deal with and what is normal.

What is Normal and Abnormal?

Urinary incontinence is the involuntary leakage of urine from the bladder. It is a common condition that affects millions of people worldwide, but it is more common in women than men. The severity of the condition can vary from occasional leaks to a complete loss of bladder control.

It is normal for women to experience some urinary leakage during pregnancy, after childbirth, and as they age. However, if the leakage is frequent, occurs during physical activity or disrupts your daily life, it may be considered abnormal. There are two main types of urinary incontinence; Frequency/urgency leakage is called "Overactive Bladder (OAB). Laugh/cough/sneeze leakage is called "Stress Incontinence." The treatments of these two conditions are very different. We will focus on OAB.

Facts About OAB

OAB is not a normal part of getting older. OAB is not just part of being a woman. OAB is not just an issue with the prostate. OAB is not caused by something you did. Surgery is not the only treatment for OAB. There are treatments to help people manage OAB symptoms. There are treatments to help even minor OAB symptoms.

OAB is a condition characterized by a sudden and frequent urge to urinate, often accompanied by urinary leakage. This condition can occur at any age but is more common in older adults. OAB is caused by the involuntary contraction of the bladder muscle, which causes the urge to urinate. However, in OAB, the bladder muscle contracts more frequently than necessary, leading to the frequent urge to urinate.



Treatments for Overactive Bladder

The treatment of OAB is focused on reducing the frequency and urgency of urination and improving bladder control. "The first line of defense against OAB is decreasing liquid consumption" explains Dr. Essig. "Our culture currently pushes massive volumes of water consumption that simply are not necessary for health. In fact, many adults are over hydrating their bodies and as a direct result experiencing OAB". Dr. Essig continues by explaining adults should only urinate 3-6x/day and be able to make it through the night without needing to go. He has found that often when patients curtail their liquid consumption at 2-4 glasses of water daily, they maintain healthy body hydration and symptoms of OAB can disappear. Other behavioral changes that can improve the symptoms of OAB are limiting alcohol and caffeine consumption and avoiding diuretics.

When lifestyle changes simply aren't enough, medications are highly effective in reprogramming the bladder to work more effectively and can often be discontinued after several months of use.

The next line of treatment involves a popular anti-aging treatment. Dr. Essig points out Botox isn't just for your face. Use in the bladder is highly effective in relaxing the muscles and decreasing that feeling that you have to go. The procedure only takes 5 minutes, there is no cutting and no downtime.

The newest innovation involves a tiny implant that interrupts the signal that you have to go - this has shown amazing results. This minimally invasive procedure only takes 10-15 minutes to perform and has shown remarkable effectiveness in solving these life altering symptoms.

40% of women in the United States live with OAB symptoms. Many people living with OAB don't ask for help. If you are suffering from OAB, there is no need to continue to do so in silence. There are a multitude of highly effective treatment options available. Get back to living a full healthy lifestyle without the worry of always having to go.

DR. ESSIG received his Doctor of Medicine from the University of Cincinnati, College of Medicine in Cincinnati, Ohio. He completed his internship at Jewish Hospital Medical Center in Cincinnati, Ohio and a residency in Urology at SUNY Health Sciences Center in Syracuse, New York. Dr. Essig is a Diplomate of the American Board of Urology.



Dr. Essig has contributed numerous articles for publication to journals including, the Journal of Urology and Pediatric Surgery International. His clinical interests include pediatric urology and bladder obstruction. He is a member of the American Medical Association and the Florida Medical Association.

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BayCareMedicalGroup.org



Brent Myers

You Deserve a BREAK TODAY...

I know it's ironic to quote a famous fast-food chain advertisement in a health and wellness magazine, but on this one – they got it right!

They understood one of the most overlooked principles of our health: the need for rest. (How they recommend fulfilling that need, and what many others think is where we differ...)

Most studies indicate that we operate at our best when we have sufficient rest. Our bodies were not created to be able to go without stopping and taking a break. We were designed to wear down, be refreshed, and go again. Rest is important for all areas of our lives...

PHYSICALLY. Sleep and metabolism are controlled by the same area of the brain. Sleep releases hormones that control appetite. Researchers at the University of Chicago found that dieters who were well rested lost more fat. And a 2010 study found that C-reactive protein, which is associated with heart attack risk, was higher in people who got six or fewer hours of sleep a night.

EMOTIONALLY. Sleep and stress have similar affects on your cardiovascular stress. Being well

rested can reduce stress levels and improve your overall health.

MENTALLY. Lack of sleep can make it difficult for you to concentrate and retain information. When you sleep, your brain goes through all the activities and impressions of the day which is important for memory formation.

But what's most interesting about rest, is that God knew the importance of rest long before the golden arches recommended it. God created us with the need for rest; He modeled it and even commanded it.

His Model

"By the seventh day God had finished the work he had been doing; so on the seventh day he *rested* from all his work. Then God blessed the seventh day and made it holy, because on it he *rested* from all the work of creating that he had done." (Genesis 2:2-3, NIV)

God didn't NEED rest. But he CHOSE to rest – giving us an example to follow. Think about this: if the Creator of the heavens and earth and the Sustainer of all living things was able to rest, then I think I could carve out some time to make sure I'm resting, too.

His Command

"Remember the Sabbath day by keeping it holy. 9 Six days you shall labor and do all your work, 10 but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. 11 For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy." (Exodus 20:8-11)

This, by the way, is in the Ten Commandments. Consider this: of all the possible things God could tell us to do – if you pared them down to the "top ten", most of us would start with the Ten Commandments. And one of the top ten things God tells us to do is: REST.

As God's creation, He knows us better than we know ourselves. He designed us and put us together so He knows exactly what we need. And with all that knowledge and wisdom, what does He tell us to do? Rest.

We should be working hard to make sure that we rest daily (getting a good night's sleep); rest weekly (taking at least one day off from work); and rest annually (retreating for an extended time of refreshment).



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SKIN CHANGES IN THE LOWER LEG ARE A SIGN OF VENOUS DISEASE



Skin changes – discoloration (pinkish or brownish), thickening, dryness and itching in the lower leg are usually signs of venous (vein) disease. If you have any of these in your lower legs and ankles, the specialists at Vascular Vein Centers can help with a careful evaluation and explanation of what is going on and provide the most effective, up-to-date, and minimally invasive treatments for the causes of skin changes.



WHAT DO SKIN CHANGES INDICATE?

Skin changes may be an indication that you have underlying vein disease. **Changes to look for include:**

- Dry skin
- Discoloration- pink or brownish
- Thickening, stiff, or firm skin
- Itchiness
- Prominent spider patterns especially around the ankle

Even if you don't see bulging varicose veins, you may have advanced vein disease and it's worth visiting Vascular Vein Centers if skin changes are present.

WHAT SYMPTOMS MIGHT I HAVE ALONG WITH SKIN CHANGES?

If you have vein disease, you might be experiencing increasing tiredness, fatigue, aching, and heaviness in your lower legs, along with skin changes. These symptoms are usually felt more in the mid-late afternoon and can occur long before bulging veins or skin changes are present.

As vein disease progresses, skin changes become more noticeable, and lower leg and ankle swelling (edema) increases, especially towards the end of the day. You may find your skin is extra sensitive and prone to rashes. Dry, brittle skin is more likely to crack and form a sore.

If you ignore skin changes, underlying vein disease can lead to venous ulcers. These painful, open wounds take a long time to heal and are prone to infection. If you get help for skin changes and the veins that cause them early, you can usually avoid future problems.

HOW ARE SKIN CHANGES TREATED?

Your provider will probably recommend a Doppler ultrasound for a definitive evaluation of your

venous system. The Vascular Vein Centers team uses the latest state-of-the-art GE Healthcare ultrasound equipment to view your venous system in detail. We can then discuss the best way to treat your skin changes if veins are in fact the cause.

Graduated medical-grade compression garments are the gold standard to help with symptoms of vein disease. However, if further treatment to resolve skin changes and underlying vein problems is recommended, the Vascular Vein Centers team can perform endovenous laser therapy or VenaSeal™ medical adhesive treatment. These are our primary procedures for treating the "source veins"; the origin of the problem.



Compression socks help you maintain your active lifestyle

Ultrasound guided foam sclerotherapy will be required in most cases to treat the "branch veins" (varicose veins) coming off the "source veins". The Vascular Vein Centers team uses the latest in FDA approved advanced treatments such as Varithena® foam sclerotherapy and VenaSeal™ medical adhesive to treat the remaining problem veins. Each has its specific indication and most insurance carriers cover the procedures.

If you have noticed skin changes in your lower legs, call Vascular Vein Centers today or book an appointment online.



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CHRONIC PAIN: WHAT YOU SHOULD KNOW ABOUT YOUR TREATMENT OPTIONS



CHRONIC PAIN CAN LEAD TO DEPRESSION, ADDICTIONS, ANXIETY, STRESS, ISOLATION, AND EVEN SUICIDE. OVER 116 MILLION PEOPLE SUFFER FROM VARIOUS TYPES OF CHRONIC PAIN DISORDERS RANGING FROM FIBROMYALGIA, OSTEOARTHRITIS, NEUROPATHY, BACK, HIP AND NECK PAIN, JUST TO NAME A FEW. WHETHER TRAUMA OR DEGENERATIVE DISEASES HAVE CAUSED YOUR PAIN, THE CONSENSUS IS USUALLY THE SAME; PEOPLE WANT THEIR PAIN TO GO AWAY. BUT HOW DO YOU KNOW THAT THE OPTIONS YOU'VE BEEN GIVEN ARE RIGHT FOR YOU?

An effective pain doctor uses all available treatments in a combined or multimodal approach. This means combining holistic treatments, medical therapies, physical therapy, and procedures to reach the desired goals and results of the patient.

Our providers at **Excel Pain and Spine** pride themselves on being trained and experts in the field of interventional pain. Interventional pain is the use of procedures to reduce pain and reduce the need for opioid medications.

Our clinic, **Excel Pain and Spine**, was founded with one principle in mind – to provide the best possible care to patients above all else.

We do this by providing access to the latest treatments (traditionally only available at large medical institutions) and delivering them in our local community as part of individualized treatment plans crafted with the patient’s best interest in mind.

Excel Pain and Spine has four double boarded pain physicians to treat your specific needs and to custom tailor a plan that’s right for you.

MORE OPTIONS THAN JUST OPIOIDS

A myth is that pain management doctors only prescribe opioids. Providers can try many other well-studied medications for pain, including membrane stabilizers, antidepressants, anti-Inflammatories, and muscle relaxers.

Opioid medications have multiple risks and side effects, including constipation, sleep disorders, osteoporosis, sexual dysfunction, and accidental overdose. A pain management physician judiciously uses these medications only when appropriate and carries out the proper management and monitoring to ensure safe use.

Interventional therapies prescribed by pain management doctors include spinal and joint injections, nerve blocks and ablations, regenerative medicine injections, minimally invasive spinal implants, and nerve stimulators to block pain signals.

Pain management doctors aid with the coordination of care and referrals with other treating specialties, including physical therapists, chiropractors, surgeons, and primary care providers. Many patients who can gain relief from a pain management doctor have had surgery and continue to have pain, or patients who cannot have surgery and must find other avenues for relief.

The practice of pain management has evolved over the last 20 years. Board-certified pain management doctors are equipped to manage the full scope of new and old injuries or syndromes causing pain. These doctors have the unique ability to combine a vast array of treatments and therapies with to improve a patient’s quality of life. Any patient suffering from pain and not getting the relief they need should consider evaluation with a pain management doctor.

MAKE YOUR JOURNEY LESS STRESSFUL

As physicians who are genuinely interested in providing positive patient outcomes, we recognize that the road to pain relief is a journey. In addition to providing customized, personalized treatment plans, we strive to deliver positive friction-free experiences at every touchpoint to make the journey as stress-free as possible.

This is particularly vital when patients suffer from a work-related or personal injury, and time is of the essence. Our team prides itself on its ability to seamlessly coordinate care plans with personal injury or worker’s compensation advocates to best serve our patients.

HELPING YOU NAVIGATE WORK RELATED ACUTE TRAUMA

The delivery of healthcare services is fragmented and complex, and one can quickly become exhausted trying to navigate that landscape.

We remove much of this burden for our patients by providing expedited appointments to provide high-quality care with the lowest possible costs. We will take care of coordinating care with referring physicians, diagnostic studies, and your insurance company.

When necessary, we will work closely with worker’s compensation case managers, adjusters, and law firms to develop a coordinated care plan.

EXPERIENCE AND TRAINING YOU CAN TRUST

Excel Pain and Spine is a privately-run practice owned and operated solely by physicians that have trained, taught, and researched at the top pain medicine institutions in the country.

Our physicians are regarded experts in the pain management field and remain involved with teaching new and advanced treatments to practicing physicians, residents, medical students, and fellows across the county.

- Double Board-Certified
- Pain Medicine Experts
- Physical Medicine & Rehabilitation Experts
- Assistant Professor at University of South Florida and Central Florida
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- Over 30,000 Procedures Performed

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 Spine & Pain Institute of Florida today.



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Innovation Senior Living – 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.

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



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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Amusing Father's Day Card Messages Aside, Hair Loss Isn't Funny

by Alan J. Bauman, MD, ABHRS

I was looking at some Father's Day cards the other day in a gift shop when I found myself intrigued by several humorous (corny, really) ones that playfully addressed the topic of hair loss.

Here were a few of the messages (I snapped pictures of them, so I'd get this right):

Dad, remember that you're not losing hair; you're just gaining a bigger forehead.

Dad, you might be losing your hair, but you're acquiring a great hat collection!

Happy Father's Day, Dad! Remember, you may be losing hair on your head, but you're gaining it in your nose and your ears...and on your back.*

I can assure you, I've never seen a Mother's Day card joking about a mom losing her hair. That's because it's culturally more acceptable for a man to have thinning hair, and because men are experts at using self-deprecating humor to cover up how they really feel. I know this because men make cracks all the time about going bald when I'm doing a consultation with them. But they also often confide in me how much it bothers them.

So, let's get real for a moment here.

If you're a man losing your hair, it's probably concerning you more than you care to admit. Am I right?

It's not unusual for my male patients to confess that their hair loss makes them feel embarrassed and self-conscious, that they worry (a lot) about how their appearance might be affecting their professional life and, especially, their love life.

Most male pattern hair loss (androgenic alopecia) is believed to be due to a combination of genetics and hormones called androgens that play a role in male traits. The biggest androgen culprit is DHT (dihydrotestosterone), a by-product of testosterone production.

In men with certain genetics, DHT causes hair follicles to progressively shrink and produce weaker, thinner, and shorter hair over time in a predictable pattern. The pattern starts as a receding hairline and thinning in the crown and can result in the loss of all hair up top, sparing the sides and back of the scalp.



This doesn't mean that a man with male pattern hair loss has more testosterone than those without hair loss (sorry guys). He's just inherited a sensitivity to DHT, causing his follicles to miniaturize in the typical pattern.

While you can't undo the genetics causing your hair loss, we offer several powerful ways to encourage your hair to grow back, to thicken, or to stop or slow down hair loss. Here are a few of our most popular ones:

TED (TransEpidermal Delivery)

TED is ideal for people averse to surgery or having their blood drawn. It's *needle-free, pain-free, requires no anesthesia of any kind*, and is highly effective, especially for people with early androgenic alopecia.

It involves massaging a specialized topical hair growth serum into your scalp, assisted by ultrasonic sound waves and air pressure. The process gently enhances the penetration of the serum into the scalp by temporarily increasing scalp permeability. At the same time, increased blood flow optimizes scalp health and stimulates hair follicles to produce thicker, stronger, healthier hair. This FDA-cleared Class 1 medical device is clinically proven to quickly start minimizing shedding and improve hair growth and scalp health.

Low-Level LaserCaps

Bauman's low-level LaserCaps – we offer five of them – are drug-free, chemical-free, non-invasive, FDA-cleared, and scientifically proven to improve the appearance of hair quality, strength, and thickness of thinning hair and to stimulate measurable and visible hair growth.

Our newest and most high-tech LaserCap, the TURBO LaserCap™ is especially popular because using it takes just five minutes per day.

PDOgro™

Bauman Medical was 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. Used for decades in surgery, and more recently in aesthetic procedures to reverse the appearance of skin aging, PDO threads placed into the scalp stimulate hair regrowth. This procedure is typically performed in combination with PRP. Hidden under the skin, the threads dissolve and are absorbed over time, stimulating collagen production, new blood vessel formation, and a release of powerful rejuvenating growth factors.



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



Before and After 3 TED Treatments by Dr. Alan Bauman

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

PRP (Platelet Rich Plasma)

PRP is a comfortable in-office procedure requiring no recovery, downtime, or significant risk. Derived from a small sample of your blood, platelets and plasma are separated from other components of the blood, concentrated, then applied into the scalp under local anesthesia to invigorate weak hair follicles. With

our methods, which use 10-12 Billion platelets per treatment, you can expect hair growth improvements from a single treatment to last a year or more.

VIP|FUE™ hair transplant procedure

VIP|FUE™ offers patients all the advantages of traditional minimally invasive FUE (follicular unit extraction) – no linear scar and a quicker, more comfortable recovery. (FUE involves extracting individual hair follicles from a donor area and transplanting them to the balding area.)

However, VIP|FUE™ is the only transplant procedure that doesn't require the donor area to be trimmed or shaved. Hair left in the donor area remains the same length through the procedure and recovery. It's the ultimate in discretion because your hairstyle does not change through the process.

*And....ah, hem...about that back hair...

Bauman Medical does **hair removal** too! Ask us about Clarity, our state-of-the-art laser hair removal tool. It's so good you may come back some day, but not for your back.

Learn more

I realize it's impossible to know from reading everything above which option is best for you. The best way to find out is to schedule your private one-on-one in-person or virtual consultation. So take a minute to call us at **561-220-3480**, point your camera at the QR code below, or visit us at **www.BaumanMedical.com**.



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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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. HairDX and 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.

BEST NATURAL LIVER SUPPLEMENT FOR HEALTHY LIVER FUNCTION ON THE MARKET

The 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."



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