

CENTRAL FLORIDA'S

# Health & Wellness<sup>®</sup>

MAGAZINE

August 2023

Polk/Brandon Edition - Monthly

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RESIDENCY PROGRAM  
GRADUATES INAUGURAL CLASS**

**UNSIGHTLY VEINS  
CAN INDICATE  
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**CHRONIC PAIN:  
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By: Chris Rowe,  
CEO, and Founder  
of True Market Insiders

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# Winter Haven Hospital Residency Program Graduates Inaugural Class

**G**raduation season is often a time of reflection and joy about what has been accomplished, and of hope and excitement about the future. The newly minted family medicine physicians and the program faculty of The Florida State University College of Medicine Family Medicine Residency at BayCare Health System in Winter Haven were all awash in those feelings during their graduation on June 17, held at the historic Ritz Theater.

The graduates – the first set of resident physicians to graduate from the program – have spent the last three years learning about what it means to provide extraordinary care to the community. That’s meant rotating in various units, odd shifts and building connections with each other and in Polk County. The residents – Dr. Marvin Dieujuste, Dr. Brian Greene, Dr. Dianna Pham, Dr. Trevor Owens and Dr. Ravi Patel – did this all with the added challenge of an unfolding global pandemic.

Before they graduated, the program’s founding director Dr. Nathan Falk, noted these residents had been a part of more than 300 births and participated in thousands of clinic visits.

“After meeting the faculty here, I was excited to be a part of starting this program,” said Dr. Greene, one of the graduates. “To be standing here now, it means a lot.”

The program – the first of its kind in Polk County – started as a way to address a severe family physician shortage in Polk County. The national average of 90 primary care doctors per 100,000 people is still low, but in Polk, it’s estimated to be about 50 per 100,000. The goal was to build a residency program and have at least half the class remain in the region to practice. One hundred percent of Saturday’s graduating class will practice in

Central Florida, and four of the five will remain in Polk County.

Although his colleagues all hail originally from Florida, Dr. Greene moved to Winter Haven from Reno, Nev. to join the residency program back in 2020. He is remaining in the area to help open a clinic with Central Florida Health Care in Frostproof. “My family and I fell in love with this community when we got here and it has everything that we want,” said Dr. Greene. You just sort of bloom where you are planted. I’ve been part of the Rotary Club for many years and was able to continue my involvement here.” Saturday’s ceremony at the Ritz Theatre in Winter Haven was a celebration of the journey for the graduates and their families, along with the residents. Among those addressing the graduates were Tom Garthwaite, WHH President; Karen Navarra, BayCare’s Director of the Graduate Medical Education program and Alma Littles, the interim Dean of the FSU College of Medicine. Dr. Falk was the keynote speaker and encouraged the new family medicine doctors to ensure that as they go forth into their new careers, that they remember to be mindful of the spiritual, social and physical aspects of their lives to help build a stable base for their careers. “Be engaged with your patients,” he told the class. “Give them the best you can, because they deserve it.”

Dr. Falk reflected and acknowledged the road traveled to get to this moment. “When we started this program in 2018, it was just me in an office at Winter Haven Hospital,” he recalled. “Now we have six



Residency program faculty member Dr. Ashley Wilk; Dr. Trevor Owens; Dr. Ravi Patel; Dr. Dianna Pham; Dr. Marvin Dieujuste; Dr. Brian Greene and founding director of the residency program Dr. Nathan Falk.



Dr. Ravi Patel captures his fellow graduates, residency program residents and program faculty in a selfie.

faculty members, a pharmacist, a psychology program and 19 residents. So it’s nice to make it to this moment and know we have much more success ahead, for the program, our residents and our community.”

The mission to increase the number of family doctors in the area will continue – next year, a class of six residents are expected to graduate and next month, eight new residents will arrive to start their three-year commitment to the program.



Dr. Nathan Falk addresses the audience during the residency program’s inaugural graduation on June 17.



**F**our years ago this very month I found myself in what was seemingly a perpetual series of events that turned our world upside down. It was one of the most difficult times of my life. In a very short span of a couple of weeks I found myself having been betrayed by people I love very much, criticized, and even cast out. My family experienced the loss of a loved one. And I was without a ministry home – in between jobs.

I needed a breakthrough. I needed the clouds to separate just for a moment so I could make it through the rainstorm of life. I was on the edge of chaos in my life and I needed to keep moving forward. I was faced with a choice: would I give up and stop pursuing God? Or would I press on? Truthfully... I wasn't so sure.

But I knew I had a choice.

Looking back I've learned that there are four things we can do when needing a breakthrough.

## **1. DON'T HAVE ALL THE ANSWERS.**

It's OK to not know why... to not know how... to not know when... God desires for our hearts to be open and honest – to realize that we may never have all the answers. Jesus said, "blessed are the poor in spirit, for theirs is the kingdom of heaven." (Matthew 5:3) God can much better fill an empty vessel.

**2. LISTEN.** Once we get to a place where we admit we don't know it all, then we go looking and listening to the One Who does. "For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart." (Hebrews 4:12). The Bible is God's resource for daily living. It can cut through all the garbage and give us the direction we need.

**3. WRITE IT DOWN.** When we listen and take heed to what God is saying, I recommend writing it down because I can almost guarantee that at some point, you're going to question whether or not that really happened. Keep a journal of the times you choose to break through. If the Creator of the universe is willing to speak, I should be willing to take notes.

**4. DO IT.** Now the hard part: move on. Whatever you choose to break through, then now get to it. Sitting around waiting for circumstances to be perfect will result in never doing anything because they'll never be perfect. Get to it!

# BREAKING THROUGH



These are the steps that worked for me to experience the breakthrough I longed for during that unbelievable tough time two years ago. I'm grateful today because I can now see the good and the "better" that God had for us on the other side of the tough times.

No matter what you're going through remember this: "And we know that for those who love God all things work together for good, for those who are called according to his purpose... For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord." (Romans 8:28, 38-39)

Brent Myers



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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.

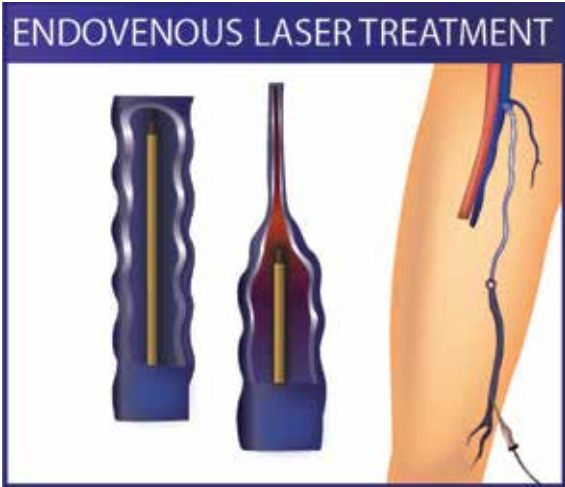
Fortunately, with today’s technology, these issues can be dealt with in a very minimally invasive way with very little discomfort. Patients can return back to normal activities very quickly. At Vascular Vein Centers we use Endovenous Laser Treatment, which employs the thermal closing of diseased veins.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

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

Vein health equates to leg health.

“A stitch in time to save mine”!



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# CHRONIC PAIN: WHAT YOU SHOULD KNOW ABOUT YOUR TREATMENT OPTIONS



**C**HRONIC 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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**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



**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.

#### COMMUNITY AMENITIES

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# Don't Let Hair Loss Sneak Up on You

## Chase It Away with Bauman Medical's Detection and Treatment Tools

by Alan J. Bauman, MD, ABHRS



**H**ave you ever tried on a piece of clothing you haven't worn in a while and been shocked that it doesn't fit anymore? (Perhaps it shrank in the dryer?)

Or maybe your car that's been working fine suddenly runs rough and your mechanic tells you no wonder: you haven't changed the oil since the dinosaur that provided it roamed the earth?

Or maybe someone you're close to tells you that your hair is getting thin. (Are you sure? Hand me the mirror).

I know. Life is complicated. There are so many distractions, but small changes we fail to notice and address early—like hair loss—can sneak up on you with big consequences down the road.

This month we're highlighting Hair Loss Awareness Month. Hair Loss Awareness Month is an annual campaign initiated by the American Academy of Dermatology, aimed at bringing attention to the issue of hair loss and its impact on individuals' physical and emotional wellbeing.

Of course, at Bauman Medical, where we specialize in hair health and restoration, we don't wait for August

to spread the word. Hair loss awareness is a year-round campaign for us because we're passionate about educating people about hair loss.

**Helping our patients have the best hair possible is all we do. All the time.**

**HAIR LOSS IS SLOW.  
HAIR LOSS IS DEVIOUS.**

*Did you know that you can lose as much as 50 percent of your hair before you notice it visually?*

According to research, over 80 million Americans are affected by hair loss.

By the age of 35 nearly a third of all men have begun experiencing hair loss, typically male pattern baldness (receding hairline and thinning on the crown). For some men, it starts as early as their late teens. Women aren't immune. Forty percent of those with hair loss are women. Women's hair loss typically starts a little later, in the 30s and 40s, and is more diffuse with a widening of the part and overall thinning of the hair.

Every day I see patients whose hair has been thinning for years but they didn't notice it until it was, well, noticeable. Sometimes someone points it out to them. Sometimes they see it on a security camera video screen (who's that bald guy?) or a mirror in an elevator. Sometimes they see an old photo and realize how much hair they once had.

**WHAT KIND OF HAIR LOSS IS IT? HOW  
ADVANCED IS IT? WHAT CAN BE DONE?**

Here are a few of the state-of-the-art diagnostic and hair growth tracking tools we have in our "Hair Hospital" to answer all those questions, and more.

**HairMetrix:** Uses artificial intelligence to take a snapshot of your scalp without trimming any hair and applies an algorithm to get a readout of your precise hair quantity and quality (and other metrics) in specific areas over

time. No "educated guess" required. This information helps us make diagnosis and treatment decisions, and to monitor better than ever before how well you're responding to your treatment.

**HairCheck:** Another quick, painless, non-invasive way to measure and track the amount and quality of hair growing on your scalp called Hair Mass Index. It also measures the percentage of hair breakage you're experiencing, a common cause of hair loss and hair thinning. If you're on a hair growth or anti-breakage treatment, HairCheck measurements scientifically verifies any changes.

**Trichological evaluation:** This process provides an in-depth evaluation of your scalp by Kimberly Jenkins, WTS, CHC, our in-house certified trichologist and HairCoach™. (Trichology is the scientific study of the hair and scalp, including the structure, function, and health of hair follicles.) It addresses every aspect of scalp health, including:

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

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

**Trichotest™:** An innovative tool that tests your DNA to identify which hair loss treatments are most likely to provide the best results for you. The process involves a simple cheek swab taken in our clinic or at home to obtain a sample of your DNA, and some details about your lifestyle. A computer then analyzes the genetic





*Bauman Medical has the latest diagnostic tools to measure hair loss and your progress from treatment, including HairMetrix®, which uses A.I. to provide digital readouts with the exact number of hairs and the caliber of those hairs, comparing them in different zones.*

characteristics of your metabolism contributing to your particular hair loss situation. An algorithm identifies the treatment options likely to be most beneficial to you, saving time and improving results.

#### **Polarized Trichological Microscopy:**

This technology uses polarized light viewed through a microscope to analyze individual hair fibers and the scalp. It assesses hair shaft abnormalities, determines hair growth patterns, and identifies scalp conditions like dandruff, infections, and hair loss conditions. It can also be used to monitor the effectiveness of certain treatments over time.

#### **TREATMENTS**

And speaking of treatments, you're probably wondering what we do with what we learn from our diagnostic tools—we put together a treatment plan specific to your unique situation.

#### **Here are just a few of our most common products and services:**

- Compounded Formula 82M Minoxidil – a more powerful, non-greasy Rogaine alternative
- Compounded Formula 82F Topical Finasteride + Minoxidil – designed to reduce the risk of side effects from oral finasteride (Propecia).
- Low-level laser therapy – FDA-cleared, drug-free, side-effect-free hair regrowth with the Bauman "Turbo" LaserCap device for at-home use
- TED (TransEpidermal Delivery) – Non-invasive



*Before and 12 months after FUE Hair Transplant by Dr. Alan Bauman*

technology that uses ultrasonic sound waves and air pressure to enhance the penetration of a specialized topical hair growth serum into the scalp.

- High-density platelet rich plasma (HD-PRP) "Vampire" Hair Regrowth Therapy with Extracellular Matrix (ECM)
- PDOgro™ – Implanted PDO polydioxanone threads for hair growth
- Vitamins, nutritional and nutraceuticals
- FUE – Follicular Unit Extraction Hair Transplantation that leaves no telltale linear scar

Now that you're aware that you might have been losing your hair, it's time to turn the tables on that stealthy foe and schedule a consultation with us to find out. Call **561-220-3480** or point your camera at the QR code below to schedule your private one-on-one in-person or virtual consultation at [www.baumanmedical.com](http://www.baumanmedical.com).



### **About Dr. Alan J. Bauman**



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

With over 25 years of specialization in hair restoration, he offers an impressive array of state-of-the-art technologies, including proprietary hair restoration procedures, low-level laser light therapy, customized hair growth medications, supplements, and other modalities that produce excellent results. Thanks to his many tools, you may not even need a transplant!

Dr. Bauman's "Hair Hospital," housed in a dedicated 12,000-square-foot building, is recognized as one of the premier hair restoration practices in the country.

As one of approximately 250 physicians worldwide to achieve board certification from the American Board of Hair Restoration Surgery (ABHRS), Dr. Bauman has treated over 33,000 patients. He's also a pioneer in numerous technologies in the field of hair restoration, both for diagnostics and treatment.

In recognition of his expertise, 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."

Forbes magazine recognized him as one of "10 CEOs Transforming Healthcare in America" for bringing restorative hair treatment into the mainstream and pioneering robotic technologies.

Dr. Bauman is a sought-after guest expert at international scientific meetings and live surgery workshops, and a frequent expert source on national news and educational shows.



ADVANCED TREATMENTS. EXCEPTIONAL RESULTS.  
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# The Play for 2023? International Stocks!

By Chris Rowe



I sent a special briefing to our flagship *Sector Focus* members.

In it, I give them everything they'll need to know to stay well ahead of other investors at least for the first half of this year.

And while I can't reveal all of that here, I think that the main points are so important that you deserve to know them.

So here are some of them.

Climbing the wall of worry, U.S. stocks seem to be stumbling up the stairs. (At least they're stumbling up and not down.)

International stocks, however, are running up the stairs like children who just ate a sugar-filled dessert. While everyone you know is debating the strength of the U.S. markets, you'll be cranking out profits using stocks and ETFs they've never heard of.

Here's some context...

The current global bull market in stocks is in its early stages, although International stocks got a major head start right under the noses of many investors.

Expect to continue to hear bad economic news but don't let that sway you from buying stocks. Especially International stocks. The economy is not the stock market.

The stock market behaves based on what investors believe the economy will be doing in 6-9 months. In fact, today's stock market strength suggests the economy will be doing pretty well in 6-9 months.

Unlike a *mature* bull market, where stock prices advance due to clear economic skies ahead with the world partying like it's 1999, an *early-stage* bull market happens when life is scary. In this type of bull market, stocks advance as they "climb the wall of worry".

The "wall of worry" is when there's clearly bad news but as the bad news is removed, the stock market moves higher.

Inflation subsidies so stocks climb...

China's economy comes back online after being hampered by harsh covid restrictions so stocks climb...

You get the idea.

## The Play Is in International Stocks.

Don't take this as just another article in a sea of stock market jargon you see each week that's quickly forgotten about before the week ends.

The pivot to International Equities is the most important shift you can make in 2023. So far it looks like, although U.S. stocks look good, we should focus even more on non-U.S. stocks.

Notice how strong the **Vanguard Total International Stock Index Fund (VXUS)** (Diversified Global Stocks, all Except U.S. Stocks) looks. It has broken well above both trend lines and confirmed that the old resistance level is a new support level.



And if you think that's impressive, wait until we narrow down to the strongest International stock markets, long-term and short-term.



**Subtle Brag:** As far as I can tell, I am **the** top dog in the industry when it comes to calling market direction and specifically the areas of the market liable to be strongest or weakest. I've had a knack for it since the 90s.

The stock markets of Emerging Europe and Latin America are the strongest with confirmed long-term market strength. But Asia-Pacific is the strongest in the short-term.

Even though the Asia-Pacific stock markets haven't yet shown enough confirmation to be considered strong in the long-term, for sure they are **the strongest markets in the short-term**.

One very easy and great way to quickly gain exposure to a stock market with huge upside potential and confirmed strength is to own the **iShares MSCI All Country Asia ex-Japan ETF (Symbol: AAXJ)**.



It has a quick 21% - 33% upside in it just in the next 6 months or sooner. This is based on a 100% or 161% Fibonacci extension of the recent move off of the low.

Look at how much higher Fibonacci studies say these Asia-Pacific markets are likely to go this year. First, look at the strongest China Market ETFs.

- China Internet (KWEB) – Fibonacci ext. 45% higher
- China Consumer Cyclical (CHIQ) – Fibonacci ext. 45% higher
- “Chindia” (FNI) – Fibonacci ext. 33% higher
- Hang Seng Tech (KTEC) – Fibonacci ext. 47% higher
- China Tech (CQQQ) – Fibonacci ext. 35% higher
- China 50 Large-Cap (FXI) – Fibonacci ext. 37% higher

Here are some other indexes based on **Asia Pacific excluding Japan**.

- iShares MSCI Pacific ex-Japan (EPP)
- The above has a “total return” index that reinvests its dividends (EPP.TR)
- Australia (EWA)
- The above has a “total return” index that reinvests its dividends (EWA.TR)
- BetaBuilders Developed Asia (BBAX)
- All Country Asia ex-Japan (AAXJ)

U.S. stocks may be going up but their strength, relative to International, is declining. It's not even that they're accelerating at a slower pace than International. It's that the strength of U.S. stocks is slightly decelerating.



Again, we are talking about relative direction and relative speed. And relative strength tells us much more about the likely future than absolute direction or strength.

Now is the time to erase your old stock market stance and quickly get with the program if you haven't yet done so.

The global markets' price behavior reveals it currently makes sense to also have exposure to the U.S. stock market, but definitely direct your attention to International markets. That's the real play.

Thanks for reading, and I'll have a LOT more to say about International Equities in the coming weeks and months.



**Chris Rowe**  
Founder and CEO, True Market Insiders

*See you soon,*  
*Chris Rowe*  
Founder, True Market Insiders



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Toll Free: 855.822.0269

*“You see it in the price before you see it in the news.”*



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At Winter Haven Hospital, the Bostick Heart Center focuses on you and your heart. You'll get compassionate, extraordinary care from a team that includes heart rhythm specialists and cardiac care experts. Using minimally invasive procedures, we diagnose and treat heart rhythm disorders such as atrial fibrillation (AFib), a disorder that occurs when your heart beats too fast, too slow or irregularly. Left untreated, AFib can lead to something more serious, including heart failure and stroke. At Winter Haven Hospital and the Bostick Heart Center, we'll make sure you get the exceptional care that you and your heart deserve. **Learn more: (863) 292-4048 or [WinterHavenHeart.org](http://WinterHavenHeart.org)**

