

CENTRAL FLORIDA'S

# Health & Wellness<sup>®</sup> MAGAZINE

December 2024

Polk/Brandon Edition - Monthly

[www.healthandwellnessfl.com](http://www.healthandwellnessfl.com)

**FREE**



**SKIN CHANGES  
IN THE LOWER LEG AREA  
SIGN OF VENOUS DISEASE**

**THE HEALING POWER  
OF HOLIDAY TRADITIONS**

**A YEAR IN WELLNESS:  
REFLECTIONS AND LESSONS  
FROM 2024**

**CHRONIC PAIN**

**SENIORS AGING IN PLACE**



**VARICOSE VEINS ARE A MEDICAL CONDITION**

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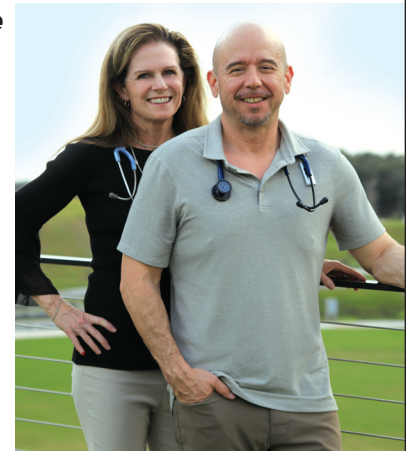
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# SKIN CHANGES IN THE LOWER LEG ARE A SIGN OF VENOUS DISEASE



**S**kin 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.



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.

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.

**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.



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# The Healing Power of Holiday Traditions

**T**he holiday season is a time of celebration, warmth, and connection. Beyond the festive decorations, delicious treats, and gift-giving, holiday traditions have a profound impact on our emotional and physical well-being. For many, they provide a sense of continuity, comfort, and joy that can be incredibly healing.

## The Joy of Familiar Rituals

Whether it's decorating the tree with family ornaments or baking your favorite holiday cookies, the familiarity of these rituals brings a sense of comfort and security. Holiday traditions often bring people together, creating special moments with loved ones that reinforce emotional bonds. These shared experiences help reduce feelings of loneliness or stress, promoting mental health and emotional resilience.

## Stress Relief Through Fun and Creativity

The holidays are also a time to let go and have fun. Whether you're hanging up holiday lights, listening to your favorite holiday tunes, or crafting homemade gifts, these activities can reduce stress and spark creativity. Engaging in playful, low-pressure activities can give you a break from the daily grind and improve your mood.

These festive moments don't just benefit your mental health. Participating in holiday traditions can lower cortisol levels, helping to reduce stress and its harmful effects on the body. Activities like decorating, cooking, and gift-wrapping allow you to be present in the moment, providing a mental break and boosting overall well-being.

## Reflecting on Gratitude and Giving

Holiday traditions often encourage us to reflect on the past year and express gratitude for the people and blessings in our lives. This practice of gratitude can have powerful benefits for both mental and physical health. Studies have shown that people who



regularly practice gratitude experience lower blood pressure, improved immune function, and better sleep.

Traditions that focus on giving, such as volunteering or exchanging thoughtful gifts, can also foster a sense of purpose and joy. Acts of kindness, whether big or small, have been shown to reduce stress, increase happiness, and even boost life expectancy. The holiday season reminds us that giving is often just as rewarding as receiving.

## A Sense of Continuity and Comfort

For many, holiday traditions offer a sense of continuity, providing comfort through their familiarity. No matter how much life changes, these rituals remain, grounding us in what really matters—family, friends, and love. These traditions become the threads that connect generations, preserving memories and creating new ones.

Even simple traditions like watching holiday movies, going caroling, or visiting a local tree farm can anchor us during the often hectic holiday season, reminding us to pause and enjoy the present moment.

As you embrace the joy and healing power of holiday traditions this season, don't forget to prioritize your health. At VIPcare, we are committed to helping you feel your best all year long. Schedule an appointment with your local VIPcare provider today by calling **727-263-3786** and take the first step toward a healthier, happier you this holiday season!



Jason Waugh, D.O.

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# SENIORS AGING IN PLACE

**F**or today’s seniors, the desire to stay at home is strong. In fact, the modern elderly population is much different from its past counterparts. Almost 90% of people over 65 want to live in their home and community as long as possible, according to a report by the AARP Public Policy Institute and the National Conference of State Legislatures. A whopping 80% believe they will stay in their home for the remainder of their life. Aging in place allows seniors to enjoy all the comforts their familiar home has to offer. Today’s options to support seniors in their home offer seniors and their families the peace of mind and support to make staying at home a healthy option.



## AGING IN PLACE PROVIDES A SENSE OF COMMUNITY

Seniors have spent a lifetime building family relationships and likely years bonding with neighbors. Removing older adults from their long-time homes can make them feel like those connections have weakened. According to research published in *The Gerontologist*, the majority of seniors want to age in place because of the attachment and familiarity they feel with their home and communities.

## IT FIGHTS ISOLATION

That sense of community provided through aging in place does more than make seniors feel comfortable. It is also integral for fighting feelings of isolation, a dangerous trend among seniors. Researchers from the University of Chicago found a link between loneliness and high blood pressure in older adults. The study authors noted that feelings of loneliness can occur even when a senior is surrounded by people. This further demonstrates the importance of the familiarity and sense of community provided through aging in place.

Besides being preferred by seniors, aging in place offers another benefit: savings.

While it may seem that aging at home would be more expensive than moving to a nursing or assisted living home, the opposite is actually true. With help from a home healthcare worker, staying in your home costs about 20% of what a nursing home costs on a monthly basis.

## HOME HEALTH CARE CAN HELP

For many families and seniors, home health care is a beneficial choice – a safe and affordable solution that supports the family, while allowing seniors to stay in the comfort of their own homes and communities.

## HERE ARE TEN WAYS HOME HEALTH CARE CAN SUPPORT YOU:

1. Home health care professionals can be there when needed. If family and loved ones are a distance away, home health care can give you peace of mind. Trained and qualified professionals

can assess safety risks and make simple corrections in the home – from placing a rug on a slippery floor, to recommendations for ambulatory assistance.

2. Home care supports activities of daily living (ADLs). In-home services allow adults to receive day-to-day help with the personal care they need, preserving their dignity and maintaining a good quality of life. Assistance with activities of daily living can include bathing, grooming, and medication reminders.

3. Access to skilled nursing care at home. Skilled medical care can be delivered at home by thoroughly supervised nurses, certified, licensed and knowledgeable about high-technology medical equipment. Home health care can ensure that your loved one’s complex medical needs are met.

4. Support with diet and nutrition. Adults age 65 and older, people with chronic conditions, and those recently discharged from a hospital or nursing facility are likely to be nutritionally at-risk. Aging, bed rest, illness, and injury can all contribute to the loss of lean body mass. Home care may include nutritional counseling and home-cooked meals to protect against malnutrition.

5. Medication management. Multiple prescriptions it can be confusing to manage. Home health care professionals can ensure the right medications are being taken at the right times to control health conditions and prevent harmful drug interactions.

6. Home health care professionals provide caring companionship. Research shows that aging adults stay healthier with social interaction. Home health aides can become trusted friends for walks, reading, cards, games, movies, meals, and other social activities. Accompaniment on errands such as grocery shopping, medical appointments, and other activities are also added benefits.

7. Home care helps with light household chores. When aging adults struggle the daily demands of housework, such as laundry, vacuuming, dishes, and simple chores home care helps to consistently maintain a safe and healthy living environment.

8. Home health care clients have comparable or better health outcomes. Research has shown that clinical results are comparable or better with fewer complications when home care is provided to individuals with chronic conditions such as pneumonia, diabetes, or COPD.

9. One-on-one focus and support. Home health care services are truly unique, providing meaningful, one-on-one personal and skilled care that builds strong bonds between professionals and their clients. According to the *Cleveland Clinical Journal* a person who is seen by a clinician in the comfort of home more readily trusts that the health care team places their needs first.

10. An affordable alternative to facility or hospital care. According to the National Association of Home Care, the average cost of care from a skilled nursing facility is \$544 dollars per day, while the average cost of home health care is \$132 dollars.

## OUR PROMISE

Through Trusted HomeCare Home Care Services, you can rest assured that your loved one and family will be safe and secure in a positive environment right at their home. Even if you simply have questions or want to understand how to better care for your elderly loved one experiencing the inevitable process of aging, we are able to help with that.

## TRUSTED HOMECARE SERVICES MISSION STATEMENT

As a whole group, our mission statement says that we are here to access the needs of each client to help them maintain their independence while living in their own homes and communities.

Contact our team at  
Trusted HomeCare and let’s discuss  
how we can support  
you or your loved one  
**727-771-5053**



# A YEAR IN WELLNESS:

## REFLECTIONS AND LESSONS FROM 2024

**A**s the year draws to a close, it's the perfect time to reflect on the incredible strides we've made in understanding and optimizing health through personalized wellness. Each month, we explored crucial topics that shaped the journey to vibrant living. From exploring hormonal harmony to tackling modern metabolic challenges, these insights illuminate the path to health for individuals at every stage of life.

### Harmonizing Health with BHRT

Bio-identical Hormone Replacement Therapy (BHRT) has been a game-changer in addressing hormonal imbalances caused by menopause, andropause, and other life transitions. These hormones, derived from plant sources and structurally identical to those produced in the body, work seamlessly to restore balance.

#### Key Benefits:

- **Mental clarity and emotional stability:** BHRT alleviates mood swings, brain fog, and irritability.
- **Physical vitality:** Patients report enhanced energy and improved muscle and bone strength.
- **Improved sleep:** Hormonal balance leads to deeper, restorative sleep cycles.

For example, a 56-year-old patient struggling with menopausal symptoms shared how personalized BHRT brought back her sense of self, proving that it's not just a treatment—it's a transformative journey.



## Testosterone Replacement Therapy (TRT): Revitalizing Lives

Testosterone's benefits go far beyond its traditional association with male health. For both men and women, balanced testosterone levels contribute to vitality, confidence, and improved metabolism.

### Highlights Include:

- **Mental health:** TRT naturally reduces anxiety and fosters emotional resilience.
- **Physical strength:** Enhanced muscle mass and bone density help combat aging-related frailty.
- **Metabolic health:** Improved insulin sensitivity and lipid profiles reduce diabetes and heart disease risks.

TRT is tailored to individual needs, addressing everything from energy deficits to sexual health. For women, it's a powerful tool to restore vitality often lost during menopause.

## The Multifaceted Benefits of Estradiol

Estradiol, a potent estrogen, is often overlooked but plays a pivotal role in maintaining cardiovascular, cognitive, and metabolic health for both men and women.

### Specific Insights:

- **Cardiovascular health:** Estradiol improves cholesterol profiles, reduces inflammation, and slows atherosclerosis progression, reducing heart disease risk.
- **Bone density:** It protects against osteoporosis by maintaining bone integrity.
- **Cognitive health:** Studies have linked estradiol to a lower risk of Alzheimer's, as it supports glucose metabolism in the brain.

For men, estradiol also aids in balancing testosterone, underscoring its importance beyond traditional gender lines.

## The Power of Progesterone

Natural progesterone stands apart from its synthetic counterpart, Provera, in both safety and effectiveness.

### Key Differences and Benefits:

- **Cancer protection:** Unlike synthetic progestins, natural progesterone reduces breast and uterine cancer risks.
- **Mood stabilization:** Its calming properties alleviate PMS and menopausal symptoms like anxiety and irritability.

- **Bone health:** Progesterone stimulates bone formation, complementing estradiol's bone-protective effects.

A notable takeaway from research is the ability of natural progesterone to enhance overall hormonal balance, making it an essential part of Bio-identical Hormone Replacement Therapy.

## Tackling Insulin Resistance and Obesity

Insulin resistance and obesity are interlinked challenges with serious health consequences, including type 2 diabetes and cardiovascular disease.

### Practical Solutions:

- **Dietary changes:** Focus on whole, unprocessed foods while reducing high-glycemic carbohydrates and added sugars.
- **Hormonal balance:** Optimizing hormones like estradiol and testosterone can improve insulin sensitivity.
- **Physical activity:** Walking, strength training, and regular exercise reduce visceral fat and improve metabolic markers.

For example, patients who implemented these changes reported not only weight loss but also improved energy and reduced inflammation.

## Thyroid Hormone: The Body's Energy Driver

The thyroid gland fuels energy production, and imbalances can lead to fatigue, weight gain, and even mood disorders.

### What to Know:

- **Symptoms of low thyroid function:** Lethargy, cold sensitivity, brittle hair, and brain fog.
- **Testing matters:** Beyond the (Thyroid Stimulating Hormone) TSH test, check the thyroid hormones free T3 and free T4 to understand how well your body is converting thyroid hormones.
- **Treatment options:** Many patients find success with desiccated thyroid extract, which combines T4 and T3 for more balanced relief.

Addressing thyroid health holistically can have profound effects on overall vitality.

## Understanding PCOS: Beyond the Myths

Polycystic Ovary Syndrome (PCOS) affects up to 20% of women but is often misunderstood or underdiagnosed.

### Key Takeaways:

- **Insulin resistance:** A primary driver of PCOS, linked to weight gain, acne, and hormonal imbalances.
  - **Early diagnosis:** Identifying PCOS early can reduce risks like diabetes and fertility challenges.
  - **Holistic management:** Combine lifestyle changes like a low-glycemic diet with hormone support for optimal outcomes.
- We emphasize the importance of tailored care, as no two cases of PCOS are identical.

## Exciting Growth for D&G Optimized Wellness and Hormones!

2024 has been an incredible year of growth, and we're thrilled to announce that D&G Optimized Wellness and Hormones is moving to a beautiful new location in South Lakeland at **4435 Florida National Drive** in January 2025!

This move marks the next chapter in our mission to redefine personalized wellness. The word is out—we simply do things differently! We'll be hosting **frequent open forums** at the new space, where you can bring your hormone and metabolic questions and discover how BHRT and our unique services can transform your health.

At D&G, we provide **concierge-level care**, designing individualized treatment plans tailored to your needs. With a growing community of clients who have experienced life-changing results, we can't wait to welcome you to our new home and continue delivering the exceptional care you deserve.

### Closing Thoughts

Your health is your greatest investment. Whether you're managing hormonal imbalances, tackling metabolic challenges, or striving for greater vitality, the lessons from this year's articles provide a strong foundation. Let's take proactive steps together toward a healthier, brighter future.

Here's to a new year of growth and thriving together.



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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-inflammatory, 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
- Tampa's Top Doc Award-Winner
- 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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**excelpainandspine.com**

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Board Certified - Physical Medicine & Rehabilitation

**Arpit Patel, D.O.**

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

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

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

**Neal Shah, M.D.**

Board Certified - Pain Medicine  
Board Certified - Anesthesiology

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# HAPPY HAIR DAYS!

## Give the Gift of Hair Restoration with Bauman Medical

by Alan J. Bauman, MD, ABHRS

I know Andy Williams said, "It's the most wonderful time of the year," to describe the month of December. And while I would agree with him for the most part, that sentiment doesn't ring true in the realm of hair care. While South Florida doesn't have to worry too much about that, the drop in temperatures up north can lead to a myriad of problems for your scalp.



renewal for your hair, as our SalonB Head Spa offers our Scientific Scalp Makeovers to combat stress-induced hair loss.

Just as tranquil as your average spa, you'll be greeted by a low-light room coupled with soothing music. And that's just the tip of the iceberg, as our therapeutic aromatherapy, customized scalp masks, deep scalp massages, and thorough cleaning with our shampoo and conditioner will make your scalp feel fresh for the new year.

You can give the gift of renewal through our eCards, ranging from 60-minute, to 90-minute, to two-hour sessions.

### SHAMPOOS & CONDITIONERS

Speaking of our shampoos and conditioners, skip this year's sale at Bed, Bath & Beyond and instead opt for the Boost and Soothe haircare from Bauman Medical. What's great about this pairing is that they tackle different goals you have for your hair. If you're dealing with thinning and want to give your hair a little "boost," then you can see where this is going. With DHT-controlled ingredients and other supporting cast members, the Boost line will deliver results in no time.

Whether it be split ends or damaged follicles, that December chill can do quite a number to your luscious locks. And throwing on a winter cap to fend off the cold isn't doing your scalp any favors, either. So, with the gift-giving season upon us, what better way to spread joy this year than by giving the gift of hair restoration to those you love?

At Bauman Medical, we understand that not everyone can make the trip down to our state-of-the-art hair clinic in Boca Raton. So that's why we're here to showcase a few of our products that you can gift to someone and let them unwrap the immense benefits of Bauman Medical this month. But first, I want to highlight a staple of our practice that you can gift to someone on their way down to Florida to escape the cold up north.

### SCALP MAKEOVER

While a week of rest and relaxation usually means a trip to the spa, make a detour this month and head over to Bauman Medical for an extra "R." That, of course, being



The award-winning Bauman Turbo LaserCap is the most technologically advanced portable FDA-cleared low-level laser light therapy (LLLT) device for hair regrowth currently available. Recommended for both men and women with thinning hair, as well as hair loss prevention and overall hair health.

Meanwhile, for those suffering from an itchy scalp or mounds of dandruff, our Soothe line will bring some peace of mind to your hair. Infused with CBD, you'll experience moisturized hair, all while soothing any inflammation, irritation, and sensitivity you're suffering from. And the best part about these products? You can use them daily without any issues.

### BAUMAN TURBO LASERCAP

While winter caps are known for bringing warmth, why not warm up (and rejuvenate) your scalp with my Award-winning Bauman TURBO LaserCap®? While this might not be as stylish as a beanie, there's nothing as fashionable as a full head of hair. FDA-cleared, drug-free, chemical-free, side-effect-free, and non-invasive, you can throw this cap on while opening presents and give yourself another gift in just five minutes per day.



A "Scalp Makeover" is the ultimate pampering for your scalp, providing stress-reducing and circulation-stimulating scalp massage, scalp steaming and application of highly advanced topical therapeutic products to boost the health of the scalp and follicles. It also makes the perfect gift. Gift E-cards are available on our eStore.

Come next year, and you'll be sporting a head of hair that rivals Santa's beard.

### PEPGRO

Introducing a new member to the Bauman Medical family of products, PEPgro is a great stocking stuffer designed to support your hair's natural growth cycle. With a morning and evening application of these powerful peptides, you'll be gifting your scalp an array of benefits, ranging from improved blood flow, reduced scalp inflammation, more robust hair structure, antimicrobial properties (for a clean scalp), and preserved natural hair color.

Using PEPgro is as simple as part of your daily routine. Whether you apply it in the morning before styling your hair or in the evening before bed, it's a gift that keeps on giving, providing benefits while you go about your day and even while you sleep.

### NUTRA-TEAM BAUMAN

Beyond our terrific staff at Bauman Medical, you can also give the gift of the Nutra-Team. That is, of course, the all-star "team" of our proprietary nutritional supplements. Those dealing with hair loss, thinning, or just want a thicker head of hair, let this star-studded cast help you out:

- **The Recruiter:** And I'm not talking about jobs here. The Recruiter brings a scientifically-proven blend of fermented probiotics, plant extract, and Vitamin D3 in an effort to release stored stem cells. These cells actually encourage healing caused by age, injury, or stress. This rallying call will increase the number of circulating stem cells in your body, not only cultivating hair growth but also improving your overall well-being.

- **The Good Guys:** Not all heroes wear capes. Some come in capsule form, like The Good Guys hair probiotic. This supplement tackles issues in the gut, more specifically, aiding in the digestive process. Infusing it with the optimal elements for improved health and wellness, you'll also notice stronger follicles, which leads to optimal hair growth.
- **The Bodyguard:** Protect yourself and your immune system with the unique blend of herbs and mushrooms found in The Bodyguard.
- **A-List Hair Vitamin Complex:** Not only is the A-List Hair Vitamin complex a star at Bauman Medical, but it's also our strategic supplement. That's because we've combined top-of-the-line ingredients to bolster hair and support skin elasticity. Along with that, the A-List also has antioxidants and trace minerals, which are critical components in protecting the hair and skin, as well as promoting collagen renewal, skin hydration, and wound healing.
- **Hero Super-Biotin Mega Hair Support Caps:** If you want stronger hair and nails, you're going to need biotin. Thankfully, our Hero Super-Biotin Mega Hair Support Caps contain a plethora of this key nutrient, which also aids in digestion and cellular metabolism.
- **The Zenmaster:** Get ready to say "ohm" after taking the Zenmaster. With the herb ashwagandha, you'll be cutting down on stress and the byproduct of it, cortisol. While being able to relax is great, getting your cortisol under control will help your hair follicles as well as other organs in the body.
- **The Builder:** There's more to gains than just muscles. With the Builder, a multi-collagen complex peptide-protein powder, you'll be giving your body vital proteins that multiply natural collagen levels while also boosting hair production, follicle strength, and a shine akin to your younger days.

### eCARDS

Let's face it: we've all been there. There's always someone who's impossible to shop for. You can never go wrong with a gift card, making an eCard for any of the Bauman Medical services and products a gift no one can beat. Whether someone's looking for a scalp treatment or wants to start a new line of supplements, let them choose what's best without spending a dime.

### LEARN MORE

This holiday season, take your gift-giving game to a new level and opt for one of the many options at Bauman Medical. No matter what you choose, you'll be giving the gift of hair restoration to those in need, a gift that truly keeps on giving — happy Holidays from our team here at Bauman Medical.

Point your camera at the QR code below to shop at the Bauman Medical eStore. To schedule a private one-on-one in-person or virtual consultation, call 561-220-3480 or go to [www.baumanmedical.com](http://www.baumanmedical.com).



## About Dr. Alan J. Bauman



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

With over 27 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 34,000 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 8th 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.



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# Bed Making Made Easy – With CKI Solutions' Bed MadeEZ®



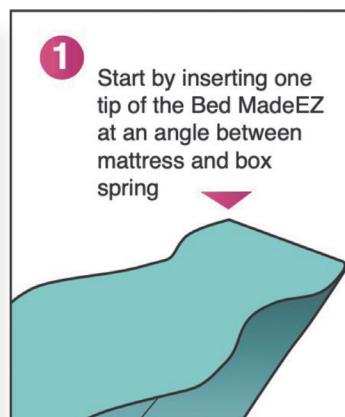
**I**wake up each morning to the sweet smile of my husband. He is right there as I amble out of the bed and trip on the dog. He is next to me as we brush our teeth. He waits patiently by my side as I brew the coffee. He is completely gone when I go to change the linens! I am alone in this endeavor.

Changing linens is a pain, literally. Strain to your back from lifting and holding your heavy mattress, frustration as the sheets untuck before you can finish, and occasionally a chipped nail ... bed making is exhausting. And it isn't getting better anytime soon. With the increase in pillow-top mattresses, foam mattresses, and luxury coil mattresses, mattresses are getting heavier by the year.

#### The Truth About Your Mattress.

- Mattresses now average 12 ½' high;
- They are over 15" thick;
- A king mattress can easily top 300 pounds.

So what can be done? A mattress lifter is the answer. A quick search on Google for "mattress lifter" and you will find the original mattress lifter, the Bed MadeEZ. The product was invented by female-owner and CEO of CKI Solutions, Sam Montross, back in 2012.



- 1** Start by inserting one tip of the Bed MadeEZ at an angle between mattress and box spring



- 2** Keeping the Bed MadeEZ angled slightly towards you, insert it between mattress and box spring.



- 3** Push the Bed MadeEZ in until it reaches the handle and is resting securely on its flat ledge.

#### What does the Bed MadeEZ do?

This aqua beauty (comes in pink too) does it all it:

- **Lifts and Holds** – as you insert the Bed MadeEZ under your mattress, it lifts the mattress for you and holds it up to 4 inches while you change your linens, giving you the time to make those famous hospital corners too!
- **Tucks** – using the tip, you can quickly tuck sheets, quilts, and blankets easily for a perfectly finished nice, crisp edge, saving your hands and wrists from scraping and strain.

It is **Ergonomically Designed** to eliminate strain. The design includes a large round handle, allowing for versatility in gripping positions for either one or two hands.

#### Trust is Built In to the Bed MadeEZ.

This patented, trademarked design is:

- **Independently Tested** – to reduce strain on your back and shoulders caused by repeated lifting of a heavy mattress.
- **Recommended by OSHA** – around the world, housekeepers use the Bed MadeEZ to avoid injury and go home less tired.
- **Backed by a Lifetime Warranty**
- **Made in the USA** – and always will be made right here in Florida!

#### Bed MadeEZ is Found in Major Publications!

This ingenious product has been written about in:

- Reader's Digest – <https://www.rd.com/article/mattress-lifter/>
- Southern Living – <https://www.southernliving.com/bed-madeez-mattress-lifter-7109456>
- Apartment Therapy – <https://www.apartmenttherapy.com/amazon-mattress-lifter-tool-review-37184419>

#### Easy to Order, Fast Shipping!

The Bed MadeEZ can be ordered right off Amazon and it arrives quick! Simple to understand instructions are included and you can get right to business. The Bed MadeEZ makes changing linens and making the bed a breeze.

#### Who Benefits from the Bed MadeEZ.

The Bed MadeEZ is a game changer for anyone with:

- Back Injuries
- Arthritis
- A heavy mattress
- Recently Undergone Surgery
- Those undergoing Breast Cancer treatments
- Pregnant Women
- Anyone at all who wants to make their bed quickly, professionally and without heavy lifting and fear of back injuries due to strain.



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# THE ARRIVAL

on them has light shone.” And we see it fulfilled: “She will bear a son, and you shall call his name Jesus, for he will save his people from their sins.” Matthew 1:21

We can know peace because of the life we can have in Him. The prophets of old wrote: “For to us a child is born, to us a son is given; and the government shall be upon his shoulder, and his name shall be called Wonderful Counselor, Mighty God, Everlasting Father, (the) Prince of Peace”. Isaiah 9:6 And on the night in which Jesus was born, the angels proclaimed: “Glory to God in highest heaven, and peace on earth to those with whom God is pleased.” Luke 2:14

We can have joy in an abundant life in Christ. The angels also said: “Fear not, for behold, I bring you good news of great joy that will be for all the people. For unto you is born this day in the city of David a Savior, who is Christ the Lord.” Luke 2:8-14

**D**o you ever find yourself in what seems like a hopeless situation? Is your life so hectic that you wish for just a moment of peace? Do you wish you laughed more, stopped to smell the roses, and enjoyed life more easily? Are relationships in your life broken – do you long for love?

If you answered “yes” to any of the above, then I have the answer for you. If you answered “no” then still read this article, commit it to memory, and bring it back to mind when need it.

Here is the answer: Christmas. Christmas is the season in which we can find all of the things we want (and need): hope, peace, joy, and love.

Many times Christmas is referred to as the Advent Season. In simplest terms, “advent” means “arrival”. But when speaking of Christmas, what exactly has arrived?. Sure, we celebrate the arrival of a baby born to a virgin in a small village in the Middle East. The baby’s name? Jesus.

But the arrival of Jesus means a lot more than just another birth. You see Christmas is the season when we celebrate the arrival of hope, peace, joy, and love because Jesus brings all those things in a relationship with Him.

We can have hope in a relationship with Jesus. No matter what may come, we anchor ourselves to the truth of Who Jesus is and what He’s done for us. The Scriptures remind us of the hope Jesus brings: “The people who walked in darkness have seen a great light; those who dwelt in a land of deep darkness,

And we can experience an unconditional love that never runs out. “For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life. For God did not send his Son into the world to condemn the world, but in order that the world might be saved through him.” John 3:16-17

So during this Advent Season as we celebrate The Arrival, think about all that means for us in our daily lives. As the carols play on the radio, as you see the “The Reason for the Season” bumper stickers, as you drop coins in the red buckets on the way into the store, remember that it’s about Jesus and the hope, peace, joy, and love that comes in a relationship with Him.

*Brent Myers*

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