

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

February 2025

Polk/Brandon Edition - Monthly

www.healthandwellnessfl.com

FREE



**SPIDER VEINS TREATMENT
AND CAUSES**

**GUT HEALTH:
THE MISSING LINK
TO METABOLIC WELLNESS
AND HORMONAL BALANCE**

CHRONIC PAIN

SENIORS AGING IN PLACE

**SKIP THE CHOCOLATES
BECAUSE THERE'S
NOTHING SWEETER THAN
A FULL HEAD OF HAIR**



VARICOSE VEINS ARE A MEDICAL CONDITION

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BEFORE

AFTER

Treatment of spider veins is not covered by insurance however what causes the spider veins typically is. Call for your evaluation today!



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- NON-SURGICAL PROCEDURES
- ALL PROCEDURES DONE IN OFFICE
- NO DOWN TIME

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CONTACT US

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

OWNER / ACCOUNT EXECUTIVE
Bryan Berryman
bryan@sflhealthandwellness.com


BERRYMAN
Marketing Group LLC

GRAPHIC DESIGNER
Sonny Gensing
sonny@gwhizmarketing.com

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sybil@sflhealthandwellness.com

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Cognitive Decline
Insulin resistance
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Increase in Degenerative Disease
Compromised Immune System



We provide Bioidentical Hormone Replacement Therapy to alleviate any of the above symptoms to Optimize your health and wellness.

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Winter Haven

1749 6th Street NW, Winter Haven, FL 33881

Ellenton

7032 US-301 North, Ellenton, FL 34222

Wauchula

326 South 6th Ave., Wauchula, FL 33873

Brandon

414 W Robertson Street Brandon, FL 33511

(P) 813.701.5804 | (F) 813.291.7615 excelpainandspine.com

SPIDER VEINS

TREATMENT AND CAUSES



Spider veins (also called telangiectasias) are small superficial blood vessels in the skin. They get their name because their appearance is similar to that of a spider web. They most commonly appear as blue or purple spider web-like patterns on the inner and outer thighs, calves, back of the knees and the ankle area.

Spider veins can be the tip of the iceberg as a sign of underlying vein disease. Some people complain of warmth or discomfort over spider patterns. Do your spider veins or profession indicate high risk factors for vein disease?

WHAT'S CAUSING YOUR SPIDER VEINS?

Many factors can contribute to the development of these unattractive veins. Some can be avoided or improved, but many of these factors are out of your control:

- Heredity
- Hormones
- Pregnancy
- Weight gain
- Age
- Trauma
- Surgery

Prolonged standing or sitting required by many professions can contribute to the development and reoccurrence of spider veins.

YOUR TREATMENT OPTIONS

Our spider vein treatment options improve the appearance of your legs with minimally invasive procedures that let you get back to normal activities the same day. They require no prolonged recovery or discomfort. We use injection sclerotherapy for the best results eliminating spider veins. It is important to realize that more spider veins can occur over time.

Stop hiding your legs because of spider veins. You don't have to wait to get spider



vein treatment that will eliminate the embarrassing webs of blue, red and purple veins. We offer regular cost-saving specials to help you regain the confidence and self-image you may have lost. Take a moment to visit our website and review our Cycle of Care, which outlines the Vascular Vein Centers' treatment process, to see how quickly you can get back legs you'll want to show.

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BREAKING FREE FROM NERVE PAIN: REVOLUTIONARY LASER THERAPY OFFERS NEW HOPE

In a world where over 25 million Americans live with chronic pain daily, innovative treatments are emerging that promise relief without the drawbacks of traditional medications or surgery. Among these breakthrough therapies, micro-pulsed laser therapy stands out as a beacon of hope for those suffering from debilitating nerve pain and neuropathy.



"Laser therapy is the most effective treatment for nerve pain," explains Dr. Joseph A. Costello, DC, DABCO, clinic director at Concierge Laser Medicine. "Because it promotes cell growth, it does more than just mask the pain – it heals at a cellular level and removes inflammation. The results are very impressive."

Neuropathy, characterized by symptoms such as burning sensations, numbness, tingling, and loss of balance, particularly affects diabetics and chemotherapy patients. Traditional medical approaches typically rely on antidepressants and anticonvulsants to manage symptoms, often leading to unwanted side effects and potential dependency issues.

Enter micro-pulsed laser therapy, a revolutionary treatment that works by harnessing the power of light to stimulate the body's natural healing processes. During treatment, specific laser light penetrates the skin's layers, reaching damaged nerve cells and promoting healing from within. The therapy increases blood flow through vasodilation and new capillary growth while simultaneously reducing nerve inflammation and pain.

The science behind this groundbreaking treatment is fascinating. Similar to how plants utilize light for photosynthesis, human cells can use specific wavelengths of light to regenerate and heal. The laser therapy excites light-sensitive elements within cells, accelerating their metabolic rate and promoting

faster, more complete healing. This process not only blocks pain signals to the brain but also decreases nerve sensitivity, while stimulating nerve regeneration.

The transformation can be dramatic, as illustrated by patient Mrs Greenawalt's experience. After suffering from severe neuropathy for nearly 15 years, she found relief through Dr. Costello's laser therapy protocol. "By the fourth treatment, I really began to feel an improvement," Greenawalt shares. "And by the time I got to the 16th treatment, the pain was completely gone. I was amazed! It was the best I'd felt in years!"

Unlike traditional treatments, laser therapy is non-invasive and free from side effects. Patients often report feeling improvement after several treatments, with results building over time through a series of treatments. The therapy can address a wide range of conditions beyond neuropathy, including arthritis, back pain, sciatica and spinal stenosis.

Dr. Costello emphasizes the importance of proper administration, personally performing each treatment. "Our treatment protocols actually heal human tissue," he notes. "They can achieve results when other treatments fail."

For those suffering from chronic nerve pain, this revolutionary therapy offers a promising alternative to surgery and medication. As more patients discover the benefits of laser therapy, it continues to establish itself as a leading treatment option in the field of pain management, providing hope for a pain-free future.



When surgery fails, or you are not a candidate, Laser Therapy is the best option you haven't tried yet!

After several treatments, I am completely pain free and already back to boxing and running. I am very grateful and excited I could avoid the surgery.

Dina M. | Daytona Beach
(Torn ACL & Meniscus)



JOSEPH A. COSTELLO
CHIROPRACTIC ORTHOPEDIST - SINCE 1985
CHIEF OF LASER MEDICINE
DIOWAVE LASER SYSTEMS - FAU
RESEARCH PARK, BOCA RATON

CALL | TEXT : 561.329.5597
JAC@ConciergeLaser.com
ConciergeLaser.com

SENIORS AGING IN PLACE

For 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

GUT HEALTH:

The Missing Link to Metabolic Wellness and Hormonal Balance

MAINAINING A HEALTHY GUT IS ESSENTIAL FOR OVERALL WELL-BEING, PARTICULARLY IN REGULATING METABOLISM AND HORMONES. THE GUT MICROBIOTA—THE DIVERSE COMMUNITY OF MICROORGANISMS RESIDING IN OUR DIGESTIVE TRACT—PLAYS A PIVOTAL ROLE IN THESE PROCESSES. IMBALANCES IN THIS MICROBIAL ECOSYSTEM CAN LEAD TO METABOLIC ISSUES, INCLUDING INSULIN RESISTANCE AND HORMONAL DISRUPTIONS.



The Gut-Hormone-Metabolism Connection

Research indicates that gut bacteria significantly influence insulin sensitivity. Certain microbes produce short-chain fatty acids (SCFAs) like butyrate, which enhance insulin sensitivity and reduce inflammation. A decrease in butyrate-producing bacteria has been linked to insulin resistance, the precursor to type 2 diabetes.

Moreover, the gut microbiota affects the production and regulation of hormones such as GLP-1 (glucagon-like peptide-1) and PYY (peptide YY), which are involved in appetite control and glucose metabolism. Disruptions in gut health can impair the secretion of these hormones, leading to metabolic imbalances.

Strategies to Improve Gut Health

- **Increase Fiber Intake:** Consuming a diet rich in fiber supports the growth of beneficial bacteria. Foods like fiber-rich, low glycemic index fruits—such as berries, cherries, and green apples—along with nutrient-dense vegetables are excellent sources.
- **Incorporate Probiotics and Prebiotics:** Probiotics introduce beneficial bacteria, while prebiotics (found in high-fiber foods) feed these bacteria, promoting a balanced microbiome.
- **Limit Processed Foods:** Reducing the intake of ultra-processed foods helps maintain gut health, as additives can negatively affect the microbiome and cause inflammation.

- **Manage Stress and Sleep:** Chronic stress and poor sleep can disrupt the gut microbiota. Incorporating stress-reduction techniques and ensuring adequate rest are vital for gut health.

Histamine: The Overlooked Link Between Gut Inflammation and Hormonal Imbalances

Histamine is a natural compound that plays critical roles in immune responses, stomach acid production, and as a neurotransmitter. However, when there's an excess of histamine or the body struggles to break it down, it can contribute to gut inflammation and hormonal imbalances.

A key player in histamine regulation is diamine oxidase (DAO), an enzyme responsible for breaking down histamine in the gut. When DAO activity is low—due to genetic factors, gut inflammation, or certain medications—histamine can accumulate, leading to symptoms such as bloating, headaches, skin reactions, and hormonal irregularities.

Excess histamine can disrupt the gut lining, increasing intestinal permeability—often referred to as "leaky gut"—which can trigger immune reactions and chronic inflammation. It also interacts closely with hormones. High estrogen levels can increase histamine production, while elevated histamine can further stimulate estrogen, creating a cycle that worsens symptoms. Low progesterone, common during perimenopause and menopause, reduces the body's ability to stabilize histamine levels, amplifying sensitivity.

Common symptoms of histamine intolerance include bloating, headaches, skin reactions, and hormonal irregularities. Addressing histamine-related issues involves dietary modifications to reduce high-histamine foods, supporting gut health to manage imbalances, and optimizing hormone levels to break the histamine-estrogen cycle.

By understanding this connection, individuals can better manage persistent symptoms and improve overall health.

D&G Optimized Wellness and Hormones' Approach

At D&G Optimized Wellness and Hormones, we recognize the integral role of gut health in metabolic and hormonal balance. Our personalized treatment plans include:

Comprehensive Assessments: Evaluating gut health through detailed consultations and laboratory testing to identify imbalances.

Customized Therapies: Developing individualized plans that may encompass dietary guidance, supplementation, and bio-identical hormone replacement therapy (BHRT) to restore harmony in the body's systems.

Ongoing Support: Providing continuous monitoring and adjustments to ensure optimal outcomes, with direct access to our physicians for guidance and assistance.

Incorporating Mushroom Coffee for Gut and Hormonal Health

As part of our rounded approach, we also recognize the benefits of incorporating functional foods like RYZE Mushroom Coffee. This unique blend combines organic coffee with six medicinal mushrooms, including Lion's Mane, Reishi, and Cordyceps, which are known for their adaptogenic and anti-inflammatory properties.

Recent research suggests that these mushrooms may help manage histamine-related gut inflammation by modulating immune responses and reducing mast cell activation. Reishi has demonstrated properties that can support immune regulation, while Cordyceps may help inhibit histamine release, offering potential relief for those with histamine intolerance.

The benefits of RYZE Mushroom Coffee include:

- **Enhanced Cognitive Function:** Lion's Mane mushroom has been linked to improved focus and mental clarity.
- **Immune Support:** Reishi and Turkey Tail mushrooms contain compounds that bolster the immune system.
- **Improved Energy Levels:** Cordyceps mushroom is known to enhance stamina and reduce fatigue.
- **Gut and Hormonal Health Support:** The prebiotic fibers in mushrooms promote the growth of beneficial gut bacteria, aiding digestion, while their anti-inflammatory properties may help modulate histamine-related symptoms.
- Incorporating RYZE Mushroom Coffee into your daily routine can be a delicious and convenient way to support gut health, hormonal balance, and overall wellness. For more information, visit RYZE Superfoods.



We've Moved!

We are excited to announce that D&G Optimized Wellness and Hormones has moved to a new location at **4435 Florida National Drive in South Lakeland**. This move is a direct result of the growth we've experienced, fueled by the trust and support of our amazing patient population. Our new space allows us to continue offering the highest level of personalized care in an environment that reflects our commitment to doing things differently.

In line with our growth and dedication to comprehensive wellness, we will also be integrating DEXA imaging into our services soon. This advanced technology will allow us to target visceral fat and assess bone density, enhancing our ability to provide detailed metabolic and bone health evaluations.

We look forward to welcoming you to our new location and continuing to support your journey to optimal health.

For more information or to schedule a consultation, visit our website at www.optimizedwellness.net.



863-899-2404

info@optimizedwellness.net
optimizedwellness.net

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-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.



(P) 813.701.5804

(F) 813.291.7615

excelpainandspine.com

www.HealthandwellnessFL.com



Navdeep S. Jassal, M.D.

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

Arpit Patel, D.O.

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

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

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

Neal Shah, M.D.

Board Certified - Pain Medicine
Board Certified - Anesthesiology

LOCATIONS

Lakeland

1417 Lakeland Hills Blvd., Suite 201,
Lakeland, FL 33805

Davenport

2310 North Blvd. West, Suite A,
Davenport, FL 33837

Sun City Center

771 Cypress Village Blvd.,
Sun City Center, FL 33573

Brandon

414 W Robertson Street Brandon,
FL 33511

Tampa

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FL 33609

Wesley Chapel

26851 Tanic Drive, Suite 102, Wesley Chapel,
FL 33544

Winter Haven

1749 6th Street NW,
Winter Haven, FL 33881

Winter Haven

400 Ave. K Southeast, Suite 9,
Winter Haven, FL 33880

Ellenton

7032 US-301 North, Ellenton, FL 34222

Wauchula

326 South 6th Ave Wauchula,
FL 33873

New Port Richey

2202 Duck Slough Blvd, Suite 102,
New Port Richey, FL 34655

St. Petersburg

6606 10th Avenue North,
St. Petersburg, FL 33710

SKIP THE CHOCOLATES

Because There's Nothing Sweeter Than a Full Head of Hair

by Alan J. Bauman, MD, ABHRS

With love officially in the air, you don't have much time to get your secret admirer something for Valentine's Day. And while there's nothing wrong with a box of chocolates and a bouquet of roses, don't you think your special someone deserves something a little more, oh, I don't know, special? I might not be a relationship guru, but nothing screams "I love you" more than a gift that keeps on giving.



That's where our team at Bauman Medical comes in to help. With our various treatments and products, you'll fall back in love with a full head of hair in no time. Our treatments are not just about restoring hair, they are about restoring confidence and hope. While a lovely truffle is oh-so-sweet, I bet looking in the mirror and seeing some lovely flowing locks is a bit sweeter.

Make 2025 the year you start falling back in love with your hair. You're probably thinking, "How can I do that?" Leave it to me and my Bauman Medical team to get you two back on speaking terms this February with the following options:

LOW-LEVEL LASER THERAPY

Getting your significant other an article of clothing seems like a great gift idea on the surface, but who

knows, maybe they already have something like it, or worse, it ends up in a pile of never-worn attire. You know what will be worn? A state-of-the-art Bauman TURBO LaserCap®! With just five minutes of daily use, your loved one will cultivate robust hair growth in no time. FDA-cleared, drug-free, chemical-free, side-effect-free, and non-invasive, the LaserCap will bring tremendous results quicker than you can say "I love you."

FUE HAIR TRANSPLANT

We've all had our fair share of bad hair days, especially before a date night. The thought of a hair transplant might have you thinking of pluggy-looking, painful procedures that leave you with a buzz cut and scars. Thankfully, the advancements made at Bauman Medical ensure all the pros without the cons with

our FUE (Follicular Unit Extraction) Hair Transplant. Now, whether it's a typical Tuesday or a night out on the town with your better half, you'll be looking your best.

You might wonder, "How does this differ from the traditional FUT strip harvesting?" Well, this simple process starts with the harvesting of individual grafts from as little as one hair follicle. That's right, all it takes is one for impeccable results. And with a revamped recovery process with a faster timetable and added comfortability, you'll want to make reservations for date night right after leaving our clinic.

But those who want to go above and beyond to give their scalp the love it deserves, give yourself the gift of VIP|FUETM. How can something so fantastic get any better? With the VIP procedure, we can skip the trimming and shaving, leaving you with your normal do and no buzz cut. Talk about discreteness, as no other hair transplant comes close to the VIP|FUETM. So, at your next dinner event, be sure to raise a glass to FUE, a procedure you'll grow to love more and more each year.

TED & EXOSOME THERAPY

Valentine's Day is more than just loving your partner. It's also a time to tell your family how you feel about them. When I think of family, my mind drifts to the immense potential of exosomes (I know, what a way of thinking). And much like us with our families, exosomes are able to communicate near and far. So when you call to talk to your parents this V-Day, your exosomes, the backbone for all things cellular, do the same. Think of exosomes as a large group chat, communicating all across your body with cells, all the while containing key elements like nucleic acids, growth factors, and other proteins. So, what do exosomes have to do with our work at Bauman Medical? Well, you aren't the only one with a partner to celebrate with this February. We couple exosomes



Before and 6 months after using the Bauman TURBO LaserCap



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

with our TransEpidermal Delivery (TED), as we apply a topical hair growth serum to the treatment zone along with ultrasonic waves and air pressure. In about half an hour, say hello to increased scalp permeability and blood flow, two major factors in improving your scalp's health, as well as stimulating hair follicles.

PRP

The clock's ticking, and your special date is nearing. Our team at Bauman Medical understands that you have a busy schedule, making our staple PRP treatment an excellent and effective choice without giving up too much of your time. Give us an hour and we'll give you back years! We start this procedure by taking a small blood sample and then isolating the platelets with help from our advanced technology. After concentrating them, we now have the ability to utilize the growth factors found within, which are then applied to your scalp to promote natural hair growth. We'll give your

scalp the TLC it deserves, as this minimally invasive procedure offers next to no discomfort.

PDOgro™

While I love our PRP and other procedures present at Bauman Medical, there's one thing I love more: finding ways to improve them. Anytime we can make an advancement in our hair restoration solutions, it's like falling back in love. And there's no better example of furthering an already fantastic option than with our PDOgro™ procedure. If you love PRP, you're going to want to hear this. A true power couple, PDOgro™ combines PRP with our special polydioxanone threads. These delicate and absorbable materials help stimulate an array of scalp functions — functions that are integral in substantial hair regrowth. This FDA-cleared synthetic absorbable material serves as a catalyst for your endogenous collagen production, elastin, hyaluronic acid, new blood vessel formation, and fibroblast activity. In Layman's terms? Say hello to a year or more of blossoming hair regrowth

through a safe and tranquil outpatient procedure. And no matter how far along you are, rest easy knowing that the Bauman Medical team will be there from start to finish.

LEARN MORE

While chocolates are sweet for a second, hair restoration is sweet for a lifetime. So before going to the store for your last minute shopping, save yourself the trip and opt for a Bauman Medical gift e-Card. This convenient option gives your partner the freedom to choose the procedure or treatment plan best fit for them. Give them the gift of hair, something you both will fall in love with. Call **561-220-3480** or point your camera at the QR code below to schedule a private one-on-one in-person or virtual evaluation at www.baumanmedical.com.



About Dr. Alan J. Bauman



**Alan J. Bauman, MD, ABHRS, IAHR
Hair Loss Expert**

With over 28 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 35,000 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 9th 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®



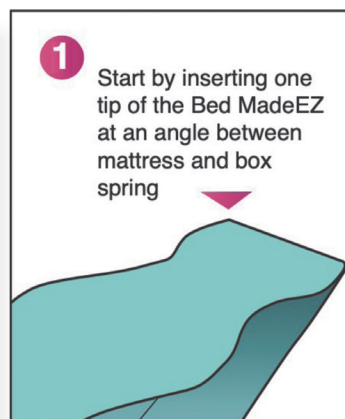
I wake up each morning to the sweet smile of my husband. He is right there as I amble out of the bed and trip on the dog. He is next to me as we brush our teeth. He waits patiently by my side as I brew the coffee. He is completely gone when I go to change the linens! I am alone in this endeavor.

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.

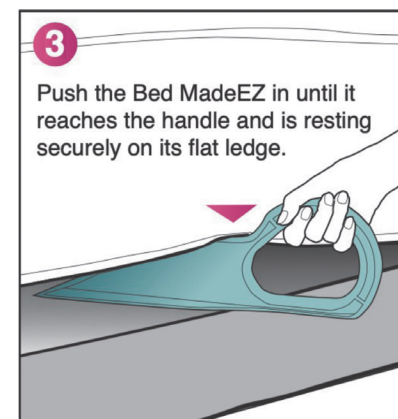
So what can be done? A mattress lifter is the answer. A quick search on Google for "mattress lifter" and you will find the original mattress lifter, the Bed MadeEZ. The product was invented by female-owner and CEO of CKI Solutions, Sam Montross, back in 2012.



- 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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In 1967 the Beatles released a song titled “All We Need Is Love” which sat atop Billboard's charts for eleven consecutive weeks. Their manager at the time stated, “... they really wanted to give the world a message... it is a clear message saying that love is everything.” In fact, the simple chorus repeats the words: “all you need is love...”

What a message for the world to hear!

During the month of February, many of us focus on the idea of love (thanks to Valentine's Day), but really the message of love is timeless and not bound by a simple holiday.

And to be totally truthful, The Beatles did not invent the idea that “all we need is love.” That was a message taught and written long before they made it popular... about 2,000 years earlier by Jesus.

Jesus often found Himself in a tight spot as He had a tendency to upset what traditional religion had established in His lifetime. Jesus often spoke against the religious leaders of His day and offered a better way – a way founded in grace (not rules) and love (not guilt).

In fact, there was one exchange recorded in the New Testament where a lawyer came to ask Jesus a question with the hopes of trapping Him with His words. Here is that exchange as recorded in the Gospel according to Matthew:

"Teacher, which is the most important commandment in the law of Moses?" Jesus replied, "'You must love the LORD your God with all your heart, all your soul, and all your mind.' This is the first and greatest commandment. A second is equally important: 'Love your neighbor as

yourself.' The entire law and all the demands of the prophets are based on these two commandments." – Matthew 22:36-40 NLT

Do you see that? What does Jesus say is the most important thing? Love. We are supposed to learn to love God with all that we are – our minds, our hearts, our bodies. And then we are supposed to love others. But then He goes on to say this: everything else hangs in the balance of these two things.

So, what does that mean for you and me? It's simple – not easy – but simple. If we learn to love God and love others, then everything else will take care of itself.

Think about it – if I learned to love everyone (not just the people I like), how differently would my relationships look? If I learned to love God, how differently would my priorities look? If I could learn to love, then everything else falls in place.

The apostle Paul describes the kind of love we should have: “Love is patient and kind. Love is not jealous or boastful or proud or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. It does not rejoice about injustice but rejoices whenever the truth wins out. Love never gives up, never loses faith, is always hopeful, and endures through every circumstance”. – 1 Corinthians 13:4-7 NLT

Here is an exercise for us to see how we are doing. Go back and read the quote above, but this time, every time to get to the word “love” or “it” put your own name in its place. Then ask yourself: how am I doing? (It's a simple formula – not an easy one.)

So in this month where we set aside a day of love, let's make it a lifestyle not just a holiday Because remember, The Beatles were right (just not the first) to say: “All You Need Is Love.”

Brent Myers

What is

RECOVERY CHURCH

Recovery Church is both a church, and a recovery fellowship. Recovery Church is all about Jesus, discipleship, and the 12 steps! Everyone is always welcome and our weekly gathering includes music, fellowship, and teaching or testimony.

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ONE GOD

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