

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

April 2025

Polk/Brandon Edition - Monthly

www.healthandwellnessfl.com

FREE



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

**BEYOND THE SCALE:
FIGHTING HIDDEN FAT
WITH HORMONES AND
DEXA SCANNING**

SENIORS AGING IN PLACE

**BREAKTHROUGH LASER
TREATMENT BRINGS HOPE
TO SPINAL STENOSIS SUFFERERS**

VARICOSE VEINS ARE A MEDICAL CONDITION

**CELEBRATING 23 YEARS
SERVING CENTRAL FLORIDA**

Accepting Cigna LocalPlus



BEFORE

AFTER

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

\$100 off
FULL Spider Vein Treatment
limit 1 per person
expires 3/31/2025

BENEFITS OF TREATMENT:

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

MOST INSURANCES ACCEPTED, INCLUDING MEDICARE



**Vascular Vein Centers
of Davenport / Haines City**
121 Webb Dr Suite 300
Davenport, FL 33837
(863) 291-6313
www.PolkVVC.com
Next to IMA Pichardo Clinic



**TRUSTED
HOMECARE SERVICES**



**OUR MISSION IS TO ASSESS THE
NEEDS OF EACH CLIENT TO HELP
THEM MAINTAIN THEIR
INDEPENDENCE WHILE LIVING
IN THEIR OWN HOMES
AND COMMUNITIES.**

Services

- Healthcare Staffing Services
- Licensed RNs and LPNs
- Companion/Homemaker
- Assisted Living
- Respite Care
- Live-in Care
- Personal Care
- End of Life/Hospice Care
- Chronic Illness/Disability Care
- Meal Preparation
- Housekeeping
- Shopping & Errands
- Transportation to Doctor Visits



352.240.7522 **WWW.TRUSTEDHCS.COM**

contents

April 2025

- 4 Skin Changes in The Lower Leg
Are a Sign of Venous Disease
- 6 Breakthrough Laser Treatment
Brings Hope to Spinal Stenosis Sufferers
- 7 Seniors Aging in Place
- 8 Beyond the Scale:
Fighting Hidden Fat with Hormones and DEXA Scanning
- 10 Regenerative Medicine is the Future of Healing
- 11 Having Trouble Getting In and Out of Your Bathtub,
Tubcut Has Your Answer
- 12 No Laughing Matter
How Stress Impacts Your Scalp
(and How Bauman Medical Can Help)
- 14 Bed Making Made Easy –
With CKI Solutions' Bed MadeEZ®
- 15 Spiritual Wellness: I Have a Wait Problem

CONTACT US

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


BERRYMAN
Marketing Group LLC

OWNER / ACCOUNT EXECUTIVE
Bryan Berryman
bryan@sflhealthandwellness.com

GRAPHIC DESIGNER
Sonny Gensing
sonny@gwhizmarketing.com

South Florida's Health & Wellness Magazine can be found in over 1,800 South Florida medical facilities including, hospitals', doctors', chiropractors' and dentist offices and more. Find a copy of your FREE South Florida's Health & Wellness Magazine in most grocery and convenient stores as well.

To get your article published and for ad rates, call 239.250.4104
sybil@sflhealthandwellness.com

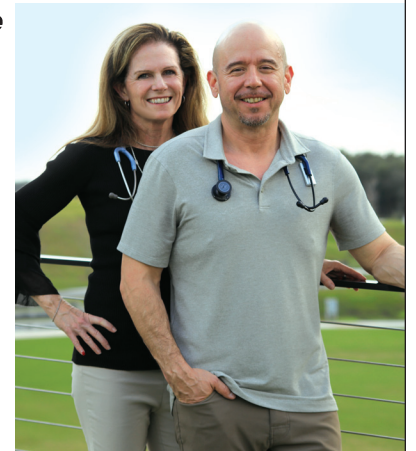
©Copyright SOUTH FLORIDA'S HEALTH & WELLNESS Magazine 2025. All rights reserved. Any reproduction of the material in this magazine in whole or in part without written prior consent is prohibited. Articles and other material in this Magazine are not necessarily the views of SOUTH FLORIDA'S HEALTH & WELLNESS Magazine. SOUTH FLORIDA'S HEALTH & WELLNESS Magazine reserves the right to publish and edit, or not publish any material that is sent. SOUTH FLORIDA'S HEALTH & WELLNESS Magazine will not knowingly publish any advertisement which is illegal or misleading to its readers. The information in SOUTH FLORIDA'S HEALTH & WELLNESS Magazine should not be construed as a substitute for medical examination, diagnosis, or treatment.



We can help
remind your body
what's missing.

**What can hormone imbalance
look like?**

Weight Gain
Loss of Muscle Mass
Depression and Stress
Cognitive Decline
Insulin resistance
Loss of Sex Drive
Fatigue
Sleep Disorders
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.

Contact us today for a Consultation!

Phone: 863-899-2404 Email: info@optimizedwellness.net

Serving Lakeland, Winterhaven, Plant City Brandon
and surrounding Florida cities.



woz wellness

**regenerative
medicine**

fast, minimally
invasive pain relief



- Regenerative Medicine
- Prolotherapy
- PRP
- Stem Cells

- expert diagnosis
- ultrasound guided
- spine and joint care
- concierge available

844-GO PROLO (844-467-7656)
<https://wozwellness.com>

Text "Shoulder"
to 844-467-7656
for a free shoulder ultrasound!

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



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



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.



Compression socks help you maintain your active lifestyle



Vascular Vein Centers of Davenport / Haines City

121 Webb Dr Suite 300, Davenport, FL 33837

(863) 291-6313

www.PolkVVC.com

next to IMA Pichardo Clinic



Breakthrough Laser Treatment Brings Hope to Spinal Stenosis Sufferers



I put my faith in Dr. Costello and his laser treatments cured me! My back was hurting so badly, doctors here in the Bahamas told me I needed a surgery to "repair" two herniated discs.

In an era where age-related lumbar spinal stenosis has reached epidemic proportions, a revolutionary treatment is offering hope to those suffering from this debilitating condition. Dr. J.A. Costello, one of the leading experts in laser therapy, is bringing this groundbreaking treatment directly to patients' homes in Palm Beach County.

Understanding the Epidemic of Spinal Stenosis

As our population ages, lumbar spinal stenosis—caused by soft tissue and disc degeneration—has become increasingly prevalent. The condition creates unrelenting bone pain in the legs, buttocks, thighs, and along the sciatic nerves, often leading to immobilization, which has a long term failure rate approaching 70%. While many patients are routinely directed toward invasive surgical solutions, Dr. Costello offers a safer, more effective alternative.

Revolutionary Micro-Pulsed Laser Therapy

Dr. Costello's innovative approach utilizes Micro-Pulsed Laser Therapy, an FDA-cleared treatment that has successfully helped over a million patients without a single reported side effect. This advanced technology works at the cellular level, stimulating the body's natural healing processes to provide remarkable long term results.

The Science Behind the Success

The treatment, classified as "actinotherapy," creates chemical and metabolic changes in human tissue, accelerating the healing potential of every cell it contacts. **This sophisticated approach delivers multiple therapeutic benefits:**

- Decreases pain and inflammation of nerve endings
- Accelerates nerve regeneration
- Reduces swollen and enlarged soft tissues, including discs and ligaments
- Improves proprioception (balance awareness)
- Eliminates numbness and tingling
- Achieves results without pain, invasion, or side effects

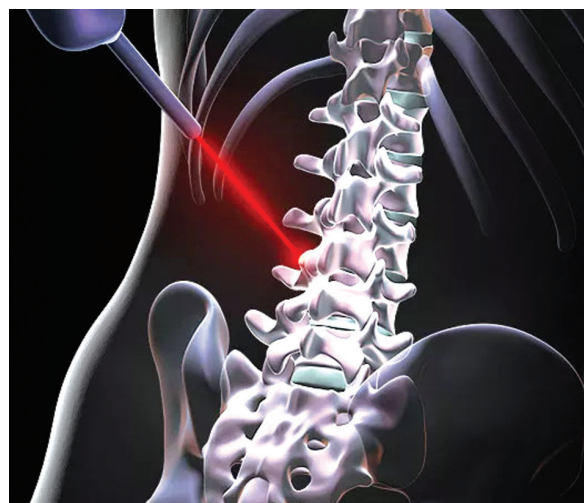
Expert Care from a Pioneer in Laser Medicine

Dr. Costello brings over four decades of specialized experience to every treatment. As a board-certified chiropractic orthopedist trained by experts from the Texas Back Institute, he has developed exclusive proprietary treatment protocols. His unique combination of orthopedic expertise and advanced laser technology has attracted patients from across the globe.

The Comfort of Concierge Treatment

What sets Dr. Costello's practice apart is not just his expertise, but his commitment to patient comfort. **Every 30-minute treatment session is:**

- Performed personally by Dr. Costello
- **Delivered in the comfort of your own home**
- Tailored to your specific condition
- Designed for optimal therapeutic results



Beyond Spinal Stenosis

While particularly effective for spinal stenosis, this revolutionary treatment also successfully addresses:

- Arthritis
- Back pain
- Disc herniations
- Headaches
- Knee and hip pain
- Neck pain
- Peripheral nerve disorders
- Neuropathy
- Sciatica
- Shingles
- TMJ dysfunctions

A Better Path to Healing

"Our treatment protocols actually heal human tissue," explains Dr. Costello. "They can achieve results when other treatments fail." This approach represents a significant advancement over traditional treatments, offering hope to those who have been disappointed by conventional medical approaches or are seeking to avoid invasive surgery.

The Future of Pain Management is Here

As Chief of Laser Medicine for Diowave Laser Systems and developer of the Stealth Laser™ system, Dr. Costello continues to pioneer advancements in laser medicine. His **in-home treatment model** combines cutting-edge technology with personalized care, offering Palm Beach County residents a safer, more effective path to recovery.

Don't let spinal stenosis control your life any longer. Experience the revolutionary treatment that's helping patients reclaim their mobility and comfort, all from the convenience of home.



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

BEYOND THE SCALE: FIGHTING HIDDEN FAT WITH HORMONES AND DEXA SCANNING



IN TODAY'S WORLD OF WELLNESS, TERMS LIKE "METABOLIC HEALTH" AND "VISCERAL FAT" ARE GAINING MORE ATTENTION—AND FOR GOOD REASON. WHILE MANY FOCUS ON THE NUMBER ON THE SCALE, A GROWING BODY OF EVIDENCE SHOWS THAT WHERE FAT IS STORED IS JUST AS IMPORTANT AS HOW MUCH WE CARRY. VISCERAL FAT—THE DEEP ABDOMINAL FAT THAT SURROUNDS INTERNAL ORGANS—IS PARTICULARLY CONCERNING. IT'S CLOSELY LINKED TO INSULIN RESISTANCE, INFLAMMATION, CARDIOVASCULAR DISEASE, AND AN INCREASED RISK FOR CHRONIC CONDITIONS LIKE DIABETES AND DEMENTIA.

At D&G Optimized Wellness and Hormones, we believe in addressing the root causes of poor metabolic health. This includes evaluating hormone imbalances, offering personalized treatment plans, and soon, introducing advanced diagnostic tools like the Hologic DEXA scan—a powerful way to identify visceral fat and track progress.

Understanding Metabolic Health

Metabolic health is defined by how efficiently the body manages energy, glucose, and fat. It's influenced by blood sugar levels, lipid profiles, blood pressure, waist circumference, and insulin sensitivity. Alarming, recent data suggests that less than 15% of Americans are considered metabolically healthy.

A key contributor to poor metabolic health is excess visceral fat. Unlike the fat that sits just under the skin, visceral fat surrounds the organs and secretes inflammatory substances that increase the risk of metabolic dysfunction. Even people with a "normal" BMI can harbor high levels of visceral fat, making it a hidden but dangerous threat.

The Hormone Connection

Hormones play a central role in where and how fat is stored. As we age, declining levels of estrogen, testosterone, progesterone, and thyroid hormone lead to reduced muscle mass, increased fat storage, and worsening insulin resistance.

- In women, estrogen decline during menopause is directly linked to increased visceral fat.
- In men, lower testosterone levels contribute to abdominal weight gain and a slower metabolism.
- Thyroid hormone supports metabolism and digestion; even "normal" low levels can hinder fat loss and energy.

Left unchecked, these imbalances make losing weight and improving metabolic health nearly impossible—especially around the midsection.



A Holistic Plan for Lasting Change

- We know that transformation doesn't come from a single solution—it requires a comprehensive strategy:
- Nutrition: We encourage an anti-inflammatory, whole-food-based diet that supports hormone balance and insulin sensitivity.
- Movement: Resistance training, walking, and increasing daily activity are essential for muscle retention and metabolic health.
- Hormone Optimization: By restoring hormones to optimal levels, we unlock the body's ability to burn fat, build strength, and feel energized.

Objective Tracking: With the addition of DEXA scans and ongoing lab monitoring, we bring clarity and accountability to every patient journey.

Polk County and Frankly Everyone Deserves Better

Visceral fat may be silent, but its effects are not. At D&G, we're building a system of care that prioritizes prevention, education, and empowerment. The upcoming addition of DEXA

scanning reflects our mission: to offer cutting-edge, personalized medicine that works—because you deserve to feel better, live better, and age on your own terms.

BHRT: A Targeted Solution

Bio-identical Hormone Replacement Therapy (BHRT) is a core component of our approach to restoring balance and optimizing metabolism. Unlike synthetic hormones, BHRT matches the molecular structure of your body's own hormones, making them safer and more effective.

- Estrogen improves lipid panels, reduces insulin resistance, and helps prevent the accumulation of visceral fat.
- Testosterone enhances lean muscle, boosts metabolism, and supports fat loss
- Progesterone promotes better sleep and counteracts cortisol, which drives belly fat.
- Thyroid hormone helps regulate energy, temperature, and metabolism—critical for fat burning and glucose control.

Our BHRT plans are customized and focused on how patients feel—not just lab numbers—helping our clients regain energy, body confidence, and metabolic control.

Precision Tracking Coming Soon: DEXA Scanning Arrives in Lakeland

In the coming months, we'll be introducing a Hologic DEXA scanner to our primary Lakeland location—adding a powerful new dimension to our patient care. This state-of-the-art technology measures total body composition, including fat mass, lean muscle, and most importantly, visceral fat.

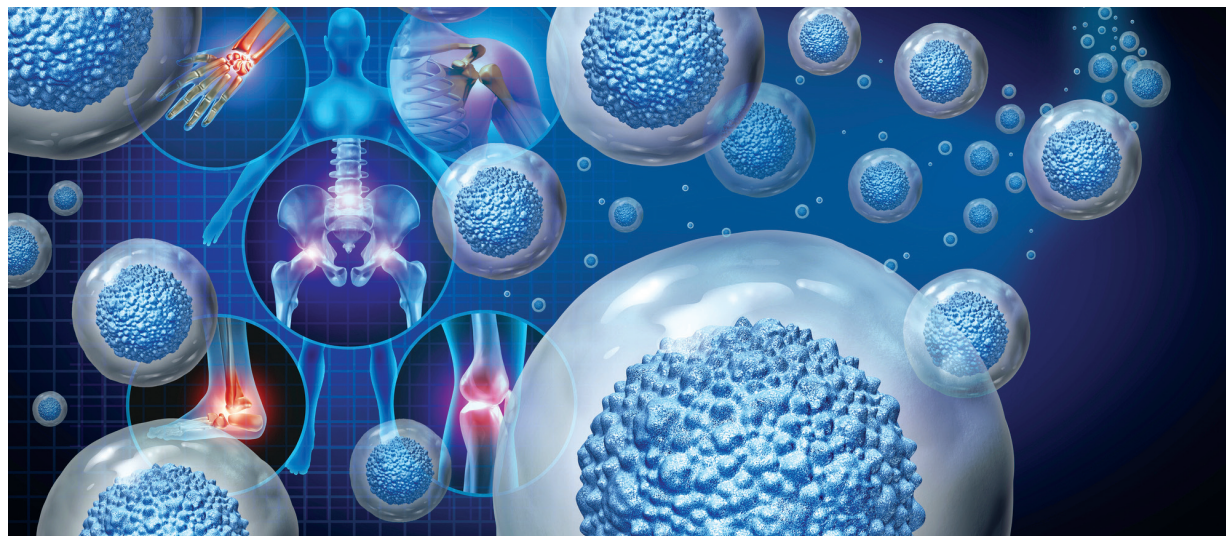
Unlike traditional methods like BMI or bathroom scales, a DEXA scan gives a detailed and accurate picture of what's happening beneath the surface. It allows us to quantify your progress, tailor your plan, and make data-driven decisions that accelerate results. This new offering will be available not only to our current clients, but also to the greater Lakeland community—providing an essential tool for anyone serious about improving their metabolic health and preventing chronic disease.



863-899-2404

info@optimizedwellness.net
optimizedwellness.net

REGENERATIVE MEDICINE IS THE FUTURE OF HEALING



In the world of modern medicine, patients suffering from chronic pain and degenerative conditions often face a difficult choice: undergo invasive surgery with lengthy recovery times or rely on corticosteroids that provide only temporary relief. However, an innovative and highly effective alternative is revolutionizing the way we heal—regenerative medicine. Utilizing the body's natural healing mechanisms, regenerative therapies offer a powerful, long-term solution that is safer, more effective, and far less disruptive than traditional treatments.

Achieving the best results with regenerative medicine requires the expertise of a highly trained specialist. An expert in regenerative medicine understands the complexities of these advanced treatments, ensuring they are applied with precision and tailored to each patient's specific condition. From selecting the right therapy—such as stem cell treatments or platelet-rich plasma (PRP)—to utilizing state-of-the-art imaging techniques for accurate application, the role of a skilled practitioner is vital in maximizing the benefits of regenerative medicine. With the right specialist guiding the process, patients can experience optimal healing, reduced pain, and long-term recovery without the risks associated with surgery and corticosteroids.

The Role of an Expert in Regenerative Medicine

Choosing the right specialist can make all the difference in your recovery. An experienced regenerative medicine physician:

- Conducts a thorough assessment to determine the best treatment approach for each patient.
- Utilizes advanced imaging technology to ensure precise placement of regenerative injections.
- Monitors patient progress and adjusts treatments to optimize healing.
- Understands the latest research and techniques to enhance treatment effectiveness.

Working with an expert ensures that you receive a customized treatment plan rather than a one-size-fits-all approach. This personalized care leads to better, longer-lasting results and a faster return to an active lifestyle.

The Science Behind Regenerative Medicine

Regenerative medicine harnesses the body's natural ability to repair and regenerate damaged tissues. It involves innovative treatments such as:

- **Stem Cell Therapy** – Uses stem cells to promote the repair of damaged cartilage, tendons, and tissues, enhancing the body's ability to heal itself.
- **Platelet-Rich Plasma (PRP) Therapy** – A concentration of platelets derived from the patient's own blood is injected into the affected area to accelerate healing and reduce inflammation.
- **Exosome Therapy** – Tiny vesicles that carry growth factors and genetic material to damaged cells, stimulating repair and rejuvenation.
- **Prolotherapy** – A natural injection therapy that promotes the regeneration of ligaments and tendons by triggering the body's healing response.

These treatments work at the cellular level, addressing the root cause of pain and dysfunction rather than merely masking symptoms. However, achieving the best results depends on the expertise of the physician administering these therapies. A qualified regenerative medicine specialist understands how to precisely apply these treatments, ensuring they are delivered in the right concentration, at the right location, and at the right time for maximum effectiveness.

The Limitations of Surgery and Corticosteroids

For decades, surgery has been the go-to option for patients with musculoskeletal issues, joint damage, and tissue degeneration. While effective in some cases,

surgery carries significant risks, including infections, complications, and prolonged downtime. Many patients who undergo joint replacement surgeries or spinal fusions find themselves dealing with months, if not years, of rehabilitation and potential repeat procedures. Corticosteroids, on the other hand, offer a quick fix for inflammation and pain but come with serious drawbacks. Repeated steroid injections can weaken tissues over time, accelerating joint degeneration rather than preventing it. Furthermore, long-term steroid use has been linked to complications such as osteoporosis, weight gain, high blood sugar, and immune system suppression. In short, while surgery and corticosteroids may provide temporary relief, they fail to address the underlying cause of pain and degeneration.

Benefits of Regenerative Medicine Over Traditional Treatments

- **Minimally Invasive with Minimal Downtime**
- **Long-Lasting, Natural Healing**
- **Reduced Risk of Complications**
- **Avoids the Dangers of Steroids**
- **Personalized, Cutting-Edge Treatments**

Every patient's condition is unique, and regenerative medicine treatments can be tailored to meet individual needs. Whether it's PRP for a torn ligament or stem cells for arthritis, the therapy is customized for optimal results—especially when overseen by an

Who Can Benefit from Regenerative Medicine?

Regenerative medicine is an ideal solution for individuals suffering from:

- Arthritis and joint pain
- Sports injuries (ACL tears, tendonitis, rotator cuff injuries)
- Back pain and spinal conditions
- Ligament and tendon damage
- Post-surgical recovery delays

A Healthier Future with Regenerative Medicine

If you're tired of temporary fixes and want a lasting, natural solution, reach out and schedule a consult today to determine if regenerative medicine is the right choice for you.



woz wellness

Fast, minimally invasive pain relief.

844-GO PROLO (844-467-7656)

www.wozwellness.com

HAVING TROUBLE GETTING IN AND OUT OF YOUR BATHTUB, TUBCUT HAS YOUR ANSWER

THE TUBCUT® ADDS CONVENIENCE AND PROTECTION FOR ALL AGES

When was the last time you faced the need for a home project that you knew would absolutely solve your problem and also go easy on your wallet?

For most homeowners, there's usually an endless list of modifications and renovations that we need to make as both we and our homes age. And if you're like most people, you put off projects that have more to do with your own safety or comfort.

But chances are, you or someone you know has had to deal with everyday aches and pains, arthritis, bad knees, foot or ankle problems, a handicap or overall mobility problems, aging in place, acting as a caregiver, or general worries about slip and falls in the bathtub.

You've probably already heard that there are ways to make your bathtub more accessible, but pushed the thought to the back of your mind because you're worried about how long your bathroom is going to be out of commission, the cost of the project, and even if having your bathtub modified is actually going to serve its intended purpose.

WELCOME TO THE NOVEL IDEA OF THE TUBCUT®.

If a person has difficulty lifting his or her legs over a traditional tub wall, then a portion of that tub wall can actually be cut and removed, then refinished. The cutout reduces the lift required to step or swing one's legs into the tub, and instead turns it into a walk-in shower. The modification can be done in less than one day. Even better? The cut portion of the tub can be

saved, and the project can be reversed if you want to sell your home and not lose value.

"We can do this without disturbing the plumbing or making a big deal of construction. We're in and out of there in half a day, and then the customer is using their shower and their bathroom again by the next morning," says Paul Echavarria, owner of One Day Bath for the past two decades. "We also have no problem with doing a complete reversal for this project, and once that's complete, you would never know what that tub looked like before. It's seamless and waterproof. The whole entire tub gets resurfaced so that when we're done, the tub looks brand new again."

"YOU WON'T HAVE ANYMORE TROUBLE GETTING IN AND OUT OF THE BATHTUB WITH TUBCUT®"



Since the original Tubcut® was first offered on the market, there have been a number of national companies offering what looks like an identical product and service. One Day Bath, however, points out that with Tubcut®, the user chooses how wide the opening is and where it starts and ends. This allows the panels to structurally become part of the tub through a strong bonding process. The panels are also made of a durable material that is easy to clean, and your tub's color can be matched perfectly to the panel's edge for a seamless look and watertight construction. Competitors use plastic caps or one-piece inserts, and their products are typically attached to the tub with caulk only and don't have any of the versatility of the Tubcut®.



VA APPROVED

The Tub Cut Company

877-882-2887

www.TUBCUT.COM

NO LAUGHING MATTER

How Stress Impacts Your Scalp (and HOW BAUMAN MEDICAL CAN HELP)

by Alan J. Bauman, MD, ABHRS



While laughter is often lauded as the best medicine, it can sometimes be hard to let out a chuckle when the world feels like a whirlwind. Hectic commutes, long days at the office, and family drama can all bring on stress with ease. And to top it off? Your hair's not looking like it used to.

It makes sense to start freaking out and worrying about a thinned-out crown, but that'll only make a bad situation worse. So much for April Fools Day, you might be thinking. But with all the stressors in the world, it's essential to find a space that brings out the inner zen in you. And what better space than the serene Bauman Medical facility, featuring all the methods needed to start turning your stressful scalp into a zen garden?

But before getting into the nitty-gritty, I want to spend a few moments highlighting the impacts anxiety has on hair. With April being Stress Awareness Month, there's no better time for a bit of enlightenment ahead of some well-deserved hair enrichment.

HOW DOES STRESS AFFECT YOUR HAIR?

Much like how prolonged bouts of stress physically impact our bodies, your hair is just as susceptible to these negative impacts. While your scalp won't feel a knot in its stomach, it can surely react inversely. There are many culprits I've come across during my time at Bauman Medical, with these three issues serving as the usual suspects for stress-induced hair loss:

TELOGEN EFFLUVIUM

While Dolphins fans might see TE and immediately think of the tight end position, TE in the realm of hair loss is like seeing your quarterback get sacked. TE has such an impact on your scalp since hair follicles are already incredibly delicate and highly receptive to the stress hormone cortisol. This can be brought on by an array of factors, both physiological (feeling under the weather) and psychological (feeling the pressure of a deadline at work). Regardless of the

cause, the stress (no pun intended) of these factors causes follicles to begin shedding. And like us, when under stress, the only thing your follicles think of is getting some rest, which is when they shift into the telogen, or, in Layman's terms, resting stage. While they rest, the follicles forget to set an alarm and become dormant, leading to stagnant hair growth.

TRICHOTILLOMANIA

Tapping feet. Drumming fingers. Shifting in your seat. These are all examples of subconscious fidgeting. What does this have to do with hair? Twirling. More specifically, excessively twirling and pulling your hair due to stress. While it may serve as a way to get your jitters out,

trichotillomania puts further stress on your scalp. Playing with your hair like that is an easy way to start going down a path of shedding and damaging your follicles.

ALOPECIA AREATA (AA)

Of the three mentioned, AA is probably the first to sound familiar. But what exactly does it do to your scalp? To start, we must first travel to the immune system. Typically, this system will fight off any germs or bacteria trying to find their way into our bodies. But with AA, the tables are turned, and our body begins attacking us; more specifically, our hair follicles, doing significant damage and impacting them during the growth phase. While an array of factors can spark AA, stress is typically the lead culprit.



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.



Before and 12 months after PRP
by Dr. Alan Bauman

NOW, TO THE GOOD STUFF

With all the stress impacts out of the way, we can shift to the serenity that Bauman Medical offers. While it's hard to crack jokes while dealing with hair loss, there's nothing foolish when it comes to getting help. I can't say much about my standup routine, but I'll gladly speak on behalf of my calming, world-class Scientific Scalp Makeovers that will surely turn that frown upside down.

What's unique about my Scalp Makeovers is that they cater to those going through stress-related hair loss. That means providing a spa day for both yourself and your scalp. And that sense of serenity you've been seeking will greet you immediately as our "Head Spa" room welcomes you with tranquil music and soft, low lighting. As you prepare to drift into stillness, you can look forward to the following services and more during our 60-minute to three-hour session:

- Aromatherapy
- A customized scalp treatment for maximum scalp health and hair beauty
- A deep and thorough scalp massage to stimulate and cleanse the scalp, as well as increase circulation
- Deep cleansing shampoo
- A customized conditioner or hair mask

Sometimes, you need to treat yourself. And what better gift to give yourself than a relaxing day of R&R at Bauman Medical? For some people, however, there's more to their stress than a day at the spa. Thankfully, we're more than just hair procedures; we provide hair solutions.

When it comes to Zen, you're talking to the master. No, not me, our state-of-the-art Zenmaster, a stress adaptogen that will have you saying "namaste" in no time. By tapping into the calming benefits of the ancient herb ashwagandha, you'll be providing stress relief not only to your weakened follicles but also to your overall well-being.

Depending on your stress level, taking 2-4 Zenmaster capsules daily will bring you serenity within two weeks of use. With these natural substances, your body will soon adapt to your stress levels. But, a little caveat: not all stress is bad! High amounts of stress, however, are when your body begins to produce the hormone corti-

sol, and upon production, it will impact different organs, including hair follicles.

Beyond hair, it's integral that you find ways to reduce your body's cortisol levels, and the Zenmaster gets the job done. And by taking it with our BioPerine® for absorption aid, peacefulness has never looked this good.

Getting your scalp and body feeling serene is just the first part of the growth process. Our hair solutions go above and beyond to ensure that come next April, you'll be too busy chuckling about how far your scalp has come thanks to these proven methods:

PRP (PLATELET-RICH PLASMA)

A Bauman Medical staple, PRP continues the trend of relaxing hair restoration with help from you. Our minimally invasive procedure begins by taking a small blood sample. Then, we isolate the platelets, thanks to our cutting-edge technology. We isolate the platelets in order to concentrate them, as they possess tremendous growth factors. Said growth factors are applied back to your scalp to cultivate natural hair growth. Give us an hour, and we'll give you back a lifetime. You may be wondering how something like this is calming. With a heavy emphasis on comfort and safety, PRP features topical anesthesia and a sterile environment. The cherry on top is our expert team handling the procedure.

LOW-LEVEL LASER THERAPY

Sometimes, we all need a relaxing night in. So, why not bring the hair restoration to the comfort of your own abode? With the highly advanced Bauman TURBO LaserCap®, it's like our Boca Raton office made the trip to you. Whether lying in bed or watching a movie in the living room, donning the TURBO LaserCap maximizes hair regrowth with as little as five minutes of daily use. You know what they say, "a little goes a long way."

LEARN MORE

Trying to crack a joke or even a slight smile can be challenging when stress has you down. While myself and the Bauman Medical team can't eliminate all the stressors in your life, we can surely help you manage it, as well as eliminate the stressor that is hair loss. There's no reason to keep fooling yourself. For the premier hair restoration services around, Bauman Medical is the only place to be.

Call **561-220-3480** or point your camera at the QR code below to schedule a private one-on-one in-person or virtual consultation at www.baumanmedical.com.



About Dr. Alan J. Bauman



Alan J. Bauman, MD, ABHRS, IAHRs 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.



ADVANCED TREATMENTS. EXCEPTIONAL RESULTS.
THE ULTIMATE HAIR RESTORATION EXPERIENCE.

**Hair Restoration
for Men and Women**
www.BaumanMedical.com
561-220-3480

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



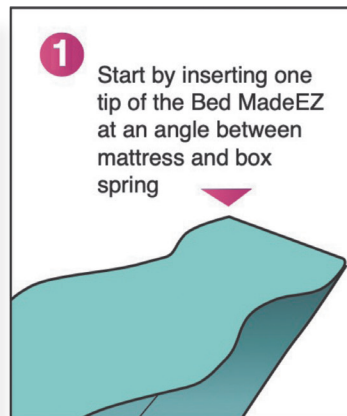
I wake up each morning to the sweet smile of my husband. He is right there as I amble out of the bed and trip on the dog. He is next to me as we brush our teeth. He waits patiently by my side as I brew the coffee. He is completely gone when I go to change the linens! I am alone in this endeavor.

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.



CADENCE KEEN INNOVATIONS

Find out more at
www.ckisolutions.com

Email
customerservice@ckisolutions.com

Phone
561-249-2219

I Have A Wait Problem

You're reading a health and wellness magazine and you're thinking: that guy can't spell. But the truth is that you read it correctly: I have a wait problem: I don't like to wait. But who does?

Think about it... do you like to wait? Do you love sitting in the waiting room at the doctor's office? Do you look for the longest line at the grocery store so you can spend more time waiting? When the light turns green, does it make you happy when the car in front of you just sits there? Do you keep your fingers crossed that wait times are an hour at the amusement park? If you answered "no" to the questions above, then you have a wait problem too.

It's been estimated that we spend ten percent of our lives waiting. That comes out to be over two hours of everyday. I have a wait problem: I'm not very good at it. But I don't have a choice. Waiting is a part of our lives.

And waiting isn't just a part of everyday menial tasks, but big things in life too. Things like waiting for Mr. Right or Miss Perfect; waiting for your first grandchild; waiting for retirement; waiting on test results; waiting to hear back about the interview; waiting...

From a spiritual perspective, waiting is very important. So important, in fact, that God talks about it including these words: *"Even youths shall faint and be weary, and young men shall fall exhausted; but they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint."* (Isaiah 40:30-31, ESV)

Waiting is expected by God.

Notice what he says... "...they who wait for the LORD..." Isaiah doesn't single out an individual or use the word "if". God – the creator and controller of time and all circumstances – knows we will have seasons of waiting. And He expects us to wait on Him.

God uses waiting to build our character.

Look at the different stages of development: flying high (wings), running, and walking. Waiting gets us to a place where we learn to take in the highest highs, but at the same time realize that slow and steady gets us where we need to go. Waiting helps us grow into constant and consistent forward movement in our lives... even when we are waiting.

Waiting is rewarded by God.

Isaiah shows us that waiting has its rewards. Tired of being tired? Close to giving up? Don't want to wait anymore? Read the passage again: "...and not be weary..." "...and not faint..." God honors us when we wait. God rewards our faithfulness in the midst of our waiting.

Brent Myers



Waiting is the fruit of our faith.

Finally look at this: "...but they who wait for the LORD..." When we learn to trust our circumstances to God, we show that we really believe that He is in control. We demonstrate that we actually believe that He knows best and that He works all things together for good. When we wait on the LORD, we show the depth of our faith. So... how do I get better at waiting? The ability to wait on the Lord stems from being confident and focused on who God is and in what God is doing. It sounds simple – and it is – but simple is not the same as easy (because it's not).

But look at it like this... I heard the other day, "there are no problems, only opportunities". So at least now I know I don't have a wait problem after all – just a wait opportunity (and lots of them)!

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.



RECOVERY CHURCH
LAKE WALES

✈️
Wednesdays
6:33 PM
322 N Scenic Hwy.
Lake Wales, FL 33853



<https://www.facebook.com/RecoveryChurchLakewales/>
Lakewales@recovery.church
www.recovery.church/Lakewales | (863) 605 7170





NO TIME FOR HAIR TRANSPLANT DOWNTIME?

BREAKTHROUGH NO-SHAVE VIP|FUE™ DELIVERS DISCREET RESULTS!

BENEFITS OF VIP|FUE™

- No shave – Only FUE transplant procedure available requiring no trimming or shaving of the donor area
- Preview your results immediately
- Shorter, less restricted, more comfortable downtime
- No stitches or staples • No linear scar
- Natural results



VIP|FUE™ transplant by Dr. Alan J. Bauman | BEFORE AND ONE DAY AFTER



BAUMAN
MEDICAL

ADVANCED TREATMENTS. EXCEPTIONAL RESULTS.
THE ULTIMATE HAIR RESTORATION EXPERIENCE.

Alan J Bauman, MD, ABHRS, IAHR

#1 Top
Hair Restoration
Surgeon



To book your VIP|FUE™ procedure or
Virtual Consultation, visit BaumanMedical.com
or call **561-220-3480** for more information.

1450 S. DIXIE HWY, BOCA RATON, FL 33432

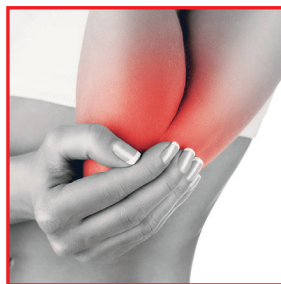


REVOLUTIONARY RELIEF:

ADVANCED LASER THERAPY FOR ACUTE AND CHRONIC KNEE PAIN

EXPERIENCE THE MAGIC OF LASER THERAPY
IN THE COMFORT OF YOUR OWN HOME OR OFFICE!

YOU HAVE NOTHING TO LOSE, BUT YOUR PAIN!



ARTHRITIS | BACK PAIN | BURNS | CARPAL TUNNEL SYNDROME

GOLFERS & TENNIS ELBOW | HEADACHE | HERNIATED DISC | HIP & JOINT PAIN

KNEE & HIP ARTHRITIS | NERVE PAIN | NEUROPATHY | PLANTAR FASCIITIS

ROTATOR CUFF TEARS | TMJ | SHINGLES | SCIATICA | SPINAL STENOSIS | TORN MENISCUS

WRIST PAIN ... AND MANY MORE



JOSEPH A. COSTELLO, DC, DABCO
CHIROPRACTIC ORTHOPEDIST - SINCE 1985

CHIEF OF LASER MEDICINE
DIOWAVE LASER SYSTEMS - FAU
RESEARCH PARK, BOCA RATON

Providing Concierge Laser Medicine Service at Your Home with the State-of-the art Laser Technology
invented by Dr. Costello himself. We Provide Patients with a Cost effective Alternative to traditional
forms of treatment, which is Free of Side Effects, Completely Painless and Works When Other Treatments Fail.

NO INSURANCE ACCEPTED.
ALL TREATMENT IS
MEDICALLY NECESSARY & TAX DEDUCTIBLE.
\$150 | TREATMENT.

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