

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

January 2026

Polk/Brandon Edition - Monthly

www.healthandwellnessfl.com

FREE



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

**VISCERAL FAT:
THE HIDDEN “DANGER FAT” —
AND THE 14-DAY METABOLIC RESET
THAT SHRINKS IT**

**EMBRACE THE YEAR OF THE HORSE...
AND ADD A FLOWING MANE TO 2026
WITH BAUMAN MEDICAL**

CHRONIC LOW BACK PAIN TREATMENT



VARICOSE VEINS ARE A MEDICAL CONDITION

**CELEBRATING 24 YEARS
SERVING CENTRAL FLORIDA**



BEFORE



AFTER

Treatment of varicose veins is covered by most medical insurance

\$10 off

one pair
of compression
socks

(valid one
per person
per visit)

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

**Schedule
an appointment
online**



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

January 2026

- 4 Skin Changes In the Lower Leg
Are a Sign of Venous Disease
- 6 Prostate Artery Embolization:
A Minimally Invasive Breakthrough
in the Treatment of BPH (Enlarged Prostate)
- 7 Chronic Low Back Pain Treatment
- 8 Visceral Fat: The Hidden "Danger Fat" —
and the 14-Day Metabolic Reset that Shrinks It
- 10 Beyond the Pill:
Retrain Your Brain for Lasting Wellness
- 11 A Guiding Hand: Finding Compassion & Clarity
in Life's Toughest Moments
- 12 Embrace the Year of the Horse...
And Add a Flowing Mane to 2026 with Bauman Medical
- 14 Bed Making Made Easy –
With CKI Solutions' Bed MadeEZ®
- 15 Spiritual Wellness: Selfie

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

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

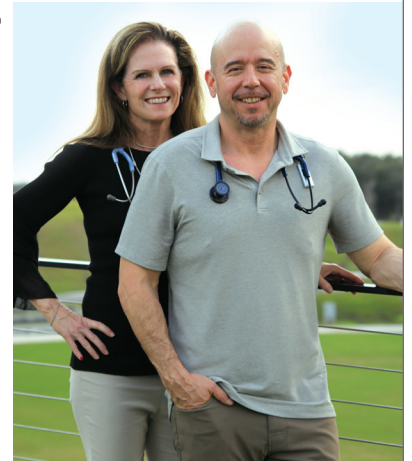
©Copyright SOUTH FLORIDA'S HEALTH & WELLNESS Magazine 2026. All rights reserved. Any reproduction of the material in this magazine in whole or in part without written prior consent is prohibited. Articles and other material in this Magazine are not necessarily the views of SOUTH FLORIDA'S HEALTH & WELLNESS 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.

- Lifetime Warranty
- Factory Trained Installers
- Watertight Construction
- Custom Solutions

**THE
TUBCUT®**

- Improve Accessibility
- Complete in One Day
- Reversability Available
- Satisfaction Guarantee

Save 90% on Replacement Cost!

We convert your tub to a walk in shower in just one day. No plumbing or demolition. Little to no disruption. A simple shower curtain, the same used on a shower stall, stops any water concerns. Shower doors optional.

It's Like Having A Walk In Shower Without The Cost!

We create the opening that fits your needs. Unlike a cap system, The TubcuT® adapts to you. With our exclusive process, you dictate where we create the opening, how wide and how low, typically just 4" off the floor.

The TubcuT® System is 100% REVERSIBLE

If you sell your home we can reverse The TubcuT® back to a regular tub again, just like brand new! The removed section of the tub can be replaced restoring it to original condition. Save thousands on resale!



***"You won't have
anymore trouble getting in
and out of the bathtub
with TubcuT®"***

The Tub Cut Company • www.southfloridatubcut.com
877-TUB-CUTS • 954-466-4413 • Showroom: 3991 SW 12th CT Ft Lauderdale FL
Hours: Monday - Friday 9am - 5pm Saturday By appointment - Sunday Closed

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



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



WHAT DO SKIN CHANGES INDICATE?

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

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

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

WHAT SYMPTOMS MIGHT I HAVE ALONG WITH SKIN CHANGES?

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

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

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

HOW ARE SKIN CHANGES TREATED?

Your provider will probably recommend a Doppler ultrasound for a definitive evaluation of your venous system. The Vascular Vein Centers team

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

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



Compression socks help you maintain your active lifestyle

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

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



**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

**Schedule
an appointment online**



**\$10
OFF**
**any pair of
compression socks**
limit 1



PROSTATE ARTERY EMBOLIZATION: A Minimally Invasive Breakthrough in the Treatment of BPH (Enlarged Prostate)

By Dr. Shivank Bhatia, M.D. FSIR

Interventional Radiologist, Founder of Florida Prostate Centers® and Palm Beach Prostate Center®

Benign Prostatic Hyperplasia (BPH), a non-cancerous enlargement of the prostate gland, affects approximately 50% of men over age 50 and up to 90% over age 80. The resultant lower urinary tract symptoms (LUTS)—including urinary frequency, urgency, nocturia, weak stream, and incomplete bladder emptying or Urinary Retention—can significantly diminish quality of life. Traditionally, management options have included pharmacotherapy and surgical interventions such as transurethral resection of the prostate (TURP). However, for many patients, particularly those with comorbidities or aversion to surgical risks, Prostate Artery Embolization (PAE) has emerged as a safe, effective, and durable minimally invasive alternative.

What is PAE?

Prostate Artery Embolization is a catheter-based endovascular procedure performed under conscious sedation. It involves selective catheterization of the arteries supplying the prostate followed by embolization—controlled blockage—of these vessels using calibrated microspheres. The occlusion reduces blood flow, inducing ischemia in hyperplastic prostatic tissue. Over time, this leads to volume reduction and symptomatic improvement.

Patient Selection and Pre-Procedural Considerations

Optimal candidates are typically men with moderate to severe LUTS due to BPH who wish to preserve their ejaculation, sexual function or prefer a minimally invasive option. PAE is a size independent option – it serves patients with both moderate (<80cc) and large prostates (>80 cc), where traditional surgery carries higher complication risks and options are limited.

Evaluation includes detailed urologic history, physical examination, International Prostate Symptom Score (IPSS) assessment, Prostate Specific Antigen (PSA) level and imaging—most commonly a pelvic MRI or ultrasound—to evaluate the health of prostate and bladder. A collaborative approach with urologists ensures comprehensive care and proper diagnosis.

The PAE Procedure

PAE begins with percutaneous arterial access—usually via the femoral artery (groin access) using image-guided fluoroscopy. Through a microcatheter, the interventional radiologist navigates into the prostatic arteries bilaterally. Embolic microspheres (typically 300–500 µm in size) are then injected until stasis is achieved.

Technical challenges include arterial tortuosity and variability in pelvic vascular anatomy. However, advancements in microcatheter technology, experienced operators and imaging have improved success rates. In the hands of experienced operators like those at Naples Prostate Center®, bilateral embolization is achievable in over 97% of cases.

Clinical Outcomes and Efficacy

A Cochrane review comparing PAE to TURP based on up to 24 months' follow-up, showed that PAE and TURP may work similarly well in helping to relieve symptoms. Men's quality of life may be also improved similarly.

Long-term outcomes of PAE are favorable. Our study of 1075 PAE patients – the largest in the US – published in the prestigious, *Peer-Reviewed Journal* – showed sustained symptom relief at three to five years post-PAE in over 84% of patients. Importantly, PAE preserves sexual function—an often under-recognized concern with surgical options like TURP or laser ablation, which carry risks of retrograde ejaculation and erectile dysfunction.

This article can be accessed at:



Prostatic Artery Embolization: Mid-to Long-Term Outcomes in 1,075 Patients - Journal of Vascular and Interventional Radiology

Safety Profile and Complications

PAE has a strong safety profile. Minor complications, such as transient urinary discomfort, and bladder spasms typically resolve within few days and are managed by over the counter medications. Major complications are rare (<1%), especially in experienced hands. The non-surgical nature of the procedure allows it to be performed without need for anesthesia, avoiding systemic risks. This safety profile, minimally invasive nature and preservation of sexual function make PAE a preferred option for most men.

Advantages of PAE in the Modern Therapeutic Landscape

In the context of modern value-based care, PAE stands out for several reasons:

- 1. Minimally-Invasive** – No incisions, no general anesthesia.
- 2. Outpatient Procedure** – Typically performed in under an hour, with same-day discharge.
- 3. Lower Risk Profile** – Reduced risk of bleeding, infection, or incontinence.

4. Preservation of Sexual Function – A significant factor for many men.

5. Durability of Results – Sustained symptom improvement with a low reintervention rate.

Conclusion: With personal experience of over 1800 PAE procedures, I am an advocate for patient-centred, minimally invasive therapies, I have witnessed firsthand the transformative impact PAE can have on patients suffering from BPH. For residents of South Palm Beach county, access to this advanced treatment offers new hope—particularly for those seeking alternatives to traditional surgery.

While no treatment is universally appropriate, PAE provides a compelling option in the evolving algorithm for BPH management. We ensure that patients receive the most appropriate and individualized care.

About the Author:

Shivank Bhatia, M.D. FSIR, is a board-certified interventional radiologist and founder of Florida Prostate Centers. He served as Chariman and Professor of Interventional Radiology at UHealth - University of Miami Health System from 2019 - March 2025.

Dr. Shivank Bhatia is an internationally renowned for his expertise in minimally invasive image-guided therapies that can treat various common medical conditions. Dr. Bhatia's career highlights include:

- Performed over 1800 PAE procedures – one of the largest in United States
- Pioneered prostate artery embolization in the U.S.
- Served as a PI on 3 clinical trials related to PAE
- Published the largest series of 1075 PAE patients to date in U.S
- Led an FDA approved Investigational Device Exemption (IDE) study for investigating the effects of GAE (Geniculate Artery Embolization) for knee osteoarthritis.
- Awarded Fellow of Society of Interventional Radiology, January 2020
- Delivered more than 100 invited lectures and published dozens of scientific articles in peer-reviewed journals on the topic of interventional radiology
- Trained more than 400 physicians on techniques related to prostate artery embolization

With a strong background in radiology and advanced training in interventional techniques, Dr. Bhatia has dedicated his career to improving patient outcomes through innovative approaches. Dr. Bhatia has contributed significantly to advancing literature supporting the adoption of PAE as a standard of care for BPH (enlarged prostate).

Jung et al: PAE for the treatment of LUTS in men with BPH. Cochrane Database of Systematic Reviews 2022, Issue 3. Art. No.: CD012867.

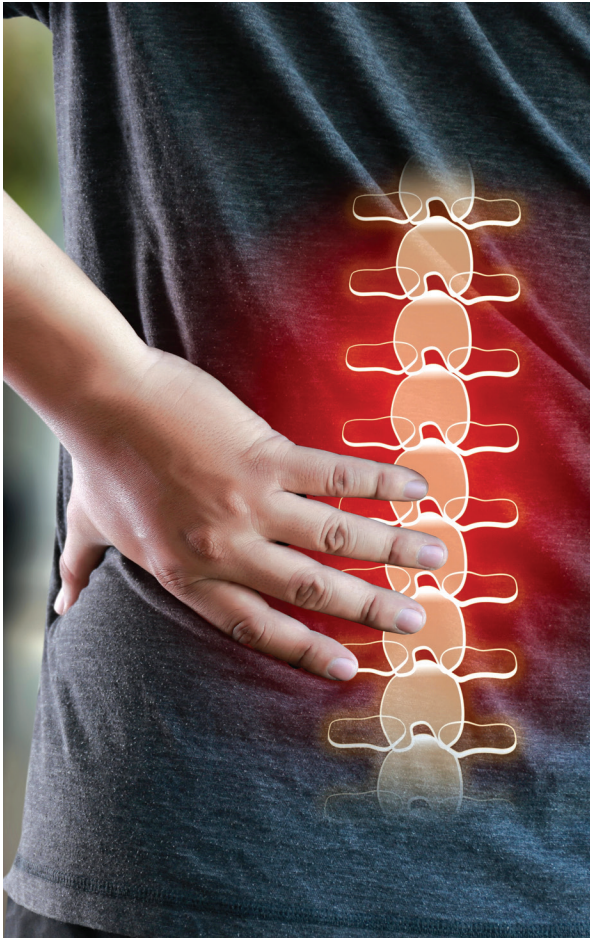
PALM BEACH PROSTATE CENTER

13722 Jog Road, Suite A, Delray Beach, FL 33484

561-560-0723

www.FloridaProstateCenters.com

CHRONIC LOW BACK PAIN TREATMENT



Chronic low back pain is a condition that can significantly impact your quality of life, limiting activities and even interrupting sleep. Traditional treatments such as physical therapy, medications and surgery, often have limited success and may carry risks. In recent years, Platelet-Rich Plasma (PRP) therapy has emerged as a promising regenerative treatment for spinal pain.

Understanding PRP Therapy

PRP is a suspension of platelets in plasma, obtained from your own blood. PRP contains a high level of growth factors and substances called cytokines that play a crucial role in tissue repair and regeneration. It is generally painless to obtain, using a simple blood draw followed by several processing steps to concentrate the platelets to the desired level. For pain involving the spine, concentrated PRP may be injected into ligaments, joints, discs, around nerve roots or all the above. This approach aims to enhance the body's natural healing processes.

Mechanism of Action in Spinal Pain

The intervertebral discs and facet joints are common sources of LBP, often due to degenerative changes. PRP therapy targets these areas by delivering growth factors that promote cell proliferation, matrix synthesis, and anti-inflammatory effects. Studies have demonstrated that PRP can stimulate cell proliferation and metabolic activity of intervertebral disc cells, suggesting potential benefits in disc regeneration.

Clinical Evidence Supporting PRP for Low Back Pain

A systematic review published in Biomedicine evaluated the efficacy of PRP injections in managing LBP. The review highlighted that PRP might restore both structure and function in spines affected by disc degeneration. The authors concluded that PRP injections could be a viable therapeutic option for patients with degenerative disc disease, offering pain relief and functional improvement.

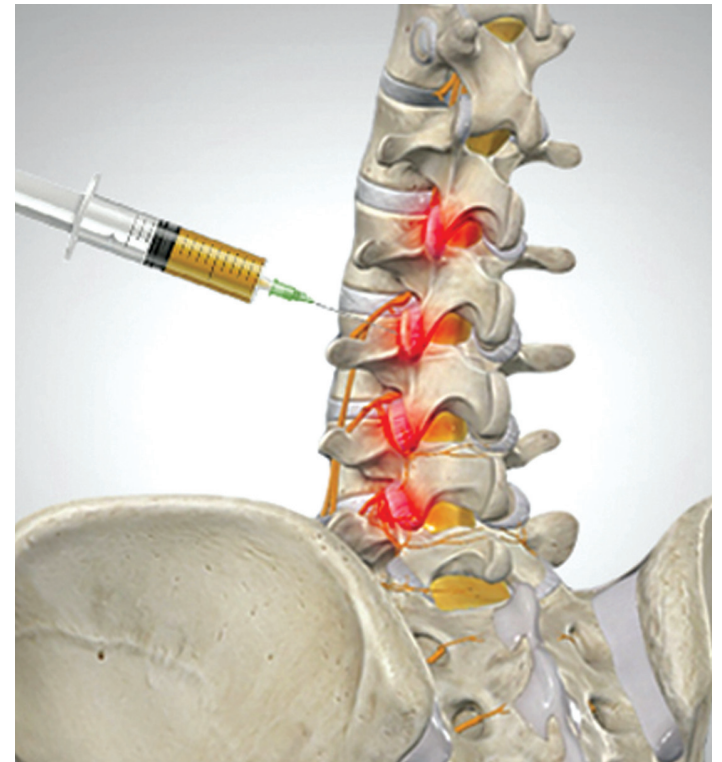
Another critical review in the Journal of Pain Research assessed the role of PRP in managing chronic LBP. The study reported that PRP injections are safe and effective in reducing back pain, with patients experiencing significant improvements in pain and function. The authors emphasized the need for further large-scale studies to confirm these findings but acknowledged the potential of PRP as a minimally invasive treatment option.

Comparative Studies: PRP vs. Corticosteroids

Steroid injections are commonly used for LBP management due to their anti-inflammatory properties. However, their effects are often short-lived, and repeated use can lead to adverse effects. A systematic review with meta-analysis compared the clinical efficacy of PRP against corticosteroids for treating LBP. The study found that PRP provided more sustained pain relief and functional improvement than corticosteroids, suggesting that PRP could be a superior alternative for long-term management of LBP.

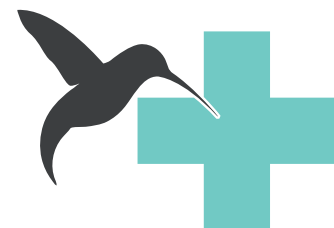
Safety and Considerations

PRP therapy is generally considered safe, given its natural source, which minimizes the risk of immune reactions and disease transmission. Reported side effects are typically mild and may include temporary pain at the injection site. However, as with any medical procedure, it's essential to consult with a qualified healthcare provider to determine if PRP therapy is appropriate for your specific condition.



Conclusion

Emerging peer-reviewed research indicates that PRP therapy holds promise as an effective treatment for spine-related pain, particularly in cases of degenerative disc disease and chronic LBP. While initial findings are encouraging, further large-scale, randomized controlled trials are necessary to establish standardized protocols and confirm long-term efficacy. As the field of regenerative medicine advances, PRP therapy may become a cornerstone in the non-surgical management of spinal pain, offering hope to those seeking relief from chronic pain.



woz wellness

Fast, minimally invasive pain relief.

844-GO PROLO (844-467-7656)
www.wozwellness.com

VISCERAL FAT:

THE HIDDEN “DANGER FAT” — AND THE 14-DAY METABOLIC RESET THAT SHRINKS IT

Most people think of belly fat as an aesthetic concern. But the fat that matters most isn’t the pinchable layer under the skin—it’s visceral fat, the metabolically active adipose tissue that accumulates deep inside the abdomen and wraps around your internal organs, including the liver, pancreas, and intestines.

Visceral fat behaves like an endocrine organ. Rather than sitting passively, it releases inflammatory signals that drive insulin resistance, fatty liver disease, abnormal cholesterol patterns, cardiovascular risk, and accelerated metabolic aging. This is why someone can appear “not that overweight” yet still have concerning labs and poor metabolic health.

The encouraging truth

Visceral fat is often easier to mobilize than subcutaneous fat. Your body actually wants to burn it—if the right metabolic conditions are present. Understanding and controlling those conditions is the key.

The metabolic switch that matters most: insulin

If there is one hormone that determines whether your body is storing fat or burning fat, it is **insulin**.

Insulin is the primary fat-storage hormone. When insulin levels remain elevated throughout the day, visceral fat tends to accumulate. When insulin stays lower for longer periods, your body can access stored fat—especially visceral fat—for energy.

This leads to a simple but powerful strategy:

Lower insulin spikes, reduce total insulin exposure, and create longer windows of low insulin.

The following 14-day protocol does exactly that. It is not extreme, but it is intentional.

The 14-Day Visceral Fat Reset

STEP 1: Reduce high-insulin foods (especially the “healthy” ones)

Carbohydrates stimulate the largest insulin response. Protein causes a moderate response. Dietary fat has minimal direct impact on insulin.

This doesn’t mean carbohydrates are inherently “bad,” but when visceral fat and insulin resistance are present, **a short period of carbohydrate reduction is often necessary.**



Many people unknowingly stall progress by relying on foods that appear healthy but significantly elevate insulin:

- Smoothie bowls and açai bowls
- Oatmeal (especially sweetened or large portions)
- Fruit juice
- Whole-grain breads and cereals
- Rice, potatoes, pasta

A practical short-term target:

- Keep total carbohydrates under ~50 grams per day for 14 days, then reassess.

What to prioritize instead:

- Eggs (including yolks)
- Fish (salmon is an excellent choice)
- Poultry, lean meats, or preferred protein sources
- Leafy greens and cruciferous vegetables
- Low-carb vegetable substitutes (cauliflower or cabbage “rice”)
- Healthy fats such as olive oil and avocado

This approach lowers insulin enough to allow visceral fat to become metabolically accessible.

STEP 2: Eliminate snacking between meals

Every time you eat, insulin rises—even if the snack is “healthy.”

If you graze all day, insulin may never fall low enough for meaningful fat burning. For this reset period:

- Eat 2–3 defined meals per day
- No calories between meals
- Water, black coffee, unsweetened tea, and electrolytes are fine

This single change often improves cravings, energy levels, and digestion within days.

STEP 3: Add brief sprint-style intervals

Long workouts are not required to improve metabolic flexibility. Short bursts of high intensity are often more effective.

A simple protocol:

- 20 seconds of hard effort
- 90 seconds of full rest
- Repeat 3 rounds
- Perform 3 times per week

This can be done with walking sprints, treadmill work, stationary biking, or rowing. The goal is intensity—not duration.

STEP 4: Remove alcohol during the reset

Alcohol is a common barrier to visceral fat loss. It disrupts sleep, alters appetite regulation, and forces the liver to prioritize detoxification over fat metabolism.

For 14 days:

- **Remove alcohol entirely**
- **Substitute sparkling water with citrus or other non-alcoholic options**

Many people notice improved sleep and reduced abdominal bloating within the first week.

STEP 5: Walk daily—especially after meals

Walking is one of the most effective tools for improving glucose and insulin dynamics, particularly **after eating**.

Post-meal walking allows muscles to absorb glucose more efficiently, reducing insulin demand and helping the body return to fat-burning mode sooner.

Targets:

- 7,000–10,000 steps per day
- 10–20 minutes of walking after meals when possible

This habit alone can significantly improve metabolic markers.

STEP 6: Consider an 18:6 eating window

Intermittent fasting works by extending daily periods of low insulin.

A common structure:

- Fast for ~18 hours
- Eat within a 6-hour window (for example, 12 pm–6 pm)
- Typically 2 meals

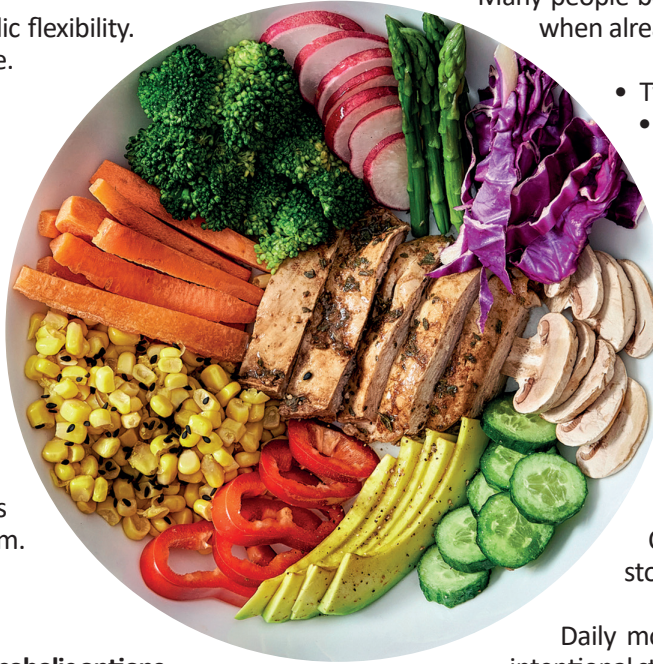
This approach enhances fat utilization and often reduces cravings once adapted.

STEP 7: Protect deep sleep

Sleep is foundational. Poor sleep increases cortisol, worsens insulin resistance, and increases hunger signals.

Key strategies:

- Consistent sleep and wake times
- Cool, dark sleeping environment
- Reduced evening light exposure



Many people benefit from evening magnesium glycinate, particularly when already supplementing with Vitamin D3 and K2.

- Two anchors that make everything easier
- Protein first
- Protein improves satiety, preserves lean muscle, and supports metabolic rate.

A useful target:

0.7–1.2 grams of protein per pound of target body weight per day

Simple rule:

Eat protein first at each meal.

Stress matters

Chronic stress elevates cortisol, which amplifies fat storage—especially in the abdominal region.

Daily movement, adequate sleep, enjoyable connection, and intentional stress reduction play a meaningful role in visceral fat loss.

How to track visceral fat progress



The scale is often misleading. Better indicators include:

- Waist circumference
- Energy, cravings, and sleep quality
- Fasting glucose and fasting insulin trends
- HOMA-IR when available
- Triglyceride and HDL patterns
- 9 DEXA visceral fat measurements, when accessible

Objective data makes progress tangible and motivating.

The 14-Day Reset at a Glance

- Reduce carbohydrates to lower insulin
- Eat 2–3 meals daily, no snacking
- Walk daily, prioritize post-meal movement
- Remove alcohol
- Add sprint-style intervals 3x/week
- Consider an 18:6 eating window
- Protect sleep and recovery
- Prioritize protein at every meal

Most people notice reduced bloating, improved energy, fewer cravings, and a decreasing waistline—early signs that visceral fat and insulin resistance are improving.



D&G Optimized Wellness and Hormones, LLC
4435 Florida National Drive, Lakeland, FL 33813

863-899-2404

info@optimizedwellness.net
optimizedwellness.net



At Serenity Mind & Body Solutions, we understand that the path to healing isn't always straightforward. Many of our patients come to us after years of battling anxiety, depression, or unwanted behaviors – often cycling through countless medications and therapy sessions with limited relief. While these traditional tools have value, they don't always get to the root of the issue.

That's where Exomind Therapy comes in. This innovative, drug-free treatment helps the brain heal itself – naturally and effectively – by harnessing your own neuroplasticity.

HOW EXOMIND THERAPY WORKS

Exomind Therapy goes beyond managing symptoms – it's designed to retrain and strengthen the brain's left dorsolateral prefrontal cortex (DLPFC), a key region responsible for mood regulation, focus, and impulse control.

When the DLPFC becomes underactive, it can lead to challenges like poor emotional regulation, negative thinking loops, low motivation, and difficulty managing stress. Through gentle, targeted neurostimulation, Exomind encourages the neurons in this area to fire more efficiently and form new, healthier connections.

Think of it as a workout for your brain - a way to help your mind reconnect, rebalance, and rebuild healthier patterns from within.

THE SCIENCE OF SELF-HEALING

At the core of Exomind Therapy is neuroplasticity - your brain's natural ability to change and adapt. By stimulating the DLPFC with low-frequency, precise pulses, Exomind helps "reset" neural networks that may be stuck in unhealthy cycles of mood dysregulation or compulsive behavior.

This treatment doesn't mask symptoms. Instead, it guides your brain toward lasting change, promoting clarity, calm, and emotional stability that feel both natural and sustainable.

BEYOND THE PILL:

Retrain Your Brain for Lasting Wellness



RESULTS THAT GO BEYOND MOOD

While Exomind Therapy is highly effective for anxiety and depression, its benefits often extend far beyond mood relief. Many of our clients experience meaningful improvements in areas such as

- PTSD and trauma recovery
- Impulsivity and binge eating
- Chronic insomnia
- ADHD-related focus and concentration issues

Patients frequently report increased self-control, better decision-making, and reduced emotional reactivity. For those struggling with binge eating or impulsive behaviors, Exomind helps quiet the overactive neural pathways that drive compulsion – often leading to sustainable weight loss and a healthier relationship with food.

A COMFORTABLE, NON-INVASIVE EXPERIENCE

Each Exomind session lasts less than 30 minutes and is completely comfortable and non-invasive. During treatment, you'll sit in a calm, spa-like environment as a handheld device gently stimulates the targeted area of your brain. There are:

- No needles
- No medications
- No sedation or downtime

Most patients describe the experience as relaxing and leave feeling a sense of focus, calm, and mental clarity. After your session, you can immediately return to your daily routine.

Our team at Serenity Mind & Body Solutions takes the time to create a personalized treatment plan tailored to your goals, ensuring your journey toward healing is safe, effective, and empowering.

A NATURAL PATH TO MENTAL CLARITY

If you've been searching for a more natural way to heal your mind and reclaim your peace, Exomind Therapy at Serenity Mind & Body Solutions in Lakeland offers a powerful next step.

Let us help you retrain your brain, restore your balance, and rediscover your peace of mind.



SERENITY
MIND & BODY
SOLUTIONS

Serenity Mind & Body Solutions
Lakeland, Florida
<http://www.serenitymindbody.com>
863-900-2081

A Guiding Hand:

Finding Compassion & Clarity in Life's Toughest Moments



In life's most difficult moments, finding a source of strength and guidance is paramount. For many families in South Florida, that source has been Sinai Memorial Chapel in Delray Beach. More than just a funeral home, Sinai has built a reputation as a compassionate partner, dedicated to easing the immense burden that comes with losing a loved one. Their approach is rooted in a simple, yet profound, understanding: that personal care and clear communication can bring profound comfort during a time of grief.

From the first phone call, the team at Sinai Memorial Chapel focuses on listening. They understand that every family and every individual is unique. There is no one-size-fits-all script. Instead, they begin by learning about the person who has passed—their story, their personality, their legacy. This personable approach transforms the necessary tasks of funeral planning from a cold, administrative process into a meaningful act of tribute.

The process itself is handled with meticulous care and respect. The dedicated staff at Sinai walks alongside the family through every single step. This includes helping to arrange all details of the service, whether it be a traditional funeral, a memorial service, or a more contemporary celebration of

life. They assist with the careful preparation of the deceased, coordinate with cemeteries, and handle the myriad of logistical details, from securing official death certificates to arranging for transportation. Their expertise ensures that every element is executed with dignity, allowing the family the space to focus on healing and remembrance.

Sinai's deep familiarity with both state and federal regulations regarding burial and preparation also provides families with an invaluable sense of security. In a landscape that can seem filled with complex legal requirements, their guidance ensures that everything is handled correctly and respectfully, removing a significant layer of stress. At its heart, Sinai Memorial Chapel embodies the principle of being a true guide. They provide not just a service, but a supportive presence, ensuring that a family's final farewell is a loving, personalized, and peaceful experience.

Steven R, Fischman, is a licensed funeral director & embalmer, manages the funeral home and has been serving the Jewish community for fifty years. His son Robert manages operations. If you have questions about the funeral process, or need clarity on government requirements for burial, the caring team at Sinai Memorial Chapel is here to help. Please do not hesitate to call them with your inquiries.



561-783-3331

www.JewishDirectCremation.com

EMBRACE THE YEAR OF THE HORSE...

And Add a Flowing Mane to 2026 with Bauman Medical

by Alan J. Bauman, MD, ABHRS



Another day, another year, finally in the books. The shortest days are a thing of the past, holiday shopping is complete, and New Year's resolutions are ready to be fulfilled. At Bauman Medical, it should come as no surprise that our resolutions revolve around, you guessed it, hair.

But it shouldn't just be our focus. After all, 2026 is the year of the horse! While that celebration comes next month, the Chinese New Year's zodiac sign is the species that rivals us in the hair game. The year of the horse is defined as animated, active, and energetic — all traits that we should aspire for our scalp to feel like.

But before you go on Amazon and order yourself a bottle of Mane 'n Tail shampoo, hold your horses. With the various hair restoration advancements made at Bauman Medical, coupled with tried-and-true methods, you'll have a head of hair that rivals the likes of Secretariat and Seabiscuit.

FoLix

Coming out of the gate strong, we have our latest advancement, FoLix. A groundbreaking, FDA-cleared fractional laser treatment courtesy of the genius minds over at Lumenis, FoLix serves as a way to stimulate hair growth. While still in the backstretch of the race, FoLix has already established itself as a favorite for non-invasive, non-chemical therapies for middle-aged men and women in the midst of mid-stage hair thinning.

FoLix utilizes a non-ablative laser, which provides the benefits found from laser therapy without damaging the outer layer of skin. It creates microscopic thermal

zones on your scalp that help activate your body's natural regenerative processes. So now, those dormant hair follicles start to wake up and feel energetic, leading to thicker, healthier hair growth in no time. No intense heat or scarring, just a specific cooling handpiece that allows our team to target follicle-rich areas in a non-invasive manner.

Hair Follicle Stem Cell Banking

Many people want to improve their financial planning as a New Year's Resolution. Putting away a few dollars here and there in a savings account is one of the best ways to build financial independence. The same applies to your hair, believe it or not. With Hair Follicle Stem Banking, treat your follicles like a rainy day fund for current and future procedures. By collecting stem cells directly from your hair follicles, we can cryopreserve them today for treatments such as a topical scalp solution (see STEMgro™ below) or hair follicle cloning in the future once the technology advances.

With untapped potential beyond hair loss treatment, Hair Follicle Stem Cell Banking enables your body to work for you now and in the future. From skin rejuvenation to orthopedic treatments, and even possible organ repair and replacement, stem cell banking offers a truly personalized plan that extends well beyond your initial deposit.

STEMgro™

When the day comes to make a stem cell withdrawal, you can put your cells on a winning horse like STEMgro™, a savvy move toward hair regrowth. Pain-free and personalized, this powerful topical treatment is performed in-office with help from your own hair follicle stem cells! Treatments like STEMgro™ continue to push the envelope in hair restoration. With ongoing clinical trials, we're witnessing developments leading toward injectable therapies. Talk about a purebred, as the beauty of STEMgro™ lies in you taking the step forward and pushing the possibility of hair follicles cultivated in the lab to new heights.

Low-Level Laser Therapy

No need for a jockey cap in the race of hair restoration, as the award-winning Bauman TURBO LaserCap® laps the competition in style. FDA-cleared, drug-free, chemical-free, side-effect-free, and non-invasive, the TurboCap



Before and 12 months after PRP by Dr. Alan Bauman



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

About Dr. Alan J. Bauman



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

With over 29 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 36,000 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 for 10 straight years, "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

has the speed of a racehorse when it comes to hair regrowth. All you need is five minutes out of your day for a flowing mane in no time.

PRP Platelet-Rich Plasma

As we enter the home stretch of options, it feels fitting to stick with a high horse here at Bauman Medical. PRP, or platelet-rich plasma, involves our team collecting a small blood sample to extract the platelets it contains. Once they're concentrated, we gently apply them back to your scalp without causing pain. While slow and steady wins the race, we want to get you back into the world as soon as possible, meaning all you need is an hour of PRP for treatment that covers you for a year or more.

PDOgro™

PDOgro™ is an advanced extension of PRP (Platelet-Rich Plasma) therapy that enhances the hair regeneration process by incorporating unique polydioxanone threads. These thin, absorbable threads are made from an FDA-cleared synthetic material and are placed discreetly under the scalp. They work by stimulating the production of collagen, elastin, hyaluronic acid, and new blood vessels, as well as promoting fibroblast activity. In simple terms, combining PDOgro™ with PRP significantly boosts hair regrowth. Studies indicate that PDOgro™ is 30% more effective than a single PRP session.

TED TransEpidermal Delivery

Sometimes, less truly is more, especially when it comes to our TransEpidermal Delivery (TED) system. Instead of relying on bulky equipment, you can choose this innovative growth serum applicator. You may wonder why that is. The serum provides amino acids, dynamic growth factors, and advanced peptides that are beneficial for hair health. With TED, you can expect increased blood flow, stronger hair fibers, reduced shedding, and stimulated hair follicles.

This non-invasive treatment leverages sound waves and air pressure to deliver all the comfort and effectiveness of a procedure—without the discomfort of needles or anesthesia. Experience the difference with TED and watch your hair flow!

Learn More

For 2026, make it a year that is animated, active, and energetic. While getting to the gym and journaling are great ways to get your head in the right space, nothing says feeling energetic like a lively scalp and boasting a mane that rivals a thoroughbred. Embrace the year of the horse by saddling up and visiting Bauman Medical for all your hair restoration needs.

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.



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



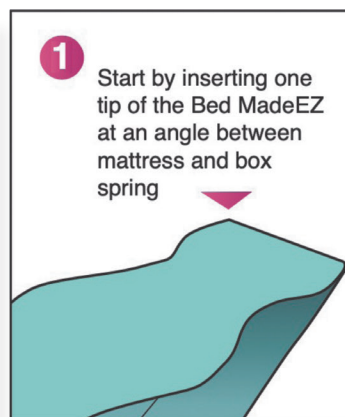
I wake up each morning to the sweet smile of my husband. He is right there as I amble out of the bed and trip on the dog. He is next to me as we brush our teeth. He waits patiently by my side as I brew the coffee. He is completely gone when I go to change the linens! I am alone in this endeavor.

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.



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

SELFIES



A SELFIE is a photograph of yourself taken with a mobile phone or other handheld device, and uploaded to social media – Facebook, Instagram, Twitter, etc.

Personally, I am fascinated with the whole selfie concept. I wonder: do people think so much of themselves that they want others to look at them? Or do they think so little of themselves that they portray an unrealistic image through photos? Or maybe they just do it for fun? Who knows? But what I do know is that the selfie tells others a lot about ourselves.

And probably more than you even realize.

I read this the other day: “We (people) are God’s selfie.” When I first read it, I thought to myself: what a disappointment. But then as I spent more time letting the statement soak in, I began to understand the truth behind it – and the impact it could have on our lives if we began to embrace the whole idea.

We are God’s selfie.

In the Bible we see in Genesis chapter one that God created the heavens and the earth. He created the seas, the animals, and all that we see everyday. “Then God said, “Let us make human beings *in our image, to be like us*. . . So *God created human beings in his own image*. In the image of God he created them; male and female he created them.” (Genesis 1:26-27)

That passage also tells us what God thinks of “His selfie”. When God created all of the other things, at the end of the day He said it was ‘good’. When God created humans in His image, He said it was *very* good.

So here’s the deal: we are God’s selfie.

But what does that mean for us? It means that when you look in the mirror at yourself you should see something different. When you think that you don’t have value as a person you should think again. Because God sees great value in you.

The Apostle Paul write this: “. . . we are God’s *masterpiece*. . .” (Ephesians 2:10) King David wrote a song in which he wrote these words: “For you formed my inward parts; you knitted me together in my mother’s womb. I praise you, for *I am fearfully and wonderfully made*.” (Psalm 139:13-14)

No matter how breath taking the sunset may be. No matter how majestic the scenery may look. No matter how beautiful the painting appears or how wonderful the symphony sounds. None of it compares to you. Because you are God’s masterpiece.

You are God’s selfie.

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.



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

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

Alan J Bauman, MD, ABHRS, IAHRs

#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

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!

JEWISH NATIONAL CREMATION SOCIETY

Purchase Our Cremation Plans
and Receive Our National Travel
Protection Program and Urn
With Star of David FREE

★ **STARTING AT \$2,495** ★

CREMATION WITH TRADITION

SHIVA PACKAGE, CANDLE, ISRAELI EARTH,
KADDISH CARDS INCLUDED
JEWISH FAMILY OWNED AND OPERATED FOR 25 YEARS

CALL NOW

561-865-1746

JewishDirectCremation.com