

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

March 2026

Polk/Brandon Edition - Monthly

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FREE



SENIORS AGING IN PLACE

**BEYOND THE PILL:
RETAIN YOUR BRAIN
FOR LASTING WELLNESS**

SPRING (CHANGE) IS IN THE AIR

**WHY EATING LESS
ISN'T WORKING ANYMORE**

VARICOSE VEINS ARE A MEDICAL CONDITION

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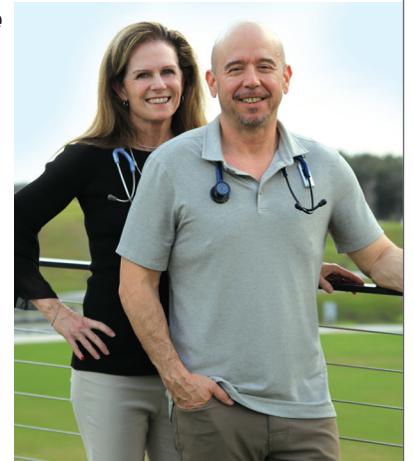
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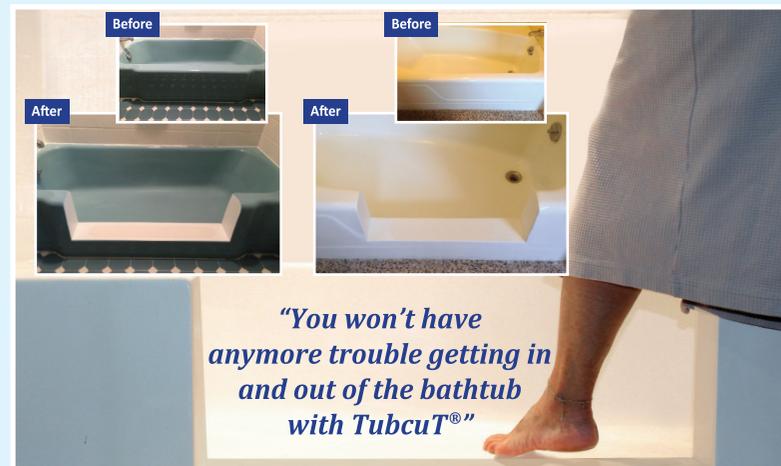
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SPIDER VEINS

TREATMENT AND CAUSES



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

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

WHAT'S CAUSING YOUR SPIDER VEINS?

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

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

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

YOUR TREATMENT OPTIONS

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

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



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

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THE LATEST TECHNOLOGY WITH HEARING AIDS

Many modern electronic devices these days come equipped with Bluetooth technology. This feature lets you stream audio between various devices, such as from a TV to your headphones, or from your phone to your car speakers.

Bluetooth connection to Apple iPhone® devices and other smartphones is available in hearing aids from every major hearing aid manufacturer.

When you pair the Bluetooth in your hearing aids to your smartphone, you can stream audio from phone calls, podcasts, music and other apps directly to your hearing aids. It varies by brand, but most hearing aids have a range of about 30 feet.

WHY DO I WANT BLUETOOTH IN MY HEARING AIDS?
This advanced hearing aid technology offers many benefits to you, including:

Personalized listening experience

When having a phone conversation, or listening to music, the audio signal from your smartphone can often stream to one hearing aid, or both. The volume will be matched to amplify sounds according to what you need based on your hearing loss. You also can adjust the volume of the input, depending on the model you have. This personalization lets you hear other sounds in the room if you choose, or you can immerse yourself in the streaming input from your device.

Hands-free listening from across the room

Since streaming is a wireless technology, you do not have to hold your audio device closely to hear the sounds. Bluetooth technology allows you to move up to 30 feet away from the device, depending on the device used and the environment. For example, you can have your phone across the room from you and still be able to hear a podcast in your hearing aids.

Remote control of your hearing aids

You can remotely change the volume or program from either a streamer or from an app on your smartphone or smartwatch. This is especially useful if your hearing aids are too small to accommodate external controls, or you want to be discreet when adjusting your hearing aids in public.

Reliability

Bluetooth® is an electronics industry standard protocol. It's not unique to a particular hearing aid or hearing aid manufacturer, so there is uniformity and reliability in the way that it works across all devices. The platform has been tested and refined already, as it's been in use for many years in the mobile phone industry.

BLUETOOTH TYPES

You may hear several types of Bluetooth mentioned. "Classic" is used to connect larger audio devices. It has a long range and requires a lot of power. The power requirement is too large a burden for hearing aids, which need to have enough power to last at least 14 hours per day. However, hearing aids have been able to leverage specific protocols to connect to Bluetooth that exists in smartphones, i.e., the Apple Made for iPhone technology or Android Audio Streaming for Hearing Aids (ASHA) protocol).

Auracast™

The Bluetooth LE (low energy) technology in hearing aids will make them ready for Auracast, a new Bluetooth protocol that lets multiple people connect to audio in a public setting, such as airport announcements or the TV at a sports bar. The website Soundly has a thorough article on Auracast and hearing aids. (Auracast is not yet widely available.)

WILL MY SMARTPHONE CONNECT TO HEARING AIDS?

Made for iPhone™

Certain hearing aids can communicate with iPhone, iPad® and Apple Watch® devices. This technology allows connection without extreme stress on battery power. Most hearing aid manufacturers have released hearing aids that implement this Bluetooth technology, marketed as Made for iPhone. Visit the Apple website for a current listing of specific hearing aids that are compatible.

Android phones

Several hearing aid brands can also stream to Android-based phones using version 10.0 or higher. Check the version of your phone before visiting your hearing care provider so you know what options are available.

FAQ: BLUETOOTH HEARING AIDS

Can Bluetooth help me watch TV?

Yes, depending on the model of hearing aid and television, you can stream the signal from a TV via Bluetooth to your hearing aids. Often you will need an adapter to wirelessly send the signal to your hearing aids. Talk to your hearing care provider for suggestions.

Does streaming cause my battery to drain faster?

Most manufacturers will estimate battery usage times based on non-streaming and streaming. The hearing aids



With Bluetooth, you can stream sound from your smartphone to your hearing aids.

will be working harder when streaming, and therefore the battery can drain faster. Usually this doesn't negatively impact the wearer's experience, but if you are often on the phone for hours or plan to stream TV all day, you may want to discuss this with your hearing healthcare provider when buying your next pair of hearing aids.

Does streaming cause my battery to drain faster?

Most manufacturers will estimate battery usage times based on non-streaming and streaming. The hearing aids will be working harder when streaming, and therefore the battery can drain faster. Usually this doesn't negatively impact the wearer's experience, but if you are often on the phone for hours or plan to stream TV all day, you may want to discuss this with your hearing healthcare provider when buying your next pair of hearing aids.

How do I connect my hearing aids to my smartphone?

Open up the Bluetooth options on your smartphone and you should see the hearing aids detected. Select the hearing aids and they will be paired. If you're having trouble pairing your hearing aids, turn the hearing aids on and off and try to detect them with your smartphone again. If this isn't successful, talk to your hearing care professional.

What if I don't have Bluetooth in my hearing aids?

Nearly all brands of hearing aids sell a separate go-between device to allow you to connect your hearing aids to Bluetooth-enabled devices, such as a smartphone. These are typically called streamers. Usually, the streamer is worn around the neck or placed in a pocket for hands-free operation. Speak to your hearing care provider about if a streamer option is necessary for you.

What about OTC hearing aids and Bluetooth?

Some OTC hearing aids also have the capability of connecting to devices via Bluetooth, but not all. Discuss with your hearing care professional about your options.

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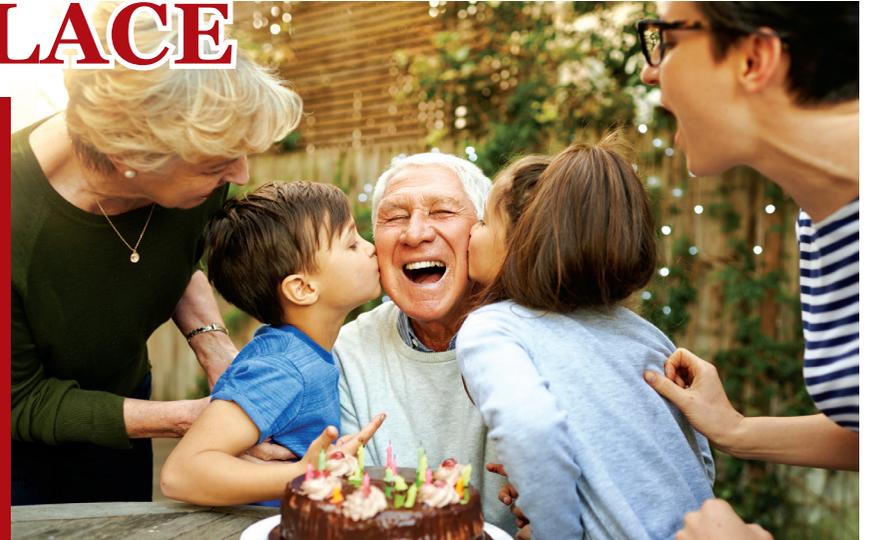
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SENIORS AGING IN PLACE

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.

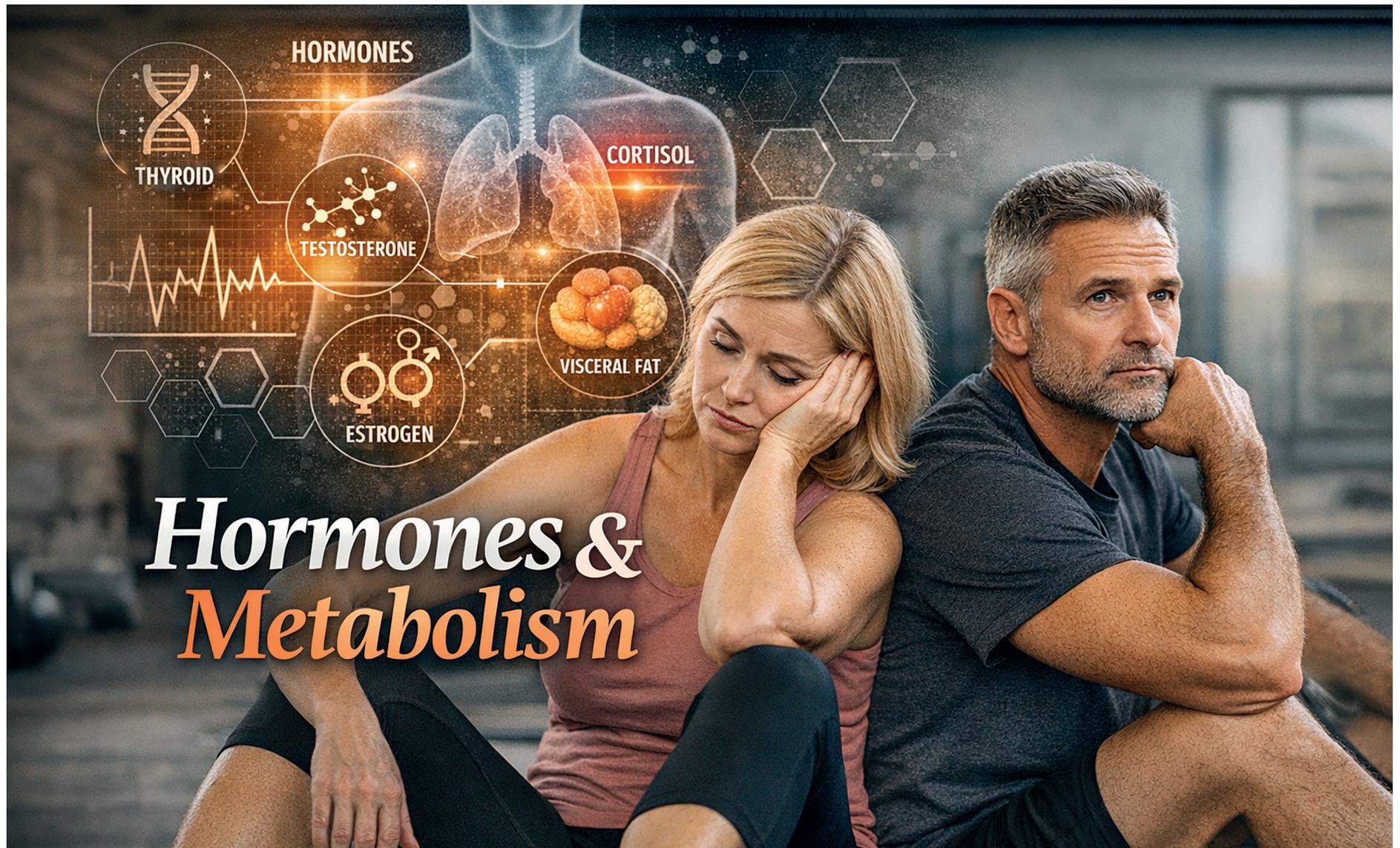
OUR PROMISE

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
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how we can support
you or your loved one
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Hormones & Metabolism

WHY EATING LESS ISN'T WORKING ANYMORE

THE HIDDEN HORMONE SHIFT IN MIDLIFE

They wake up early. Before the emails. Before the meetings. Before anyone needs anything from her—or him. The shoes are laced in the quiet dark. The workout is done before sunrise. Calories are tracked. The salad is ordered. The bread is skipped. The green juice is

finished between calls. Disciplined. Driven. Responsible. And yet. The clothes fit differently. The midsection feels softer. Energy is unpredictable. Sleep is lighter. Patience is thinner.

For years, effort produced results. Eat a little less. Move a little more. The body responded. But somewhere in the late 30s, 40s, and early 50s, the rules begin to shift. Not because motivation fades. Because physiology changes.

When Hormones Quietly Recalibrate

In women, this transition is called perimenopause. In men, it is often referred to as andropause—or more accurately, age-related testosterone decline. Different names. Similar frustration. Estradiol begins to fluctuate and eventually decline. Progesterone drops. Testosterone gradually decreases in both men and women. Sleep becomes more fragile. Stress tolerance narrows. Lean muscle slowly diminishes. The metabolism that once felt predictable begins to recalibrate. And if the response is to eat even less? The body interprets that as stress. Not strategy.

The Survival Response

The human body is exquisitely protective. When calorie intake stays low for too long—especially during midlife hormonal transition—the body adapts. Metabolic output slows. Resting energy expenditure drops. Thyroid signaling becomes less efficient under stress. Cortisol rises more easily. Fat storage becomes easier—particularly around the abdomen. For women, declining estradiol shifts fat distribution. For men, falling testosterone reduces lean muscle and lowers metabolic rate. This is not failure. It is survival biology. And for high-performing executives accustomed to controlling outcomes, this can feel deeply unsettling. More discipline does not override physiology.

Why the Midsection Changes First

Visceral fat—the fat stored around internal organs—is hormonally responsive. As estradiol declines in women, fat redistributes centrally. As testosterone declines in men, lean muscle decreases and abdominal fat increases. Insulin sensitivity may worsen in both. Recovery slows. This is why many professionals say: “I’m working harder than ever, and my body looks worse.” The scale does not tell the full story.

The conversation is no longer about calories alone. It is about metabolic signaling.

The Under-Eating Trap

One of the most common patterns we see in driven, high-achieving adults is chronic under-fueling. Busy schedules. Skipped meals. Low-calorie days paired with intense workouts. Coffee replacing breakfast. Protein neglected in favor of convenience. Over time, this combination can:

- Elevate stress physiology
- Suppress optimal thyroid activity
- Reduce lean muscle
- Increase insulin resistance
- Promote visceral fat storage

Ironically, the very behaviors meant to create control can create metabolic stagnation. The body does not respond well to prolonged scarcity during hormonal transition. It responds to perceived safety.

Hormones Decide What Happens to Calories

Calories matter. But hormones decide where those calories go. Testosterone supports lean muscle, motivation, and metabolic rate in both sexes. Estradiol influences insulin sensitivity and fat distribution. Thyroid hormone determines metabolic speed. Cortisol influences whether energy is burned or stored. When these systems are imbalanced, eating less simply teaches the body to conserve more. This is why willpower alone stops working in midlife.

A Different Strategy

At this stage of life, the solution is rarely more restriction. It is evaluation. It is understanding how stress, sleep, thyroid signaling, insulin response, and sex hormones are interacting. It is restoring metabolic flexibility rather than punishing the body. In many cases, strategic nourishment—sometimes even increasing calories appropriately—improves body composition. Why? Because metabolism thrives when it feels secure. When the body senses adequate fuel, stable hormones, and controlled stress, it becomes far more willing to release stored energy.

The Executive Advantage

High-performing individuals understand systems.

They understand leverage. They understand that strategy beats effort. Midlife requires the same shift. Instead of: More cardio. Less food. More frustration. The conversation becomes: Is insulin stable? Is thyroid signaling optimized? Is sleep fragmenting cortisol patterns? Are estradiol or testosterone shifts driving body composition change? Is lean muscle being preserved? The goal is not smaller. The goal is metabolically strong.

You Are Not Losing Discipline

You are transitioning. The body in midlife is not broken. It is adapting to a new hormonal landscape. And when that landscape is understood—and supported—energy stabilizes. Cognition sharpens. Body composition improves. Confidence returns. The shift is subtle but powerful: From fighting your body To working with it.

The Quiet Truth

Many successful professionals wait too long to evaluate what is happening metabolically. They assume they simply need more discipline. But midlife hormone transition is not solved with discipline. It is solved with intelligent assessment and strategic metabolic and hormonal support. If your effort has increased but your results have not, it may be time for a different conversation. Not about eating less. But about restoring balance.



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Because sustainable fat loss in midlife is not about control. It is about understanding your physiology, identifying the road blocks, and breaking through to the other side.



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.



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THE LIFE-SAVING POWER OF REGULAR SKIN CANCER SCREENINGS: WHY EARLY DETECTION MATTERS

In a world where health consciousness is on the rise, one critical aspect of preventive care often goes overlooked: regular skin cancer screenings. With skin cancer being one of the most common types of cancer worldwide, the importance of early detection through routine check-ups cannot be overstated. This article delves into why staying vigilant about your skin health, particularly in checking for melanomas, could be a life-saving decision.

Understanding Skin Cancer and Melanoma

Skin cancer occurs when skin cells grow abnormally, often due to damage from UV radiation. While there are several types of skin cancer, melanoma is the most dangerous. Melanoma develops in the melanocytes, the cells responsible for producing skin pigment. Although it's less common than other skin cancers, melanoma is far more likely to spread to other parts of the body if not caught early.

The Power of Early Detection

The key to successfully treating skin cancer, especially melanoma, lies in early detection. When caught in its initial stages, the five-year survival rate for melanoma is an impressive 99%. However, this rate drops dramatically to 27% for melanomas that have spread to distant parts of the body. These statistics underscore the critical importance of regular skin checks and professional screenings.

Recognizing the Warning Signs

While professional screenings are crucial, being aware of your own skin and any changes is equally important. The "ABCDE" rule is a helpful guide for identifying potential melanomas:

Asymmetry: One half of the mole doesn't match the other half.

Border: The edges are irregular, ragged, or blurred.

Color: The color is not uniform and may include shades of brown, black, or tan.

Diameter: Melanomas are usually larger than 6mm (about the size of a pencil eraser).

Evolving: The mole changes in size, shape, or color over time.

Any mole or skin growth exhibiting these characteristics warrants immediate medical attention.

The Screening Process

A professional skin cancer screening is a quick, painless procedure that can be performed by a dermatologist or trained healthcare provider. During the screening, the doctor will thoroughly examine your skin, paying close attention to areas frequently exposed to the sun. They may use a dermatoscope, a special magnifying tool, to get a closer look at suspicious spots.

Who Should Get Screened and How Often?

While everyone should be mindful of their skin health, certain factors increase the risk of skin cancer:

- Fair skin
- History of sunburns or excessive sun exposure
- Multiple or atypical moles
- Family history of skin cancer
- Weakened immune system

For those at average risk, an annual skin check is recommended. However, individuals with higher risk factors may need more frequent screenings. It's best to consult with a healthcare provider to determine the most appropriate screening schedule for your specific situation.

Beyond Professional Screenings: The Importance of Self-Checks

In between professional screenings, monthly self-examinations are crucial. These self-checks allow you to become familiar with your skin's normal appearance and help you spot any changes quickly. Use a full-length mirror and a hand mirror to examine your entire body, including hard-to-see areas like your back, scalp, and between your toes.

Prevention: Your First Line of Defense

While regular screenings are vital, prevention remains the best strategy against skin cancer. Protect your skin by:

- Applying broad-spectrum sunscreen with at least SPF 30 daily
- Wearing protective clothing, including wide-brimmed hats and sunglasses
- Seeking shade, especially during peak sun hours (10 am to 4 pm)
- Avoiding tanning beds and sun lamps

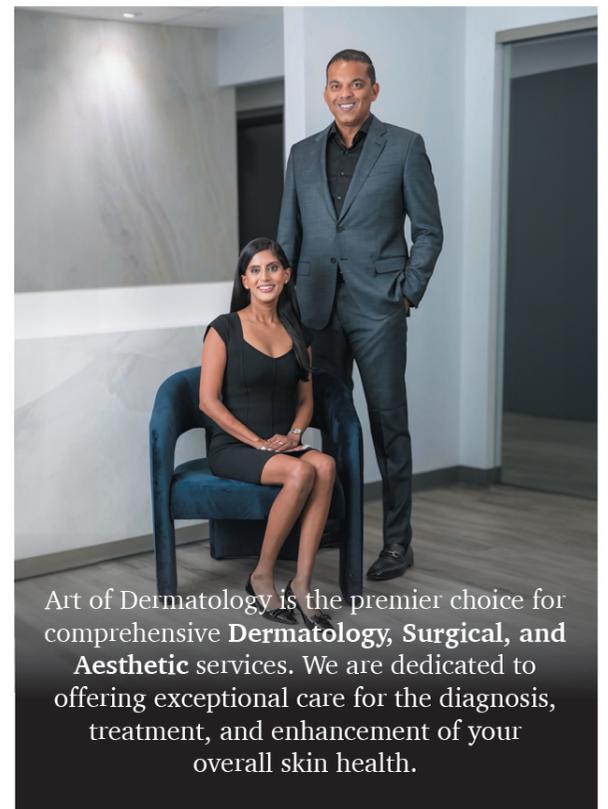
The Broader Impact of Regular Screenings

Regular skin cancer screenings don't just benefit individuals; they have a broader societal impact. Early detection reduces the overall burden on healthcare systems by catching cancers when they're most treatable. It also helps raise awareness about skin cancer, encouraging others to prioritize their skin health.

Conclusion: A Small Step for Significant Peace of Mind

In the grand scheme of health maintenance, skin cancer screenings are a relatively small investment of time that can yield enormous benefits. By making these screenings a regular part of your health routine, you're taking a proactive step in protecting yourself against one of the most prevalent forms of cancer. Remember, your skin is your body's largest organ and its first line of defense against the environment. Treating it with the care and attention it deserves isn't just about aesthetics—it's about preserving your overall health and potentially saving your life.

Don't wait for a problem to arise. Schedule a skin cancer screening today and empower yourself with the knowledge and vigilance needed to keep your skin healthy for years to come. Your future self will thank you for this simple yet powerful act of self-care.



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THE FLOWERS AREN'T THE ONLY THING BLOSSOMING...

Let Your Hair Bloom Into Spring with Bauman Medical

by Alan J. Bauman, MD, ABHRS

While the snowbirds typically head down to Boca Raton to escape the cold up north, it looks like they brought it down with them this year. After an atypical winter, I think we are all excited to let our hair down and enjoy the warmth of spring.



With the days getting longer and the temperatures feeling how they should for South Florida, the climate is perfect not just for us, but for the beautiful flora that defines this area. To see it cultivate itself and blossom is a fantastic reminder of the warm weather that is soon to follow.

Much like how it takes patience and care to grow plants, the same can be said for hair restoration. Let's face it — your scalp is a garden that requires care to reap what you sow. Gardening isn't a one-size-fits-all practice, either. Whether you choose to plant seeds, opt for vertical landscaping, or decide to build a greenhouse, the results are all the same: a pretty plant or tasty tomato.

I like to view spring as a time of renewal, combating the stagnant nature of the winter months. To follow suit, I'm proud to unveil our newly redesigned eStore, featuring our rebranded Dr. Alan Bauman products. Sometimes even the best gardens need a refresh, and our team continues to cultivate a hair care journey that is catered to each individual case.

Since gardening has a variety of options, it should only be right that hair restoration follows suit. From our rebranded at-home treatments to staple in-house procedures, our team offers an array of choices that lead to a bountiful season of hair growth.

AT-HOME TREATMENTS

BOOST

It's hard for a best-selling product like our BOOST Shampoo & Conditioner to get any better. Yet, we found a way. Now, my namesake BOOST™ DHT-Control Shampoo & Conditioner System provides the soothing yet powerful benefits of scalp revitalization, stronger hair, and weightless hydration with added DHT-blocking ingredients and a cleaner label. 100% vegan, cruelty-free, color-safe, and free of sulfates, parabens, phthalates, and artificial fragrances, the BOOST DHT-Control is a daily combo designed to bring clinical-level scalp care into the daily hair routine.

Super Biotin

For nutritional support, my Super Biotin 10K supplement delivers 10,000 mcg of vitamin B7 to help strengthen and support healthier hair and nails. When it comes to the overall look of your hair, Super Biotin 10K gives your hair that natural shine and vitality that just screams vibrancy.

Ashwaganda

A relaxed scalp is a healthy scalp. With my ashwagandha supplement, these organic adaptogens will help manage stress and lower your cortisol levels, an impact factor when it comes to hair shedding and the overall health

of your follicles. And besides, when you're stressed, the first thing you start to pull out is your hair.

PEPgro™

Start and end your day on a high note with my morning and night PEPgro™ topical. This multi-peptide-enhanced proliferation system, including the famous Cu-GHK, helps support your scalp's natural hair growth cycle. PEPgro™ is a targeted scalp serum designed to support follicular anchoring and optimize root-level signaling, making sure that everyone's on board with the circadian cycle of your scalp.



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



Dr. Bauman designed his hair health products to bridge the gap between medical insight and daily ritual – making professional-grade hair health accessible, effective, and easy to maintain. He believes great hair starts at the scalp, thrives with consistency, and is best supported by thoughtful, preventative care rooted in real results.

TURBO LaserCap

When it comes to at-home remedies, not much compares to our ol' reliable, the Bauman TURBO LaserCap. Throw it on for five minutes while in the garden for hair growth that's as vibrant as the flowers around your home. FDA-cleared, drug-free, chemical-free, side-effect-free, and non-invasive, the TURBO LaserCap is ready to help you spring into the new season.

IN-OFFICE PROCEDURES

PRP

It doesn't take much to grow a bountiful harvest. With our PRP treatment, all we need from your garden is a soil sample: in this case, a small bit of blood. With that blood, we use advanced technology to isolate the platelets and concentrate them, utilizing the growth factors found within. And just like that, we return it to where it came, applying it back to your scalp for natural hair growth in about an hour.

PDOgro™

Sometimes even the best gardening techniques need a little boost. While you don't have to worry about our team applying compost or egg shells to your scalp, you can instead enjoy the benefits of our PDOgro™ procedure, an improvement on the already effective PRP. To further enrich your scalp, combining PRP with our special polydioxanone threads, an incredibly delicate and absorbable material, you'll be stimulating various essential scalp functions when it comes to growing your hair back. Just like plants need vital nutrients, your scalp needs endogenous collagen production, elastin, hyaluronic acid, new blood vessel formation, and fibroblast activity for hair growth, all of which are stimulated with PDOgro™.

TED & Exosome Therapy

When it comes to the vast garden that is our body, we need to make sure that we're communicating near and far. To make sure everything's on the right page, our bodies utilize cell messages called exosomes, ensuring that instructions get across no matter the place. Just like how certain fertilizers contain nutrients for plants, exosomes provide special instructions for rejuvenation and repair. Using our ultrasonic TransEpidermal Delivery (TED) process, scalp permeability and blood flow increase allowing these cellular instructions to efficiently reach the level of the hair follicle, supporting scalp health and regrowth.

FUE Hair Transplants

There's nothing wrong with calling it quits on a plant on its last breath. When that happens,

the best option is to start new with a fresh seed. In hair restoration, hair transplants serve as the seed. Now, I can imagine hearing the term "hair transplant" makes you think of the days of pluggy-looking, painful procedures. I'm here to assure you that with Bauman Medical, your procedure will be as calm as a day in the garden. With advancements from our team, we achieve comfortable, natural-looking results with the FUE (Follicular Unit Extraction) Hair Transplant.

And while it's great to harvest your crops, the traditional method of strip harvesting is a thing of the past. With individual grafts, we see tremendous results but with no linear scar. Just like seeds, your hair will blossom into something vibrant. FUE produces results that turn back the clock. A faster recovery process and added comfort are just added benefits, but that's just the base package of FUE. With the VIP|FUE™No-Shave method, we scratch the trimming and shaving to make it the most discreet hair transplant available today. It'll be like you weren't even here.

Learn More

Spring isn't just a time when the days get longer and the weather gets warmer — it's a time for renewal and growth. So why not make like the flowers and start blossoming this season? No need for mulch or compost, as Bauman Medical and the Dr. Alan Bauman products are the only fertilizers your scalp needs this spring. To schedule a private one-on-one in-person or virtual evaluation call 561-220-3480 or go to www.baumanmedical.com. To check out the latest Dr. Alan Bauman hair care products at our newly redesigned eStore, point your camera at the QR code below.



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 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.



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



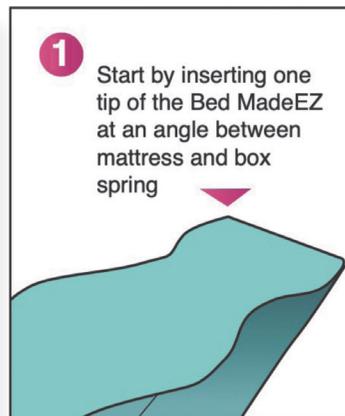
I wake up each morning to the sweet smile of my husband. He is right there as I amble out of the bed and trip on the dog. He is next to me as we brush our teeth. He waits patiently by my side as I brew the coffee. He is completely gone when I go to change the linens! I am alone in this endeavor.

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

The Truth About Your Mattress.

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

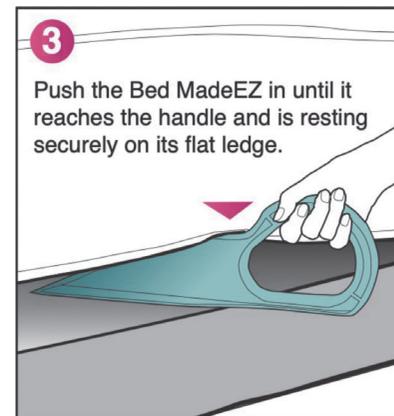
So what can be done? A mattress lifter is the answer. A quick search on Google for "mattress lifter" and you will find the original mattress lifter, the Bed MadeEZ. The product was invented by female-owner and CEO of CKI Solutions, Sam Montross, back in 2012.



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



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



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

What does the Bed MadeEZ do?

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

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

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

Trust is Built In to the Bed MadeEZ.

This patented, trademarked design is:

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

Bed MadeEZ is Found in Major Publications!

This ingenious product has been written about in:

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

Easy to Order, Fast Shipping!

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

Who Benefits from the Bed MadeEZ.

The Bed MadeEZ is a game changer for anyone with:

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



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Spring (Change) is in the Air

Brent Myers

Spring ushers in a new season. It signals the end of “winter” and the beginning of something new. Spring brings new flowers, warmer temperatures, greener grass, and another baseball season. Spring also brings another ritual for many people: cleaning.

Yep – good ol’ fashioned spring cleaning. “Out with the old and in with the new.” Perhaps this annual cleaning is symbolic of the change of the seasons. As we rid ourselves of shorter days, and cooler temps, we welcome in the sun and going to the beach. Spring cleaning reminds us of hope for better days ahead.

And by doing so, Spring becomes the season of hope and change.

As we enter this season, we should stop and take inventory of change that we can make in our spiritual lives to bring about hope.

Here are some things we can do for a “spiritual spring cleaning.”

The apostle Paul wrote in a letter these words: “*Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.*” (Romans 12:2)

Note what Paul says:

Act differently. “...*don’t copy the behavior and customs of this world...*” Just because it’s popular doesn’t mean we have to do it. We should strive to act differently. We can learn to be kind, polite, forgiving, humble, and serve others. We can act differently by putting others ahead of ourselves.

Think differently. “...*a new person by changing the way you think...*” There used to be a phrase that said “Garbage In. Garbage Out.” This means that what we put in our heads is what we will eventually produce. This same Paul wrote in a different letter: “And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.” (Philippians 4:8)

Be different. “...*let God transform you into a new person...*” Ultimately God does all the work and “spiritual cleaning” in our lives through His Son Jesus and His redemptive work. Again, Paul wrote these words: “This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!” (2 Corinthians 5:17)

*Spring is here!
Change is here!
Hope is here!
Embrace it.
Love it. Live it.*

What is

RECOVERY CHURCH

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



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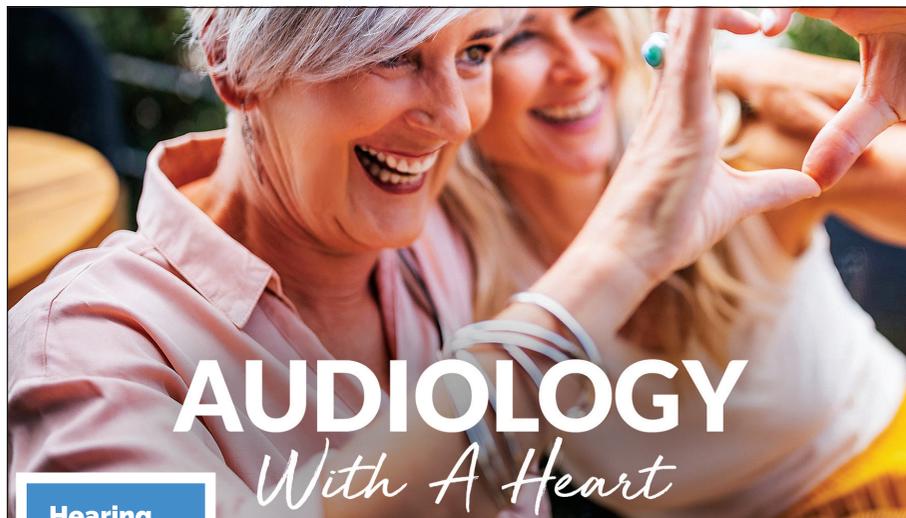


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