

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

May 2026

Polk/Brandon Edition - Monthly

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FREE



**UNPLUG TO POWER UP:
WHY DIGITAL BALANCE
MATTERS FOR MENTAL HEALTH**

DON'T GIVE UP!

**SPIDER VEINS
TREATMENT AND CAUSES**

**TESTOSTERONE
REPLACEMENT THERAPY**

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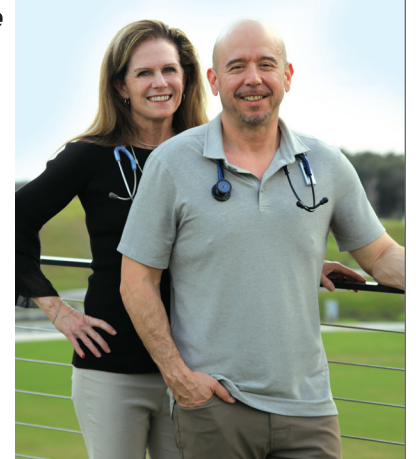
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SPIDER VEINS

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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UNPLUG TO POWER UP:

WHY DIGITAL BALANCE MATTERS FOR MENTAL HEALTH

By Elizabeth Dosoretz, LCSW

We live in a world that rarely slows down.

Between packed schedules, constant notifications and the pressure to stay informed and connected, it is easy to feel overwhelmed. Many of us move from one thing to the next without ever stopping to take a breath.

There is often an unspoken expectation to always be on, available, responsive and productive. That expectation is not realistic or sustainable. Feeling tired or overwhelmed does not mean you are failing. Not every day will feel productive, and that is okay. Taking care of your health, mentally and physically, should remain the top priority.

Sometimes what we really need is permission to pause. Setting thoughtful boundaries, especially around technology, can help reduce stress and support both our mental and physical well-being.

Digital overstimulation plays a major role in burnout and stress. Screen time adds up quickly through online shopping, group chats, social media, emails and documenting everyday life. At the same time, we are constantly exposed to curated content from companies, colleagues, friends and even family. Over time, this can quietly shape expectations and fuel comparison, making it feel as though everyone else is doing more or coping better.

At the same time, digital balance does not mean eliminating technology or disconnecting completely. It means being intentional about how, when and why we engage with digital tools. When technology use is unregulated, it can increase mental load, disrupt focus and keep the nervous system in a constant state of alert. When balanced, it can support connection and productivity.

Finding Your Balance

Part of what makes these patterns so difficult to change is how our brains are wired. Behavioral science research, including the work of Katy Milkman, shows that we naturally default to what is easy, familiar and immediately rewarding, such as scrolling or checking notifications.

Insight alone is rarely enough to create change. When our surroundings encourage constant engagement, even the best intentions can be overridden by habit. Real and lasting change happens when we make small adjustments to our environment and routines, making healthier choices more natural.



These changes reduce friction, lower decision fatigue and help new behaviors stick without requiring constant self-monitoring or discipline.

It's why creating intentional digital boundaries can be so powerful. It does not mean deleting apps or giving up devices altogether. It means pausing long enough to ask yourself why you are reaching for your phone. Is it habit, boredom, stress or a genuine desire to connect?

When possible, replace mindless scrolling with something restorative. This might include writing a few thoughts down, spending time with someone you love or engaging in a favorite activity. Many types of activities can help reset your nervous system. These moments do not need to be long to be effective.

Small and well-timed changes are often far more sustainable than sweeping resolutions. A recent study published in *Jama Network Open* found that even short reductions in social media use can significantly reduce mental health symptoms in young adults. Less screen time has been associated with lower anxiety, improved sleep, better focus and more space for emotional processing that often gets buried in a constantly moving, digital world.

A healthier relationship with technology is possible, even if it feels difficult right now. After all, building digital balance does not mean giving something up forever. It means learning how to use technology in a way that supports your mental health rather than draining it. With the right support, new habits can be formed and sustained over time.

Remember, the goal is not perfection. Simple steps like putting your phone away during meals, setting a tech free window before bed, turning off nonessential notifications or taking a short break

from social media can create meaningful shifts. All of this is progress. Designing your environment to support these choices, rather than relying on willpower alone, makes change more realistic and lasting.

As you reflect on your habits, consider how technology truly makes you feel. What adds value, and what drains you? The digital world can be an incredible tool for connection and information, but it works best when used intentionally and balanced with other healthy habits. With consistency and self-compassion, it is possible to build a healthier relationship with technology.

Looking for support as you work on finding your digital balance? At Elite DNA Behavioral Health, we help individuals build healthier routines that support emotional well-being in a demanding, always-connected world. As one of the fastest-growing mental health providers in the Southeast, Elite DNA provides accessible, affordable mental healthcare through in-person and virtual services across Florida, Virginia, and Alabama. To learn more or request an appointment, visit [EliteDNA.com](https://www.EliteDNA.com).

About the Author

Elizabeth Dosoretz, LCSW, is the founder and CEO of Elite DNA Behavioral Health. As a mother of three, her personal journey through the challenges of postpartum depression inspired her to found Elite DNA Behavioral Health in 2013 with a goal to provide accessible, affordable mental health care to everyone. Now one of the fastest-growing mental health providers in the Southeast, Elite DNA provides in-person and virtual behavioral health services from more than 40 locations across Florida, Virginia, and Alabama. For more information, visit [EliteDNA.com](https://www.EliteDNA.com).



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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
727-771-5053

TESTOSTERONE REPLACEMENT THERAPY:

An In-depth Look, at Its Wide Appeal

IN A TIME WHERE HEALTH AND WELL-BEING ARE BECOMING INCREASINGLY IMPORTANT ACROSS ALL DEMOGRAPHICS, TESTOSTERONE REPLACEMENT THERAPY (TRT) STANDS OUT AS AN ADVANCEMENT THAT HAS THE POTENTIAL TO REDEFINE STANDARDS FOR BOTH MEN AND WOMEN. AS WE NAVIGATE THE COMPLEXITIES OF AGING, THE DECREASE IN TESTOSTERONE LEVELS BRINGS ABOUT CHALLENGES THAT IMPACT OUR STRENGTH, EMOTIONAL WELL-BEING, AND OVERALL VIGOR. TRT OFFERS A RAY OF HOPE BY NOT ONLY AIMING TO RESTORE BALANCE BUT ALSO BY PROMISING TO IMPROVE OUR QUALITY OF LIFE. THIS DETAILED EXAMINATION SHEDS LIGHT ON THE BENEFITS OF TRT, DISPELS MISCONCEPTIONS, AND HIGHLIGHTS ITS CAPACITY TO TRANSFORM HEALTHCARE.



TESTOSTERONE

The Range of Benefits Offered by testosterone, Going Beyond Just Building Muscle

While testosterone has traditionally been associated with men's health its influence is crucial for individuals of all genders. Scientific studies emphasize its role in metabolic processes in managing conditions like type 2 diabetes. Research indicates that TRT can boost insulin sensitivity, reduce inflammation and enhance cholesterol profiles leading to a significant decrease in cardiovascular risk factors.

For women, the advantages of testosterone therapy stretch beyond improving libido. TRT effectively addresses symptoms related to levels of androgens by tackling mood disorders, preventing loss of bone density and muscle mass, as well as addressing various forms of sexual dysfunction.

Recent research challenges the belief that testosterone replacement therapy (TRT) causes hair loss in women presenting evidence of its ability to promote hair regrowth on the scalp and supporting arguments against baseless concerns.

Dispelling Misconceptions; A Journey Towards Truth and Well-being

The increasing popularity of TRT has given rise to myths and misunderstandings particularly regarding its safety. In depth reviews and analyses of existing literature disprove the idea of a connection between TRT and elevated cardiovascular risks. Instead, studies indicate that testosterone plays a role against heart disease with its therapeutic use demonstrating improvements in heart function among individuals with these conditions.

Regarding worries related to liver health, aggression and cancer risks thorough investigations confirm the safety of TRT when administered appropriately. Contrary to fears of liver issues or increased aggression levels, testosterone therapy—especially when not taken orally—has been linked to enhanced well-being without health concerns. Additionally, its counteractive relationship with estrogen alleviates concerns about breast cancer risk underscoring its benefits for estrogen related conditions.

Testosterone and Psychological Well-being; A Shift in Understanding

One of the findings in TRT research is its significant influence on mental health.

Testosterone plays a role, in promoting well-being by naturally reducing anxiety and fostering a more positive mental state. Both men and women have reported feeling more confident and experience decreased levels of anxiety highlighting how this hormone affects not only physical health but also mental health.

Sharing stories and expert insights can enhance our understanding of Testosterone Replacement Therapy (TRT). Hearing from individuals whose lives have been positively transformed by TRT sheds light on its benefits providing a perspective on the therapy. We stress the importance of individualized treatment plans that cater to specific health conditions like metabolic syndrome as we age.



As we look towards the future of TRT in healthcare, discussions around this treatment are constantly evolving. Its use in addressing health issues signifies a move towards comprehensive and inclusive treatment options. Ongoing research aims to uncover more about the benefits, safety and applications of TRT potentially leading to improved and therapies.

The impact of TRT on society is profound as it challenges ideas, about aging and gender specific treatments.

By promoting comprehension and debunking misconceptions, we set the stage for a future where Testosterone Replacement Therapy (TRT) is not solely viewed as a concern for men but as an essential aspect of comprehensive healthcare.

Personal Reflections...Embracing an Approach to Health

The utilization of Testosterone Replacement Therapy highlights the progress in science and our evolving knowledge of well-being. Its advantages, which encompass mental and emotional wellness emphasize the role of hormones in attaining a harmonious and rewarding existence. As we persist in exploring and advocating for health choices TRT emerges as a source of optimism offering avenues to vitality and well-being that were previously unimaginable.

On our quest for health, it is vital to stay informed, receptive and proactive in pursuing remedies that boost our welfare. TRT serves as one tool among many in our arsenal shedding light on the route, to a more dynamic life.

Dr. Rita Gillespie's path to becoming a leading expert and advocate for Bio-identical Hormone Replacement Therapy (BHRT) is both fascinating and enlightening. Growing up in the suburbs of Philadelphia, Rita's years were defined by a nature and a dedication to excellence. Being the oldest of three siblings she not set standards but also displayed natural leadership qualities from a young age. Her love for sports & running began during her school years and continued through her college days at LaSalle University, where she excelled on an athletic scholarship.



After completing her studies Dr. Gillespie's journey towards a career took her to the Philadelphia College of Osteopathic Medicine. Her medical training started at the Albert Einstein Medical Center in Philadelphia providing her with a foundation in the aspects of patient care. However, it was during her residency at the University of Florida Gainesville in Emergency Medicine that she gained a perspective on medicine and sharpened her skills in acute patient management.

Dr. Gillespie's venture, into Hormone Replacement Therapy was driven by both professional interest and personal need. Following years of practicing emergency medicine, she decided to pursue education through Worldlink Medical to specialize in BHRT. Dr. Gillespie's interest, in this area wasn't just academic; she personally experienced the symptoms of menopause giving her insight into how hormonal imbalances affect patients.

As a Doctor, Rita takes an approach to her practice focusing on the balance of mind, body and spirit. This perspective greatly influences her view on BHRT, which she believes should be integrated into patient care to promote healthy aging and enhance overall well-being. With both experience and medical knowledge Dr. Gillespie isn't a healthcare provider but also a compassionate advocate for her patients. She knows firsthand how BHRT can improve quality of life and is committed to supporting her patients with understanding, expertise and a dedication to health.

To Dr. Gillespie, BHRT represents more than a treatment—it's a way, to age gracefully while maintaining strength, mental clarity and emotional stability. Her goal is to make BHRT a standard part of healthcare so that individuals can live fulfilling lives at any stage.

She is deeply committed to this purpose due to her encounters and the successful results she has seen in her patients, which positions her as a qualified and enthusiastic advocate, for Bio-identical Hormone Replacement Therapy.



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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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A Guiding Hand:

Finding Compassion & Clarity in Life's Toughest Moments



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.

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



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MOM'S THE WORD

Give the Gift of Hair Restoration (and Secrecy) This Mother's Day

by Alan J. Bauman, MD, ABHRS



Having worked in the realm of hair restoration for some time, I understand there's still a bit of stigma that comes with hair loss. It can feel like a multitude of things. Despite it being completely natural, I understand the negative emotions that might arise when your hairdo isn't looking the way it used to.

Hair loss is something that doesn't discriminate, especially when it comes to women. Nearly a third of the female population will experience some form of it at some point in time. But regardless of a thinned-out crown or a bit of shedding, the good news is that Bauman Medical has the tools and expertise to turn back time to when a bad hair day was your only concern.

With May being the month we celebrate that special woman we all know and love, mothers deserve something that makes them feel like their old self again. I can understand the apprehension about wanting to start the journey of hair restoration. The obvious being, well, how obvious this transformation might be.

of sulfates, parabens, phthalates, and artificial fragrances. Used daily, you're giving mom a gift that brings the clinic to her everyday routine.

Super Biotin

Very few vitamins out there provide the immense hair benefits that my Super Biotin supplement does. Packed with 10,000 mcg of vitamin B7, mom will not only have stronger, healthier hair but also nails. For shinier, voluminous hair, Super Biotin is the hero we all deserve.

Ashwaganda

Let's face it — kids can be a handful. We make it hard for moms to relax at times, so to pay it back, the gift of my

With the latest advancements in hair restoration, our team at Bauman Medical works to make it seem like we weren't even there. From in-house treatments to at-home products, you could say mom's the word this May by giving one of these fine gifts:

AT-HOME TREATMENTS

BOOST

Just like on those long days that seemed never-ending, a little boost from mom is what helped us all get over the hump. You can now return the favor with my name BOOST™ DHT-Control Shampoo & Conditioner System. Say goodbye to Head & Shoulders and hello to the power benefits of scalp revitalization, stronger hair, and weightless hydration, with added DHT-blocking ingredients and an upgraded look. To top it off, mom can feel this boost even more, as this system is 100% vegan, cruelty-free, color-safe, and free

ashwagandha supplement will have her saying "ohm" soon enough. How does relaxation help with hair loss? Well, the best scalp is a relaxed one. With these organic adaptogens, say goodbye to stress and say hello to lower cortisol levels, an impact factor for shedding and follicle health. Sure, we could behave a little bit better as kids. But where's the fun in that?

PEPgro™

Put some pep in mom's (hair) step with my morning and night PEPgro™ topical. Featuring the famous copper peptide GHK-Cu, this multi-peptide-enhanced proliferation system is key to getting the scalp's natural hair growth cycle back on track. That means follicular anchoring and optimized root-level signaling, as PEPgro™ is a non-drug targeted scalp serum. Just like how mom is the one who keeps the house together, PEPgro™ is the glue that keeps the circadian cycle of your scalp together.

TURBO LaserCap

Instead of a sunhat for mom this year, why not opt for something a bit more powerful? The Bauman TURBO LaserCap may not have the power of the sun, but it does possess the power of low-level laser therapy for effective hair restoration. FDA-cleared, drug-free, chemical-free, side-effect-free, and non-invasive, the TURBO LaserCap takes only 5 minutes a day for hair growth results that turn the clock back.

IN-OFFICE PROCEDURES

PRP

We know being a mother is a full-time job. That's why our PRP treatment only takes an hour for natural hair growth! Using a small blood sample, our advanced technology isolates and concentrates platelets, yielding a serum rich in key growth factors. Coming full circle, the serum is then deployed into the scalp in a quick, painless procedure.

TED & Exosome Therapy

It's hard to beat a chat with mom. Regardless of whether it's in person or over the phone, being able to communicate with her can make anyone's day. Communication is also integral in something called exosomes, our body's way of sending messages. No matter if it's near or far, these cells ensure that instructions get across, no matter the distance. Found in these messages are special instructions for rejuvenation



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.

and repair, things that mom’s scalp could use. By coupling exosomes with TED, or our TransEpidermal Delivery process, we’re able to increase blood flow and scalp permeability by utilizing sound waves and air pressure to deliver cellular instructions to the follicles. By the way, make sure to be like exosomes, and give your mom a call this month.

FoLix®

Having just broken ground on our latest advancement, FoLix®, an FDA-cleared fractional laser treatment, is the perfect way to celebrate mom this Mother’s Day. With help from the brilliant minds at Lumenis, FoLix® is specifically designed to stimulate hair growth, quickly becoming the choice for non-invasive, non-chemical therapies meant for middle-aged women experiencing mid-stage hair thinning.

For those looking to make it seem like nothing is happening behind the scenes, FoLix® ensures that the only thing that comes with this procedure is immense results. Because it is a non-ablative laser, it won’t even burn through the top layer of skin. Applied gently with a specific cooling handpiece, FoLix® creates microscopic thermal zones that activate the body’s natural regenerative process. In this case, scalp heating stimulates dormant follicles, causing hair to grow back thicker and healthier than ever before.

Learn More

It’s easy to get flowers and chocolates before calling it a day. But it’s a whole other thing to give the gift of restoration. The beauty of

Bauman Medical isn’t necessarily the results, but rather it’s the way in which they appear naturally. If we can turn back the clock for mom while making it seem like we weren’t even there, I’d say that’s a successful Mother’s Day. From myself and the rest of the Bauman Medical, we’d like to wish a Happy Mother’s Day to all who celebrate.

To schedule a private one-on-one in-person or virtual evaluation call **561-220-3480** or go to www.baumanmedical.com. To find Mom the perfect gift for better hair, and to check out the latest Dr. Alan Bauman hair care products at our newly redesigned eStore, point your camera at the QR code below.



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. Available on the Bauman Medical eStore



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.

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for Men and Women**
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Bed Making Made Easy – With CKI Solutions' Bed MadeEZ®



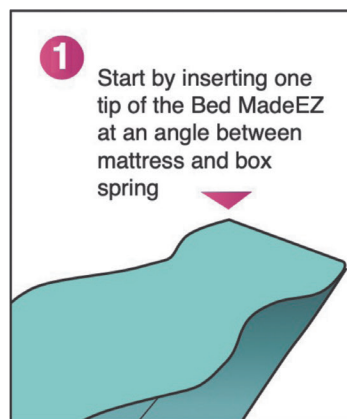
I wake up each morning to the sweet smile of my husband. He is right there as I amble out of the bed and trip on the dog. He is next to me as we brush our teeth. He waits patiently by my side as I brew the coffee. He is completely gone when I go to change the linens! I am alone in this endeavor.

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.

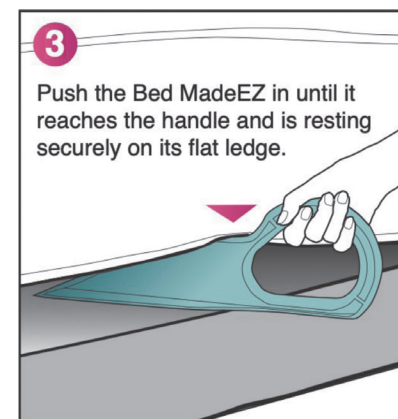
So what can be done? A mattress lifter is the answer. A quick search on Google for "mattress lifter" and you will find the original mattress lifter, the Bed MadeEZ. The product was invented by female-owner and CEO of CKI Solutions, Sam Montross, back in 2012.



- 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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Don't Give Up!

Brent Myers

OK. So here we are... five months into a new year. How are things working out for you? Did you set goals for making this year the best year ever? Did you have dreams and ambitions to make this year different? Did you plan on making things better? Well... how are you doing?

Too often we wait until it's too late to ask these types of questions. But let me encourage you with this today: Don't Give Up!

Maybe you're well on your way to accomplishing your goals. To you I say: Press On! Keep pushing on! Perhaps you've had a rough go of it and you've been derailed or don't think you could ever reach the sights you set for this year. To you I say: Press On! Keep pushing on!

Now you may be thinking, "that's the same advice for both groups." You're right. The reason is because I believe this to be a fundamental principle we all need to learn: perseverance.

The apostle Paul penned these words nearly 2,000 years ago: "So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up." (Galatians 6:9, NLT)

Think about that for a moment. Let that settle in. "let's not get tired of doing what is good," "we will reap a... blessing," but here is the kicker: "IF we don't give up."

Wow! That's an awfully big "IF"...

Perseverance reveals a lot about ourselves.

Perseverance reveals our conviction. Do I really believe in what I'm pursuing? Do I really feel deep down in my gut that what I'm going after is right and true? If I don't believe in it, then I'll give up quickly. But if I do believe, then how can I possibly give up?

Perseverance reveals our commitment. In his pursuit of creating a sustainable light bulb, Thomas Edison never gave up because he was committed. Edison is quoted as saying, "I have not failed, I've just found 10,000 ways that won't work." If I'm really committed to it, then it's not just a matter of "I won't give up" but really a matter of "I *can't* give up."

Perseverance reveals our character. Who are you when no one else is watching? What do you do when you're alone in your pursuit of your dreams and goals? If we persevere, we show our character. Winston Churchill once said: "Never, never, in nothing great or small, large or petty, never give in except to convictions of honor and good sense. Never yield to the apparently overwhelming might of the enemy."



The writer of Hebrews put it this way: "So don't throw it all away now. You were sure of yourselves then. It's still a sure thing! But you need to stick it out, staying with God's plan so you'll be there for the promised completion." (Hebrews 10:35-36, The Message)

Stick with it. Press on. Reach your goals. Go for it!

I used to work for a gentleman who would say this: "We do not determine a man's greatness by his talent or worth, as the world does, but rather by what it takes to discourage him." (JF)

So be great... and Don't Give Up!

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





ELITE DNA
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Your Mental Health is in Our DNA

Accepting New Patients - Adults, Teens, & Children 6+

Life comes with twists and turns, some exciting, some overwhelming. When the challenges pull you off course, we're here to help you find balance.

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Psychiatry & Therapy Services**

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