

CENTRAL FLORIDA'S

# Health & Wellness<sup>®</sup> MAGAZINE

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Polk/Brandon Edition - Monthly

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**FREE**



**SPIDER VEINS TREATMENT  
AND CAUSES**

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

**SENIORS AGING IN PLACE**

**HORMONES AND THE MIND:  
HOW BIOIDENTICAL HORMONE  
THERAPY SUPPORTS MENTAL  
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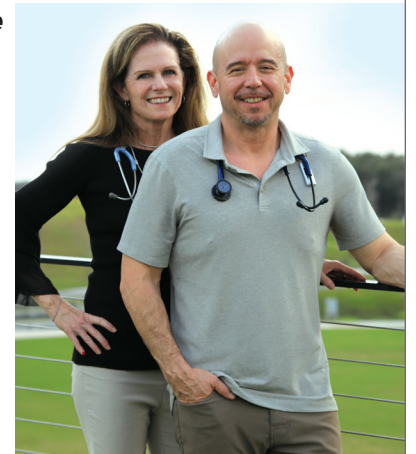
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# SPIDER VEINS

## TREATMENT AND CAUSES



**S**pider 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://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://EliteDNA.com).



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# SENIORS AGING IN PLACE

**F**or today's seniors, the desire to stay at home is strong. In fact, the modern elderly population is much different from its past counterparts. Almost 90% of people over 65 want to live in their home and community as long as possible, according to a report by the AARP Public Policy Institute and the National Conference of State Legislatures. A whopping 80% believe they will stay in their home for the remainder of their life. Aging in place allows seniors to enjoy all the comforts their familiar home has to offer. Today's options to support seniors in their home offer seniors and their families the peace of mind and support to make staying at home a healthy option.



## AGING IN PLACE PROVIDES A SENSE OF COMMUNITY

Seniors have spent a lifetime building family relationships and likely years bonding with neighbors. Removing older adults from their long-time homes can make them feel like those connections have weakened. According to research published in *The Gerontologist*, the majority of seniors want to age in place because of the attachment and familiarity they feel with their home and communities.

## IT FIGHTS ISOLATION

That sense of community provided through aging in place does more than make seniors feel comfortable. It is also integral for fighting feelings of isolation, a dangerous trend among seniors. Researchers from the University of Chicago found a link between loneliness and high blood pressure in older adults. The study authors noted that feelings of loneliness can occur even when a senior is surrounded by people. This further demonstrates the importance of the familiarity and sense of community provided through aging in place.

Besides being preferred by seniors, aging in place offers another benefit: savings.

While it may seem that aging at home would be more expensive than moving to a nursing or assisted living home, the opposite is actually true. With help from a home healthcare worker, staying in your home costs about 20% of what a nursing home costs on a monthly basis.

## HOME HEALTH CARE CAN HELP

For many families and seniors, home health care is a beneficial choice – a safe and affordable solution that supports the family, while allowing seniors to stay in the comfort of their own homes and communities.

## HERE ARE TEN WAYS HOME HEALTH CARE CAN SUPPORT YOU:

1. Home health care professionals can be there when needed. If family and loved ones are a distance away, home health care can give you peace of mind. Trained and qualified professionals

can assess safety risks and make simple corrections in the home – from placing a rug on a slippery floor, to recommendations for ambulatory assistance.

2. Home care supports activities of daily living (ADLs). In-home services allow adults to receive day-to-day help with the personal care they need, preserving their dignity and maintaining a good quality of life. Assistance with activities of daily living can include bathing, grooming, and medication reminders.
3. Access to skilled nursing care at home. Skilled medical care can be delivered at home by thoroughly supervised nurses, certified, licensed and knowledgeable about high-technology medical equipment. Home health care can ensure that your loved one's complex medical needs are met.
4. Support with diet and nutrition. Adults age 65 and older, people with chronic conditions, and those recently discharged from a hospital or nursing facility are likely to be nutritionally at-risk. Aging, bed rest, illness, and injury can all contribute to the loss of lean body mass. Home care may include nutritional counseling and home-cooked meals to protect against malnutrition.
5. Medication management. Multiple prescriptions it can be confusing to manage. Home health care professionals can ensure the right medications are being taken at the right times to control health conditions and prevent harmful drug interactions.
6. Home health care professionals provide caring companionship. Research shows that aging adults stay healthier with social interaction. Home health aides can become trusted friends for walks, reading, cards, games, movies, meals, and other social activities. Accompaniment on errands such as grocery shopping, medical appointments, and other activities are also added benefits.
7. Home care helps with light household chores. When aging adults struggle the daily demands of housework, such as laundry, vacuuming, dishes, and simple chores home care helps to consistently maintain a safe and healthy living environment.

8. Home health care clients have comparable or better health outcomes. Research has shown that clinical results are comparable or better with fewer complications when home care is provided to individuals with chronic conditions such as pneumonia, diabetes, or COPD.

9. One-on-one focus and support. Home health care services are truly unique, providing meaningful, one-on-one personal and skilled care that builds strong bonds between professionals and their clients. According to the *Cleveland Clinical Journal* a person who is seen by a clinician in the comfort of home more readily trusts that the health care team places their needs first.

10. An affordable alternative to facility or hospital care. According to the National Association of Home Care, the average cost of care from a skilled nursing facility is \$544 dollars per day, while the average cost of home health care is \$132 dollars.

## OUR PROMISE

Through Trusted HomeCare Home Care Services, you can rest assured that your loved one and family will be safe and secure in a positive environment right at their home. Even if you simply have questions or want to understand how to better care for your elderly loved one experiencing the inevitable process of aging, we are able to help with that.

## TRUSTED HOMECARE SERVICES MISSION STATEMENT

As a whole group, our mission statement says that we are here to access the needs of each client to help them maintain their independence while living in their own homes and communities.

Contact our team at  
Trusted HomeCare and let's discuss  
how we can support  
you or your loved one  
**727-771-5053**

# HORMONES AND THE MIND: HOW BIOIDENTICAL HORMONE THERAPY SUPPORTS MENTAL HEALTH AT EVERY STAGE

**H**AVE YOU EVER FELT UNLIKE YOURSELF—MOODY, FOGGY, ANXIOUS, OR EMOTIONALLY FLAT—BUT COULDN'T EXPLAIN WHY? MAYBE YOUR LABS LOOKED "NORMAL," OR YOU WERE TOLD IT WAS JUST STRESS, AGING, OR LIFE. BUT THE TRUTH IS, WHEN HORMONES SHIFT, SO DOES YOUR BRAIN. MENTAL HEALTH AND HORMONE HEALTH ARE DEEPLY INTERTWINED, AND TOO OFTEN, THIS CONNECTION IS OVERLOOKED OR DISMISSED.

At D&G Optimized Wellness and Hormones, we've seen firsthand how restoring hormonal balance helps clients reclaim not just their physical health, but their mental clarity, motivation, and emotional stability. Hormone replacement therapy (HRT)—especially bioidentical hormone replacement therapy (BHRT)—isn't just about easing hot flashes or improving libido. It's about mental wellness, emotional resilience, and helping people feel like themselves again—sometimes for the first time in years.

## The Hormone-Mind Connection

Hormones influence every system in the body, including the brain. A drop or imbalance in any of the major hormones—estradiol, progesterone, testosterone, thyroid, or cortisol—can wreak havoc on mental health, affecting how we feel, think, and respond to the world around us.

- **Estradiol** increases serotonin and dopamine, the brain's "feel-good" chemicals. When estrogen drops, so can mood, confidence, and cognitive sharpness. Many women entering perimenopause report an unexpected surge in anxiety or sadness—often tied directly to hormonal shifts.
- **Progesterone** has a calming effect through its action on GABA receptors in the brain. When levels decline, it's not uncommon to experience restlessness, poor sleep, and a sense of being "on edge" without a clear cause.



- **Testosterone** supports drive, assertiveness, energy, and resilience. Although often thought of in the context of men, testosterone is crucial for women, too. Deficiency can lead to low motivation, emotional flatness, and even depression-like symptoms.
- **Thyroid hormone** regulate metabolism and influence energy, temperature regulation, mood, and mental processing speed. Even subtle dysfunction can feel like depression, fatigue, or brain fog, and is frequently overlooked in standard evaluations.
- **Cortisol**, our primary stress hormone, plays a dual role. When balanced, it supports alertness and focus. When chronically elevated or depleted, it contributes to burnout, irritability, and disordered sleep.

## Recognizing Hormone-Related Mental Health Symptoms

Many people suffering from hormone imbalances are misdiagnosed with anxiety or depression and placed on long-term psychiatric medications that don't address the root cause. While antidepressants and anxiolytics have their place, they are not always the full answer—especially when the driver is hormonal in nature.

**We frequently hear clients say:**

- "I can't concentrate like I used to."
- "I'm crying at the drop of a hat."
- "I'm anxious for no reason."
- "I feel disconnected, like a fog is over my brain."
- "My motivation disappeared, and I just can't find my spark."

These are not just emotional reactions-they're physiologic responses to underlying hormonal shifts. Perimenopause, menopause, and andropause (age-related testosterone decline in men) are often accompanied by psychological symptoms that are wrongly dismissed or minimized.

Identifying these issues early-before they escalate into burnout or long-term emotional suppression-is one of the most powerful interventions we can offer.

**BHRT: Supporting Emotional Wellness from Within**

Bioidentical hormone replacement therapy, personalized to your symptoms and physiology, can lead to transformative results-both physically and mentally. Our goal isn't just to "treat" a lab value. It's to restore your optimal function and quality of life.

- We've seen dramatic improvements in:
- Mood stability
- Anxiety and stress resilience
- Sleep quality and depth
- Motivation, drive, and energy
- Cognitive clarity, focus, and memory recall

BHRT doesn't override the body; it works with it, using hormones that are structurally identical to what your body once produced in abundance. That's why so many clients say things like, "I feel like myself again," or "I didn't realize how much I was struggling until I felt better."

Mental health is not separate from hormonal health-it is intimately connected. BHRT is often the missing piece for those who've tried everything else without lasting improvement.

**Age Is No Barrier to Mental Clarity**

One of the most powerful misconceptions we challenge daily is the idea that mental or emotional decline is an inevitable part of aging. It's not. With thoughtful hormone optimization, we've seen patients in their 60s, 70s, and even 80s experience renewed mental sharpness, emotional stability, and a zest for life that many assumed was long gone.

Our own co-founder, Dr. Rita Gillespie, is menopausal and uses bioidentical hormone therapy herself. Both her 79-year-old mother and Dr. Jason De Leon's 66-year-old stepmother are also on therapy-and thriving. They are vibrant, mentally sharp, and living proof that age does not preclude optimization. In fact, they remind us daily that the second act of life can be the most fulfilling-when your body and mind are finally in sync.

**Wellness Beyond Hormones: A Holistic Path Forward**

At D&G Optimized Wellness and Hormones, we believe that optimal health isn't just about numbers on a lab report-it's about how you feel, think, move, and engage with the world around you. That's why we're proud to be part

of a broader wellness community that recognizes the essential connection between mental, emotional, and hormonal health.

For individuals seeking deeper therapeutic support, we're honored to share our space with Arkham Rise Counseling, a veteran-owned mental health practice known for its commitment to ethical, compassionate, and evidence-based care. Their team specializes in individual, family, and group therapy-providing support for those navigating anxiety, trauma, grief, life transitions, and emotional burnout.

Arkham Rise shares our values of integrity, empowerment, and whole-person healing. Their clinicians foster a safe, inclusive environment rooted in respect and collaboration. Their presence enhances what we offer at D&G, allowing clients to access both hormone optimization and personalized emotional wellness under one roof.

To learn more about their services or to schedule a session, visit [www.arkhamrise.com](http://www.arkhamrise.com).



**In Closing**

Mental health is physical health. If you've been told your symptoms are "just in your head," or that everything looks "normal" but you feel anything but-don't settle. You deserve clarity, calm, and emotional balance at every age. Hormones may be the missing piece, and addressing them could be the most transformative thing you do for your mind.

***Let us help you get back to feeling like you!!!***



**863-899-2404**  
[info@optimizedwellness.net](mailto:info@optimizedwellness.net)  
[optimizedwellness.net](http://optimizedwellness.net)



**A**t 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



**561-783-3331**

[www.JewishDirectCremation.com](http://www.JewishDirectCremation.com)

# CONFIDENCE IS KEY

## How Bauman Medical Helps Men Get Their Swagger Back

by Alan J. Bauman, MD, ABHRS



**A**h, Father's Day. The time of year when we get to celebrate the man who taught us it all. From shaving technique to parallel parking, it's hard to find a gift that honors all he's done. It also doesn't help when he insists on not getting him anything (and where's the fun in that).

So, for when a brand new tie or a bottle of whiskey just won't cut it, what exactly commemorates dad on his special day? How about the gift of renewed confidence? And no, I'm not saying to give your dad a pep talk this year. For nearly two-thirds of men over the age of 35, hair loss is something they can't escape. And with a change that big, it can deal quite a blow to one's self-esteem.

The best version of any man is a confident one: that goes for dad, too. And a thinned-out crown or receding hairline can diminish that confidence. The nightmare of hair loss does not have to haunt dad while he's just resting his eyes. With the many treatment options available at Bauman Medical, you have the perfect opportunity to make this Father's Day one that boosts his confidence and self-esteem.

### PRP Platelet-rich Plasma

When it comes to instilling confidence, a lot of it comes from within. PRP, quite literally, takes from within you for effective hair restoration. By drawing a sample of blood, we're able to separate and concentrate the platelets found in the sample. The healing powers here will be injected back into dad's scalp, encouraging hair growth. And even though he won't say he's afraid of needles, PRP features no pain and no side effects, just all growth, offering reassurance and trust in the process.

### PDOgro™

While we're more than confident in the abilities of PRP, sometimes even the best need a little boost. That's why we've coupled it with PDOgro™, our state-of-the-art thin and absorbable polydioxanone threads. How does it differ from the original? Well, these tiny threads hidden under

the skin will stimulate endogenous collagen production, elastin, hyaluronic acid, new blood vessel formation, and fibroblast activity as an FDA-cleared synthetic absorbable material, which means more effective hair regrowth results in comparison to a single PRP session.

### TED

What leads to confidence when restoring hair? Sure, the way you wear it helps, but when it comes down to the nitty-gritty, you need a couple of things: increased blood flow, stronger fibers, and stimulated hair follicles. Sounds like a lot, right? With our TransEpidermal Delivery (or TED, for short), we're able to get all three of those factors back on track, as well as decrease shedding. This non-invasive growth serum contains the essentials for what makes a confident scalp, well, confident! Amino acids, powerful growth factors, and advanced peptides are all applied to the scalp via sound waves and air pressure, meaning we can leave the needles alone.

### TED w/Exosomes

Sometimes we need a chat to help us feel more confident. Whether in person or over a long-distance call, communication does wonders for one's self-esteem. Communication is also integral for exosomes, which we combined with TED to improve results. Exosomes love to chat, no matter the distance, relaying information throughout the body. Topics for exosomes include nucleic acids, growth factors, and other proteins, all geared for hair rejuvenation and repair.

### Low-Level Laser Hair Regrowth Devices

The only thing harder than finding confidence with hair loss is finding confidence with a hat. With the Bauman Turbo LaserCap®, dad can ditch the baseball cap and show off his flow. FDA-cleared, drug-free, chemical-free, side-effect-free, and non-invasive, with just five minutes of use daily, and we'll have him walking around with the swagger that he used to have.

### FUE

When someone hears the words "hair transplant," the last thing one might feel is confident. From the horror stories of the past, it's easy to think of a painful, pluggy-looking result. But those were hair transplants of the past. Now, they're easy, pain-free, and make it seem like we weren't even there.

If this isn't enough to make FUE (follicular unit extraction) dad's gift this year, here's some more info to convince



Before and after FUE Hair Transplant by Dr. Alan Bauman



Before and After PRP by Dr. Alan Bauman

you. Because we opted out of the outdated and invasive strip harvesting method, dad will be walking out of our clinic without a linear scar. We're able to achieve this by now harvesting individual hair follicles directly from the scalp with some help from our advanced techniques and specialized mechanical instruments.

**VIP|FUE™**

The best way to feel confident is to treat yourself like a VIP. If you have trouble with that, allow Bauman Medical to do so for you with our VIP|FUE™ treatment—all the previously mentioned benefits and then some. Discretion is key, so we start with no shaving or trimming. In fact, dad won't even have to worry about losing hair or needing staples or stitches removed. And just in case the confidence isn't brimming yet, we'll send dad on his way with our EXO-soak™ protocol as a way to get him his hair regrowth results faster than ever before.

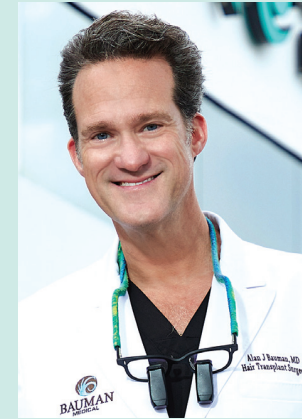
**Learn More**

It's easier said than done to maintain a confident mindset day in and day out. But in the thick of hair loss, those days become a lot harder. This Father's Day, give dad a gift he may be struggling with. It's more than just hair restoration. It's turning back the page to a time of certainty and poise that we all should all be approaching each day with. Whether you opt for one of our numerous options or let dad make the decision himself with a Bauman Medical gift e-card available on our eStore, here's to a more confident dad this Father's Day and beyond.

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



**About Dr. Alan J. Bauman**



**Alan J. Bauman, MD, ABHRS, IAHR  
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.



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



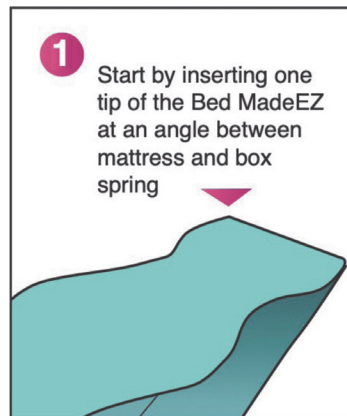
I wake up each morning to the sweet smile of my husband. He is right there as I amble out of the bed and trip on the dog. He is next to me as we brush our teeth. He waits patiently by my side as I brew the coffee. He is completely gone when I go to change the linens! I am alone in this endeavor.

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.

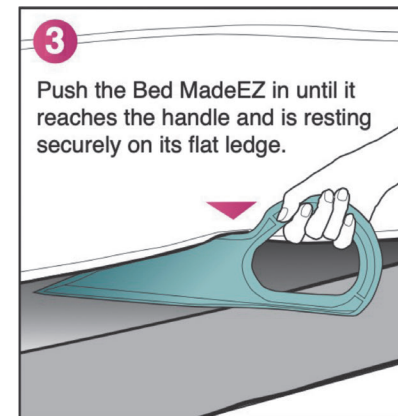
So what can be done? A mattress lifter is the answer. A quick search on Google for "mattress lifter" and you will find the original mattress lifter, the Bed MadeEZ. The product was invented by female-owner and CEO of CKI Solutions, Sam Montross, back in 2012.



- 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.



CADENCE KEEN INNOVATIONS

Find out more at  
[www.ckisolutions.com](http://www.ckisolutions.com)

Email  
[customerservice@ckisolutions.com](mailto:customerservice@ckisolutions.com)

Phone  
561-249-2219



Brent Myers

## You Deserve a BREAK TODAY...

**I** know it's ironic to quote a famous fast-food chain advertisement in a health and wellness magazine, but on this one – they got it right!

They understood one of the most overlooked principles of our health: the need for rest. (How they recommend fulfilling that need, and what many others think is where we differ...)

Most studies indicate that we operate at our best when we have sufficient rest. Our bodies were not created to be able to go without stopping and taking a break. We were designed to wear down, be refreshed, and go again. Rest is important for all areas of our lives...

**PHYSICALLY.** Sleep and metabolism are controlled by the same area of the brain. Sleep releases hormones that control appetite. Researchers at the University of Chicago found that dieters who were well rested lost more fat. And a 2010 study found that C-reactive protein, which is associated with heart attack risk, was higher in people who got six or fewer hours of sleep a night.

**EMOTIONALLY.** Sleep and stress have similar effects on your cardiovascular stress. Being well rested can reduce stress levels and improve your overall health.

**MENTALLY.** Lack of sleep can make it difficult for you to concentrate and retain information. When you sleep, your brain goes through all the activities and impressions of the day which is important for memory formation.

But what's most interesting about rest, is that God knew the importance of rest long before the golden arches recommended it. God created us with the need for rest; He modeled it and even commanded it.

### *His Model*

“By the seventh day God had finished the work he had been doing; so on the seventh day he *rested* from all his work. Then God blessed the seventh day and made it holy, because on it he *rested* from all the work of creating that he had done.” (Genesis 2:2-3, NIV)

God didn't NEED rest. But he CHOSE to rest – giving us an example to follow. Think about this: if the Creator of the heavens and earth and the Sustainer

of all living things was able to rest, then I think I could carve out some time to make sure I'm resting, too.

### *His Command*

“Remember the Sabbath day by keeping it holy. 9 Six days you shall labor and do all your work, 10 but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. 11 For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.” (Exodus 20:8-11)

This, by the way, is in the Ten Commandments. Consider this: of all the possible things God could tell us to do – if you pared them down to the “top ten”, most of us would start with the Ten Commandments. And one of the top ten things God tells us to do is: REST.


As God's creation, He knows us better than we know ourselves. He designed us and put us together so He knows exactly what we need. And with all that knowledge and wisdom, what does He tell us to do? Rest.

We should be working hard to make sure that we rest daily (getting a good night's sleep); rest weekly (taking at least one day off from work); and rest annually (retreating for an extended time of refreshment).

**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**

  
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**RECOVERY CHURCH**  
**MOVEMENT**



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BEHAVIORAL HEALTH



# 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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