

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

July 2026

Polk/Brandon Edition - Monthly

www.healthandwellnessfl.com

FREE



**SPIDER VEINS
TREATMENT AND CAUSES**

SENIORS AGING IN PLACE

**UNMASKING VISCERAL FAT:
THE HIDDEN THREAT –
AND HOW A 15 MINUTE SCAN
CAN PUT YOU BACK IN CONTROL**

**LIFE, LIBERTY, AND
THE PURSUIT OF HAIR
CELEBRATE INDEPENDENCE FROM
HAIR LOSS WITH BAUMAN MEDICAL**

VARICOSE VEINS ARE A MEDICAL CONDITION

**CELEBRATING 24 YEARS
SERVING CENTRAL FLORIDA**



BEFORE



AFTER

Treatment of varicose veins is covered by most medical insurance



BENEFITS OF TREATMENT:

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

MOST INSURANCES ACCEPTED, INCLUDING MEDICARE



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

**Schedule
an appointment
online**



**TRUSTED
HOMECARE SERVICES**



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

Services

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



352.240.7522 **WWW.TRUSTEDHCS.COM**

contents

July 2026

- 4 Spider Veins Treatment and Causes
- 6 Unplug to Power Up:
Why Digital Balance Matters for Mental Health
- 7 Seniors Aging in Place
- 8 Unmasking Visceral Fat:
The Hidden Threat— and How a 15-Minute Scan
Can Put You Back in Control
- 10 Beyond the Pill:
Retrain Your Brain for Lasting Wellness
- 11 A Guiding Hand:
Finding Compassion & Clarity in Life's Toughest Moments
- 12 Life, Liberty, and the Pursuit of Hair
Celebrate Independence from Hair Loss with
Bauman Medical
- 14 Bed Making Made Easy –
With CKI Solutions' Bed MadeEZ®
- 15 Spiritual Wellness: It's Hot Everywhere in July

CONTACT US

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


BERRYMAN
Marketing Group LLC

OWNER / ACCOUNT EXECUTIVE
Bryan Berryman
bryan@sflhealthandwellness.com

GRAPHIC DESIGNER
Sonny Gensing
sonny@gwhizmarketing.com

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

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

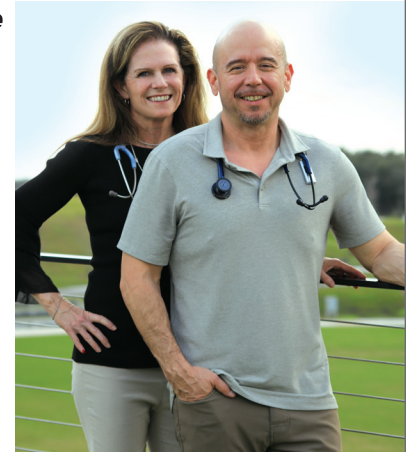
©Copyright SOUTH FLORIDA'S HEALTH & WELLNESS Magazine 2026. All rights reserved. Any reproduction of the material in this magazine in whole or in part without written prior consent is prohibited. Articles and other material in this Magazine are not necessarily the views of SOUTH FLORIDA'S HEALTH & WELLNESS Magazine. SOUTH FLORIDA'S HEALTH & WELLNESS Magazine reserves the right to publish and edit, or not publish any material that is sent. SOUTH FLORIDA'S HEALTH & WELLNESS Magazine will not knowingly publish any advertisement which is illegal or misleading to its readers. The information in SOUTH FLORIDA'S HEALTH & WELLNESS Magazine should not be construed as a substitute for medical examination, diagnosis, or treatment.



We can help
remind your body
what's missing.

**What can hormone imbalance
look like?**

Weight Gain
Loss of Muscle Mass
Depression and Stress
Cognitive Decline
Insulin resistance
Loss of Sex Drive
Fatigue
Sleep Disorders
Increase in Degenerative Disease
Compromised Immune System



We provide Bioidentical Hormone Replacement Therapy to alleviate any of the above symptoms to Optimize your health and wellness.

Contact us today for a Consultation!

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

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



**JEWISH NATIONAL
CREMATION SOCIETY**



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

★ **STARTING AT \$2,495** ★

CREMATION WITH TRADITION

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

CALL NOW

561-865-1746

JewishDirectCremation.com



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.

• **\$100 off** a FULL Spider Vein Treatment (reg. price: \$350)

• **\$75 Consult required.** New or existing patients.

Schedule before 9/28/25 to be treated by 10/31/25

May not be combined with other offers.



CALL TODAY TO SCHEDULE YOUR **\$75 CONSULT TODAY!**

Vascular Vein Centers of Davenport / Haines City

121 Webb Dr Suite 300, Davenport, FL 33837

(863) 291-6313

www.PolkVVC.com

next to IMA Pichardo Clinic





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.

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.



ELITE DNA
BEHAVIORAL HEALTH



Scan to Schedule an Appointment

SENIORS AGING IN PLACE

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



AGING IN PLACE PROVIDES A SENSE OF COMMUNITY

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

IT FIGHTS ISOLATION

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

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

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

HOME HEALTH CARE CAN HELP

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

HERE ARE TEN WAYS HOME HEALTH CARE CAN SUPPORT YOU:

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

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

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

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

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

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

OUR PROMISE

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

TRUSTED HOMECARE SERVICES MISSION STATEMENT

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

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

UNMASKING VISCERAL FAT: THE HIDDEN THREAT—AND HOW A 15-MINUTE SCAN CAN PUT YOU BACK IN CONTROL



WHEN MOST PEOPLE DECIDE TO “GET HEALTHY,” THEY JUMP ON THE SCALE, DOWNLOAD A FITNESS APP, OR START COUNTING CALORIES. YET THE SINGLE STRONGEST PREDICTOR OF FUTURE HEART ATTACK, TYPE 2 DIABETES, STROKE, AND EVEN CERTAIN CANCERS SITS SILENTLY BEHIND THE ABDOMINAL WALL, INVISIBLE TO THE MIRROR AND IGNORED BY THE BATHROOM SCALE. THIS CULPRIT IS VISCERAL ADIPOSE TISSUE (VAT)—A DENSE, METABOLICALLY ACTIVE FAT THAT CROWDS THE LIVER, PANCREAS, INTESTINES, AND MAJOR BLOOD VESSELS, BATHING THEM IN INFLAMMATORY CHEMICALS EVERY MINUTE OF THE DAY. WHILE SUBCUTANEOUS FAT SIMPLY STORES ENERGY, VISCERAL FAT ACTS LIKE A ROGUE ENDOCRINE ORGAN, DISRUPTING HORMONES, SABOTAGING INSULIN SENSITIVITY, AND ACCELERATING BIOLOGICAL AGING.

Why Visceral Fat Demands Immediate Attention

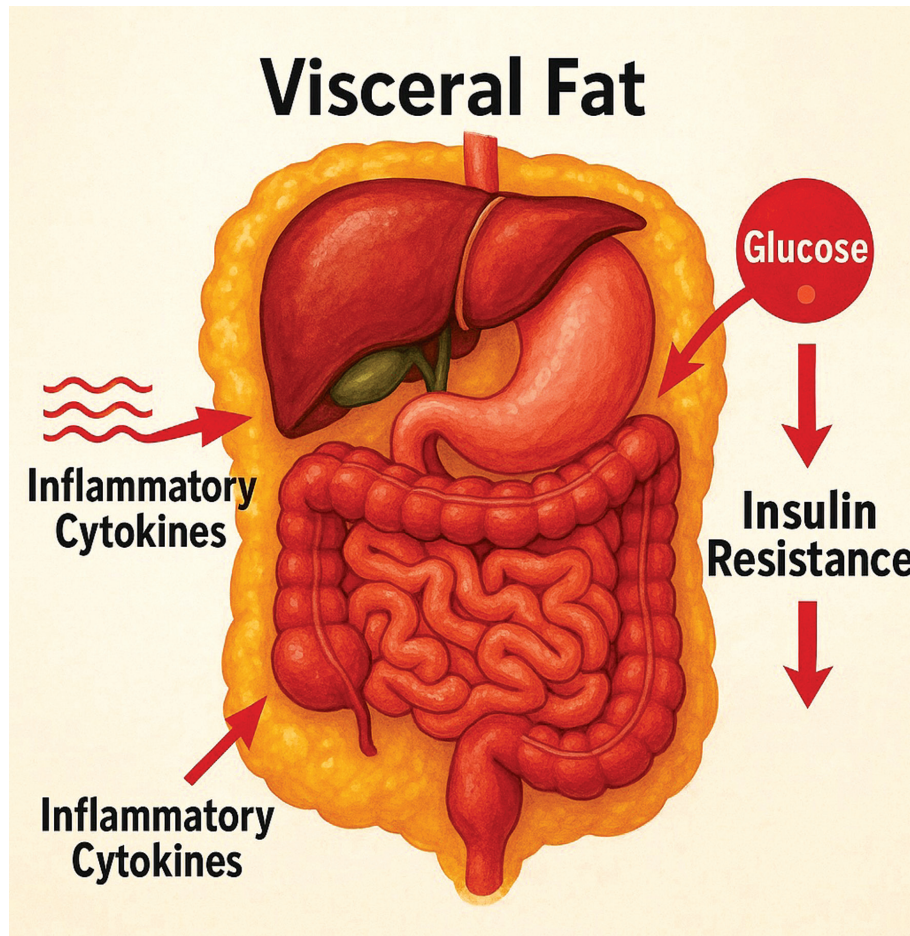
- 1. Insulin resistance and diabetes** – VAT dumps free fatty acids into the portal vein, flooding the liver and spiking blood glucose even in people whose scale weight looks “normal.” Left unchecked, this drives fasting insulin higher and accelerates the march from pre-diabetes to diabetes.
- 2. Cardiovascular destruction** – Excess VAT secretes interleukin-6, TNF- α , and plasminogen-activator-inhibitor-1—cytokines that stiffen arteries, destabilize plaques, and raise blood pressure. Studies show every extra pound of VAT increases coronary-artery-disease risk more than the same pound stored on hips or thighs.
- 3. Silent organ damage** – High VAT is strongly associated with non-alcoholic fatty-liver disease (NAFLD), chronic-kidney impairment, polycystic-ovarian syndrome, and sleep-apnea—conditions that often go undiagnosed until symptoms are advanced.
- 4. Cancer and cognition** – Researchers link visceral fat to higher risks of breast, colorectal, prostate, and pancreatic cancers, as well as accelerated brain-aging markers and dementia.
- 5. Hormone disruption and mood** – VAT elevates cortisol, lowers growth hormone, and blunts leptin signaling, making hunger stronger and sleep harder. Depression and anxiety appear more frequently in people with high visceral fat, even when BMI is “healthy.”

VAT is a threat multiplier: it amplifies existing vulnerabilities and creates new ones—often decades before clinical disease is diagnosed.

Hormones: The Traffic Controllers of Fat Storage

Life Stage / Factor	Key Hormone Shift	Visceral-Fat Impact
Menopause & perimenopause	↓ Estrogen	VAT can double within two years of the final menstrual period.
Andropause & chronic stress	↓ Testosterone ↑ Cortisol	Promotes central obesity and muscle loss.
Thyroid slowdown (even low-normal)	↓ T3/T4 activity	Lowers basal metabolic rate, favoring VAT gain and higher LDL levels.

At D&G Optimized Wellness and Hormones, we employ bio-identical hormone replacement therapy (BHRT) to correct these shifts with molecules identical to those your body once made in abundance. Dosed to symptom relief, not just lab “normals,” BHRT can reignite stalled metabolism, preserve hard-earned muscle, and make visceral-fat loss measurably faster.



Measuring What Truly Matters: A 6-Minute DXA Scan

Traditional tools—BMI, skinfold calipers, even “smart” scales—can’t see hidden fat. That’s why we invested in the Hologic Horizon® DXA system, validated against MRI for precise visceral-fat quantification.

- **Scan time:** just 6 minutes lying comfortably on an open table—no claustrophobia, no special prep, and radiation so low it’s comparable to a short commercial flight.
- **Instant results:** images process in seconds; you’ll leave the office within about 15 minutes of arrival with a printed and electronic report showing visceral-fat mass (grams), volume (cm³), regional fat distribution, muscle balance, and bone density.
- **Actionable clarity:** color-coded maps make it obvious where change must occur. Trend graphs on follow-up scans prove whether your plan is burning VAT—or accidentally stripping muscle.

To ensure you get the most from these numbers, we invite you to schedule an optional, dedicated follow-up visit. In that session, a clinician will:

- Walk you through every metric in plain language.
- Overlay your current labs and symptoms against the DXA data to reveal underlying patterns.
- Outline evidence-based strategies—tailored BHRT, targeted nutrition, resistance-training templates, stress-management tactics, and supplementation—to shift your body composition and metabolic trajectory.

Attention Fitness Professionals!

This is a means for Visible & Verifiable Progress

Many clients already work with gyms, personal trainers, or wellness coaches. Our DXA reports are exportable in PDF and CSV formats, making it easy for trainers to:

- Track lean-mass gains versus fat-mass losses over time.
- Adjust strength and conditioning programs based on regional muscle imbalances the scan may reveal.
- Validate the effectiveness of nutrition plans by watching visceral-fat grams shrink between sessions.
- Trainers can even schedule periodic “checkpoint” scans at a professional rate, offering members objective proof that programming is working—no more guessing or relying solely on tape measures.

A Comprehensive Game Plan for Reversing Visceral Fat

- Precision diagnostics – Baseline DXA plus comprehensive metabolic and hormone labs (fasting insulin, ApoB, Lp(a), inflammatory markers, thyroid panel, reproductive hormones).
- Personalized BHRT – Custom-compounded estrogen, testosterone, progesterone, or thyroid preparations, titrated to symptom control and target ranges.
- Nutrition that fights VAT – Anti-inflammatory, protein-anchored meal plans—Mediterranean, low-carb, or plant-forward—tailored to cultural preferences and food sensitivities. Strategic intermittent-fasting windows can be layered in for insulin-resistant clients.
- Movement with purpose – Resistance-training templates to build metabolically active muscle, daily step-count targets to raise NEAT, and low-impact cardio protocols for joint-sensitive clients.
- Stress, sleep, and supplementation – Cortisol-modulating tactics (breath work, HRV biofeedback), sleep-hygiene coaching, and evidence-based nutraceuticals—from omega-3s to berberine—to complement hormonal and lifestyle changes.

Your 15-Minute First Step Toward a Healthier Future

Visceral fat is reversible—but only if you know it’s there and act decisively. In a single 15-minute visit you can discover your true metabolic risk, walk out with a clear picture, and—if you wish—schedule that deeper dive to connect the dots and change the tides.

Ready to unmask the hidden fat that threatens your health?

Call 863-899-2404, email info@optimizedwellness.net, or visit optimizedwellness.net to book your DXA visceral-fat assessment today. Gyms and trainers: ask about bulk-scan packages for client progress tracking.

**FEEL BETTER. LIVE STRONGER.
AGE ON YOUR OWN TERMS—
STARTING NOW.**



863-899-2404

info@optimizedwellness.net

optimizedwellness.net



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

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

HOW EXOMIND THERAPY WORKS

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

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

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

THE SCIENCE OF SELF-HEALING

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

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

BEYOND THE PILL:

Retrain Your Brain for Lasting Wellness



RESULTS THAT GO BEYOND MOOD

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

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

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

A COMFORTABLE, NON-INVASIVE EXPERIENCE

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

- No needles
- No medications
- No sedation or downtime

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

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

A NATURAL PATH TO MENTAL CLARITY

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

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



SERENITY
MIND & BODY
SOLUTIONS

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

A Guiding Hand:

Finding Compassion & Clarity in Life's Toughest Moments



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

LIFE, LIBERTY, AND THE PURSUIT OF HAIR

Celebrate Independence from Hair Loss with Bauman Medical

by Alan J. Bauman, MD, ABHRS



The great Benjamin Franklin once said, “Never leave that till tomorrow which you can do today.” A quote that could be applied to almost any everyday scenario. And with America celebrating its 250th birthday, I’ve been thinking back to this line from one of our Founding Fathers and how it applies to hair loss.

For too long, Americans have been forced to wear hats or toupees to combat a thinned-out crown or receding hairline. Just as our country declared independence 250 years ago, my team and I at Bauman Medical are making our own declaration. This year, we declare freedom from hair loss with techniques and treatments that even the Whig Party could get behind.

While Independence Day and July as a whole are times to get outside and take in the sun, let this year be the one where you rebel against the tyranny of hair loss. With a few tricks up our sleeve, Bauman Medical is your one-stop shop for all things hair restoration.

CRTgro™

At Bauman Medical, we’re always looking to revolutionize and expand upon our many hair restoration treatments. Our latest endeavor, CRTgro™, is a prime choice for those beginning to notice the effects of androgenetic alopecia.

This advanced, minimally invasive treatment delivers customized hair growth medications directly to the scalp via precise microinfusion. CRTgro™ primarily uses low-dose minoxidil and dutasteride, with the option to add further enhancements such as copper peptides, exosomes, or our state-of-the-art STEMgro™.

The targeted drug delivery is coupled with regenerative stimulation to get those dormant follicles stimulated, while also improving overall hair density and thickness. How does this compare to regular topicals? Because the medication is infused through the skin barrier, it allows for better absorption, while also triggering natural healing through micro-injuries.

This painless treatment takes less than an hour and causes no discomfort, as the medications are infused using gentle, brush-like strokes. Think of it as a day at the spa, complete with a thorough scalp cleanse and low-level laser therapy session.

Patients typically see measurable improvements in the three-month range, with visible thickening and density gains following around the four to six-month period. After completing the full series of six monthly sessions, you can expect to achieve optimal results.

Interested so far? Well, here’s the best part: CRTgro™ works perfectly with other options at Bauman Medical, creating stronger results when paired with our staples like:

PRP Platelet-Rich Plasma

One of the more common combinations with CRTgro™, PRP is to Bauman Medical what red, white, and blue is to America: an essential. All that’s needed is a small sample of blood from you for healing powers that will renew your scalp. See, your blood features platelets that, when concentrated and injected back into the scalp, encourage hair growth. Just like CRTgro™, this painless procedure takes about an hour with no side effects.

PDOgro™

Did Benjamin Franklin stop once he created the bifocals? Of course not! He went on to create the lightning rod, too. As mentioned earlier, Bauman Medical strives to continue making improvements even when we’ve struck gold. The already great PRP, when coupled with the state-of-the-art thin and absorbable polydioxanone threads of PDOgro™, allows for more effective hair growth compared to a single PRP session. This is due to the threads’ ability to stimulate endogenous collagen production, elastin, hyaluronic acid, new blood vessel formation, and fibroblast activity, all of which lead to stronger, fuller hair.

TED

Life, liberty, and the pursuit of happiness were all key tenets of the Declaration of Independence. In the realm of hair freedom, you need increased blood flow, stronger fibers, and stimulated hair follicles. With our TransEpidermal Delivery (TED), we’re able to get all three of those factors back on track and reduce shedding. TED’s non-invasive growth serum is applied via sound waves and air pressure, allowing for hair growth factors to be applied with ease.

TED w/Exosomes

Gone are the days of communicating by letter with a feather quill by candlelight. At least, that’s the case for exosomes, which provide the body with nucleic acids, growth, and other proteins that are essential for hair



Before and after 4 monthly FoLix treatments by Dr. Alan Bauman



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

rejuvenation and repair. Close or far, it doesn't bother exosomes, and when paired with TED, you get even better results.

Bauman TURBO LaserCap

No more baseball caps or, in the case of our Founding Fathers, powdered wigs. With the Bauman Turbo LaserCap®, even Washington himself would be showing off his flow. FDA-cleared, drug-free, chemical-free, side-effect-free, and non-invasive, all it takes is five minutes of use for that screams freedom!

FoLix

Just like how many great minds came together to sign the Declaration of Independence, Bauman Medical is proud to work with the experts at Lumenis to craft FoLix, a groundbreaking, FDA-cleared fractional laser treatment.

FoLix utilizes a non-ablative laser, which provides the benefits found from laser therapy without damaging the outer layer of skin. It creates microscopic thermal zones on your scalp that help activate your body's natural regenerative processes. So now, those dormant

hair follicles start to wake up and feel energetic, leading to thicker, healthier hair growth in no time. No intense heat or scarring, just a specific cooling handpiece that allows our team to target follicle-rich areas in a non-invasive manner.

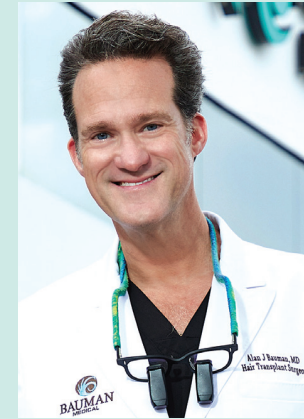
Learn More

As we celebrate 250 years of freedom, why not give your scalp the same attention our Founding Fathers gave this country? Hair loss is taxing, not just on your head, but on your mental and emotional well-being, too. But as America knows, freedom isn't something that comes in a day. Thankfully, you'll have the support of the rest of the Bauman Medical team and me as you fight for hair independence. If you're ready to take the next step, schedule your private consultation today.

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



About Dr. Alan J. Bauman



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

With over 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.



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

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

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



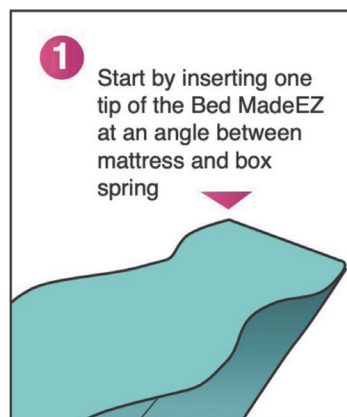
I wake up each morning to the sweet smile of my husband. He is right there as I amble out of the bed and trip on the dog. He is next to me as we brush our teeth. He waits patiently by my side as I brew the coffee. He is completely gone when I go to change the linens! I am alone in this endeavor.

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

The Truth About Your Mattress.

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

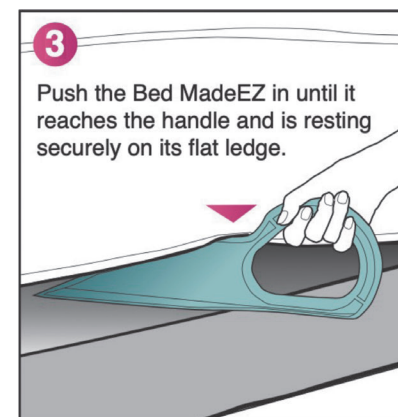
So what can be done? A mattress lifter is the answer. A quick search on Google for "mattress lifter" and you will find the original mattress lifter, the Bed MadeEZ. The product was invented by female-owner and CEO of CKI Solutions, Sam Montross, back in 2012.



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



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



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

What does the Bed MadeEZ do?

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

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

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

Trust is Built In to the Bed MadeEZ.

This patented, trademarked design is:

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

Bed MadeEZ is Found in Major Publications!

This ingenious product has been written about in:

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

Easy to Order, Fast Shipping!

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

Who Benefits from the Bed MadeEZ.

The Bed MadeEZ is a game changer for anyone with:

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



CADENCE KEEN INNOVATIONS

Find out more at
www.ckisolutions.com

Email
customerservice@ckisolutions.com

Phone
561-249-2219

Spiritual Wellness

IT'S HOT EVERYWHERE IN JULY

Brent Myers

Have you noticed that Summer has arrived? If you haven't, just wait, you will. This is how I can usually tell that our wonderful south Florida Summer has come: when I bathe, get dressed, walk outside the house thirty feet to my car and when I get in – I feel like someone has rubbed a glazed doughnut all over my face.

Is it just me? I doubt it.

But don't misunderstand my description for complaining. Several years ago I learned a very valuable lesson that has had a profound spiritual impact on my life. There was a July Summer day that I was grumbling about how hot and humid it was and wondering aloud how nice it must be in another part of the country. At that moment, a wise man looked at me and said, "Brent... it's hot *everywhere* in July."

Wow!! Simple, but so true!

He wasn't providing a meteorological analysis of the climate zones of the United States, but instead he was telling me: "Be content."

Too many times in our lives we look at our circumstances and wish things were better – or at least different. But spiritually speaking, we need to learn to be content with the life that God has given us – even if it stinks (for right now.)

St. Paul wrote these words: *"I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want."* (Philippians 4:11-12)

Paul was sharing the reality of his life – that he had learned to be content. Whether he was poor or rich – regardless of the circumstances of his life – he was content. Oh, and just for a frame of reference... Paul wrote these words while in prison in ancient Rome!

But before we say to ourselves, "Well, that was the great St. Paul and I could never do that." Let's read a bit further: *"I can do all this through him who gives me strength."* (Philippians 4:13) Do you see that?! Paul couldn't do it on his own either!! He understood that his contentment in life – even in prison – came because Jesus Christ enabled him to deal with it.

So the next time life gives you a bad turn or the next time you find yourself complaining... seek to be content. Try to find the reality of the situation you are in – that God is doing something for a bigger purpose than yourself and He will get you through it. Learn to be content.

Socrates is credited with saying: "He who is not contented with what he has, would not be contented with what he would like to have."

Why? Because it's hot everywhere in July.



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
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.

In-Person and Telehealth
Psychiatry & Therapy Services

MentalHealthGreaterTampa.com



Scan to Find a
Location Near You.