

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

August 2026

Polk/Brandon Edition - Monthly

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FREE



**UNSIGHTLY VEINS CAN INDICATE
DEEPER PROBLEMS**

**UNDERSTANDING AI'S PLACE IN
MENTAL HEALTH CARE**

SENIORS AGING IN PLACE

**GOODBYE TO BLACK BOX —
HOW TWO FDA DECISIONS ARE
RE-WRITING MID-LIFE HORMONE CARE**

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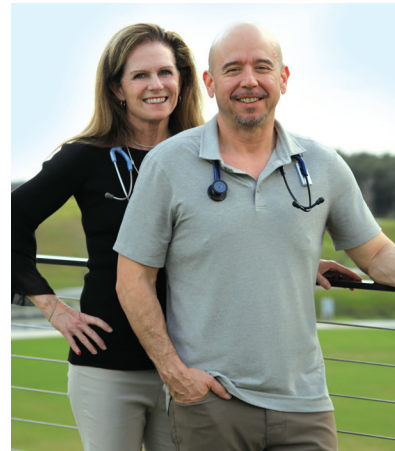
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UNSIGHTLY VEINS CAN INDICATE DEEPER PROBLEMS

“YOU CAN’T TELL A BOOK BY LOOKING AT ITS COVER.”



Many women and men are concerned about the appearance of spider veins and varicose veins. These veins, which can cause a spider web appearance in the skin, or big, unsightly bulges underneath the skin, can also cause a person to have symptoms and are signs of vein disease.



Ignoring these problems and not treating them can lead to a progression and further damage to the tissue of the lower leg. Some of the symptoms and signs of vein disease occur predominately in the lower leg.

Some of the symptoms include:

- Subtle feeling of fullness
- Mild aching, heaviness or pressure
- Fatigue as the day progresses

Some of the signs include:

- Swelling, which can be minimal but significant
- Rough, dry skin sometimes accompanied with itching
- Big, unsightly bulging veins underneath the skin
- Spider veins, the unsightly 'webs' in the skin itself, while considered cosmetic, usually indicate deeper problems

Over time, if untreated, vein disease can lead to more significant issues and more damage to the lower leg including, thickening and drying of the skin and discoloration, prominently a brownish color or, if the patient has been up on their feet for long periods of time, these sometimes subtle signs can lead to the possibility of an ulceration or sore around the ankle area.

Fortunately, with today's technology, these issues can be dealt with in a very minimally invasive way with very little discomfort. Patients can return back to normal activities very quickly. At Vascular Vein Centers we use Endovenous Laser Treatment, which employs the thermal closing of diseased veins. We then use a foamed chemical to treat the actual varicose or bulging veins. These two measures are used to close the source veins. We then use a foamed chemical to treat of the actual varicose or bulging veins. This is done in an outpatient clinical setting avoiding surgery.

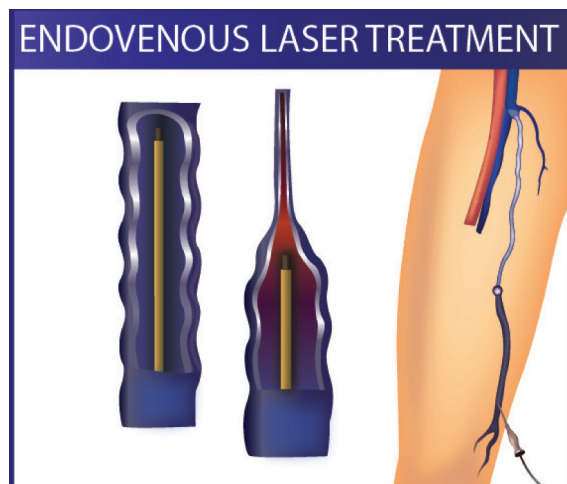
These procedures are covered by most medical insurances, including MEDICARE.

Anyone concerned about the appearance of their veins should have a thorough physical and ultrasound evaluation to examine the underlying cause. This can be done quickly with very little disruption in one's normal schedule and activities. We strongly recommend wearing graduated compression stockings, hose or leggings while working or in situations where a person is on their feet or sitting for prolonged periods of time.

Vein health equates to leg health.

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UNDERSTANDING AI'S PLACE IN MENTAL HEALTH CARE

By Elizabeth Dosoretz, LCSW

Over the past few years, artificial intelligence has moved from something abstract to something woven into our everyday lives. It is changing how we work, communicate, learn, and make decisions. With innovation comes excitement, and there is no question that AI has the potential to improve efficiency and expand access in meaningful ways. At the same time, innovation also calls for responsibility, clear guardrails, and thoughtful oversight. Without those, even well-intentioned tools can cause harm.

Mental health is one area where AI is gaining significant traction. According to a recent American Psychological Association (APA) health advisory, millions of people around the world are engaging with general-purpose generative AI chatbots and wellness apps to find support they cannot access elsewhere. This trend reflects the very real mental health crisis we are facing, marked by rising rates of loneliness, anxiety, and disconnection. Many people want help but struggle with long waitlists, limited availability, financial barriers, or stigma. For them, accessibility is often the driving force.

As demand for mental health services continues to rise, the ease of access and relatively low cost of AI-based tools have made them an attractive option. For some, these tools feel less intimidating than reaching out to a provider. They can reduce certain barriers, such as shame, fear of judgment, or the challenge of fitting appointments into a busy schedule. For someone in distress who wants immediate support, turning to AI can feel like a logical step. At the same time, it is important not to lose sight of how new this technology actually is.

AI can feel as though it has been around for a long time, perhaps because of how quickly it has been adopted and integrated into daily life. In reality, these tools have not had the benefit of being tested and retested over decades in the way traditional clinical approaches have. Mental health care is not about efficiency metrics or spreadsheets. It is about providing care to humans, whether children, adults, or families, often at their most vulnerable moments. Mental health professionals rely on evidence-based practices, ethical standards, and clinical skills that have been studied, refined,

and proven over time. When we introduce new tools into this space, especially those that interact directly with vulnerable individuals, caution and humility are essential.

It is also critical to be clear about what these technologies are and what they are not. AI tools are not designed to provide clinical assessment, diagnosis, or treatment. Many are not grounded in scientific research, are not regulated or approved for mental health use, and do not operate within the ethical and legal frameworks that guide licensed professionals. This creates real risks, including misinformation, misinterpretation of symptoms, inappropriate reassurance, and significant privacy concerns.

The APA advisory outlines several important recommendations for safer use of AI in mental health contexts:

- These tools should not be relied upon to replace psychotherapy or psychological treatment.
- There must be safeguards to prevent unhealthy emotional dependency, as constant availability and personalization can blur the line between using a digital tool and forming a perceived relationship.
- Privacy must be prioritized, particularly when platforms have unclear policies regarding data use, storage, or sale.
- Users should be protected from misleading or inaccurate information, built-in biases, and tools that appear more effective than they truly are.
- Additional protections are especially important for children, teenagers, and other vulnerable populations.
- Comprehensive AI and digital literacy education is also essential so individuals understand both the potential benefits and the limitations of these tools.

Very few things in health care are purely good or purely bad. What matters is how tools are used, how they are regulated, and whether people truly understand what they are engaging with.



Context matters. Every innovation introduced into the mental health space should be evaluated not only for its promise but also for its potential consequences.

AI touches our families, our communities, and the future of care itself. With education, responsibility, and clear boundaries, we can make informed decisions about when these tools may be helpful and when human connection, clinical expertise, and professional care are essential.

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.



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SENIORS AGING IN PLACE

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



AGING IN PLACE PROVIDES A SENSE OF COMMUNITY

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

IT FIGHTS ISOLATION

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

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

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

HOME HEALTH CARE CAN HELP

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

HERE ARE TEN WAYS HOME HEALTH CARE CAN SUPPORT YOU:

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

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

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

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

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

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

OUR PROMISE

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

TRUSTED HOMECARE SERVICES MISSION STATEMENT

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

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



FOR MORE THAN TWO DECADES, U.S. REGULATORS CAUTIONED BOTH WOMEN AND MEN THAT HORMONES MIGHT QUIETLY COURT CATASTROPHE. EVERY ESTROGEN CARTON CARRIED A STARK BLACK RECTANGLE ABOUT CLOTS, CANCER, STROKE AND DEMENTIA; EVERY TESTOSTERONE INSERT WARNED OF DEADLY CARDIOVASCULAR EVENTS. IN 2025—FIRST IN FEBRUARY AND AGAIN IN JULY—THOSE OLD MESSAGES FINALLY CRACKED.

GOODBYE TO THE BLACK BOX— HOW TWO FDA DECISIONS ARE RE-WRITING MID-LIFE HORMONE CARE

Two Breakthrough Votes

FEBRUARY 28, 2025 – TESTOSTERONE

After the 5,000-patient TRAVERSE trial showed no excess heart attacks or strokes, the FDA stripped all prescription testosterone products of language linking them to “major adverse cardiovascular events,” replacing it with a narrower blood-pressure caution.

• FDA
press release:



• Reuters
coverage:



JULY 17, 2025 – MENOPAUSAL HORMONE THERAPY

A 12-member FDA advisory panel called the current boxed warning on estrogen “out of step with the evidence” and voted:

Remove the warning entirely from low-dose vaginal estrogen (creams, tablets, rings) because systemic absorption is “negligible.”

Revise the warning on systemic estrogen to state that starting before age 60 or within 10 years of the final menstrual period lowers coronary events, fractures and all-cause mortality.

• Meeting
materials:



• Urology
Times
report:



• Axios
recap:



How We Got Here: 2002 — 2025

- 2002 – Women’s Health Initiative (WHI) triggers the original black box after excess clots and stroke in women who averaged 63 years old and began therapy late.
- 2014 – FDA orders a definitive cardiovascular-outcomes trial for testosterone.
- 2023 – TRAVERSE finishes without the feared signal, clearing a path for February’s label change.



- 2025 – Expert reassessment of estrogen closes the loop: timing and dose—not hormones themselves—determine risk.

After 23 years, regulators finally differentiate who uses hormones, when they start, and how they dose.

Why This Shift Matters

Genitourinary Syndrome of Menopause (GSM) affects up to half of post-menopausal women, yet fewer than one in four receive treatment because the black box frightens patients, pharmacists and even hospital formularies. Untreated GSM invites recurrent UTIs, painful sex and, in frail elders, urosepsis. Removing the warning could change millions of lives.



Metabolic “Window of Opportunity.” Women who begin systemic estrogen within ten years of menopause see up to 50 % lower all-cause mortality plus reductions in visceral fat, insulin resistance and LDL-C—outcomes that dovetail with our clinic’s own DXA and lab data.



Economic Ripples. Fewer fractures, myocardial infarctions and catheter-associated UTIs mean sizable savings for Medicare and private payers—strong incentive for insurers to follow the evidence rather than the fears of 2002.

Parallel Win for Men

Men battling functional hypogonadism—fatigue, depressed mood, shrinking muscle—now face only routine blood-pressure checks rather than a cancer-style black box. The change should cut insurance denials and destigmatize evidence-based testosterone replacement.



The Hormone Still Missing from Women’s Labels

Men just shed a black box, yet U.S. women still cannot fill an FDA-approved testosterone prescription. Androgen levels fall by half before age 40, and the International Society for the Study of Women’s Sexual Health guideline confirms that low-dose transdermal testosterone (about one-tenth the male dose) improves desire, arousal and orgasm without serious adverse events when serum levels stay in the female physiologic range. A pathway for a women-specific product is the logical next step.



What Clinicians and Patients Can Do Now

Action	Direct Link
Submit comments before 11:59 p.M. Et on sept 24 2025	
Update protocols – separate low-dose vaginal estrogen (likely no warning) from systemic therapy; counsel women about timing; monitor blood pressure in men on testosterone.	—
Re-educate – only 30 % of u.S. Residencies teach menopause care; seize this moment to rebuild curricula and CME.	—

A New Era—If We Seize It

Black-box warnings were born to protect; instead, they often preserved fear. By distinguishing how, when and where hormones are used, the FDA signals that nuance—not blanket alarm—is the future of endocrine care. For women, that means reclaiming metabolic health, bone strength and sexual wellbeing, for men, therapy without a scarlet letter of cardiovascular doom.

Policy, however, is only a door; practice must walk through it. That requires prescribers who understand dose-response curves, pharmacies that stock vaginal estrogen without prior authorization, and patients who recognize that hot flashes, insomnia and vanishing muscle are treatable—not inevitable.

Turning Policy into Practice: D&G Optimized Wellness and Hormones

At the forefront stand Dr. Jason De Leon, MD, and Dr. Rita Gillespie—the “D & G” behind D&G Optimized Wellness and Hormones. Both emergency-medicine-board-certified physicians, they are formally trained in bio-identical hormone replacement therapy. Their concierge clinic pairs precision dosing of estradiol, progesterone, thyroid support and testosterone with a relentless metabolic focus—lower visceral fat, sharper insulin sensitivity, stronger bones and a rekindled zest for life that patients describe as “getting my life back.”

August 1, 2025, they now offer added on-site, state-of-the-art DEXA scanning that quantifies visceral fat, lean mass and bone density in minutes. By overlaying these metrics with symptom scores and lab markers, D&G turns this regulatory watershed into tangible, trackable health transformations for every client who walks through the door.

The paradigm has shifted. Our charge now is simple: push practice guidelines so that every mid-life patient receives options shaped by data, not decades-old dogma.



863-899-2404
info@optimizedwellness.net
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At Serenity Mind & Body Solutions, we understand that the path to healing isn't always straightforward. Many of our patients come to us after years of battling anxiety, depression, or unwanted behaviors – often cycling through countless medications and therapy sessions with limited relief. While these traditional tools have value, they don't always get to the root of the issue.

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

HOW EXOMIND THERAPY WORKS

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

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

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

THE SCIENCE OF SELF-HEALING

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

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

BEYOND THE PILL:

Retrain Your Brain for Lasting Wellness



RESULTS THAT GO BEYOND MOOD

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

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

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

A COMFORTABLE, NON-INVASIVE EXPERIENCE

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

- No needles
- No medications
- No sedation or downtime

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

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

A NATURAL PATH TO MENTAL CLARITY

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

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



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A Guiding Hand:

Finding Compassion & Clarity in Life's Toughest Moments



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

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

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

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

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

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



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www.JewishDirectCremation.com

TIME IS OF YOUR *HAIR'S* ESSENCE

Start Your Hair Restoration Journey Early with Bauman Medical

by Alan J. Bauman, MD, ABHRS

Over the past three decades, I've lived by one simple mantra: time equals follicles. Just like we have a finite number of hours in the day, the same goes for our follicles. Yet, many American men and women don't realize how imperative early detection is.



With over 80 million people in the country suffering from hair loss, it's not the initial loss that's most damaging. It's the waiting. Rather than staying proactive, many delay seeking a professional evaluation until healthy follicles are no longer, well, healthy. With August being National Hair Loss Awareness Month, there's no time like the present to fix the past.

The best strategy for combating hair loss isn't necessarily restoration, but rather catching it before any true damage can be done. When it comes to the realm of hair loss, fortune favors those willing to keep up with the times. And at Bauman Medical, my team and I pride ourselves on avoiding stagnation. And with these latest advancements, we'll be catching signs of hair loss well before a single follicle begins to fade.

EARLIER DETECTION THAN EVER BEFORE

The earlier we identify the problem using advanced diagnostics like AI and digital analysis, the better your chances of preserving hair follicles and maintaining long-term hair health, encouraging a proactive attitude.

By utilizing the latest generation of AI, high-resolution scalp and skin imaging, and advanced digital follicular analysis, I'm now able to detect signs of hair loss earlier

than ever before. By measuring hair density, caliber, follicular miniaturization, scalp health, and treatment response, Bauman Medical no longer needs to rely only on photographs or visual examination. Now, we can easily diagnose the issue, monitor progression, and craft a treatment that works specifically for you using hard-hitting data, allowing patients to track their treatment plan over time.

We don't just stop there, as we take into account results from medical evaluation, state-of-the-art lab testing, hormone analysis, nutritional assessments, genetics, and other biomarkers to ensure that we are creating a treatment plan. Hair loss isn't a one-size-fits-all phenomenon. So Bauman Medical ensures that we're crafting a strategy that is designed to address each patient's unique hair loss cause.

But just because we're building toward the future, that doesn't mean we should ignore what's got us this far. Along with these latest advancements, Bauman Medical still has plenty of staple diagnostic tools available for patients, such as:

TrichoTest

Wouldn't it be nice to know how you're likely to respond

to one treatment or another? A great option is TrichoTest, a genetic test with a simple, quick cheek swab analysis that provides us with a look at your metabolic pathways related to hair loss and treatments. These pathways are thoroughly examined, providing us with insights into the factors influencing your hair loss and how you'll respond to your specific treatment plan. Combined with our expertise and sophisticated, customized therapies, our team will be able to find the perfect personalized course for your hair restoration journey.

HairMetrix

As mentioned earlier, Bauman Medical has embraced AI to help diagnose hair loss. By keeping up to date with the latest trends, we've been able to harness it for our HairMetrix tool, an advanced AI-powered algorithm to analyze microscopic scalp photos to provide precise data on hair quality and quantity. With the use of it, our team is able to confirm a specific diagnosis and craft the perfect treatment plan that works on your timeline to match your needs. Along the way, we'll monitor how your scalp responds to treatment, allowing us to adapt when needed to achieve the best possible results.

HairCheck

With HairCheck, we can determine our patients' exact hair volume more quickly and efficiently than ever before. The importance of these standardized noninvasive hair bundle measurements cannot be emphasized enough, as they provide our experts with comparisons between affected areas and more permanent zones. Hair restoration takes time, which makes HairCheck an effective way to see how your treatment is working across your scalp well before results begin to show.

Diagnosing is one thing. Treating is a whole other task. Thankfully, our regenerative options have followed suit in keeping up with the times, with the following being standouts:

CRTgro™

Combined Regenerative Technique (CRT for short) is a method developed by the great Brazilian physician-scientist Dr. Pablo Cirino. With CRTgro™, we utilize a precise micro-infusion technology to create controlled microchannels within the scalp. These channels allow us to deliver customized hair growth medications, peptides, micronutrients, and regenerative biologics directly to the level of the hair follicle, with minimal discomfort and low risk of side effects. More effective



HairMetrix uses AI-powered digital microscopy to precisely measure hair density, follicle caliber, and hair growth over time, allowing Dr. Bauman to diagnose hair loss earlier, personalize treatment, and objectively track each patient's progress.



Dr. Bauman gently plucks approximately 50 healthy hair follicles to bank a patient's own hair follicle stem cells, the first step in creating a personalized STEMgro™ autologous secretome rich in regenerative growth factors that support healthier hair follicles, scalp health, and long-term hair restoration.

than topical application alone, CRTgro™ also invigorates the scalp's natural wound-healing response, which gets your growth factors up to date and allows for improved tissue repair, vascular support, and follicular regeneration.

STEMgro™ Therapy

The future is now with STEMgro™, the latest great advancement in regenerative medicine. By harnessing the stem cells in a patient's own hair follicle, Bauman

Medical is able to craft a unique, one-of-one culture secretome with an abundance of naturally occurring growth factors. These include cytokines, peptides, extracellular vesicles, and regenerative signaling molecules. Instead of transplanting the cells, this procedure allows us to utilize the immensely powerful biologic signals that stem cells naturally produce, in turn leading to healthier hair follicles, a more optimized scalp environment, and regenerative benefits for both hair and skin. Highly unique and created just for you, the future of hair restoration is seen in full with STEMgro™.

Platelet-Rich Plasma (PRP)

With over 15,000 procedures complete, PRP has always been up with the times. From a small sample of your blood comes a lush head of hair. After concentrating the platelets found within, we gently apply it back to your scalp to stimulate weakened follicles. In an hour's time, you'll be turning back the clock to a fuller head of hair.

Learn More

The best time to combat hair loss is before the loss begins. Many Americans don't even realize they may be on the verge of a journey through hair restoration, making time of the essence to ensure you're ahead of the game. At Bauman Medical, we're proud to unveil these cutting-edge diagnostic tools that will prevent you from having to climb uphill. This Hair Loss Awareness Month, be mindful and let our team keep your scalp healthy in the nick of time.

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.



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



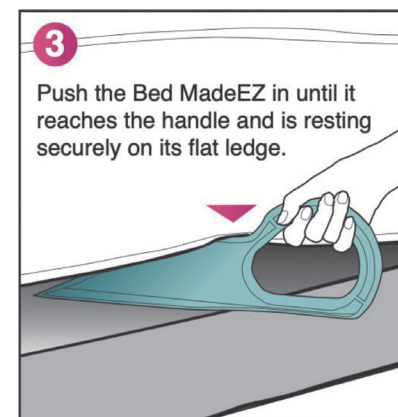
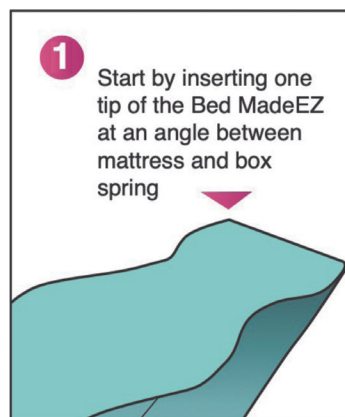
I wake up each morning to the sweet smile of my husband. He is right there as I amble out of the bed and trip on the dog. He is next to me as we brush our teeth. He waits patiently by my side as I brew the coffee. He is completely gone when I go to change the linens! I am alone in this endeavor.

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.



What does the Bed MadeEZ do?

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

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

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

Trust is Built In to the Bed MadeEZ.

This patented, trademarked design is:

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

Bed MadeEZ is Found in Major Publications!

This ingenious product has been written about in:

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

Easy to Order, Fast Shipping!

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

Who Benefits from the Bed MadeEZ.

The Bed MadeEZ is a game changer for anyone with:

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



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Four years ago this very month I found myself in what was seemingly a perpetual series of events that turned our world upside down. It was one of the most difficult times of my life. In a very short span of a couple of weeks I found myself having been betrayed by people I love very much, criticized, and even cast out. My family experienced the loss of a loved one. And I was without a ministry home – in between jobs.

I needed a breakthrough. I needed the clouds to separate just for a moment so I could make it through the rainstorm of life. I was on the edge of chaos in my life and I needed to keep moving forward. I was faced with a choice: would I give up and stop pursuing God? Or would I press on? Truthfully... I wasn't so sure.

But I knew I had a choice.

Looking back I've learned that there are four things we can do when needing a breakthrough.

1. DON'T HAVE ALL THE ANSWERS. It's OK to not know why... to not know how... to not know when... God desires for our hearts to be open and honest – to realize that we may never have all the answers. Jesus said, "blessed are the poor in spirit, for theirs is the kingdom of heaven." (Matthew 5:3) God can much better fill an empty vessel.

2. LISTEN. Once we get to a place where we admit we don't know it all, then we go looking and listening to the One Who does. "For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart." (Hebrews 4:12). The Bible is God's resource for daily living. It can cut through all the garbage and give us the direction we need.

3. WRITE IT DOWN. When we listen and take heed to what God is saying, I recommend writing it down because I can almost guarantee that at some point, you're going to question whether or not that really happened. Keep a journal of the times you choose to break through. If the Creator of the universe is willing to speak, I should be willing to take notes.

4. DO IT. Now the hard part: move on. Whatever you choose to break through, then now get to it. Sitting around waiting for circumstances to be perfect will result in never doing anything because they'll never be perfect. Get to it!

BREAKING THROUGH



These are the steps that worked for me to experience the breakthrough I longed for during that unbelievable tough time two years ago. I'm grateful today because I can now see the good and the "better" that God had for us on the other side of the tough times.

No matter what you're going through remember this: "And we know that for those who love God all things work together for good, for those who are called according to his purpose... For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all

creation, will be able to separate us from the love of God in Christ Jesus our Lord." (Romans 8:28, 38-39)

Brent Myers

What is RECOVERY CHURCH

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



Wednesdays
6:33 PM
322 N Scenic Hwy.
Lake Wales, FL 33853



<https://www.facebook.com/RecoveryChurchLakewales/>
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www.recovery.church/Lakewales | (863) 605 7170





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