

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

September 2026

Polk/Brandon Edition - Monthly

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FREE



**BACK TO SCHOOL
LEARNING MORE ABOUT ALOPECIA
WITH BAUMAN MEDICAL**

**THE TRANSFORMATIVE
POWER OF QUALITY SLEEP**

SENIORS AGING IN PLACE

THE ART OF AGING GRACEFULLY

VARICOSE VEINS ARE A MEDICAL CONDITION

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BEFORE



AFTER

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by Samuel P. Martin, MD, FACS,
Medical Director at Vascular Vein Centers

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

May not be combined with other offers.



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BEFORE



AFTER

THE ART OF AGING GRACEFULLY: WHY SKIN CHECKS MATTER AT ART OF DERMATOLOGY

Our skin tells the story of our lives—every laugh line, sun-kissed moment, and year of experience. As we age, maintaining skin health becomes increasingly important, not just for aesthetics but for overall wellbeing. At Art of Dermatology, we believe that healthy aging skin begins with proactive care and regular professional assessment.

Understanding Skin's Aging Process

Skin ages through two distinct processes: intrinsic aging (determined by genetics) and extrinsic aging (influenced by environmental factors). While we cannot control our genetic timeline, we can significantly impact how external factors affect our skin.

With age, our skin naturally produces less collagen and elastin, leading to thinner, less resilient skin. Cell turnover slows, and moisture retention diminishes. Meanwhile, years of sun exposure, pollution, and lifestyle choices accelerate these changes, potentially leading to premature aging and increased risk of skin conditions, including cancer.

The Crucial Role of Regular Skin Checks

Regular dermatological examinations serve as the cornerstone of proactive skin health management. These checks provide much more than peace of mind—they can be lifesaving. Consider these compelling reasons to schedule regular visits to Art of Dermatology:

- **Early Detection of Skin Cancer:** With over one million Americans diagnosed with skin cancer annually, early detection dramatically improves treatment outcomes. Professional dermatologists can identify suspicious changes that might go unnoticed during self-examinations.
- **Personalized Aging Management:** Everyone's skin ages differently. Regular assessments allow dermatologists to craft personalized treatment plans that address your skin's unique needs, from addressing sun damage to managing age-related conditions like rosacea or seborrheic keratosis.
- **Tracking Changing Moles and Spots:** What appears as a harmless freckle today could develop concerning characteristics over time. Consistent monitoring creates a valuable baseline for detecting meaningful changes.



• Expert Guidance on Products and Treatments:

The skincare industry overwhelms consumers with countless anti-aging products. Your dermatologist can recommend evidence-based solutions truly appropriate for your skin type and concerns.

Healthy Habits for Aging Skin

Between professional visits to Art of Dermatology, maintaining these daily habits supports optimal skin health:

- **Sun Protection:** Apply broad-spectrum SPF 30+ sunscreen daily, regardless of weather conditions. Wear protective clothing and seek shade when possible.
- **Hydration:** Both internal hydration (drinking water) and external moisturizing help maintain skin's barrier function and elasticity.
- **Gentle Cleansing:** As skin becomes more delicate with age, harsh products can cause irritation. Opt for gentle, pH-balanced cleansers.
- **Antioxidant-Rich Diet:** Consuming foods high in vitamins C, E, and omega-3 fatty acids supports skin's natural repair processes.
- **Quality Sleep:** During deep sleep, skin undergoes essential regeneration and repair processes critical for healthy aging.

The Art of Dermatology Difference

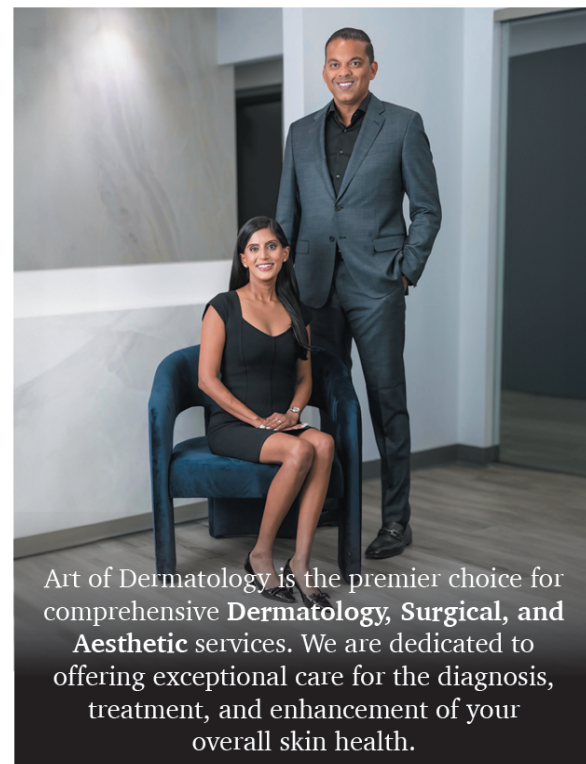
At Art of Dermatology, we combine medical expertise with aesthetic sensibility. Our comprehensive skin examinations include advanced technologies

for detecting subtle changes invisible to the naked eye. Our dermatologists take time to understand your concerns, family history, and lifestyle factors affecting your skin health.

Rather than simply treating visible problems, we partner with you in preventative care—identifying risk factors and potential issues before they manifest. This approach not only supports graceful aging but potentially prevents serious health complications.

Don't wait for visible problems to appear. Schedule your comprehensive skin check at Art of Dermatology today and take the first step toward lifetime skin health. Remember, healthy aging isn't about fighting time—it's about supporting your skin's natural processes with expert care and attention.

Your skin's journey deserves the art of professional dermatology.



Art of Dermatology is the premier choice for comprehensive **Dermatology, Surgical, and Aesthetic** services. We are dedicated to offering exceptional care for the diagnosis, treatment, and enhancement of your overall skin health.



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1114 N Olive Ave, West Palm Beach, FL 33401 880 NW 13th St, Unit 130 Boca Raton, FL 33486

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



THE TRANSFORMATIVE POWER OF QUALITY SLEEP

IN THE PURSUIT OF HEALTH AND WELLNESS, WE OFTEN FOCUS ON DIET, EXERCISE, AND STRESS MANAGEMENT WHILE OVERLOOKING ONE OF THE MOST FUNDAMENTAL PILLARS OF WELL-BEING: SLEEP. SLEEP IS NOT JUST A TIME OF REST—IT IS AN ACTIVE PROCESS WHERE THE BODY AND MIND UNDERGO CRITICAL REPAIR, DETOXIFICATION, AND REJUVENATION. YET, MILLIONS OF PEOPLE STRUGGLE WITH SLEEP ISSUES, LEADING TO CHRONIC FATIGUE, IMPAIRED COGNITIVE FUNCTION, WEIGHT GAIN, AND INCREASED RISK OF DISEASE.

If you find yourself waking up feeling exhausted, struggling with brain fog, or experiencing restless nights, it may be time to prioritize sleep. In this article, we will explore the science-backed benefits of sleep, common disruptors, and natural ways to improve your sleep quality without relying on medications.

The Health Benefits of Quality Sleep

1. Sleep Supports Hormonal Balance and Metabolism

Your body's ability to regulate hormones is directly tied to sleep quality. Poor sleep leads to an increase in cortisol, the stress hormone, and disrupts insulin sensitivity, making it harder to regulate blood sugar levels. This can lead to

weight gain, increased hunger (particularly cravings for sugar and processed foods), and a higher risk of insulin resistance. Additionally, deep sleep supports the production of growth hormone, which is essential for muscle repair, fat metabolism, and overall cellular regeneration.

Balanced sex hormones—such as estrogen, progesterone, and testosterone—also play a vital role in regulating sleep. Women experiencing perimenopause or menopause often struggle with sleep disturbances due to fluctuating estrogen and progesterone levels. Oral progesterone has been shown to improve sleep quality by promoting relaxation and enhancing deep sleep stages.

2. Sleep is Essential for Brain Function and Mental Health

During sleep, the brain clears out toxins, consolidates memories, and strengthens neural connections. Poor sleep is linked to cognitive decline, memory issues, and even an increased risk of dementia. It also has a profound impact on mental health—insufficient sleep contributes to anxiety, depression, and mood instability. In fact, chronic sleep deprivation can lead to emotional dysregulation, making it harder to cope with stress.

Additionally, testosterone and estrogen influence neurotransmitter function, including GABA and serotonin, which regulate mood and promote restful sleep. Imbalances in these hormones can contribute to anxiety, restlessness, and insomnia.

3. Sleep Boosts the Immune System

Ever notice how you're more likely to get sick after a few nights of poor sleep? That's because during deep sleep, the body produces and releases cytokines,

proteins that help fight infections and inflammation. Chronic sleep deprivation weakens the immune response, making you more susceptible to illnesses and slowing down the healing process.

4. Sleep Reduces the Risk of Chronic Disease

Long-term sleep deprivation is associated with an increased risk of cardiovascular disease, high blood pressure, stroke, and type 2 diabetes. Poor sleep quality also exacerbates chronic pain conditions, making it harder for the body to recover from injuries or inflammation. Prioritizing restful sleep can serve as a powerful, natural preventative measure against these conditions.

Common Sleep Disruptors

While sleep is a natural function, many modern habits and environmental factors disrupt our ability to get a full night of restorative rest. Some of the most common sleep disruptors include:

- Blue light exposure from screens, which suppresses melatonin production.
- High stress and racing thoughts, which prevent relaxation.
- Hormonal imbalances, especially low progesterone, testosterone, or estrogen fluctuations, affecting sleep patterns.
- Stimulants like caffeine, nicotine, and certain medications.
- Disruptive sleep environments, including noise, artificial light, and poor bedding.
- Late-night eating and alcohol, which interfere with sleep cycles and REM sleep.

Natural Ways to Improve Sleep

1. Optimize Your Sleep Environment

- Keep it cool: The ideal sleep temperature is 60-67°F (15-19°C).
- Block out light: Use blackout curtains or an eye mask to support melatonin production.
- Minimize noise: Consider white noise machines, fans, or earplugs.
- Upgrade your bedding: A supportive mattress and breathable sheets make a difference.

2. Support Sleep with Hormone Balance

Consider bio-identical hormone optimization as stabilization can produce stable energy and reduce nighttime awakenings.

3. Create a Relaxing Bedtime Routine

- Reduce screen time an hour before bed to prevent blue light exposure.
- Take a warm bath with Epsom salts and lavender to relax the nervous system.
- Try light stretching or yoga to relieve tension.
- Journal to clear racing thoughts and ease the mind.

4. Use Natural Sleep Aids

Instead of relying on prescription sleep medications, which can have long-term side effects and dependency risks, consider these natural sleep aids:

- Magnesium Glycinate & Magnesium Threonate: These forms of magnesium cross the blood-brain barrier and help relax the nervous system, improving sleep quality.
- Melatonin: A small dose (0.5-3 mg) can help reset the body's sleep-wake cycle. In some cases, larger doses may be beneficial and safe, but it is best to discuss this with a physician or wellness specialist.
- L-theanine: Found in green tea, this amino acid promotes relaxation without drowsiness.



- Glycine: An amino acid that supports deep sleep.
- Valerian root: A natural herb that helps induce restful sleep.
- Chamomile and passionflower tea: Herbal options with calming effects.

5. Manage Stress and Regulate Your Circadian Rhythm

- Get morning sunlight: Natural light in the morning helps regulate melatonin production.
- Exercise regularly: Physical activity, especially earlier in the day, promotes better sleep.
- Practice mindfulness or meditation: Even 5-10 minutes before bed can calm the nervous system.
- Maintain a consistent sleep schedule: Going to bed and waking up at the same time—even on weekends—trains your body for better sleep.

Conclusion: Prioritize Sleep for a Healthier You

If you're looking to optimize your health, improve energy levels, and enhance mental clarity, start by focusing on better sleep habits. Quality sleep is a cornerstone of longevity, hormonal balance, and overall well-being. Whether it's through balancing hormones, reducing stress, or incorporating natural sleep aids, making small adjustments can lead to profound changes in how you feel and function.

Tonight, instead of pushing your limits with extra screen time or another cup of coffee, consider winding down with a cup of herbal tea, dimming the lights, and prioritizing your body's need for rest. Your mind, body, and future self will thank you.



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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.



561-783-3331

www.JewishDirectCremation.com

BACK TO SCHOOL

Learning More About Alopecia with Bauman Medical

by Alan J. Bauman, MD, ABHRS



As the dog days of summer come to an end, out come the backpacks and notebooks — back-to-school season is in full effect. But just because you may not have a summer break anymore, that doesn't mean you still can't learn. I may not be a teacher, but my team and I here at Bauman Medical know a thing or two about hair loss. In this month's class, we'll be discussing a timely subject: alopecia.

Yes, while September is often associated with school and the start of fall, it's also Alopecia Awareness Month, highlighting a condition many people deal with. What exactly is it? At its core, "alopecia" is simply hair loss. The most common type, accounting for 95% of cases, is androgenetic alopecia, or, as you may know it, male and female pattern baldness.

Androgenetic alopecia affects men and women differently. In men, you can expect a receding temple and hairline, along with decreased hair coverage in the back of the head and top of the scalp. In women, it begins in the frontal half of the scalp, with diffuse thinning that may extend to the temples.

Autoimmune Alopecia like alopecia areata (patchy hair loss), alopecia totalis (total scalp hair loss), or even alopecia universalis (total scalp and body hair loss) can be treated with FDA-approved drugs and regenerative therapies.

At Bauman Medical, we understand how frustrating it is to see your hair fall. That's why we're here to help

you make a change this back-to-school season. With a variety of advanced diagnostic methods at our disposal, my team strives to find the cause of hair loss, with tools like the following:

TrichoTest

This isn't your kid's math test. With the TrichoTest, we craft a truly personalized hair restoration plan specific to your scalp and your scalp alone. By analyzing your unique DNA sequences through a quick cheek swab, we identify factors affecting your hair loss and how you are likely to respond to treatment, giving you confidence in your tailored plan.

HairMetrix

It's one thing to use AI to help write an essay for English class. It's a whole other thing to utilize it for hair restoration. With HairMetrix, after microscopic scalp photos are taken, our advanced AI-powered algorithm provides precise data on your hair quantity and quality. This ongoing monitoring helps us adapt your treatment plan, fostering hope for visible progress.



Bauman Medical Certified Trichologist Kimberly Jenkins performs a detailed scalp and hair analysis, using advanced imaging technology to help assess hair and scalp health and guide personalized treatment recommendations.



The Bauman TURBO LaserCap® uses low-level laser light therapy (LLLT), an FDA-cleared treatment for hair loss that stimulates hair growth, delivered conveniently and non-invasively from the comfort of home.

HairCheck

Assessing your hair volume has never been easier with our HairCheck device. A noninvasive method, HairCheck physically measures your hair bundles, giving us information on how different regions compare to others. As a result, our team can gain insight into how well your scalp is responding to your treatment plan, as well as being able to identify changes before they're even noticeable to the naked eye.

Low-Level Laser Therapy

Just because schools don't allow hats doesn't mean our award-winning Bauman TURBO LaserCap® has to be put in a locker. In fact, using this cap for five minutes a day means you can ditch the hats and let your hair flow. FDA-cleared, drug-free, chemical-free, side-effect-free, and non-invasive, the TURBO is the perfect way to usher in the school year with thicker, fuller hair, all from the comfort of your home.

PRP

With the busyness of the school year, you don't always have the time to be going to appointment after appointment. With PRP, you only need to allocate an hour of your time for lasting results. After drawing a small blood sample, we'll be able to utilize the platelets found in your blood by separating the two. Once concentrated, we gently apply it back into your scalp for a pain-free and convenient procedure. Less time here means more time getting the kiddos to and from school.

PDOgro

If PRP is the test, think of PDOgroTM as the extra credit that goes along with it. Because we're always looking to improve upon our solutions at Bauman Medical, we took the benefits of the former and furthered it with

our delicate and absorbable polydioxanone threads that help stimulate the scalp factors that facilitate hair regrowth. Our FDA-cleared synthetic absorbable material activates your endogenous collagen production, elastin, hyaluronic acid, new blood vessel formation, and fibroblast activity. PDOgroTM also means not having to worry about any recovery or aftercare, allowing you to reap the benefits of restoration without the common side effects. And along the way, you can always talk to our experts to ensure the process is comfortable and meets your goals.

Exosome Therapy

For the parents who just dropped their kids off at college, I imagine there will be plenty of calls and texts exchanged. Regardless of the distance, near or far, exosomes, a key part of cellular communication, act in the same manner. Within exosomes are nucleic acids, growth factors, and other proteins that, when paired with the dynamic serum of our TransEpidermal Delivery procedure, cultivate hair growth.

Learn More

Just because back-to-school season is typically geared toward kids, that doesn't mean you can't learn something new. With September being Alopecia Awareness Month, it's important to know that those who suffer from it are not alone and that there are solutions out there to help. Whether you're looking for diagnostic tools or modern regenerative options, our team at Bauman Medical is here to educate and take action to resolve the effects of alopecia. Call 561-220-3480 or point your camera at the QR code below to schedule a private one-on-one in-person or virtual evaluation 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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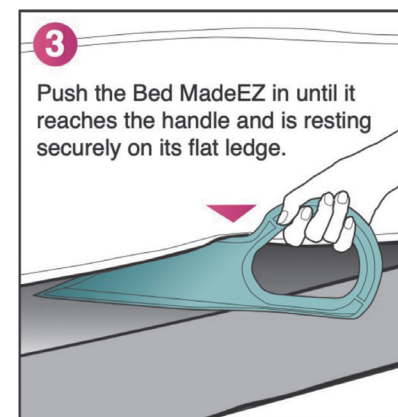
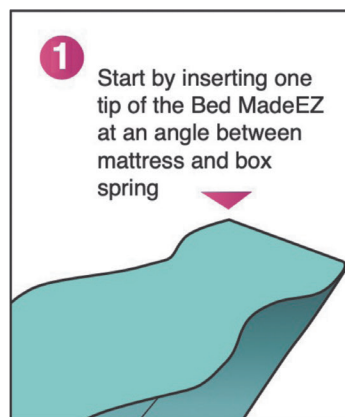
I wake up each morning to the sweet smile of my husband. He is right there as I amble out of the bed and trip on the dog. He is next to me as we brush our teeth. He waits patiently by my side as I brew the coffee. He is completely gone when I go to change the linens! I am alone in this endeavor.

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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It doesn't take much effort to hear of all the turmoil going on in our nation and around the world. It's quite frightening at times to think about where this all might end up. But if we're honest with one another, we really shouldn't be surprised. Conflict between people has existed since Cain and Abel – and it's not getting any better.

That is probably why God gave us so many instructions in how to get along with one another in the Bible.

Did you know that the phrase “one another” is used 100 times in the New Testament alone? Did you know that nearly half of those are given to those who call themselves Christ followers and over half are written by the apostle Paul? About one third of them deal with unity; another one third deal with love; and a good balance of the rest deal with humility.

So what are some of these great reminders of how to treat one another?

Love one another (John 13:34, others)
Accept one another (Romans 15:7)
Forgive one another (Colossians 3:13)
Don't complain against one another (James 4:11)
Be at peace with one another (Mark 9:50)
Serve one another (Galatians 5:13)
Regard one another as more important than yourself (Philippians 2:3)
Don't judge one another (Romans 14:13)
Encourage one another (1 Thessalonians 5:11)
Pray for one another (James 5:16)

Can you imagine – just for a moment – what the world would be like if we could just do these simple ten things... TEN... that's just ten percent of the total number of “one anothers” in the New Testament. If we just did ten percent of what we're asked... think about how different the world would be – think about how the headlines might read differently.

But words alone cannot change people; action is required. James, the half-brother of Jesus, says this: *“be doers of the word, and not hearers only, deceiving yourselves. For if anyone is a hearer of the word and not a doer, he is like a man who looks intently at his natural face in a mirror... and at once forgets what he was like. But the one who acts, he will be blessed in his doing.” James 1:22-25, ESV*

So if you want to change the world... if you want to see more good and less bad in the world... if you want to make a difference... then start with the person in the mirror and do the “one anothers”.

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



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