

SOUTH FLORIDA'S

Health & Wellness[®] MAGAZINE

April 2026

North Palm Beach Edition - Monthly



FREE



www.sflhealthandwellness.com

**I CAN'T STRESS THIS ENOUGH...
THE IMPORTANCE OF STRESS
MANAGEMENT FOR HAIR & SCALP**

THE ART OF AGING GRACEFULLY

**ARE CERTAIN ALTERNATIVE THERAPIES
EFFECTIVE FOR PRIMARY
CANCER TREATMENT**

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

PHYSICAL THERAPY FOR THE BRAIN

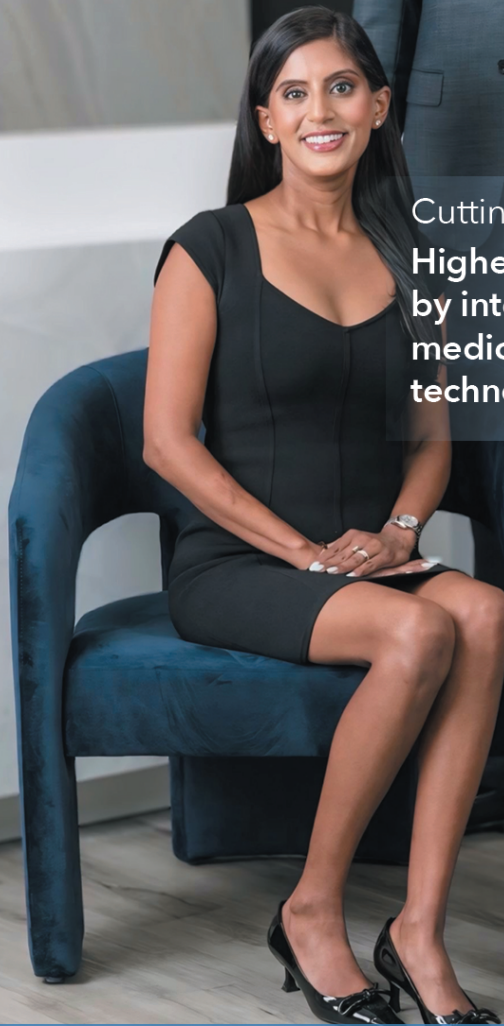


ART OF DERMATOLOGY

Luxury Innovation
Luxury and innovation
with our state of the art
facilities located in
Michigan and Florida.



Cutting-Edge Care
Highest standards of care
by integrating the latest
medical techniques and
technology



DRS. VIKRAM AND CHETHANA GOTTAM

NAPLES · FORT MYERS · MARCO ISLAND · BOCA RATON
ORLANDO · SARASOTA · TAMPA · WEST PALM BEACH

Phone: (239) 356-3503 www.theartofderm.com

CONCIERGE LASER MEDICINE

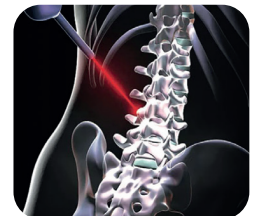
J. Costello DC, DABCO
Pain Relief at the Speed of Light

(561) 329-5597
www.ConciergeLaser.com

MIRACLES HAPPEN AT THE SPEED OF LIGHT
IN THE COMFORT OF YOUR OWN HOME



**ARTHRITIS
NEUROPATHY
SPINAL STENOSIS
HERNIATED DISC**



MY SAFE AND PAINLESS TREATMENT
PROTOCOLS ACTUALLY HEAL HUMAN TISSUE,
THEY ACHIEVE RESULTS WHEN OTHER
TREATMENTS FAIL. ~ DR. J. COSTELLO

WE HAD EXHAUSTED ALL OPTIONS, EPIDURALS, CORTISONE SHOTS, PAINKILLERS ... NOTHING WAS WORKING
FOR MY HUSBAND'S EXCRUCIATING HIP PAIN. FORTUNATELY, WE CAME ACROSS AN ARTICLE ABOUT DR.
COSTELLO AND HIS BREAKTHROUGH LASER TREATMENT. I CALLED IMMEDIATELY, WE STARTED TREATMENT.
WE PUT ALL OUR FAITH IN DR. COSTELLO. IT WORKED! MY HUSBAND IS PAIN FREE AND WE ARE JUST
THRILLED! ~ TOBY F | BOYNTON BEACH, FL

561.329.5597

NO INSURANCE ACCEPTED



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



Regrow Your Confidence™

with the most trusted name in hair restoration.

36K+
patients treated

14K+
hair transplants

29 Years
in business



CALL 561-220-6744 OR SCAN THE QR CODE TO SCHEDULE YOUR PERSONAL EVALUATION.



BAUMAN
MEDICAL
THE MOST TRUSTED NAME IN HAIR RESTORATION

Alan J. Bauman MD, ABHRS
Board Certified Hair Restoration Physician

BAUMANMEDICAL.COM



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



561.314.3976
WWW.TRUSTEDHCS.COM

TRUSTED LAW AMANDA ACHONG, ESQ

- Florida State University
- Western Michigan University Cooley Law School

Amanda Achong is an attorney whose practice concentrates in the areas of trusts, estates, and elder law. She is a graduate of some of the top universities in the country. She devotes her time to estate planning for the middle class, charging moderate fees, and then getting referrals from happy clients.

Revocable Living Trust

ATTENTION SENIORS:

- Why Forbes Magazine says that the middle class may need living trusts
- Why a will may not avoid probate
- How a living trust may avoid probate
- Why you may have probate in more than one state if you own out-of-state real property
- How a trust may protect your child's inheritance from divorce
- How a trust may protect your child's inheritance from sons-in-law and daughters-in-law

The Cost of a Revocable Living Trust

Single Person **\$600⁰⁰*** **Married Couple** **\$750⁰⁰***
(plus incidental costs)

**VA/MEDICAID
BENEFITS
YOU MAY
QUALIFY**

Regardless of your assets

Office located in Boca Raton
Call Today! 1.800.731.8784
www.trustedlawoffice.com



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**

EliteDNANPB.com
561-576-7536



Scan to Schedule
an Appointment

contents

April 2026

- 6 Are Certain Alternative Therapies Effective for Primary Cancer Treatment?
- 7 Planning for the Inheritance of a Disabled Child
- 8 I Can't Stress This Enough...
The Importance of Stress Management for Hair & Scalp
- 10 Unplug to Power Up:
Why Digital Balance Matters for Mental Health
- 11 Physical Therapy for the Brain
- 12 Sensational News!
The Most Powerful Hyper Pulsed Laser Comes to Palm Beach County!
- 13 Real Deal Dental Implants
- 14 Seeking a Second Opinion About Your Eye Care
- 15 Spiritual Wellness: I Have a Wait Problem

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.



AUDIOLOGY

With A Heart

**Hearing
Healthcare
That You
Can Trust**



- **NONPROFIT ORGANIZATION**
- **AFFORDABLE OPTIONS**
- **HEARING AID REPAIRS**
- **CUSTOM EAR MOLDS**
- **TINNITUS TREATMENT**
- **ANNUAL HEARING EXAMS**
- **60 DAY TRIAL PERIOD**
- **FULL RETURN POLICY**
- **FREE AMPLIFIED TELEPHONE FOR FLORIDA RESIDENTS**

(561) 366-7219
audiologywithaheart.com

*Request an appointment today
and start your journey
to better hearing health.*

2324 S. Congress Ave.
Suite 2G Palm Springs
FL 33406




Palm Beach Center
for PERIODONTICS & IMPLANT DENTISTRY



561-691-0020

PBCPerio.com

Dental Implants LANAP Gum Restoration Pinhole Technique



GOLDMAN EYE
DAVID A. GOLDMAN, M.D.
561-630-7120
www.goldmaneye.com



- CATARACT SURGERY
- FULL EYE EXAMINATIONS
- CORNEAL TRANSPLANTATION
- DRY EYE MANAGEMENT
- LASER VISION CORRECTION
- REPAIR OF CATARACT SURGERY COMPLICATIONS

3502 Kyoto Gardens Dr. Suite B, Palm Beach Gardens, FL 33410

ARE CERTAIN ALTERNATIVE THERAPIES EFFECTIVE FOR PRIMARY CANCER TREATMENT?

How does cancer start? There are several leading theories that explain different ways that cancer may develop.

Among them are the Somatic Mutation Theory (SMT) — that cancer arises from a buildup of changes in a single cell, caused by such factors as genetics, aging or exposure to harmful chemicals. The Tissue Organization Field Theory (TOFT) suggests that cancer is driven by disruptions in tissue interactions — meaning that different parts of the body that normally work together aren't communicating or functioning properly.

Many standard cancer treatments are based on the SMT and target the DNA of cancer cells. For example, chemotherapy, radiation therapy and immunotherapies aim to destroy or slow the growth of cancer cells.

A 2024 study introduced the Mitochondrial–Stem Cell Connection (MSCC), a theory suggesting that when stem cells don't produce energy properly, they may begin to behave abnormally and could develop into cancer-forming cells. This is an emerging idea that researchers are still studying to better understand how cancers start and grow.

Some experimental approaches based on the MSCC theory aim to limit the energy cancer cells use.

While these treatments may have positive impacts in certain settings, it is still unproven whether they are effective for most patients with cancer; large-scale studies in humans are needed.

None of the following have been proven to be effective, especially as a primary cancer treatment:

- High-dose vitamin C has been studied for decades but has not shown to be effective in treating cancer.
- Ivermectin tablets are approved by the FDA to treat certain conditions caused by parasitic worms, and some topical forms are approved to treat head lice and other skin conditions. Phase 1 and 2 clinical trials show limited or no antitumor activity in humans with advanced cancer.
- Mebendazole is an oral medication used to treat parasitic worm infections, such as pinworm or roundworm. It works by stopping the worms from absorbing sugar (glucose), which they need to survive, eventually killing them. Researchers are exploring whether it may help slow the growth of certain cancer cells. However, a recent Phase 2 clinical trial showed no anticancer activity from its use in treating gastrointestinal cancers.

- Vitamin D and other vitamins and minerals may be combined with traditional cancer treatments after all drugs have been reviewed for possible interactions.

In addition to the lack of data supporting the effectiveness of these treatments, there are potential side effects and risks:

- High-dose vitamin C given intravenously can potentially cause kidney stones or heart problems and can sometimes promote cancer growth.
- Too much vitamin D may be dangerous, and overdose can lead to calcium buildup and kidney failure.
- Ivermectin in high doses can cause neurological side effects.
- Mebendazole can cause liver damage or low white blood cell counts, making infections worse.

Depending on the cancer diagnosis and genetic testing, treatment selection will vary. Currently approved treatments have been tested in robust clinical studies and shown to be effective.

The following are general recommendations that can enhance well-being and help to minimize side effects for patients during cancer treatment:

- 1. Maintain a healthy, balanced diet** focusing on whole foods, and limit intake of highly processed products or foods high in sugar.
- 2. Regular exercise**, including walking, yoga and Pilates, can help increase activity.
- 3. Various vitamin, mineral or herbal supplements** may be complementary to cancer treatment. Daily doses should remain within the recommended dietary allowances. Inform your health care providers of any new vitamins, supplements or alternative treatments before starting them to accurately investigate any possible interactions.
- 4. Aromatherapy with essential oils**, meditation or other alternative practices may be beneficial.

It is important to review all the facts and talk with your health care team to determine if an alternative treatment is right for you. False hope in a treatment that has not been shown to be safe and effective can potentially delay the start of a therapy proven to be effective — leading to poor outcomes.

**WORLD-CLASS CANCER TREATMENT,
CLOSE TO HOME**
About Florida Cancer Specialists &
Research Institute, LLC (FLCancer.com)

For more than 40 years, FCS has built a national reputation for excellence that is reflected in exceptional and compassionate patient care driven by innovative clinical research, cutting-edge technologies and advanced treatments, including targeted therapies, genomic-based treatment and immunotherapy. Our highest values are embodied by our outstanding team of highly trained and dedicated physicians, clinicians and staff.

In Palm Beach County, board-certified physicians specializing in hematology, medical oncology, gynecologic oncology and radiation oncology provide personalized care for all forms of cancers and blood disorders. With extraordinary skill and experience, they deliver treatments with maximum effectiveness and safety, combined with compassion and concern for patients and their families. From genetic screening to immunotherapies and access to the latest clinical trials, our top-ranked cancer experts provide the newest and most advanced treatments available — increasing cure rates and extending lives.



Boca Raton
21020 State Road 7, Ste 200C
Boca Raton, FL 33428-1320

Delray Beach
5130 Linton Blvd, Ste B4
Delray Beach, FL 33484-6595

Lake Worth
4801 S Congress Ave, Ste 400
Palm Springs, FL 33461-4746

Palm Beach Gardens
3401 PGA Blvd, Ste 200
Palm Beach Gardens, FL 33410-2824

Wellington North
1037 S State Road 7, Ste 303
Wellington, FL 33414-6140

West Palm Beach
1309 N Flagler Dr
West Palm Beach, FL 33401-3406

For more information, visit
FLCancer.com.

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

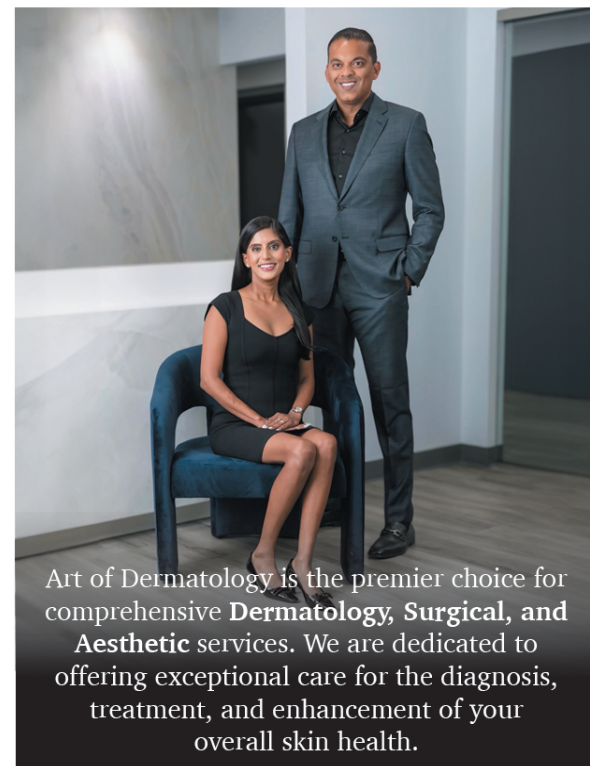
At Art of Dermatology, we combine medical expertise with aesthetic sensibility. Our comprehensive skin examinations include advanced technologies

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.

AD ART OF DERMATOLOGY
MEDICAL • SURGICAL • COSMETIC

239-356-3503 | theartofderm.com

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

I CAN'T STRESS THIS ENOUGH...

The Importance of Stress Management for Hair & Scalp

by Alan J. Bauman, MD, ABHRS



“Just relax.” Well, it’s easier said than done. You can only take so many deep breaths without feeling any sort of relief. And while you as a whole are feeling the brunt of it, your scalp and hair aren’t immune to the impacts of stress.

Of course, a damaged scalp and receding hairline probably aren’t helping with your stress levels, but without getting rid of the root cause, your roots will continue to suffer. Some people turn to yoga. For others, the gym. And while those options are great (and I may be biased here), they pale in comparison to what our Bauman Medical facility has to offer. From our peaceful Scalp Makeovers to easy in-house procedures, it’s nothing but tranquility once you step through our doors.

But before diving into treatment plans, it’s imperative to understand just how long days at the office can lead to a thinned-out crown. Stress Awareness Month is more than just recognizing how you’re feeling — it’s about seeing the impacts of stress, and you can better correct your mind and body.

The Impacts of Stress on Scalp Health

Trouble sleeping. Getting sick more frequently. And hair loss. Stress doesn’t discriminate when it comes to attacking the body. But it’s not working alone. There are many different deficiencies and conditions that can lead to hair loss. At Bauman Medical, the most common issues revolving around stress are:

Telogen Effluvium

Think of the term telogen as the resting stage for hair. While we could all use a little rest, sometimes we can overdo it and sleep through our alarm. Your hair might not be late for work, but it’s still taking the rest of the day off. A sick day on the scalp leads to dormant follicles, meaning hair growth is also taking a personal day. All of this happens because of stress, as hair follicles, delicate

as they are, are receptive to the stress hormone cortisol. While cortisol has become a buzzword in itself, it can be brought on by a variety of reasons, stemming from catching a cold to a long day at the office. The pressure on hair follicles leads to shedding and, eventually, to entering the telogen stage to recover. If you think that a 20-minute nap or quick walk around the office isn’t worth it, your scalp hopes you think again.

Trichotillomania

Take a moment. Are you sitting still? Feeling relaxed? I only ask because sometimes, without realizing it, our bodies tap our feet or bite our nails. Occasionally, we even twirl our hair around. You can see where this is going, I imagine. While it may feel natural and even calming to play with our hair, trichotillomania can put further stress on the scalp in the most innocuous ways.

Alopecia Areata (AA)

The betrayal of a lifetime. When we think of our immune systems, we imagine a group of organs and tissues working hand in hand to fend off germs and bacteria that try to attack our bodies. But with alopecia areata, our first line of defense starts playing offense. In an autoimmune disease, the immune system mistakenly



A "Scalp Makeover" is the ultimate pampering for your scalp, providing stress-reducing and circulation-stimulating scalp massage, scalp steaming and application of highly advanced topical therapeutic products to boost the health of the scalp and follicles. It also makes the perfect gift. Gift E-cards are available on our eStore.



Before and 12 months after PRP by Dr. Alan Bauman

attacks our hair follicles, treating them as foreign invaders. What once would grow now withers, as AA deals critical damage to follicles during their growth phase. While an array of factors can spark AA, stress is typically the lead culprit.

Stress Management at Bauman Medical

So, how do you treat these conditions? Simple, by letting our team at Bauman Medical take the reins and lead you toward serenity. While I'm not a therapist, I can still offer some advice: my world-class Scientific Scalp Makeovers™ are the perfect cure for a stressed mind.

What separates my Scalp Makeovers from other treatment options is that they are geared directly to stress-related hair loss. So instead of focusing on just your scalp, my team at Bauman Medical ensures a relaxing day for your entire mind, body, and soul. And that's apparent from the moment you step into our "Head Spa" room, with calming music and low lighting that will leave you with no choice but to relax. Whether you opt for a 60-minute or three-hour session, here are a few of the calming treatments you can expect:

- Aromatherapy
- A customized scalp treatment for maximum scalp health and hair beauty
- A deep and thorough scalp massage to stimulate and cleanse the scalp, as well as increase circulation
- Deep cleansing shampoo
- A customized conditioner or hair mask

Sometimes, you need to treat yourself. And what better gift to give yourself than a relaxing day of R&R at Bauman Medical? If stress is affecting your scalp, contact us today to explore our personalized hair solutions and start your journey to healthier hair.

PRP (Platelet-Rich Plasma)

PRP (Platelet-Rich Plasma) therapy is not just about hair restoration—it's an essential part of managing stress and supporting overall well-being. Our minimally invasive procedure is designed with your comfort and peace of mind in mind. It begins with a small blood draw,

followed by the gentle separation and concentration of platelets packed with natural growth factors. These powerful elements are then applied to your scalp, encouraging healthy hair growth and giving your follicles the restorative boost they need. Throughout the process, every detail is focused on relaxation: from topical anesthesia and a soothing environment to the attentive care of our expert team. Let PRP be your moment to pause, recharge, and support both your scalp health and your stress management journey.

TED & Exosome Therapy

When it comes to managing stress, one of the most effective ways to alleviate an anxious mind is by talking it out. Communication is integral with the mind and body, just as it is with exosomes. These special cells, whether nearby or far away, thrive on communicating across our bodies. What makes exosomes so important for hair restoration is what's found within them. Consisting of key elements like nucleic acids, growth factors, and other proteins, our team is able to pair them with our TransEpidermal Delivery (TED) procedure for increased scalp permeability and blood flow. You might be stressing out about having to deal with needles going into your scalp, I imagine. Quite the opposite! With TED, we stay away from anything sharp or pointy and opt for ultrasonic waves and air pressure to complement the Exosomes or topical hair growth serum we apply to the treatment zone.

Learn More

It's easier said than done, I know, but being able to keep stress under control has immense benefits on your scalp health, hair health, and mental health. This Stress Awareness Month, don't just recognize your anxiety: start treating it. And you don't have to do it alone. Myself and the rest of the Bauman Medical team are here to help usher in a more relaxed you.

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, IAHR Hair Loss Expert

With over 29 years of specialization in hair restoration, he offers an impressive array of state-of-the-art technologies, including proprietary hair restoration procedures, low-level laser light therapy, customized hair growth medications, supplements, and other modalities that produce excellent results. Thanks to his many tools, you may not even need a transplant!

Dr. Bauman's "Hair Hospital," housed in a dedicated 12,000-square-foot building, is recognized as one of the premier hair restoration practices in the country.

As one of approximately 250 physicians worldwide to achieve board certification from the American Board of Hair Restoration Surgery (ABHRS), Dr. Bauman has treated over 36,000 patients. He's also a pioneer in numerous technologies in the field of hair restoration, both for diagnostics and treatment.

In recognition of his expertise, Dr. Bauman was voted "#1 Top Hair Restoration Surgeon" in North America by Aesthetic Everything for 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



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 largest mental health providers, Elite DNA provides accessible, affordable mental health care 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 to provide accessible, affordable mental health care to everyone.



ELITE DNA
BEHAVIORAL HEALTH

EliteDNANPB.com
561-576-7536



Scan to Schedule
an Appointment

Locations near you:

**North Palm Beach Therapy
& Psychiatry Clinic**

1201 US-1 #250, North Palm Beach, FL 33408

Delray Beach Therapy & Psychiatry Clinic

14000 S. Military Trl, Ste 208, Delray Beach, FL 33484

Stuart Therapy & Psychiatry Clinic

1111 SE Federal Hwy Ste #334, Stuart, FL 34994

PHYSICAL THERAPY FOR THE BRAIN



Have you noticed you have difficulty hearing your family and friends in a noisy restaurant? Do you seem to have difficulty understanding certain people? Do you have difficulty concentrating in noisy situations? Even if you have hearing aids, you may need help over and above the hearing aids. You may physically hear what is being said but the brain is not interpreting that signal properly.

Auditory training is a way to fill in the gaps for both hearing aid users and non-hearing aid users. Non-hearing aid users may experience something called “Hidden Hearing loss.”

Hidden hearing loss is a fairly new disorder, so research is minimal.

Hidden hearing loss affects one’s ability to understand speech, especially in noisy environments. These situations are also difficult when a person has a typical hearing loss and wears hearing aids. But, unlike typical hearing loss, hidden hearing loss doesn’t show up on standard hearing tests, making it challenging to diagnose and manage. It impacts both social interactions and overall quality of life, making it essential to recognize and address.

One test that is useful to determine if a person has hidden hearing loss is a test called Speech in Noise (SIN). This test measures how much difficulty a person has understanding speech in noisy situations. If a person tests normally otherwise but the speech in noise test

indicates an impairment in noise, then the diagnosis might be hidden hearing loss.

HOW CAN I HELP MYSELF BEYOND HEARING AIDS?

In previous articles, we’ve discussed accessories, now we’re going to discuss brain training.

There is help available in the form of Auditory Training (also called Aural Rehabilitation). Essentially this is physical therapy for the brain. There is a new app-based program designed to help a person improve their understanding in noise. The goal of the program is to improve the listener’s ability to understand conversations in noise, keep up with fast talkers, boost your ability to remember and recall important information and overall improve your confidence when in challenging environments.

In-person Auditory training has existed for many years, called LACE (Listening and Communication Enhancement). This was a time-consuming and expensive commitment as insurance does not cover the program. Although it is a proven method for improving

people’s experiences with their hearing aids, it just wasn’t practical. A new app developed by Neurotone called LACE AI Pro brings this therapy into your pocket. We are excited to offer this program to our clients and to the public at large; you do not need to be a patient with our practice to sign up for this program.

LACE AI is based on over 20 years of research. The methods used in the program are backed by scientific studies and are shown to be extremely effective when done consistently. This means you can trust that LACE AI is a proven way to help you hear better and keep your mind sharp.

Using games and listening exercises specifically designed to improve a patient’s ability to understand speech in quiet and in noise. For about 15 minutes a day, you can sharpen your listening skills, and develop strategies for complex and challenging situations. LACE AI is offering a 7-day, no obligation trial to anyone interested. If you like the program and wish to continue with the program, you will have the option to purchase a lifelong membership with a 1-time payment.

LACE AI pro is appropriate for many situations:

- Hidden hearing loss
- People with hearing loss but have not pursued amplification yet
- New hearing aid users
- Experienced hearing aid users that want to improve their performance and/or those still struggling with the hearing aids to understand speech

If you would like more information, please call us at **561-366-7219**. You can also visit <https://www.laceauditorytraining.com/for-patients>

AUDIOLOGY
With A Heart

(561) 366-7219

audiologywithaheart.com

2324 S. Congress Ave.

Suite 2G Palm Springs, FL 33406

LACE AI pro cannot cure hearing loss of any kind and cannot prevent dementia or Alzheimer’s. This program is designed to exercise your auditory system and cognitive system but is not able to cure or prevent a disease process.

LACE AI pro is only available through an authorized provider

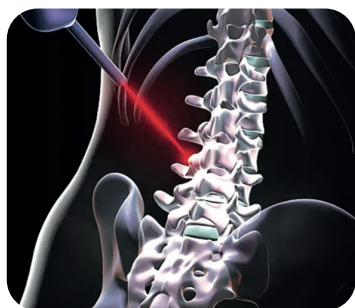
Hearing Healthcare That You Can Trust

CONCIERGE
LASER
MEDICINE

J. Costello DC, DABCO
Pain Relief at the Speed of Light

(561) 329-5597
www.ConciergeLaser.com

MIRACLES HAPPEN AT THE SPEED
OF LIGHT IN THE COMFORT
OF YOUR OWN HOME



ARTHRITIS
NEUROPATHY
SPINAL STENOSIS
HERNIATED DISC

Do you suffer from Spinal Stenosis?
Do you have Difficult standing and walking distance?
Is your Pain relieved by sitting?
Call Me, Let's talk, I can help! ~ DR. J. COSTELLO

We had exhausted all options, epidurals, cortisone shots, painkillers ... **nothing was working for my husband's excruciating hip pain.** Fortunately, we came across an article about Dr. Costello and his breakthrough laser treatment. I called immediately, we started treatment. We put all our faith in Dr. Costello. It worked! My husband is pain free and we are just thrilled!

- TOBY F | BOYNTON BEACH, FL

Sensational News!
The most powerful Hyper Pulsed
Laser comes to Palm Beach County!

In an era where age-related lumbar spinal stenosis has reached epidemic proportions, a revolutionary treatment is offering hope to those suffering from this debilitating condition. J. A Costello, DC, DABCO is one of South Florida's leading experts in laser therapy, is bringing this groundbreaking treatment directly to patients' homes in Palm Beach County.

Revolutionary Hyper-Pulsed Laser Therapy

Dr. Costello's innovative approach utilizes hyper-pulsed YAG Laser, the most powerful laser in the world has successfully helped numerous patients without a single reported side effect. This advanced technology works at the cellular level, stimulating the body's natural healing processes to provide remarkable long term results.

Expert Care from a Pioneer in Laser Medicine

Dr. Costello brings over four decades of specialized experience to every treatment. As a board-certified chiropractic orthopedist trained by experts from the Texas Back Institute, he has developed exclusive proprietary treatment protocols unavailable anywhere else in the world.

The Comfort of Concierge Treatment

What sets Dr. Costello's practice apart is not just his expertise, but his commitment to patient comfort. **Every in home treatment session is:**

- Performed personally by Dr. Costello
- Delivered in the comfort of your own home
- Tailored to your specific condition
- Designed for optimal therapeutic results

"I GOT MY LIFE BACK AFTER 4 YEARS OF AGONY"

For four long years, I battled chronic lower back pain and neuropathy, resigning myself to a life of discomfort. I had even given up on the tingling and numbness in my feet. Then I found Dr. Joe who was highly recommended to me. His approach was a revelation. He was not only deeply attentive to my body's reactions but also incredibly precise in his treatments. After just three weeks, I noticed a significant shift—the constant pain was finally subsiding. When I mentioned my neuropathy, Dr. Joe began treating my feet. To my amazement, I started regaining sensation! At one point, my toes became somewhat painful, but Dr. Joe immediately and accurately adjusted the treatment. His spot-on intuition was incredible. Thanks to his expertise, I am now pain-free and feeling better than I ever thought possible. I cannot recommend Dr. Joe highly enough! Dr. Joe gave me my life back.

- RUSSELL A., JUPITER, FL

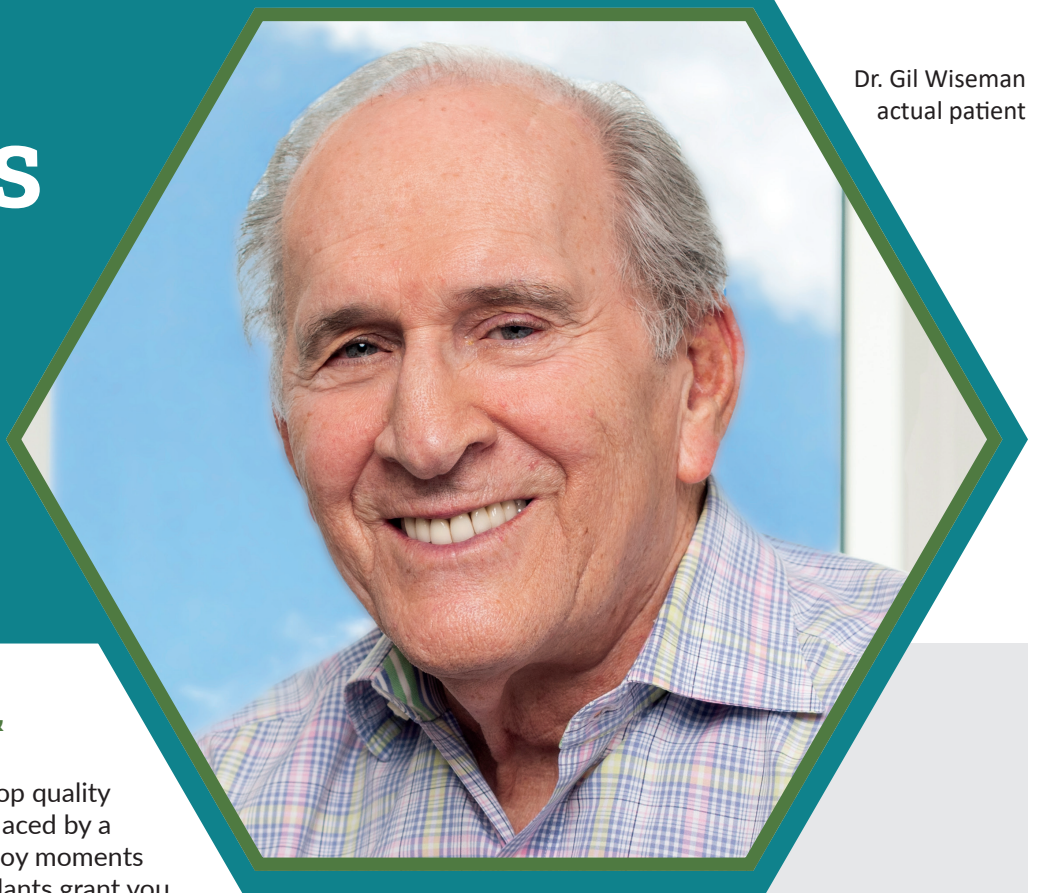
561.329.5597

NO INSURANCE ACCEPTED

Real Deal Dental Implants

Dental implants are a hot topic. By age 45 most of us are missing at least one tooth. If you need one or more dental implants, you know there is a lot of information to sift through.

Looking online you might see offers, even bargains for dental implants. Don't be fooled. Dental implants come with risk. To ensure your dental implants last a lifetime, you need an experienced dental implant surgeon who uses only top-quality materials.



Dr. Gil Wiseman
actual patient

Buyer Beware: Low Quality Dental Implants on Market

In recent years, the U.S. market has seen infiltration of clone implants from China, Eastern European and South American countries. Clone implants pose risks because:

- Clone implants are not specifically designed for your mouth.
- Some contain mixed metals that can cause adverse reactions.
- Higher rates of failure which can be painful and costly.

Dental Implants Done Right

Dental implants are an investment in your health and appearance.

Dental Implant Specialist Dr. Lee R. Cohen uses surgical-grade, titanium dental implants made by leading manufacturers. It's one reason why his patients have a 97% success rate.

- Look and feel totally natural.
- Precision placed with guided surgery.
- Biocompatible to bond with your body.

Big Benefits & Better Living

When you have top quality dental implants placed by a specialist, you enjoy moments more. Dental implants grant you the freedom to eat what you like, share conversations without worry, and smile for photos again.

Welcome to Great Care

You want a doctor with impeccable credentials and great communication skills.

Every visit begins with a conversation about you. Your unique needs, concerns, and desires for care matter to us.

- Together we review your health history.
- Discuss goals for your health and appearance.
- Make a treatment plan that meets your needs and budget.

Dr. Cohen's gentle touch, friendly chairside manner, and follow up communication garner rave reviews.

We Care a Lot

From your first phone call to your last check up, it's all about you. Every visit begins with a conversation. Your unique needs, concerns, and desires for care matter to us.

- Together we review your health history.
- Discuss goals for your health and appearance.
- Make a treatment plan that meets your needs and budget.

We care for you like you are part of our family. Our team keeps everyone in your care circle up to date, and we check in to make sure you feel good once treatment is complete.

Welcome to Great Care

You want a doctor with impeccable credentials and great communication skills. Dr. Cohen's gentle touch, friendly chairside manner, and follow up communication garner rave reviews.



About Dr. Lee R. Cohen

Dr. Lee R. Cohen, D.D.S., M.S., M.S. is a dual-board certified periodontal and dental implant surgeon.

- NYU, Doctor of Dental Surgery; Management

- University of Florida, Master's of Science in
- Periodontology, served as chief resident
- Emory University, Bachelor's in Biology



Palm Beach Center
for PERIODONTICS & IMPLANT DENTISTRY

Accepting New Patients

561-691-0020

Dental Implants

website: www.pbcperio.com

location: 4520 Donald Ross Road, Suite 110
Palm Beach Gardens, FL 33418

Pinhole Technique

LANAP Gum Rejuvenation



SEEKING A SECOND OPINION ABOUT YOUR EYE CARE

By David A. Goldman MD

Throughout my career I have seen patients come to me for second opinions, and I have also had patients ask me if I would ‘mind’ if they saw another specialist for a second opinion.

For the patient, seeking a second opinion is a difficult thing to do. To begin, he or she may not know who is a reputable person to seek for second opinion. Furthermore, they may have a good relationship with their ophthalmologist and may feel they are betraying their doctor’s confidence by seeking another MD. Finally, they may be concerned whether their insurance will cover a visit for second opinion.

For the doctor, discovering a patient has seen another physician may make them feel that they are not trusted or even felt to be incompetent. In some cases, when a patient seeks second opinion it may completely end their care with the first physician.

It has always been my belief that second opinions are an excellent idea. If the care rendered to date is appropriate, the second physician can confirm that and set the patient’s mind at ease. In some cases, the physician may actually find something that the first doctor missed, and in these cases both the physician and patient still benefit. This is because at the end of the day, doctors want their patients to do well. If I am unable to treat a patient completely, I am thankful that another doctor could. On the other side, I am happy to help out my colleagues when they have gotten stuck, or just to tell their patients that everything is going well. Medicine is not performed in a vortex - referrals to subspecialists are very common place. While intra-subspecialty referrals are less common, I am always comfortable recommending the patient seek second opinion if they have any questions or concerns. In this way, doctor-patient relationships are strengthened rather than weakened and care can be given the best way possible.



DAVID A. GOLDMAN

Prior to founding his own private practice, Dr. David A. Goldman served as Assistant Professor of Clinical Ophthalmology at the Bascom Palmer Eye Institute in Palm Beach Gardens. Within the first of his five years of employment there, Dr. Goldman quickly became the highest volume surgeon. He has been recognized as one of the top 250 US surgeons by Premier Surgeon, as well as being awarded a Best Doctor and Top Ophthalmologist.

Dr. Goldman received his Bachelor of Arts cum laude and with distinction in all subjects from Cornell University and Doctor of Medicine with distinction in research from the Tufts School of Medicine. This was followed by a medical internship at Mt. Sinai – Cabrini Medical Center in New York City. He then completed his residency and cornea fellowship at the Bascom Palmer Eye Institute in Miami, Florida. Throughout his training, he received multiple awards including 2nd place in the American College of Eye Surgeons Bloomberg memorial national cataract competition, nomination for the Ophthalmology Times writer’s award program, 2006 Paul Kayser International Scholar, and the American Society of Cataract and Refractive Surgery (ASCRS) research award in 2005, 2006, and 2007. Dr. Goldman currently serves as councilor from ASCRS to the American Academy of Ophthalmology. In addition to serving as an examiner for board certification, Dr. Goldman also serves on committees to revise maintenance of certification exams for current ophthalmologists.

Dr. Goldman’s clinical practice encompasses medical, refractive, and non-refractive surgical diseases of the cornea, anterior segment, and lens. This includes, but is not limited to, corneal transplantation, micro-incisional cataract surgery, and LASIK. His research interests include advances in cataract and refractive technology, dry eye management, and internet applications of ophthalmology.

Dr. Goldman speaks English and Spanish.

561-630-7120 | www.goldmaneye.com

I Have A Wait Problem

You're reading a health and wellness magazine and you're thinking: that guy can't spell. But the truth is that you read it correctly: I have a wait problem: I don't like to wait. But who does?

Think about it... do you like to wait? Do you love sitting in the waiting room at the doctor's office? Do you look for the longest line at the grocery store so you can spend more time waiting? When the light turns green, does it make you happy when the car in front of you just sits there? Do you keep your fingers crossed that wait times are an hour at the amusement park? If you answered "no" to the questions above, then you have a wait problem too.

It's been estimated that we spend ten percent of our lives waiting. That comes out to be over two hours of everyday. I have a wait problem: I'm not very good at it. But I don't have a choice. Waiting is a part of our lives.

And waiting isn't just a part of everyday menial tasks, but big things in life too. Things like waiting for Mr. Right or Miss Perfect; waiting for your first grandchild; waiting for retirement; waiting on test results; waiting to hear back about the interview; waiting...

From a spiritual perspective, waiting is very important. So important, in fact, that God talks about it including these words: *"Even youths shall faint and be weary, and young men shall fall exhausted; but they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint."* (Isaiah 40:30-31, ESV)

Waiting is expected by God.

Notice what he says... "...they who wait for the LORD..." Isaiah doesn't single out an individual or use the word "if". God – the creator and controller of time and all circumstances – knows



Brent Myers

we will have seasons of waiting. And He expects us to wait on Him.

God uses waiting to build our character.

Look at the different stages of development: flying high (wings), running, and walking. Waiting gets us to a place where we learn to take in the highest highs, but at the same time realize that slow and steady gets us where we need to go. Waiting helps us grow into constant and consistent forward movement in our lives... even when we are waiting.

Waiting is rewarded by God.

Isaiah shows us that waiting has its rewards. Tired of being tired? Close to giving up? Don't want to wait anymore? Read the passage again: "...and not be weary..." "...and not faint..." God honors us when we wait. God rewards our faithfulness in the midst of our waiting.

Waiting is the fruit of our faith.

Finally look at this: "...but they who wait for the LORD..." When we learn to trust our circumstances to God, we show that we really believe that He is in control. We demonstrate that we actually believe that He knows best and that He works all things together for good. When we wait on the LORD, we show the depth of our faith. So... how do I get better at waiting? The ability to wait on the Lord stems from being confident and focused on who God is and in what God is doing. It sounds simple – and it is – but simple is not the same as easy (because it's not).

But look at it like this... I heard the other day, "there are no problems, only opportunities". So at least now I know I don't have a wait problem after all – just a wait opportunity (and lots of them)!



**Christ
Fellowship
CHURCH**

www.christfellowship.church



Cancer doesn't wait. Neither do we.

When you're diagnosed with cancer, every minute matters — our nearly 100 statewide locations and in-house pathology lab ensure that your treatment is timely and personalized.

With lab results returned faster than the national average, our team of precision oncology experts takes action to quickly match each patient's data with the appropriate targeted therapy or clinical trial.

To learn more, visit
FLCancer.com/TimeToTreat

 **FLORIDA CANCER**
SPECIALISTS
& Research Institute