



BOBO GAZETTE

JANUARY 2024



Happy
New Year

LETTER FROM EDITOR

Everyone talks about having a new year's resolution but how long does the resolution last? I'm going to guess, "not very long." We know we want to make some changes for the good of our health but it's not easy. Well, I am here to tell you that Mind And Body Infusion Therapies has the means and the methods to help you in your new year you. We've talked about the various vitamin and immune treatments we offer in the past but I am so excited that we have a weight loss program and skin and beauty treatments too. It's so fun! You can lose weight, get treated for fine lines and wrinkles, and skin tightening all in the same place. Can you believe it?

For more information log onto mindandbodyinfusiontherapies.com

PTSD

We hear about PTSD in movies, television, and the news but does anyone really know or understand what it is? Below is an excerpt from the Mayo Clinic site that should be beneficial.

Post-traumatic stress disorder (PTSD) is a mental health condition that's triggered by a terrifying event — either experiencing it or witnessing it. Symptoms may include flashbacks, nightmares and severe anxiety, as well as uncontrollable thoughts about the event.

Most people who go through traumatic events may have temporary difficulty adjusting and coping, but with time and good self-care, they usually get better. If the symptoms get worse, last for months or even years, and interfere with your day-to-day functioning, you may have PTSD.

Symptoms

Post-traumatic stress disorder symptoms may start within one month of a traumatic event, but sometimes symptoms may not appear until years after the event. These symptoms cause significant problems in social or work

situations and in relationships. They can also interfere with your ability to go about your normal daily tasks.

PTSD symptoms are generally grouped into four types: intrusive memories, avoidance, negative changes in thinking and mood, and changes in physical and emotional reactions. Symptoms can vary over time or vary from person to person.

Intrusive memories

Symptoms of intrusive memories may include:

- Recurrent, unwanted distressing memories of the traumatic event
- Reliving the traumatic event as if it were happening again (flashbacks)
- Upsetting dreams or nightmares about the traumatic event
- Severe emotional distress or physical reactions to something that reminds you of the traumatic event

Avoidance

Symptoms of avoidance may include:

- Trying to avoid thinking or talking about the traumatic event.
- Avoiding places, activities or people that remind you of the traumatic event.

Negative changes in thinking and mood

Symptoms of negative changes in thinking and mood may include:

- Negative thoughts about yourself, other people or the world
- Hopelessness about the future
- Memory problems, including not remembering important aspects of the traumatic event.
- Difficulty maintaining close relationships

- Feeling detached from family and friends
- Lack of interest in activities you once enjoyed
- Difficulty experiencing positive emotions
- Feeling emotionally numb

Changes in physical and emotional reactions

Symptoms of changes in physical and emotional reactions (also called arousal symptoms) may include:

- Being easily startled or frightened
- Always being on guard for danger
- Self-destructive behavior, such as drinking too much or driving too fast
- Trouble sleeping
- Trouble concentrating
- Irritability, angry outbursts or aggressive behavior
- Overwhelming guilt or shame

For children 6 years old and younger, signs and symptoms may also include:

- Re-enacting the traumatic event or aspects of the traumatic event through play
- Frightening dreams that may or may not include aspects of the traumatic event
- Intensity of symptoms

PTSD symptoms can vary in intensity over time. You may have more PTSD symptoms when you're stressed in general, or when you come across reminders of what you went through. For example, you may hear a car backfire and relive combat experiences. Or you may see a report on the news about a sexual assault and feel overcome by memories of your own assault.

When to see a doctor

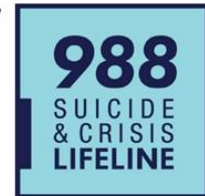
- If you have disturbing thoughts and feelings about a traumatic event for more than a month, if they're severe, or if you feel you're having trouble getting your life back under control, talk to your doctor or a mental health professional. Getting treatment as soon as possible can help prevent PTSD symptoms from getting worse.
- If you have suicidal thoughts
- If you or someone you know has suicidal thoughts, get help right away through one or more of these resources:
- Reach out to a close friend or loved one.
- Contact a minister, a spiritual leader or someone in your faith community.
- Contact a suicide hotline. In the U.S., call or text 988 to reach the 988 Suicide & Crisis Lifeline, available 24 hours a day, seven days a week. Or use the Lifeline Chat. Services are free and confidential.
- Make an appointment with your doctor or a mental health professional.

When to get emergency help

- If you think you may hurt yourself or attempt suicide, call 911 or your local emergency number immediately.
- If you know someone who's in danger of attempting suicide or has made a suicide attempt, make sure someone stays with that person to keep him or her safe. Call 911 or your local emergency number immediately. Or, if you can do so safely, take the person to the nearest hospital emergency room.



If you or someone you know
needs support now,
call or text **988**
or
chat **988lifeline.org**



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KETAMINE INFUSION THERAPY

The main benefit of ketamine infusion therapy for those suffering from PTSD is the potential for providing rapid relief from symptoms such as depression and anxiety. Studies have shown that ketamine can alleviate symptoms of PTSD quickly, with minimal side effects. Additionally, ketamine has shown to be effective for those with treatment-resistant PTSD, which is not well-managed by traditional treatments.

Ketamine infusion therapy has the potential to provide lasting relief from the disabling symptoms of post-traumatic stress disorder. Through clinical trials, researchers have found that ketamine can reduce symptoms of depression and anxiety and potentially lead to long-term remission of PTSD. While there are potential risks associated with ketamine infusion therapy, its benefits for those suffering from PTSD far outweigh any potential dangers. For those looking for a safe, non-invasive treatment option, ketamine infusion therapy is a promising and potentially life-changing form of treatment.



Venus Bliss is a device intended for non-invasive lipolysis of the abdomen, flanks, back and thighs to deliver energy and heat to the adipose tissue layer resulting in reduction of fat in the treated areas. It is also equipped to tighten skin, reduce circumference, and reduce cellulite. Venus Bliss provides patients with a comprehensive treatment solution, resulting in a smoother more contoured-looking body.

The ideal candidate may also have skin that is starting to lose elasticity and/or shows early signs of laxity and dimpling.

Patient Benefits

- A slimmer, more defined body shape
- Smoother, firmer, more sculpted-looking body
- Comfortable treatments with no downtime
- Quick treatment sessions (25 mins)
- Technology that is safe for all skin tones

Non-Invasive Slim & Smooth Treatments

- Non-Invasive Lipolysis/Fat Treatment
- Fat cell destruction in abdomen, flanks back and thighs
- Skin Tightening
- Tightens and smooths sagging skin
- Circumferential Reduction
- Reduces circumference of treated area
- Contours appearance of the body
- Cellulite Reduction
 - Smoothens cellulite.

For more information, contact the office 440-256-8660 to set up a free phone consultation where you can learn about our new Venus Non-Invasive Skin Tightening and Fat Reduction treatments



Venus Viva is a non-surgical system for skin resurfacing and wrinkle reduction. The Venus applicator has small pins that safely deliver energy through the skin's surface. This creates tiny wounds, which the body then works to heal naturally. This process is what repairs signs of damage seen on the surface of the skin. It also uses heat to naturally boost collagen production, which is something that slows down with age. This helps to restore a younger-looking appearance.

Skin Resurfacing

- Noticeably smoother, healthier skin
- More comfortable than traditional skin resurfacing treatments
- Low downtime.
- Quick treatment session (30 min)
- Safe for all skin tones

Wrinkle Reduction

- Noticeably fewer wrinkles
- Pain-free treatments
- Absolutely no downtime
- Firmer-looking skin
- Quick treatment sessions (30 min)
- Safe for all skin tones

Non-Invasive Treatment Repairs signs of skin damage including:

- Scars from injury, acne
- Visible pores
- Stretch marks
- Deep wrinkles
- Uneven skin texture
- Enlarged pores
- Wrinkle Reduction
- Softens fine lines.
- Achieves a young-looking appearance.

