

# PRIMECREST.

WHERE VISION MEETS VOICE

THE SEPTEMBER ISSUE

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## Unstoppable LEADER

making a difference in  
2026

### *The room she needed*

A wellness center she could not  
find as a patient, built for  
everyone who came after.

## Penny FOSKARIS

The practitioner who turned two and a half  
unanswered years into a room in Anaheim Hills, then  
a light her clients take home.

Founder

RED LIGHT PRO  
& FOSKARIS  
WELLNESS

*The light  
they take home*

The clinic device the first  
manufacturer refused to shrink.  
She found engineers who would.

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SCAN TO READ



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THE DESK

### Be Featured

Because your story deserves the record.

# The patient who built the practice.

**F**or more than two and a half years Penny Foskaris lived with dizzy spells, chronic fatigue and a continuous abdominal pain. Doctor to doctor. Test to test. Nothing conclusive. Expensive. Exhausting. The education no school offers.

A holistic center finally read the history as one story. Within a week she began to feel like herself again. She treats that week as evidence, not a miracle. She went back to school, then opened Foskaris Wellness in Anaheim Hills: the room she had needed as a patient and never found. No one is rushed out of it. More than five thousand people have come through the door.

When her clients asked to carry the recovery home, she tested roughly a dozen consumer red light devices and rejected every one. The maker of the clinic system she trusted, about twenty-eight thousand dollars, declined to build a smaller version. She found engineers who would. Her name on the housing only because she would use it herself.

She came from the family restaurant trade. There is no romance in her about what a business costs. People used to tell her they wanted a restaurant because they thought it was easy money. She told them they would be married to it. A great idea is not a plan.

We printed her answers in the order she gave them. We kept her first question to every founder who asks for advice. Why do you want to do this. The answer

has to carry you through the parts that are not exciting. Hers did.

Reveal. Restore. Reverse. Three words, and a waiting room that does not hurry. That is the issue. The rest is how she got there, and what her clients take home when the hour is over.

We kept the library, the two and a half years, the week that changed the reading, and the dozen devices that failed. We kept the rent-to-buy month and the client who used to fly in twice a month. The file is short because she does not waste a sentence.

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*Why do you want to do this. The answer has to carry you through the parts that are not exciting.*

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## The Editors

PRIMECREST EDITORIAL DESK · REVEAL. RESTORE. REVERSE.

## Penny Foskaris

The story starts in a public library. An aunt lived with Type 1 diabetes. Heart disease ran in the family. A teenager sat in the stacks reading about nutrition because she wanted to know whether food could change the odds.

The question went quiet in the family restaurant trade. Then, in her mid thirties, it turned on her. Dizzy spells. Fatigue that would not lift. An abdominal pain that never stopped. Two and a half years of clean tests and shrugs.

Every specialist examined a piece of her. Nobody examined the whole. A holistic center finally read the history as one story. Within a week she felt like herself again. She treats that week as evidence, not a miracle.

She went back to school, then built the room she had spent years looking for. Founder of Foskaris Wellness and Red Light Pro Devices, Anaheim Hills.

## They take it home.

The first visit is a conversation. Sleep comes first, because a body that does not rest cannot repair. Body composition and visceral fat are read early. Hormones only if the body asks.

More than five thousand people have come through that order. What they remember is the first appointment where someone finally listened. No one is rushed out the door.

For about three years her clients used the professional red light system inside the clinic, a machine that costs roughly twenty-eight thousand dollars. Then they asked to take the recovery home.

She tested roughly a dozen consumer devices. Wrap one around a knee and very little happened. None of them passed. The maker she trusted declined a smaller version. She found engineers who would.

It had to be something she would use herself, or it would not carry her name. Months on LED layouts and power. Then a unit a person can rent for a month, the rental applied to a purchase.

Next she sees the light in school athletic rooms and spare rooms. A client who once flew in twice a month now works from another state. The clinic keeps its hour. The perimeter moved.

“

*If you do not feel well enough to enjoy the years, that is not living.*

# Two and a half years without an answer.

## *Reveal*

Before the door had a name, she was the patient nobody could explain. A symptom, she says, is usually the end result of something further upstream. The first hour is spent finding that something.

How is she sleeping. What is she eating, and is she eating enough. Medications. Stress. The history, read as one story, not as a stack of clean tests that never named the pain. Two and a half years of shrugs. Then one week that read the whole file.

## *Restore*

Nutrition is often the first layer because under-nourishing the body can look like a dozen other problems. Body composition and visceral fat, read early. Hormones and micronutrients only if the body asks.

She does not believe in every possible test on day one. Get the foundation in place and many of those complaints move. Then, if the body still asks, they go deeper. Sleep first. Food next. Hormones only when the body asks.

## *Reverse*

Reveal what is happening. Restore what has been running thin. Reverse the pattern that put them in the chair. The words are on the wall because they are the method, not a slogan.

A client who once flew in twice a month now works from another state. Someone should not have to live next door to be well. The light came later, and only because the room was already full.



“

*It had to be something I would use myself, or it would not carry my name.*

# Years. Rooms. Devices.

*Kept in the order she gave them.*

- 
- 01      The library  
A teenager reading nutrition studies because an aunt lived with Type 1 diabetes and heart disease ran in the family. Can food change the odds.
- 
- 02      Two and a half years  
Dizzy spells, chronic fatigue and continuous abdominal pain that specialist after specialist could not name.
- 
- 03      One week  
A holistic center reads the whole history. She goes back to school. The patient becomes the practitioner.
- 
- 04      Five thousand and more  
People through Fokaris Wellness in Anaheim Hills. Sleep, food and stress before anything else.
- 
- 05      Twenty-eight thousand  
The professional red light system. Its maker declined a home version. She found engineers who would.
- 
- 06      Rent to buy  
A month at home, the rental applied to a purchase. One client who flew in twice a month now works from another state.
- 
- 07      The why  
First question to any founder: why do you want to do this. She came from restaurants. She already knew what a business costs.
- 
- 08      What comes next  
A hub people can reach from anywhere. Red light in athletic rooms. The clinic keeps its hour. The perimeter moved.

# One AI workspace for the whole conversation.

*Team chat, channels, calls and meetings in a single room. The assistant drafts the message, catches you up on what you missed, and turns a thread into a decision with the record intact.*

## CHAT & CHANNELS

Every project thread in one place, summarized the moment you open it, searchable in plain language across the whole company.

## CALLS & MEETINGS

Live transcription with recaps and action items assigned before anyone hangs up. Spoken once, kept forever.

## THE ASSISTANT

Drafts replies in your voice, answers questions from the record with its source, and briefs you on what changed while you were away.

## SIGNAL

Where decisions stall, who is waiting on a reply, where the team's attention actually goes. The layer that answers why.



**FORTIORA**  
GROUP

BUILT FOR OPERATORS

# The day, planned before it starts.

Built for people who already have a stack and do not want another login. Fortiora sits on the conversation you already have and makes it searchable, briefable, and hard to lose.

## MORNING BRIEF

What moved overnight, who is waiting, which thread now needs a decision. Open the workspace and the day is already in order.

## THE RECORD

Decisions stay attached to the talk that produced them. Six months later you can still find who said yes, and why.

## YOUR VOICE

Drafts that sound like the person who will send them. Edit, send, or ignore. The assistant does not replace the judgment.

## ONE VENDOR

Chat, rooms, calls, notes. One bill, one search box, one place the work lives.



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# The desk is open.

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## 01 · NOMINATE

Send a leader, a method, and one number that changed. We print answers in the order they are given. We keep the numbers. We do not invent a second story for the photograph.

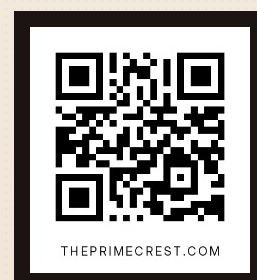
## 02 · SIT

Eight questions. In writing if you prefer. A plate that keeps the subject whole. Digital edition, portfolio plate, and a record that stays.

## 03 · SCAN

Write the desk. Tell us why the year turned. [theprimecrest.com](http://theprimecrest.com) · [Hello@thefortiora.com](mailto:Hello@thefortiora.com)

The year is still open.



# ^ PRIMECREST.

WHERE VISION MEETS VOICE

*A journal of affairs, business and culture, independent reporting, considered writing, and the people who shape what comes next.*



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30 N Gould St Ste R, Sheridan, WY 82801, United States  
hello@thepimecrest.com · theprimecrest.com

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