



# Wellness Insights

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## Boost Your Winter Wellness

As the winter season approaches, staying healthy and maintaining a strong immune system becomes a top priority. In this newsletter, we're excited to bring you immune support ideas to help you breeze through the chilly months with vitality and vigor. Fortify your mind and body and embrace winter with strategies to bolster your immune defenses and ensure a healthy winter season.

In Good Health,  
Dr. Pam

## Infrared Sauna for Immune Support

The Faraday Infrared Sauna uses infrared light waves. These waves directly heat the body promoting sweating and raising your core body temperature.

Infrared Saunas offer various health benefits such as relaxation, pain relief, improved circulation, detoxification and immune support.



[Click here to book a session today!](#)

## Supplement Spotlight



### NAC N-Acetyl L-Cysteine

**N-Acetyl L-Cysteine (NAC)** is an excellent supplement to have on hand for winter.

- **NAC** is a *mucoytic agent*, which means it can help breakdown and thin mucus in the airways.
- **NAC** is a precursor to glutathione, which is a powerful antioxidant. Antioxidants play a role in immune health.



[Order Here](#)

