



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](#)

Featured Recipe: Golden Milk

Golden Milk, with its' blend of warming spices, not only is a comforting beverage but also supports the immune system due to the anti-inflammatory and antioxidant properties of turmeric.

GOLDEN MILK

Ingredients

- 2 cups of milk (dairy or non-dairy)
- 1 tsp ground turmeric
- 1/4 tsp cinnamon
- pinch black pepper
- 1 tbsp maple syrup or honey



Optional

- 1/2 tbsp coconut oil
- additional spices or flavors such as cardamom, ginger or vanilla extract

Directions

1. Add all ingredients to a saucepan over medium heat and bring to a simmer.
2. Simmer for 10 minutes to let the flavors meld. Enjoy!

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The "4-7-8" Breathing Exercise for Overall Wellness



What is it?

The **4-7-8 Breathing Technique** can be used to relax when you are feeling stressed or anxious.

The exercise helps which controls your fight or flight response. This is important because too much cortisol being released in your body too often can have negative long-term health effects.

How do you practice 4-7-8?

1. Find somewhere comfortable to sit. If you can, close your eyes.
2. Breathe in through your nose to the count of four.
3. Hold the breath to the count of seven.
4. Exhale through your mouth to the count of eight.
5. Most people find it helpful to practice the exercise for a few minutes at a time, repeating the cycle at least 4 times and gradually increasing the duration.

What are the benefits?

Use the 4-7-8 Breathing Technique to decrease anxiety, sleep better, manage stress, control emotional response & support a healthy immune system.