

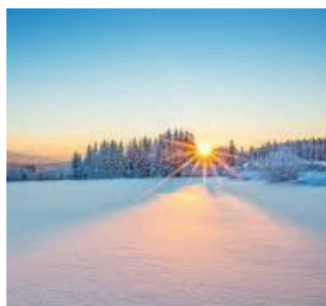


Wellness Insights

Dr. Pamela Grover

December | 2024

Embracing the Peace of Winter



As the winter season settles in, it's a perfect time to pause, breathe, and embrace the calm this time of year can bring.

This month, we're sharing a variety of resources to help you feel your best this season. Explore a COVID recovery supplement protocol, check out our Wellness Room Gift Certificate SALE—an ideal gift for loved ones—and learn pranayama breathwork to boost energy and reduce stress. Discover how the Aeon Patch by LifeWave can support balance and overall wellness, and don't forget to check our holiday office hours.

Let this be a season of rest, renewal, and mindful moments.

Happy Holidays,
Dr. Pam

Supplement Support for Covid Recovery

CELLCORE: ImmunoSpike Kit

The ImmunoSpike Kit is specifically formulated to support recovery from COVID and help manage lingering symptoms. This protocol strengthens the immune system, promotes cardiovascular and respiratory health, and aids in detoxification.

Available at our office or online at: <https://cellcore.com>

Patient Code: **BrYt1S59**



ImmunoSpike Kit

KEY BENEFITS

- A revolutionary way to combat modern-day immune challenges, especially in the presence of spike protein*
- Designed to support healthy cardiovascular function including blood viscosity and circulation*
- Supports the respiratory system and healthy breathing*
- Offers several antioxidant-rich ingredients to mitigate cellular damage and oxidative stress*

DOSING

	WAKE UP	MORNING	NOON	EVENING	BEDTIME
CytImmune		2		2	
CardioImmune		1		1	
Drainage Activator		2		2	
= capsules					

Dosage charts included with all kits.

WHAT'S INCLUDED (30-DAY SUPPLY)

CardioImmune

Offers a dual-action approach to support heart health and immune function.* Formulated with nattokinase, yarrow root, stinging nettle leaf, Isatis root extract, Danshen root, cayenne pepper fruit, wormwood, and cat's claw bark extract to synergistically support normal blood flow and viscosity.* Together, these antioxidant-rich ingredients optimize the body's natural ability to neutralize free radicals, and reduce inflammation and oxidative stress.*

CytImmune

A powerful immune-modulating formula for both seasonal and long-term immunity. Formulated with eight herbs scientifically proven to support the respiratory system and healthy breathing including Nigella sativa, quercetin, Cordyceps extract, neem, and horsetail.* These ingredients work synergistically to support proper immune and inflammatory responses.*

Drainage Activator

A breakthrough drainage and detoxification support supplement that includes herbs known to have immune-strengthening and inflammatory response benefits, including Manjistha, Nigella sativa and Olive Leaf extract.* Drainage Activator addresses a key area of the body that's never been addressed before: The extracellular matrix (ECM). This is not only vital to cellular health and energy production but plays a key role in lymphatic drainage and movement, as well as gut and liver health.*

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Holiday Office Hours

Dr. Pam Grover

Office & Wellness Room

Holiday Hours

Saturday 21 Dec	Wellness Room CLOSED
Monday 23 Dec	9am-5pm
Tuesday 24 Dec	CLOSED
Wednesday 25 Dec	CLOSED
Thursday 26 Dec	9am-5pm
Monday 30 Dec	9am-5pm
Tuesday 31 Dec	CLOSED
Wednesday 1 Jan	CLOSED
Thursday 2 Jan	9am-5pm

Gift Certificate Sale!



GIFT CERTIFICATE SALE!

Buy \$200 in Wellness Room Gift Certificates and receive a complimentary Wellness Room session of your choice!

The Ammortal Chamber
JOOVV Red Light Therapy
IonCleanse Detox Foot Bath
Faraday Infrared Sauna
PEMF Therapy

Give the Gift of Wellness
this Season

Buy \$200 in Gift Certificates
and receive a complimentary
Wellness Room session of
your choice!

Treat your loved ones to relaxation, rejuvenation, and self-care with a gift certificate to our Wellness Room! And enjoy a treat for yourself! Whether it's for stress relief, detox, recovery, or simply a moment of calm, our services offer something for everyone.

Offer valid through 1/20/25.

Have You Tried the Ammortal Chamber Yet?

Our Patients Are Loving the Benefits!

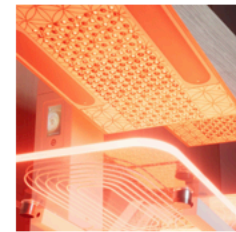
Watch Video Here:



The Chamber uses five proven, non-invasive technologies to help you rejuvenate your body and mind.

- Multi-Wave Pulsed Electromagnetic Fields
- Vibroacoustic Sound Therapy
- Multi-Wavelength Red Light Therapy
- Molecular Hydrogen
- Guided Meditation

These combined modalities promote natural processes that help with *pain relief*, *wound healing*, enhances *recovery*, and empowers the *body to heal* itself. The Chamber promotes *cellular restoration*, *reduces systemic inflammation*, *increases energy and circulation*, *improves mood and wellbeing*, *accelerates athletic recovery* and much more.



**Learn More
About The
Chamber Here**

Call 585-623-4430 to
schedule an
appointment

Support Your Nervous System with the Aeon Patch



What Are LifeWave Patches?

LifeWave Patches are wearable devices that use photo-biomodulation to stimulate specific points on the body, drawing on the principles of acupuncture.

Made from 100% natural ingredients—such as amino acids, water, stabilized oxygen, and other organic compounds—they activate upon contact with the skin or within three inches of the body, and are effective even through clothing.

Since the patches are non-transdermal, nothing is transferred from the patch to the body.

LifeWave patches are designed to support a range of health benefits, including pain relief, energy enhancement, and improved sleep quality. By gently stimulating acupuncture points with light, they offer a natural, drug-free approach to promoting wellness, tapping into methods that have been used to balance the body's energy for thousands of years.

The LifeWave Aeon Patch *Perfect for this season*



The Aeon Patch supports the body's helps to balance the autonomic nervous system, and improve the body's response to stress.

Key benefits include:

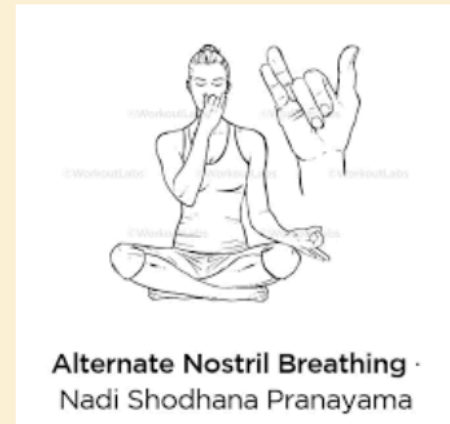
- **The “Happy Patch”**
- **Reduces inflammation**
- **Supports stress response**
- **Supports liver function**
- **Reduces adrenal fatigue**
- **Reduces strain and tension**

Click to Learn About the Benefits of AEON on the Nervous System

Maintaining Balance this Season with Pranayama Breathing

Pranayama breathing is a mindful practice that involves controlled breathing techniques to enhance physical, mental, and emotional well-being. It focuses on the intentional regulation of breath, combining deep inhalations, purposeful exhalations, and sometimes breath retention.

These techniques can help reduce stress, improve focus, boost energy, and promote a sense of inner calm. Perfect for slowing down during the busy holiday season, pranayama offers a simple yet powerful way to reconnect with yourself and find balance



Nadi Shodhana (Alternate Nostril Breathing):

- Sit comfortably and relax your shoulders.
- Use your thumb to gently close your right nostril. Inhale deeply through your left nostril.
- Close your left nostril with your ring finger and release your right nostril. Exhale fully through the right nostril.
- Inhale through the right nostril, then close it and exhale through the left nostril.
- Repeat for 5–10 cycles to promote balance and calm.

Sopa de zapolla

Pumpkin or Squash Soup

Ingredients

- 2-3 Tbs Olive Oil
- 1 White Onion diced
- 3 Garlic Cloves diced
- 1 tsp Cumin
- 4 Roma Tomatoes
peeled and chopped
- 6 cups Chicken or Vegetable Stock
- 1 large Butternut Squash or 1
small Pumpkin peeled, seeded
and cut into chunks

Garnish:

- Sour Cream, Feta or Goat Cheese
- Avocado slices
- Chopped Chives



Olajlita.com all rights reserved

Directions

- Heat the oil over medium low heat in a soup pot.
- Add the onion, garlic, cumin, & tomatoes, sauté until the onions are translucent or about 5 minutes.
- Add the 6 cups of chicken or vegetable stock and bring to a boil.
- Add the squash chunks, bring to a boil, reduce the heat and simmer until the squash is very soft, about 30 minutes.
- Let the soup cool down enough to blend to obtain a puree (food processor or handheld immersion blender).
- Add salt and pepper to taste, re-warm if necessary.
- Serve warm with queso fresco, feta or goat cheese and chopped chives. Can also serve with avocado slices.

www.pamgrovermd.com

This newsletter is meant for educational purposes only; always consult your physician before making any decision to change your treatment plans.

[LifeWave Disclaimer](#)

LifeWave products are for general wellness and intended only to maintain or encourage a general state of health or a healthy activity. The content provided by LifeWave is presented in summary form, is general in nature, and is provided for informational purposes only. Always consult with your physician or other qualified health care provider before embarking on a new health regimen, diet or fitness program. Do not disregard any medical advice you have received or delay in seeking it. LifeWave reserves the right to change product prices or selection.

