



Wellness Insights

Dr. Pamela Grover

December | 2023

Welcoming a New Year!

As we say farewell to 2023, we reflect on the gratitude we have for sharing in your wellness journey. We are committed to your continued growth, health and well-being. Wishing you a happy and healthy New Year!

In Good Health,
Dr. Pam

2024 Rates for: Kacie M. Cook, RD, CDN

Beginning February 1, 2024, there will be a slight increase in Kacie's service rates:

New Patient Appointment (75-minutes): \$185

Follow Up Appointments:

60-minute follow up: \$150

45-minute follow up: \$112.50

30-minute follow up: \$75

Kacie M. Cook is a Registered and Certified Dietitian. Kacie is passionate about supporting patients on their health journeys. She feels it is important, to honor your health, respect your body, and practice making peace with food. She'll guide you in learning and practicing mindful eating techniques to help you manage food cravings, reduce overeating, and to nourish your mind and body. If you need to integrate a therapeutic eating plan into your life, she will work with you to find a balance that is right for you, without flavoring your food with anymore guilt.

[Learn more about Kacie here](#)

Featured Wellness Modality: Joovv Red Light Therapy

Joovv Red Light Therapy involves the use of red and near-infrared light to promote various health benefits. During your Joovv session, your skin is exposed to both red and infrared light which is absorbed by your cells at the mitochondrial level producing increased energy while reducing inflammation.



Featured Recipe: Green Detox Smoothie

This nutrient-packed smoothie is rich in antioxidants and vitamins, providing a delicious way to support overall health and detoxification.

GREEN DETOX SMOOTHIE

Ingredients

- 1 cup spinach (fresh or frozen)
- 1/2 cucumber, peeled and sliced
- 1/2 green apple, cored and chopped
- 1/2 lemon, juiced
- 1/2-inch piece of ginger, peeled
- 1 cup coconut water or water
- Ice cubes (optional)

Optional Add-ins:

- A handful of cilantro or mint for added freshness.
- Chia seeds or flaxseeds for extra fiber.
- A scoop of protein powder for a protein boost.



Directions

1. Place all the ingredients in a blender.
2. Blend until smooth and creamy.
3. If the smoothie is too thick, you can add more water or coconut water until you reach your desired consistency.

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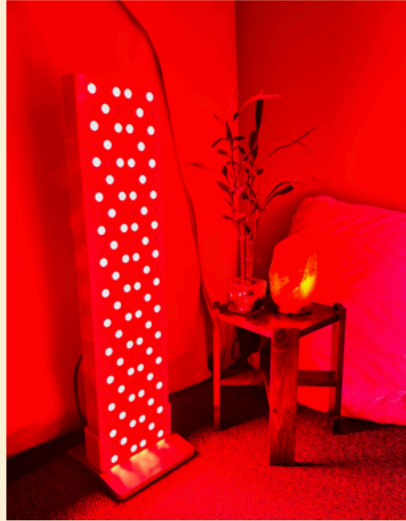
Supplement Spotlight



Designs for Health Magnesium Buffered Chelate

Benefits of Joovv Red Light Therapy include:

- Reduced inflammation
- Improved skin health
- Enhanced circulation
- Reduced joint pain
- Improved mental acuity
- Muscle tissue repair
- Increased weight loss
- Enhanced fertility
- Enhanced testosterone production



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



Magnesium plays a role in stress reduction and overall relaxation.

Supports more restful sleep.

Chelation bypasses the digestive track increasing bioavailability and absorption.

**Limited supply in the office now at 50% off.
Call 585-623-4430**

Box Breathing for Relaxation



The simple practice of breathing, inhaling, and exhaling, symbolizes the cyclical nature of life. The exhale represents the old, a release, a letting go, while the inhale represents new beginnings, a returning to the now. Becoming aware of the breath and engaging in breathing exercises relaxes the nervous system.

How do you practice Box Breathing?

Inhale for 4 counts; Hold the breath for 4 counts; Exhale for 4 counts; Hold the breath for 4 counts; Repeat.

What are the benefits?

Breathing practices reduce stress and anxiety, boost overall immune function, slow the heart rate, and lower blood pressure. This breathing exercise is a simple way to begin or end your day.

