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Monthly Newsletter

THE INTEGRATIVE APPROACH = PREVENTION + EMPOWERMENT

In this Newsletter:

“April is Stress Awareness Month: How our services can help you Renew, Restore and Rebalance.” and “Could a ZYTO Scan Reveal What Your Body Has Been Trying to Tell You?: Unlock Your Personalized Wellness Plan with a ZYTO Scan.”

April is Stress Awareness Month:

Renew, Restore, and Rebalance This Spring

As the seasons change and the days grow longer, spring offers the perfect opportunity to reset both physically and mentally.

April is Stress Awareness Month, a time dedicated to recognizing the impact stress has on our bodies and learning ways to restore balance. At Advanced Integrative Care, we offer a variety of natural therapies designed to help reduce stress, support detoxification, and prepare your body for a healthy, energized spring season.

Chronic stress affects nearly every system in the body. It can contribute to fatigue, inflammation, poor sleep, digestive issues, and weakened immune function. Our integrative therapies are designed to help calm the nervous system, support cellular health, and enhance the body's natural healing processes.

Calm the Nervous System with Alpha-Stim®

Stress often begins in the nervous system. **Alpha-Stim®** cranial electrotherapy stimulation delivers gentle microcurrent to the brain to help regulate neurotransmitter activity and restore balance.

Nervous System Regulation & Mental Wellness

Alpha-Stim is an FDA-cleared microcurrent device designed to gently support brain and nervous system balance.

Benefits:

- ✓ Reduces anxiety and stress
- ✓ Improves sleep quality
- ✓ Supports mood stabilization
- ✓ Decreases chronic pain

Ideal for:

- ✓ Anxiety
- ✓ Insomnia
- ✓ Depression
- ✓ PTSD support
- ✓ Stress-related conditions
- ✓ Chronic pain



Delivering gentle microcurrent to the brain, **Alpha-Stim** helps balance brainwaves and neurotransmitter activity to restore calm and resilience.

Recharge Your Cells with PEMF Therapy

Using low-frequency magnetic pulses, PEMF therapy works at the cellular level to enhance energy production and circulation.

- ✓ Improves cellular oxygenation
- ✓ Supports nervous system balance
- ✓ Promotes deep relaxation



Many patients describe PEMF sessions as deeply calming, making it an excellent therapy for stress management and overall wellness.

Improve Circulation with Whole Body Vibration

The vibration plate offers a quick and effective way to stimulate circulation and lymphatic flow while engaging muscles throughout the body.

Just a few minutes can help:

- ✓ Increase blood flow
- ✓ Stimulate lymphatic detoxification
- ✓ Improve muscle tone
- ✓ Boost energy levels



Strength, Circulation & Bone Support

Vibration Plate Therapy uses controlled mechanical vibrations to stimulate muscles, circulation, and neuromuscular activation.

Benefits:

- ✓ Improves muscle strength and tone
- ✓ Enhances balance and coordination
- ✓ Stimulates bone density
- ✓ Supports lymphatic drainage
- ✓ Increases circulation
- ✓ Reduces muscle stiffness

Ideal for:

- ✓ Deconditioning
- ✓ Osteoporosis support
- ✓ Rehabilitation
- ✓ Circulation improvement
- ✓ Fall prevention

Detox and Relax in the Far Infrared Sauna

The Far Infrared Sauna gently warms the body from the inside out, helping to promote detoxification through sweat while providing deep relaxation.

Benefits may include:

- ✓ Stress relief and relaxation
- ✓ Improved circulation
- ✓ Detoxification through sweat
- ✓ Muscle and joint relief

Many patients find sauna sessions incredibly calming and restorative – an ideal therapy for managing stress.



Restore Energy with Red Light Therapy

Red and near-infrared light therapy stimulates mitochondrial activity, helping cells produce more energy.

Benefits may include:

- ✓ Reduced inflammation
- ✓ Improved skin and tissue repair
- ✓ Increased circulation
- ✓ Enhanced recovery and energy levels

Red light therapy is a gentle yet powerful way to support cellular health while helping the body recover from the physical effects of chronic stress.



Replenish and Rehydrate with Nutritional IV Therapy

Stress can quickly deplete essential nutrients such as magnesium, B vitamins, and antioxidants.

Nutritional IV therapy delivers these nutrients directly into the bloodstream for rapid absorption, helping to:

- ✓ Support energy production
- ✓ Reduce fatigue
- ✓ Strengthen immune function
- ✓ Improve hydration

IV nutrient therapy can be especially beneficial during seasonal transitions when the body may need additional support.



ZYTO Biocommunication Scan

One of the unique tools used at Advanced Integrative Care is the ZYTO biocommunication device, which helps evaluate how the body is responding to various wellness factors.

The ZYTO scan measures the body's biological responses to digital signatures of nutritional and wellness items. By assessing these responses, the system can help identify areas where the body may need additional support.

During a scan, patients place their hand on a small cradle while the device gathers information from the body's galvanic skin response. The results may help the practitioner evaluate:

- ✓ Stress responses
- ✓ Detoxification support needs
- ✓ Nutritional imbalances
- ✓ Areas of physiological stress

This information helps guide personalized wellness strategies and allows patients to monitor how their bodies respond to detoxification and supportive therapies over time.



Spring Is the Perfect Time for Renewal

Just as nature renews itself in the spring, our bodies benefit from periods of restoration and detoxification. By combining therapies that calm the nervous system, improve circulation, and support cellular health, patients can feel more balanced, energized, and resilient.

If you've been feeling overwhelmed, fatigued, or simply want to prepare your body for a healthy spring season, our team at Advanced Integrative Care is here to help.

Schedule your wellness session today and take the first step toward reducing stress and restoring balance.

For more information or to schedule a consultation, contact us today!

Phone: 716.277.0267 | Email: info@advancedintegrativecare.com

Benefits of Dry Brushing

- ✓ Exfoliates dead skin cells
- ✓ Promotes smoother, softer skin
- ✓ Stimulates blood circulation
- ✓ Supports lymphatic drainage (may help reduce fluid retention)
- ✓ Can improve skin tone and texture
- ✓ May temporarily reduce the appearance of cellulite
- ✓ Unclogs pores
- ✓ Encourages cell renewal
- ✓ Boosts energy and can feel invigorating
- ✓ Helps prep skin for better absorption of moisturizers

Purchase Your Dry Brush With Instructions

\$20

Directions:

1. Use on dry skin before showering.
2. Brush in gentle, upward strokes towards the heart.
3. Start at the feet and work your way up to the torso and arms.

Benefits of Red Light Therapy

Heal Your Body. Glow Your Skin. Boost Your Wellness.

- ✓ Reduces wrinkles & fine lines
- ✓ Boosts collagen production
- ✓ Speeds up muscle recovery
- ✓ Reduces inflammation & pain
- ✓ Improves skin tone & acne
- ✓ Enhances mood & energy
- ✓ Supports sleep & relaxation
- ✓ Accelerates wound healing
- ✓ Reduces hair loss & promotes growth
- ✓ Safe, non-invasive & relaxing

Purchase Your Protective Eye Wear

\$25

- ✓ FDA-Approved
- ✓ Blocks Harmful UV & Blue Light
- ✓ Comfortable & Adjustable Fit
- ✓ Essential for Safe Sessions