



NO.016

MAY 2026

Monthly Newsletter

THE INTEGRATIVE APPROACH = PREVENTION + EMPOWERMENT

In this Newsletter:

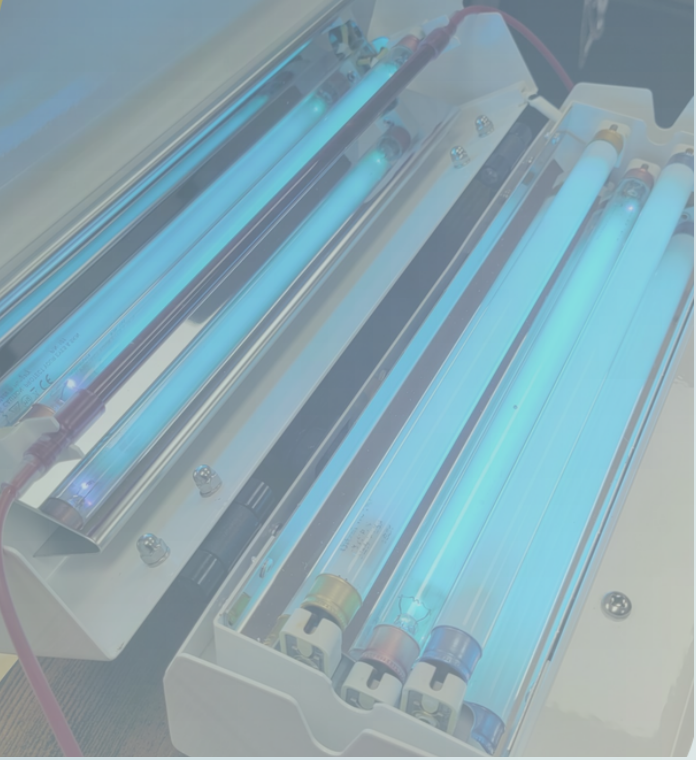
“Innovative Healing: How Ozone Therapy Supports Immunity, Hormones, and Mental Wellness.” “Reduce Inflammation. Restore Balance. Reclaim Your Energy”, and “Struggling with Allergies, Fatigue, or Brain Fog? Ozone Therapy May Help.”

Harnessing the Healing Power of Ozone Therapy

At Advanced Integrative Care, we are committed to offering innovative, science-backed therapies that support the body's natural ability to heal. One such therapy gaining increasing attention for its wide-ranging benefits is **Ozone Therapy**—a powerful modality that enhances oxygen utilization, supports immune balance, and promotes whole-body wellness.

What is Ozone Therapy?

Ozone (O₃) is a highly energized form of oxygen that, when administered in controlled medical settings, can stimulate biological processes that improve circulation, reduce oxidative stress, and activate the immune system. By enhancing how oxygen is delivered and used at the cellular level, ozone therapy helps the body function more efficiently and recover more effectively.



Ozone Therapy + UVBI: A Synergistic Approach

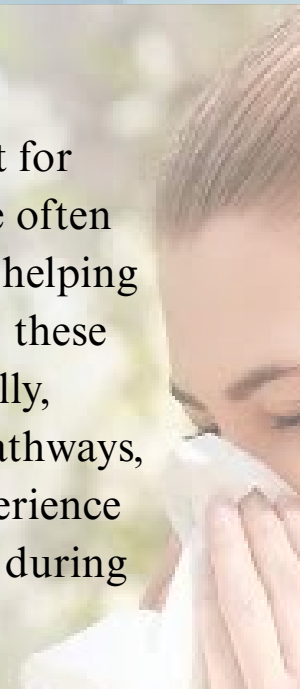
When ozone therapy is combined with Ultraviolet Blood Irradiation (UVBI), the benefits can be amplified. UVBI involves exposing a small portion of the patient's blood to ultraviolet light before reinfusing it into the body. This process has been shown to modulate immune function and reduce pathogenic load.

Together, ozone and UVBI create a synergistic effect by:

- **Reducing inflammation:** Both therapies help regulate cytokine activity and oxidative stress, key drivers of chronic inflammation. This can be beneficial for conditions such as autoimmune disorders, chronic pain, and fatigue syndromes.
- **Supporting hormone balance:** Chronic inflammation and oxidative stress can disrupt endocrine function. By improving cellular oxygenation and reducing systemic stress, ozone therapy may help the body better regulate hormones, including those related to thyroid, adrenal, and metabolic health.
- **Enhancing mental wellness:** Improved oxygen delivery to the brain, along with reduced inflammatory markers, can positively impact mood, cognitive clarity, and overall mental health. Many patients report improvements in energy, focus, and emotional resilience following treatment.

Support for Seasonal Allergies

Oxidative therapies such as ozone and UVBI may also offer support for individuals struggling with seasonal allergies. Allergic symptoms are often driven by an overactive immune response and histamine release. By helping to modulate immune function and reduce underlying inflammation, these therapies may decrease the intensity of allergic reactions. Additionally, improved oxygenation and circulation can support detoxification pathways, helping the body clear allergens more efficiently. Many patients experience reduced congestion, improved breathing, and less overall sensitivity during peak allergy seasons.



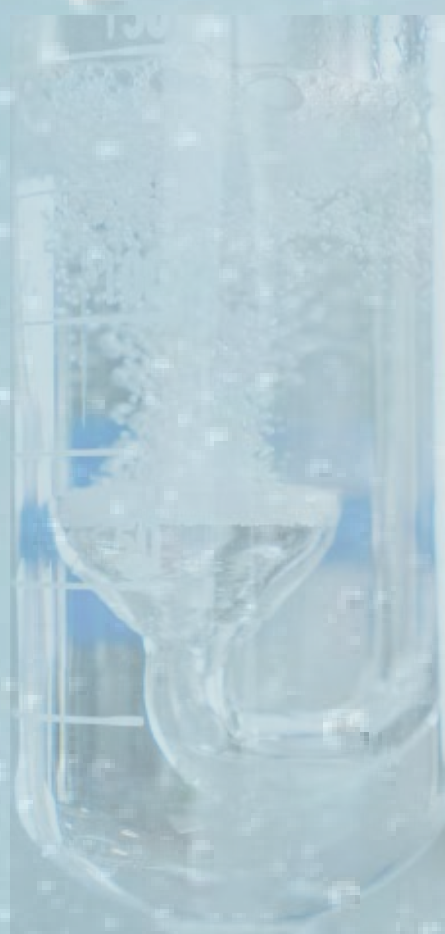
Ozonated Saline: A Gentle Yet Effective Option

In addition to traditional ozone therapies, **Ozonated Saline** infusions offer a gentle and highly effective way to deliver the benefits of ozone throughout the body. In this method, medical-grade ozone is carefully infused into a saline solution, which is then administered intravenously.

Ozonated saline is particularly beneficial for patients seeking:

- A more comfortable, low-intensity treatment option
- Systemic immune support
- Enhanced detoxification and circulation

This approach allows for consistent ozone delivery while maintaining excellent tolerability, making it an ideal option for those new to ozone therapy or those with more sensitive systems.



Breathe deeper, heal better, and thrive naturally.

As we continue to explore advanced, integrative therapies, it's important to recognize that true healing rarely comes from a single approach. Treatments like **Ozone Therapy, UVBI, and Ozonated Saline** work best as part of a comprehensive, personalized care plan. By combining oxidative therapies with our other services—such as nutritional support, IV therapy, detoxification protocols, and hormone balancing—we are able to address health concerns from multiple angles. This synergistic approach helps optimize cellular function, reduce inflammation, support immune resilience, and promote mental and emotional well-being. At **Advanced Integrative Care**, our goal is to create a layered strategy that not only targets symptoms but enhances your body's overall capacity to heal, adapt, and thrive.



Honor and Remember

National Armed Forces Day

Saturday May 16th and

Memorial Day

Monday May 25th

In honor of

Sydney Slazak's commissioning into the United States Navy, we proudly celebrate her commitment, courage, and service to our country.

For the Month of May, any member or parent of an Active Duty member of the US armed services, Sherry is offering consultations for \$275 (\$100 savings) Just show us a picture of you standing proud with your son or daughter in uniform.

10% Military Discount

**All Active Duty and Retired Military
on Follow Up Appointments with Sherry**

UNIFORMED SERVICE ID CARD TO BE PRESENTED AT THE TIME OF SERVICE



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

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