

Embody Wellness

March 2026 Wellness Newsletter





Hello, friends!

Welcome to the March edition of **Embody Wellness Newsletter!**

✦ Announcements & Reminders

Membership Options – Take a Look!

If you are currently on peptides, GLPs, or HRT — or considering them — our membership options may be extremely beneficial for you.

We now offer **3 membership tiers**, each with:

- Discounted peptide pricing
- Lab panel discounts
- Fullscript supplement discounts
- No cancellation fees

These memberships were designed to support long-term care while keeping costs manageable.

Appointment Policy Reminder

Rescheduling within 24 hours of your appointment is considered a cancellation.

That said — life happens. Please communicate with me if something unexpected comes up. I truly value transparency and understanding.



Coming Soon: Drop Your Questions Series

Because you are my inside group, you get the heads up first!

I am launching a **“Drop Your Questions”** section where I will answer submitted questions via Facebook Live (bi-weekly or monthly depending on volume).

This is open to members **AND** non-members.

Why? Because I *genuinely* believe:

The more you understand your health, the better outcomes we will achieve. Education spreads. When you understand your health, you share that knowledge — and it creates ripple effects in families and communities.

There is SO much misinformation out there. Many habits we’ve normalized are now being shown to harm long-term health. We need education streams to combat that.

How It Works:

✦ Email your question to: **Questions@embodywellnessclinic.com**

✦ Follow on Facebook: @Embody Wellness-Salina KS

All personal information will remain private.

Bonus: This also helps me understand what *YOU* want to learn more about.



Big News: 3D Body Scanner Coming April 2026!

In April 2026, Embody Wellness will welcome a 3D Body Scanner — and I am beyond excited.

This technology will give us:

- ✓ Skeletal health data
- ✓ Total body fat percentage
- ✓ Visceral fat measurements
- ✓ Muscle mass analysis by section (arms, legs, trunk, etc.)
- ✓ Lifetime 3D comparison overlays

Each scan creates a visual overlay so we can track changes over time — objectively and precisely.

This is a huge step forward in data-driven care.

Microdosing GLPs: Let's Talk About It

You may have seen my post about microdosing GLPs and thought... what is that?

Let's break it down.

Standard Dosing:

- ✦ **Tirzepatide** (Mounjaro/Zepbound) typically starts at 2.5 mg/week
- ✦ **Retatrutide** often starts around 1–2 mg/week

Microdosing:

- ✦ **Tirzepatide**: 0.15–0.25 mg/week
- ✦ **Retatrutide**: 0.25–0.5 mg/week

That is a significant difference.



Why Choose Microdosing?

Gentler Introduction

We already have GLP hormones in our body — but often they are deficient or impaired.

Starting low allows your system to adapt gradually and helps minimize side effects.

Inflammation Reduction

GLPs may be one of the most impactful medications developed since antibiotics — not because of weight loss, but because of their impact on chronic inflammation.

I am not talking about a sprained knee.

I'm talking about:

- Cellular inflammation
- Organ-level inflammation
- Long-term metabolic dysfunction

Cardiovascular Protection

Research continues to show reduced risk of:

- Cardiac disease
- Stroke
- Kidney decline
- Dementia

These benefits extend well beyond fat loss.



Cancer Risk Reduction

Likely tied to improvements in metabolic health and systemic inflammation.

Improved Hormone Signaling

Think of your body like a congested highway:

Before GLPs → Traffic jam. Exits blocked. Nothing flows.

After GLPs → Traffic moves smoothly. Cars enter and exit properly.

Communication improves.

GLPs can restore metabolic flow and signaling efficiency.

Important: GLPs Require Strategy

You do NOT have to be on a GLP.

But I am working to reverse the narrative around them.

GLPs become problematic when:

- Doses are escalated too quickly
- There is no lifestyle support
- Protein intake is inadequate
- Resistance training is absent

Without protein-forward nutrition and strength training, muscle loss risk increases significantly.

Higher dose does NOT mean:

- More fat loss
- More benefits
- Better outcomes

It often means more difficulty tapering off later.



Cost Comparison

Embody Wellness Microdosing:

- \$10 per syringe + appointment fee
- Vial pricing depends on acquisition cost
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Many telehealth companies advertise microdosing at ~\$300/month.

Guidance and individualized oversight matter.

Focus on Better — Not Perfect

Let's talk real life.

Men & Women in their 30s and 40s are told to:

- Eat non-processed foods
- Walk daily
- Meditate
- Chew 20 times
- Sleep perfectly
- Block blue light
- Limit caffeine
- Strength train
- Hit 8k steps
- Take vitamins, creatine, protein
- Sauna
- Red light therapy
- Detox house
- Buy organic everything

Exhausted yet??



The stress of trying to be perfect can be worse than what we're trying to fix.

The #1 health priority?

Lower stress.

We can't eliminate work.

We can't eliminate kids. (Not ethically 🤖)

But we **can** change:

- Our expectations
- Our mindset
- Our sustainability

Ask yourself:

Can I realistically do this for the rest of my life?

If the answer is no — it's not your long-term solution.

There may be short-term protocols (2 weeks, 2 months). That's different.
But your baseline lifestyle must be sustainable.

Shift Your Energy

Many of us pour energy into:

- **What's wrong**
- **Symptoms**
- **Stressors**
- **Things we can't control**

If we redirected even part of that energy toward:

- **What's going well**
- **What we're grateful for**
- **What we can influence**



Our quality of life would shift dramatically.

Mindset is powerful.

Negative thoughts are automatic.

Positive thoughts require intention.

As **Ben Azadi** says:

*"Take your Vitamin G — Vitamin Gratitude.
It sounds simple. It's not always easy. But it is life-changing."*

Let's Live Embodied.

Love,

Brittany

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