



Embody Wellness

CLINIC

April 2026 Wellness Newsletter



Hello, friends!

Happy April, Embody Wellness Family!

There's something about this time of year that just feels refreshing. Longer days, more sunshine (finally!), and the pull to get outside and move your body again. Spring is a natural reset—and the perfect opportunity to realign with your health goals in a way that actually feels sustainable.

We've Moved! Embody Wellness has officially relocated! You can now find us inside **Revive Integrative Health** at:

645 E. Iron Ave. | Salina, KS

785-502-2029 (same number)

I'm so excited for this next chapter and can't wait to continue serving you in this new space!



New Membership Option

STABILIZE - FOUNDATIONAL WELLNESS — \$129/month

Consistent care. Sustainable results.

Designed for those who want ongoing support, accountability, and access to high-quality therapies—without frequent in-person visits.

Membership Includes:

- Provider check-in every 3 months
- 15% off peptides & GLP-1 therapies (delivered to your door)
- 10% off Fullscript supplements
- 10% off lab services
- Direct messaging access for basic support
- Priority scheduling for refills & adjustments
- No cancellation fees

This is perfect for those who want structure, guidance, and flexibility all in one.

We offer several membership options. Please visit our website to review all the available options. We are happy to visit with you and help you choose the option that best suits your needs.

<https://www.embodywellnessclinic.com/membership-585581>



Telemedicine + Peptides Delivered

Did you know you can now have peptides shipped directly to your door?

No waiting. No pressure for frequent in-person visits. Just convenient, personalized care through telemedicine.

While I love seeing patients in person (it truly allows for a deeper level of personalization), I also understand that life is busy—and this option helps meet you where you're at.

Advanced Testing Now Available

We're taking things deeper when it comes to your health.

Through our partnership with **Vibrant Wellness**, we now offer advanced diagnostics like:

Nutrient Zoomer

- Evaluates vitamin & mineral levels plus genetic factors
- Assesses amino acids, fatty acids, and metabolic function
- Helps uncover root causes of fatigue, inflammation, and cardiovascular risk

Toxin Zoomer

- Detects heavy metals (mercury, lead, arsenic, cadmium)
- Identifies mold exposure (mycotoxins)
- Screens for environmental chemicals & PFAS ("forever chemicals")
- Includes detoxification & toxin-response genetics



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Symptoms this testing may help explain:

- Fatigue & low energy
- Brain fog
- Hormonal imbalances
- Weight loss resistance
- Chronic inflammation
- Skin issues, headaches, or digestive concerns

If you feel like you're doing "everything right" but not seeing progress—this is where we dig deeper

Let's Talk About Summer Goals

As summer approaches, a lot of people start reflecting on what they *didn't* do...

"I didn't lose the weight."

"I didn't stick to my goals."

And that's when the all-or-nothing mindset kicks in:

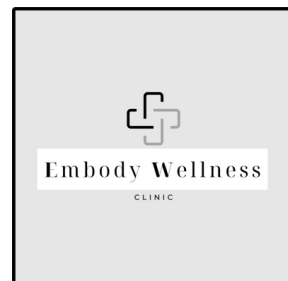
- Extreme dieting
- Overtraining
- Or giving up completely

Let's shift that. **You don't need to be perfect—you need to be consistent.**

First things first:

- You have to love yourself enough to take care of yourself
- You have to prioritize your health (yes, even before everyone else sometimes)

Because if you don't take care of you, you can't show up as your best for anyone else.



How to Actually Stay Consistent

If you're waiting for the "perfect time"... it's not coming. So let's work with real life:

1. **Be intentional with your time**

Pick 2–3 days each week that are realistic for workouts.

2. **Plan your meals ahead**

Know which nights you'll cook—and which nights you won't. Have go-to healthier options ready (think simple, not perfect).

3. **Give yourself time to build habits**

It takes ~90 days to create lasting change—especially when undoing years of habits.

A Real Talk Moment

If your spouse or partner isn't on board—it makes this much harder.

Health habits are often shared habits.

If this is you, I strongly encourage having an honest conversation—or even bringing them to an appointment. Getting aligned can make all the difference.



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If I Were Getting Summer-Ready...

I WOULD:

- Stop eating 2–3 hours before bed
- Prioritize 7+ hours of sleep
- Strength train 3–4x/week
- Focus on high protein (30g+ per meal)
- Reduce sugar intake
- Keep digestion regular (yes—daily 🍌 matters!)

I WOULD NOT:

- Rely on walking alone for weight loss
- Overdo cardio
- Cut out all carbs
- Waste money on fat burners
- Do excessive “2-a-day” workouts

Questions? I've Got You

Send your questions anytime to:

questions@embodywellnessclinic.com

I'll be answering them on Facebook—so keep them coming!

With love,

Embody Wellness

🌸 Let's Live Embodied. 🌸

