



Embody Wellness

CLINIC

May 2026 Wellness Newsletter



Hi friend,

Happy May!

If you've been feeling a little off lately—low energy, poor sleep, mood changes, or just not quite like yourself—you're not imagining it. And you're not alone.

These are the conversations happening inside the clinic every single day.

This month also marks something really special—one year of Embody Wellness.

I tucked a little something in at the end to celebrate this special milestone—make sure you read all the way through ❤️

Inside this month's update, I'm sharing a few clinic updates, peptide options I'm loving right now, and one of the most overlooked—but powerful—parts of your health: fiber.

Because your body is always communicating with you... and when we understand what it needs, everything starts to shift.

Let's walk through it together.



Quick Clinical Update

Did you know—if you're an existing client of Embody Wellness, you can be seen for acute concerns?

Think: colds, sinus infections, UTIs, yeast infections, acute pain, and more.

💡 \$85 | 30-minute visit

➡ Schedule online anytime

This is one more way I'm working to make your care accessible, convenient, and comprehensive.

STYKU Scanner Update

Unfortunately, my 3D body scanner (**STYKU 3D Body Scanner**) has been delayed—new estimated arrival is **June 5th**.

I'll hold off on scheduling until it's officially in the clinic.

If you're new here—this tool is *powerful*. It gives us detailed insight into:

- Body fat & **visceral fat**
- Lean muscle mass
- Body composition trends over time
- Bone structure estimates

This is how we move beyond the scale and into **real data-driven progress**.



Peptide Spotlight: AOD-9604

Often referred to as an “anti-obesity peptide,” **AOD-9604** is a great option for:

- 🔥 Accelerated fat burning
- 🔄 Body recomposition
- 🎯 Targeting **visceral (abdominal) fat**

What I love about it:

- Minimal side effects
- No significant appetite suppression
- No blood sugar concerns
- No common GLP-1 issues (like reflux or constipation)

👉 It can also be used **alongside GLP therapies** for a more targeted approach.

This is a 8-12 week use of a peptide. It is a 5 day on, 2 day off injection. Great option for those who want to lose some adipose tissue for an event, summer, or just overall health because we know that extra adipose tissue is inflammatory.

Peptide Blend Highlight

Thymosin Alpha-1 + BPC-157 + KPV + LL-37

This is one of my favorite blends for healing + immune support. These peptides alone are great for inflammation, but when we pair them together- best powerhouse option out there.

- 🛡️ Strengthens immune function
- 🧠 Supports gut integrity
- ❤️ Improves vascular healing
- 🔥 Reduces inflammation



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Ideal for:

- Post-illness recovery
- Injury healing
- Chronic inflammation or immune challenges
- Autoimmune issues

This peptide can be utilized also in a 8-12 week fashion. We would not want to stay on this long term. Of course- every one will have a different use case for them.

Now let's get into this month's focus: *Fiber*

We have heavily focused on eating protein... protein... and oh wait—more protein. And while that absolutely has its place, fiber tends to be the thing we know we should be consuming... but aren't actually getting enough of. Chances are, if you're not intentionally tracking it or making a conscious effort to add it into your meals, you are **significantly under-consuming fiber** on a daily basis.

So why does fiber matter so much?

Fiber plays a major role in reducing the risk of chronic disease—especially **colon cancer, type 2 diabetes, and cardiovascular disease**—by helping lower lipoproteins and reduce inflammatory markers in the body. It is also essential for **detoxification**, helping the body bind and eliminate toxins, excess hormones, and inflammatory compounds.



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This is especially important for women. If we are not consuming enough fiber, the body can actually **reabsorb estrogen in the gut**, which may then be converted into estrone—a more inflammatory form of estrogen. Over time, this can contribute to weight gain and even increase the risk of breast and uterine cancers.

For patients with type 2 diabetes, fiber can be incredibly impactful. Studies show that adding as little as **15 grams of fiber per day** can reduce Hemoglobin A1C by around **0.5%**—which is actually a significant improvement from a very simple dietary change.

On a more practical level, fiber also helps keep us full, **satisfied, and regulated**. If you feel like your appetite is never quite under control, increasing fiber intake can be a game changer—and there are plenty of **low-calorie, high-fiber options** that can support this without overconsuming calories.

Fiber is also essential for our **gut microbiome**.

Think of your gut microbiome as the **control center** of your entire body. If we are not feeding it properly, it cannot function in a way that supports our health. The more **diverse** our gut microbiome is, the lower our risk for things like infection, chronic disease, pain, hormone imbalances, obesity, anxiety, depression, skin conditions, brain fog—and so much more.

Fiber is what feeds the **good** bacteria. Without it, those beneficial bacteria cannot thrive.



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Ladies—this part is especially important for you.

What you do for your gut microbiome in your younger years will absolutely **pay off as you age**. There is a specific component of the gut microbiome called the **estrobolome**, which plays a key role in regulating and metabolizing estrogen. The estrobolome naturally declines with age—but it also declines when it is not properly nourished.

This means that while hormonal decline is inevitable, we can support our body's ability to **produce and regulate hormones more efficiently** for as long as possible. There is growing evidence that the health of your gut microbiome can directly influence the **severity of symptoms during perimenopause and menopause**.

So yes—feeding your gut with fiber, even as a teenager, truly sets the foundation for long-term hormonal health.

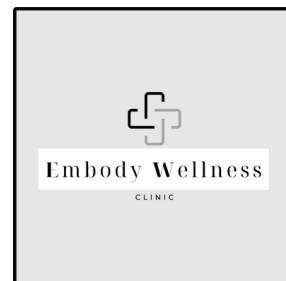
Now, how much fiber are we actually aiming for?

Great question.

The goal is **25–35 grams per day**.

If you're eating three meals per day, that breaks down to roughly 10 grams of fiber per meal. It's very doable—but it does require intention. If I haven't already given you my fiber cheat sheet, ask me for it. Some of my personal favorite fiber sources include:

- Raspberries
- Chia seeds
- Black beans
- Flax seeds
- Broccoli
- Avocado



A couple quick tips:

If raw vegetables tend to make you feel bloated, try **cooking them instead**—this can make them much easier to digest. Also, start slowly when increasing fiber intake. Give your gut time to adjust so you can avoid unnecessary discomfort.

And please—don't rely on fiber supplements.

Let's get this from **real, whole food sources** whenever possible.

This is one of those simple, foundational shifts that can have a **massive impact** on your gut, hormones, metabolism, and overall health.

Happy One Year Anniversary to Embody Wellness ❤️ One year of growth. One year of trust. One year of helping you feel like yourself again. This year has been about so much more than labs and protocols... It's been about:

- ✨ Improved quality of life
- ✨ Reduced pain
- ✨ More energy & better sleep
- ✨ A healthier relationship with food
- ✨ Fat loss & muscle gain
- ✨ Hormone balance & improved intimacy
- ✨ Feeling heard, validated, and finally understood

And truly—that's everything.



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To every single one of you who has trusted me with your health... **thank you.**
It is an honor I don't take lightly.

To celebrate, this gift is for YOU ♥

If you're an existing client, show this post at your next visit and receive:
\$25 OFF your visit, peptides, or labs.

Just a small way to say thank you for being part of this journey.

Here's to year one... and everything still to come.

With so much gratitude,

Brittany

Let's live embodied.

