



Embody Wellness

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June 2026 Wellness Newsletter



Hi my fellow followers,

June is finally here.

Summer is my favorite time of the year. I love the heat, the sunshine, the water, and all the memories that come with this season. But if we're being honest, summer can also feel incredibly busy. Between kids' sports, travel, camps, work, family obligations, and trying to keep up with life, sometimes it feels like the to-do list never ends.

I read something recently that really stuck with me, especially as a mom:

"We cannot work a 40-hour work week, have a spotless home, show up perfectly for our spouse, maintain friendships, stay fit, build wealth, read books, pursue hobbies, cook every meal, answer every email, make every appointment, and still make the 3:30 pickup without feeling drained. Somewhere along the way, we've convinced ourselves this is the standard—and if we can't do it all, we're somehow inadequate."

That hit me hard because honestly... that's my life.

I constantly find myself asking, Why are we so busy? How do we become less busy?



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And truthfully, I don't know if there's an answer without pulling my kids out of activities they love or sacrificing things that matter to our family.

Then let's add perimenopause or menopause into the mix and suddenly we're expected to juggle all of this while our hormones are changing, our sleep is disrupted, our patience is thinner, and our energy feels unpredictable.

If you're anything like me, when the list becomes too overwhelming, my brain simply shuts down. I know what needs to be done, but I can't figure out where to start.

Over the years, I've had to force myself to learn a few things:

Make a Priority List

Not everything needs to happen today.

Identify the things that absolutely must get done and start there. Sometimes surviving the day successfully means accomplishing three important tasks—not thirty.

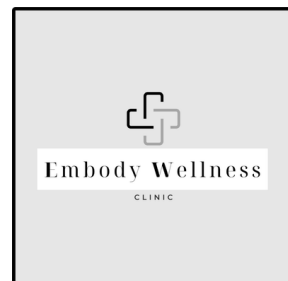
Learn to Compartmentalize

When I'm at work, I work.

When I'm at home, I'm home.

You may have noticed that I rarely respond to Embody Wellness messages after 4 PM or on weekends anymore. That wasn't easy for me, but I had to learn to protect my own time and energy so I could continue showing up fully for my patients, my family, and myself.

Boundaries aren't selfish—they're necessary.



Take a True Rest Day

Not a "catch up on chores" day.

A real rest day.

Sometimes mine changes week to week, but I make sure it happens.

Practice Gratitude Instead of Guilt

The laundry basket is overflowing?

Thank goodness I have clothes to wear.

The dishwasher has been clean for three days and nobody has unloaded it?

Thank goodness we have food and dishes to feed our family.

The house is messy?

Thank goodness it's filled with people I love.

Changing our perspective can change everything.

Practice Vitamin G

When life feels overwhelming, I encourage you to practice what I call Vitamin G:

Gratitude.

Gratitude has the ability to shift our nervous system from fight-or-flight into a more calm and regulated state. It can lower stress, reduce cortisol, and help us focus on what is going right instead of everything we think we're doing wrong.

You don't have to be perfect.

You don't have to do it all.

You don't have to be anyone other than yourself.

I think society has convinced us otherwise, and it's simply not true.



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Peptide Spotlight: Retatrutide

The Next Generation of Weight Loss & Metabolic Health Support

If you've been following the world of peptides, you've probably heard the buzz surrounding Retatrutide—and for good reason.

This exciting peptide is often referred to as a triple agonist because it activates three powerful receptors involved in metabolism and energy regulation:

- ✓ **GLP-1 (Glucagon-Like Peptide-1)**
- ✓ **GIP (Glucose-Dependent Insulinotropic Polypeptide)**
- ✓ **Glucagon Receptor**

By targeting all three pathways, Retatrutide may offer benefits that go beyond traditional GLP-1 medications.

What Did the Clinical Trials Show?

- Significant weight loss results, with many participants achieving over 20% body weight reduction
- Improvements in blood sugar regulation and insulin sensitivity
- Reduction in waist circumference and visceral fat
- Positive effects on metabolic health markers
- Sustained weight loss over longer treatment periods



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Why Do I Love Retatrutide?

One of my favorite things about Retatrutide is that many patients can still eat and enjoy food while taking it.

With medications like semaglutide or tirzepatide, some individuals experience such profound appetite suppression that they struggle to consume enough protein and nutrients.

If you're a patient of mine, you know I don't believe your appetite should be completely wiped out.

The goal isn't to stop eating.

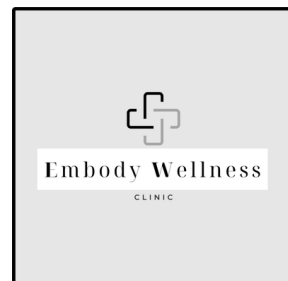
The goal is to create a healthy balance where you can:

- ✓ **Fuel your body with adequate protein and nutrients**
- ✓ **Maintain energy throughout the day**
- ✓ **Reduce food noise and constant cravings**
- ✓ **Make healthier food choices with less effort**
- ✓ **Rebuild a healthy relationship with food**

Weight loss is most successful when we build habits that can last a lifetime—not when we simply eliminate hunger.

Available Through Embody Wellness

- 📍 Pick up at the clinic
- 📦 Direct shipping available



Tesamorelin + Ipamorelin

Supporting Body Composition, Recovery & Healthy Aging

One of my favorite peptide combinations for patients focused on body composition, recovery, muscle preservation, and longevity is Tesamorelin + Ipamorelin.

Unlike many weight loss medications, these peptides work by supporting your body's natural production of growth hormone rather than replacing it.

Potential Benefits Include:

- ✓ **Improved recovery**
- ✓ **Support for lean muscle preservation**
- ✓ **Reduction in visceral abdominal fat**
- ✓ **Better sleep quality**
- ✓ **Enhanced exercise performance**
- ✓ **Healthy aging support**
- ✓ **Improved vitality and energy**

My Clinical Perspective

I often remind patients that peptides are not magic.

The best outcomes happen when they're combined with:

-  **Adequate protein intake**
-  **Strength training**
-  **Proper hydration**
-  **Quality sleep**
-  **Healthy lifestyle habits**

When the foundation is strong, peptides can become powerful tools to help move you toward your goals.



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STYKU Update

I wanted to provide an update regarding the **STYKU 3D Body Scanner**.

Unfortunately, I have experienced another delay in delivery. Trust me, I'm just as disappointed as you are.

I know many of you have been excited to utilize this technology, and I appreciate your patience while I continue working with the company to get this resolved.

At this point, I will hold off on scheduling STYKU appointments until the device is physically in the clinic and fully operational.

Thank you for your patience, understanding, and support.

Summer Wellness Challenge

Choose **ONE** habit to focus on this month:

-  Get morning sunlight within 30 minutes of waking
-  Eat 30 grams of protein at breakfast
-  Walk for 10 minutes after meals
-  Strength train 2-3 times weekly
-  Drink more water
-  Prioritize 7-9 hours of sleep

Remember: Small habits performed consistently create extraordinary results over time.

Thank you for allowing me to be part of your health journey.

Let's live embodied.



Brittany Husereau, APRN-CNP
Owner, Embody Wellness

