



Embody Wellness

CLINIC

July 2026 Wellness Newsletter



Happy July!

Happy July, everyone! I hope your Fourth of July was full of sparkles, pops, and fun with family and friends!

I don't know about you, but I am excited that it is FINALLY starting to feel like summer! ☀️

With the heat comes one of my favorite reminders... hydrate! I truly can't emphasize enough the importance of drinking enough water and adding a good-quality electrolyte supplement if needed.

Hydration impacts nearly every system in our body—our brain, heart, muscles, skin, joints, and every single cellular process. It is one of the simplest things we can do that makes a huge difference in how we feel.

If you don't want to buy an electrolyte product and would rather make something at home, here's what I've been doing almost every morning before I sip that delicious cup of coffee:

- 1 cup water
- 1 tablespoon apple cider vinegar
- Splash of lemon juice
- Sprinkle of Himalayan salt

I'll be honest...I usually chug it because it isn't my favorite taste 😅, but it gets the job done!



Speaking of hot topics...

There's something I want to talk about because I hear it almost every week in clinic.

Why Pilates, Yoga, and Dance Aren't Enough (By Themselves)

One of the most common things I hear is:

"I do Pilates."

"I take yoga."

"I dance several times a week."

And that's wonderful!

These activities improve flexibility, balance, coordination, mobility, posture, stress management, and even cardiovascular health. They absolutely deserve a place in a healthy lifestyle. **But** when it comes to preventing osteoporosis, preserving muscle, maintaining metabolism, and staying strong as we age, they often aren't enough on their own.

Your Body Responds to Challenge

Our muscles and bones follow one simple principle: **Use it or lose it.**

As early as our 30s, we naturally begin losing muscle mass (called sarcopenia) and bone density. Women experience an even faster decline after menopause because estrogen decreases, while men gradually lose muscle and testosterone with age.

Our bodies only adapt when they are challenged beyond what they're already used to. This is called **progressive overload**.

If your muscles aren't asked to lift something heavier or work a little harder over time, they have very little reason to become stronger.



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Bones Need Stress to Stay Strong

Bone is living tissue that's constantly remodeling itself.

When you place healthy stress on your bones through resistance training or impact activities, specialized cells called osteoblasts receive the signal to build new bone.

Without enough mechanical loading, bone breakdown slowly begins to outpace bone formation.

This is why resistance training has consistently been shown to preserve—or even improve—bone mineral density while reducing the risk of osteoporosis and fractures.

Unfortunately, while yoga, Pilates, and many dance classes provide wonderful movement, they typically don't create enough loading stimulus to maximize bone growth—especially in the hips and spine, where fractures become much more common later in life.

Muscle Is Your Metabolic Engine

Muscle does so much more than help you look toned.

Healthy muscle:

- Improves insulin sensitivity
- Supports blood sugar regulation
- Increases metabolic rate
- Protects your joints
- Reduces falls and fractures
- Improves balance and independence
- Provides a reserve during illness or surgery

Research consistently shows that greater muscle mass is associated with lower rates of chronic disease and longer life expectancy.



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What Counts as Strength Training?

Strength training doesn't mean you have to become a bodybuilder.

It can include:

- Free weights
- Weight machines
- Resistance bands
- Kettlebells
- Bodyweight exercises that gradually become more challenging

The goal isn't simply to move—it's to challenge your muscles enough that they adapt.

For most adults, aiming for 2-3 full-body strength training sessions each week is an excellent goal.

Starting From Ground Zero

Day 1 – Lower Body

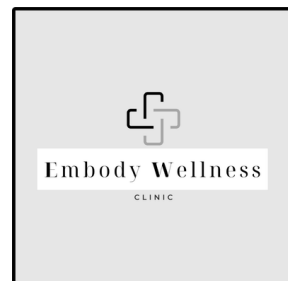
- 3 sets of 8-12 bodyweight squats (rest about 2 minutes between sets)
- 3 sets of 8-12 glute bridges on the floor or using your couch

Done!

Day 2 – Upper Body

- 3 sets of 8-12 push-ups (on your knees, against a wall, or using your kitchen counter)
- 2 sets of 15-30 second planks (on your feet or knees)

Simple, effective, and something almost everyone can begin today.



Don't Replace the Activities You Love—Add to Them

Pilates improves core strength and body awareness.

Yoga improves flexibility, mobility, and balance.

Dance is fantastic for coordination, cardiovascular health, and mental well-being.

Keep doing the activities you love—but consider adding resistance training as another pillar of your health.

Your future self will thank you.

A Thought That Has Been on My Heart

One thing I hear over and over again from patients is how frustrated they are with how long their health journey is taking.

I completely understand.

Sometimes it feels like your entire life revolves around your food, your workouts, what you can and can't eat, your supplements, your medications...and after all of that effort, maybe the scale only moves one or two pounds that month.

It can be incredibly discouraging.

Sometimes people even tell me, *"Honestly...it was easier being unhealthy."*

And in many ways, our culture has made that true.

Fast food is everywhere. Processed foods are convenient.

Sitting is normal. Exercise is optional. Yet when someone starts prioritizing their health, suddenly everyone seems to have an opinion.



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But hear me out...

Instead of thinking about where you'll be next month, picture yourself one year from today.

Imagine what could happen if you simply refused to quit.

If you kept showing up three or four days each week.

If you kept choosing protein.

If you kept limiting alcohol.

If you stopped letting one unhealthy meal turn into an unhealthy weekend.

If you focused on consistency instead of perfection.

One year from now, your health will likely be more resilient.

You'll probably have fewer sick days.

You'll likely lose body fat while gaining muscle.

You'll probably sleep better.

Your lab markers may improve.

You may even have more money in your savings account because you're eating out less.

Most importantly, your children are watching.



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The healthy habits you're building today become "normal" for them tomorrow, and they won't have to spend their 30s trying to unlearn unhealthy habits like many of us have.

We aren't looking for grand slam, life-changing transformations every single day.

We're looking for small, practical decisions that you can realistically continue for years.

Those small choices add up to an incredible life.

Peptide Spotlight: MOTS-c

MOTS-c was actually one of the very first peptides I ever tried personally.

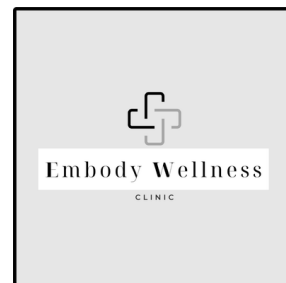
The biggest thing I noticed? More energy...and honestly, I just felt happier.

While everyone's experience is different, the science behind this peptide is what really caught my attention.

MOTS-c is a naturally occurring peptide made within our mitochondria—the "powerhouses" of our cells. Think of it as a messenger that helps your body use energy more efficiently, especially during times of metabolic stress.

Current research suggests MOTS-c may:

- Support healthy energy production
- Improve insulin sensitivity and blood sugar regulation
- Enhance metabolic flexibility (your body's ability to switch between burning carbohydrates and fat for fuel)
- Support exercise performance and recovery
- Help preserve lean muscle mass during weight loss
- Reduce fatigue
- Support healthy aging and mitochondrial function



Who may benefit from MOTS-c?

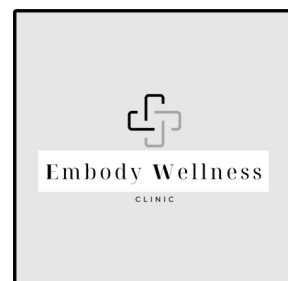
- ✓ Individuals with insulin resistance or prediabetes
- ✓ Those struggling with low energy or chronic fatigue
- ✓ Adults wanting to support healthy aging and mitochondrial health
- ✓ Individuals trying to lose body fat while maintaining muscle
- ✓ Those looking to improve exercise endurance and recovery

Who may not be a good candidate?

While MOTS-c is generally well tolerated, I use caution or avoid it in individuals who are pregnant or breastfeeding, children, or those with certain uncontrolled medical conditions. As with every peptide I prescribe, there isn't a "one-size-fits-all" protocol. I believe peptides should be recommended based on your medical history, goals, medications, and laboratory findings—not simply because they're trending on social media.

One thing that has become increasingly concerning is the quality of peptides being purchased online. Recent testing has found that many "research peptides" are either impure, underdosed, contaminated with bacteria, or don't even contain the peptide listed on the label. That's one of the many reasons I only prescribe products sourced through FDA-registered 503A or 503B compounding pharmacies, licensed compounding laboratories, pharmacy-authorized fulfillment facilities, or licensed FDA manufacturers with strict quality standards.

As always, research on peptides continues to evolve, and while many studies are incredibly promising, it's important to remember that no peptide replaces the fundamentals—adequate protein, strength training, quality sleep, hydration, and good nutrition. Those will always be the foundation of long-term health.



STYKU Update

Unfortunately, I have another STYKU update.

After purchasing my scanner back in February, STYKU has continued to delay delivery. At this point, I am in the process of requesting a refund and purchasing a different body composition scanner.

I know many of you have been looking forward to this service, and I'm truly sorry for the delays. I appreciate your patience and promise that offering body composition analysis is still one of my goals—I just need a company that can actually deliver.

We'll get there!

Brittany is Going on Vacation! 🌴

I will be out of the office July 21st-26th visiting my mom back home in Texas.

During that time, I will not have access to my phone or laptop, so please plan medication refills and non-urgent questions accordingly.

I can't wait to spend some much-needed time with family!

Military & First Responder Discount

Did you know Embody Wellness proudly offers a 10% discount to active military, veterans, and first responders?

Thank you for your service to our communities and our country.

Until next time...

Let's live embodied.

— Brittany

