



Embody Wellness

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August 2026 Wellness Newsletter



Hello, friends!

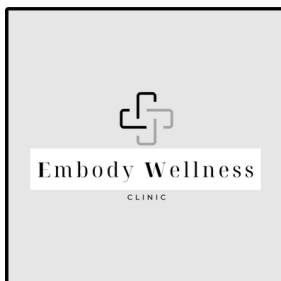
Happy August, Embody Wellness Family!

August always feels like a fresh start. The kids are heading back to school, routines are returning, and we're all trying to remember how to pack lunches, get everyone out the door on time, and somehow take care of ourselves in the process!

This month, I have some BIG news to share—including welcoming a new member to the Embody Wellness team!

Read on! Lots of great nuggets included this month! Let's get started!

Brittany



Meet Reilly!

I'm so excited to introduce Reilly Klein, BSN, RN!

Reilly is a registered nurse with more than 15 years of healthcare experience. She earned her Bachelor of Science in Life Science, with minors in Business and Biology, from Kansas State University in 2013. She then completed her Bachelor of Science in Nursing at Bethel College in 2016. Throughout her nursing career, Reilly has gained experience in critical care, pain management, and integrative health.

Reilly is passionate about helping patients uncover and address the root causes of illness—not simply managing symptoms. She continues to expand her knowledge of functional and lifestyle medicine through educational programs, conferences, podcasts, and evidence-based training. Her approach emphasizes nutrition, movement, sleep, stress management, and targeted supplementation to support long-term health and wellness.

Outside of work, Reilly enjoys creating wholesome versions of her family's favorite recipes because she believes healthy eating should be both nourishing and enjoyable. She is also a strong advocate for resistance training and enjoys helping others understand the powerful role it can play in preventing disease, improving longevity, and enhancing quality of life.



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Reilly lives with her husband and their four children, who keep life busy and full of adventure! When she isn't caring for patients or spending time with her family, she enjoys traveling and planning their next getaway.

At Embody Wellness, Reilly will assist with lab draws, biometric body-composition screenings, patient communication, and portal messages. Adding her to the team will allow us to better serve our patients, improve communication, and continue growing—without losing the personal care that is so important to Embody Wellness.

Reilly is excited to help patients optimize their health through personalized, evidence-based care, lifestyle medicine, and a root-cause approach to wellness. I'm incredibly excited to have her joining me, and I know she will be a wonderful addition to the clinic!

Please help me give Reilly a warm welcome!



The Back-to-School Hustle Is Here

Back-to-school season can be exciting—but let's be honest, it can also be chaotic. We're transitioning from flexible summer schedules back to early mornings, school drop-offs, activities, packed lunches, homework, and trying to figure out what everyone is eating for dinner.

During this transition, perfection is not the goal. The goal is to create a realistic routine that supports your family without making your life harder.

Start the Day With Protein

Both you and your child need adequate nutrition to support energy, focus, mood, and steady blood sugar throughout the morning. Instead of relying primarily on sugary cereals, pastries, or heavily processed breakfast foods, try pairing a protein source with fruit or another fiber-containing carbohydrate.

Some practical options include:

- An egg casserole prepared over the weekend
- Protein pancakes with a serving of fruit
- A fruit smoothie paired with scrambled eggs
- Greek yogurt with fruit and a lower-sugar granola
- Egg-and-cheese breakfast sandwiches prepared ahead of time

For an easy breakfast casserole, combine eggs with your family's favorite meat, cheese, and vegetables. Bake it over the weekend and cut it into individual portions. Eat it by itself, wrap it in a tortilla, or place it on an English muffin for a quick breakfast you can grab on the way out the door.

No, breakfast does not need to be fancy. It just needs to be available when everyone is running through the house looking for their shoes!



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A Note for My Teachers

Your summer routine and your school-year routine are completely different—and your health plan needs to reflect that.

Take a few minutes before school begins to consider what is actually realistic for your schedule. When will you eat? What can you prepare ahead of time? When can you move your body? Where can you protect time for sleep and recovery?

You may not have the same flexibility you had during the summer, but that doesn't mean your health has to disappear until the next school break. Create a plan that fits the season you're in.

Let's Talk About Low-Dose Naltrexone

If you follow me on social media, you may have seen my recent post about low-dose naltrexone, also known as LDN. It is one of the tools I love discussing because it may offer support for certain patients dealing with chronic inflammation, autoimmune symptoms, chronic pain, or other complex health concerns.

Naltrexone is traditionally prescribed at higher doses for alcohol or opioid-use disorders. When prescribed at a much lower dose, its use is considered off-label and it may affect immune signaling and inflammatory pathways. Research is still evolving, and LDN is not the right choice for everyone.

It cannot be combined with opioid-containing medications because it blocks opioid receptors and may trigger withdrawal or interfere with pain control. Your health history, medications, symptoms, and liver health must be reviewed before determining whether it is appropriate.

If you are wondering whether LDN could be an option for you, we can discuss it during your next appointment.

[FDA naltrexone prescribing information](#)



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New: Subcutaneous Glutathione

Embody Wellness is also introducing subcutaneous glutathione!

Glutathione is an antioxidant naturally produced by the body. It plays an important role in protecting cells from oxidative stress and supporting the body's natural antioxidant and detoxification processes.

Subcutaneous administration may be considered for certain patients when clinically appropriate. It is not a magic “detox,” and the potential benefits will depend on your individual health, nutritional status, symptoms, and treatment goals.

If you are interested in learning more, please contact the office or ask about glutathione at your next appointment.

Embody Wellness + BodyHealth

I'm excited to share that I am now officially partnered with **BodyHealth!**

They offer several products, but my personal favorite is **PerfectAmino**. PerfectAmino provides all nine essential amino acids, which are the amino acids the body cannot produce on its own and must receive through nutrition.

Amino acids support muscle protein synthesis, recovery, and the preservation of lean muscle mass—something that becomes increasingly important during weight loss and as we age.



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You can learn more or shop through my affiliate link:

[Shop BodyHealth and PerfectAmino](#)

This is an affiliate link, which means I may receive a commission from qualifying purchases at no additional cost to you.

New Patient Referral Program

First, I want to say thank you. The majority of Embody Wellness patients have found me because one patient told a friend, who told another friend—and that means more to me than you know.

To show my appreciation, I'm introducing a new patient referral program:

- Refer one new patient and receive **\$25 off your next appointment or purchase**
- Refer two new patients and receive a **one-time \$50 credit**

The new patient must include your name when scheduling, completing their registration, or attending their first appointment so we can properly apply your credit.



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Share Your Experience

Have you had a positive experience with Embody Wellness? I would be incredibly grateful if you would take a few minutes to leave an honest Google review.

Your reviews help other people in our community find Embody Wellness and feel more comfortable taking that first step toward getting support. I will also give you a special Embody Wellness appreciation gift.

[Click here to leave your review for Embody Wellness](#)



**Scan the QR code to
leave your review.**

Here's to a Fresh Start

Whether you're sending your children back to school, returning to the classroom yourself, or simply feeling ready to settle back into a routine, August is a great opportunity to check in with yourself, too.

Start with the basics: eat enough protein, plan ahead where you can, move your body, protect your rest, and remember that a realistic routine will always serve you better than a “perfect” plan you can't maintain.

The best routine isn't the one that only works when life is going smoothly—it's the one you can still follow, even on your busiest and most chaotic days. Here's to a healthy, strong, and grounded start to the new school year!

Let's live embodied.

Brittany Husereau, APRN-CNP

Embody Wellness

785-502-2029

www.embodywellnessclinic.com

