



Embod y Wellness

CLINIC

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Embodied Wellness
Newsletter



Hi, my lovely readers!

I love football season and fall—but boy, it can cool off anytime now, and I won't be mad about it. If I can't go swimming anymore, then we need to bust out the pumpkin spice lattes and cardigans.

Who am I kidding? I've already been adding pumpkin spice to my protein shakes. LOL.

I've been busy! Embody Wellness is getting a whole new makeover. We have some really fun events coming up, changes happening to the website, a blog launching, and a brand-new quiz coming soon!

My kids are also fully submerged in their fall sports. I have four kids participating in five sports total.

AHHHHH. Pray for my calendar! Your paragraph text

New Season, New Routine

The seasons change. Our calendars change. Our nighttime routines change. But does that mean our health routines have to stop?

No—we pivot.

We plan, prepare, acknowledge what has changed, and create a routine that we can realistically implement during this season of life.

What works for me may not work for you. But failing to plan really is planning to fail.

Honestly, we should even plan for failure. We need systems in place to protect us on the days when everything goes sideways—because we're human, and none of us is perfect.

*Let's live embodied.
Brittany*

The Biometric Scanner Is Here!

The time has finally come: Embody Wellness officially has its biometric body composition scanner!

Why do I love it? What does it measure? Who should have a scan?

Honestly—almost everyone.

Most of us have been conditioned to hop on a scale and focus only on our weight. That number can be upsetting when you're trying to lose weight, and it can be discouraging when you're trying to gain weight.

You've probably heard me say: *"I don't really care what the scale says."*

It's the truth!

I've seen two women who both weigh 200 pounds but have completely different health pictures. One may be metabolically, physically, and mentally healthy with a significant amount of muscle. The other may have low muscle mass, higher body-fat levels, and more visceral fat that needs medical attention.

Their weight may be the same—but their bodies and health risks are not.

Weight tells me one very small piece of the story. It's like the title of the chapter we're about to read. That's it.



Here's what I care about:

- Your body-fat percentage, because it provides much more information than weight alone.
- Your muscle mass, because muscle is your body's savings account, Roth IRA, stocks, and brokerage account. We want to build it, protect it, and invest in it!
- Your visceral fat, because this is the fat stored around your internal organs and is associated with greater metabolic and cardiovascular risks.
- Your muscle and fat distribution, because the scan can break those numbers down by arm, leg, and trunk. This can help us identify imbalances, asymmetry, and potential injury risks.

Clarity Changes Everything

Another reason I love these scans is that they provide clarity.

If you're struggling with weight loss, you naturally look to the scale for reassurance that your efforts are working. I still do it, too—it's human nature.

You see a number, and it instantly creates a feeling.

But let's say you weigh 200 pounds and have 135 pounds of lean mass. That changes the conversation! You may not need—or even want—to lose the amount of weight you originally imagined. Your goal may be to lose fat while protecting or building muscle.

On the other hand, being told that you need to lose 50–100 pounds can feel like such a giant, overwhelming mission that your brain doesn't even know where to begin. So, you shut down.

With more specific information, we can change the goal from:
“I need to lose 75 pounds.”

To:
“Let’s work toward losing 2% body fat while protecting your muscle—and here’s exactly how we’re going to start.”

That feels much more realistic, measurable, and achievable.

Diet culture has really done a number on us: scale obsession, weight obsession, “eat less and move more,” starvation diets, no carbs, and endless restriction.

If you’ve been with me for a while, you know I’m trying to rewrite that story.

Schedule Your Scan

If you’re an existing Embody Wellness client, you’re welcome—and encouraged—to schedule your complimentary biometric scan!

If you’re new to Embody Wellness, you can still schedule a scan without committing to any other services.

- Biometric scan with a brief overview: \$50
- Comprehensive Biometric Scan Consultation: \$200
This includes a detailed review plus personalized exercise and nutrition recommendations.

Existing clients receive a complimentary scan. Simply visit the patient portal and schedule either the Biometric Scan or the 45-minute Comprehensive Biometric Scan Consultation. Ideally, scans should be completed three to four times per year. If you’re participating in a weight-loss program, we’ll complete a scan at your follow-up appointments so we can track fat loss and make sure we’re protecting your muscle.

<https://embodywellnessclinic.md-hq.com/>

Remember: We must protect and treasure our muscle at all costs!

School Is Back—and So Is Sick Season

School has started, schedules are packed, and cold and flu season is creeping up on us.

So, how the heck can we support our health?

Let's start with a few things that cost absolutely nothing:

1. Prioritize your health.

Yes, I know—the horror of me asking you to make your health a priority!

2. Get some dang sleep.

Aim for seven to eight hours whenever possible. Chronically sleeping fewer than six hours can affect immune function, stress hormones, appetite, metabolism, and overall health.

3. Manage your stress.

Have you ever been extremely stressed and then ended up sick the following week? Chronic stress can affect immune function and make it harder for your body to recover.

4. Eat mostly whole foods.

This season gets busy, which makes drive-thru meals and highly processed convenience foods much more tempting. But these are also the times when we need to lock in and give our bodies the nutrients they need.

This doesn't require perfection. It does require a little planning.

5. Balance exercise with recovery.

You need a healthy balance between exercise, everyday movement, and rest.

If you're working out seven days a week and going wild with cardio—stop it. Rest your body.

If you aren't doing any intentional movement outside your normal daily activities, let's start moving your body two to three times per week.

6. Add variety to your diet.

Challenge yourself to make a new meal or try a new fruit or vegetable each week. Add spices and herbs such as ginger, turmeric, rosemary, thyme, or saffron.

Eating a diverse variety of plant foods, herbs, and spices can provide fiber and plant compounds that support your gut microbiome, inflammation regulation, and overall resilience.

What About Supplements?

Because we all love taking something that might help.

A few foundational supplements that may be appropriate include:

- Magnesium glycinate: May support relaxation, sleep quality, muscle function, and a healthy stress response.
- Omega-3 fatty acids: Support cardiovascular health and help regulate inflammatory pathways.
- Vitamin D3 with K2: Vitamin D supports immune function, bone health, muscle function, and hormone signaling. Dosing should ideally be based on your lab results and individual needs.

- Vitamin C: An antioxidant that supports immune function and tissue repair. A common supplemental amount is 500 mg, but higher or repeated dosing isn't appropriate for everyone.
- Glutathione: One of the body's major antioxidants. It helps protect cells from oxidative stress and supports the liver's natural detoxification processes. Our bodies naturally produce glutathione, and adequate protein, sleep, movement, and certain nutrients help support that production.

Are any of these magic cures? No.

Are they a sexy, instant fix? Also no.

They may feel completely boring and mundane—but the boring foundations are often what support hormone balance, resilience, energy, metabolism, immune function, and healthy inflammation regulation.

The goal isn't to take every supplement available. The goal is to use the right tools for your individual needs while building a strong foundation.

Exciting Lab News!

I've partnered with a new laboratory that offers turnaround times of approximately 48 hours and requires fewer tubes of blood.

This option is currently available for self-pay labs only—not insurance-billed testing.

We can also draw outside lab orders for other patients while local Labcorp services are unavailable. If you know someone who already has an order from another provider and needs help getting their labs drawn, send them our way!

Embodied Truths Is Live

Remember how I mentioned a blog? It's here.

It's called **Embodied Truths**: *Health, hormones & the stuff nobody freaking taught us.*

The first post is up, and I'll be honest with you — it's a lot. It's my whole story. The weight I gained and lost and gained again. The 1,000-calorie macro coach in college. Working nights in the ICU during COVID. Losing 100 pounds and still not feeling like myself. Getting diagnosed with Hashimoto's and being told to wait.

And what finally clicked: I stopped asking *"How do I lose weight?"* and started asking *"Why doesn't my body feel healthy?"*

That question is basically why Embody Wellness exists.

Read it here: [Welcome to the Chaos](#)

A new post lands every other week — hormones, thyroid, weight loss, GLP-1s, cortisol, perimenopause, protein, and whatever rabbit hole I've fallen down that week. Some will make you think. Some might make you uncomfortable. Some will hopefully make you laugh.

If you want them, you'll need to sign up separately.

This newsletter and the blog are two different things. This is your monthly Embody update. The blog is where I go deeper — and honestly, where I say the stuff I can't fit in here.

Subscribers get each post by email a few days before it goes live on the website. If that's your thing: [Sign up for Embodied Truths →](#)

Grab your coffee. Or your protein shake. Or your Coke Zero. No judgment here.

One Last Reminder

All Embody Wellness emails, promotional materials, blog posts, and social media content are intended for general education only. They are not intended to diagnose or treat any medical condition.

Please do not begin, stop, or change your medications or supplements without consulting your healthcare provider.

Let's Live Embodied,
Brittany Husereau, APRN-FNP
Embodiment Wellness

Scan the QR code to
leave your review.

