

# *7 Ways to Wake Up Every Day to a Healthier You*

Here's how you can take advantage of **Superfoods, Cryotherapy, and Vitamin IV Therapy** for a stronger you!



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# *Be Conscious of What's Going into Your Mouth.*

Before you can start living a better quality of life, begin by making mental connections between your lifestyle and the way you feel. This includes how and what you eat.

If you're like most people, you probably don't eat the recommended amount of fruits & veggies. Instead, most people over consume sugary drinks, alcohol, caffeine, and fatty foods like tasty cupcakes and salty snacks. It happens to the best of us! Though life's guilty pleasures can increase satisfaction, the key to a healthier life is balance.

Likewise, if you're a vitamin fanatic, know that only about 30% of vitamins and supplements are absorbed into the bloodstream. This means you really don't feel all of their benefits.



We must do more to protect our health, so start thinking about proven alternatives!







Think of your body's energy as your cellphone's battery life.

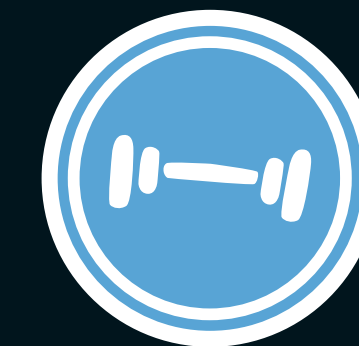
Where are you hooking up to recharge? If you're getting your energy from sugar and energy drinks, you'll realize you'll never be truly satisfied and your battery will die way too quickly. Also, think about how you sleep and whether or not your sugar or caffeine intake levels impact your ability to recharge overnight.

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## *Know Where You're Getting Your Energy!*



Sleep is a great way to recharge and stay energized throughout the day, so consider IV hydration if you're lacking energy due to jet-lag or a rough night out.



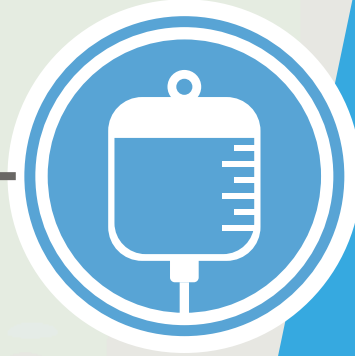
You'll find yourself going through highs and lows, giving you a sense of mental instability, anxiety, and stress. Instead, consider other energy sources such as energy booster shots, spurts in physical activity to enhance blood flow to the brain, and a healthy dose of carbs if you're on a low-carb diet. These tactics will supercharge you well above the point of no return.



A woman with dark hair tied back, wearing a white sports bra and black shorts, is in a starting crouch on a light-colored floor. She is looking forward with a determined expression. The background is a light blue and white geometric pattern.

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## *Grab Pain by the Horns and Take Charge.*



Turns out pain is also directly associated with nutrition. If you've ever undergone any major surgery you'll agree that one of the best ways to bounce back is to feed your body stuff that will heal you. Superfoods such as salmon, avocado and grapefruits can help you a lot. In fact, there are certain juicing techniques that will help you recover from constipation, an inflamed gall bladder, and even blurred vision.



Vitamin D3, which is best absorbed as an intramuscular shot, will help with joint pain. And if you're an athlete and need a boost to muscle recovery, consider taking vitamins B12 or C.



Cryotherapy - a freezing technique established in the 90s zaps you back into recovery. Often times, curing muscle pain, destroying deceased tissue and attacking bad cancer cells. Some additional benefits include reducing muscle and joint pain, generating anti-inflammatory effects, releasing hormones, and much more.





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## *Invest in Yourself. Age Beautifully & Financially Wise.*

Budget for holistic forms of medicine that aim to lower or even prevent explosive healthcare costs associated with allergies, diabetes, or even stress in the long-term.

And since we're on the topic of stress, let's talk aging. Stress ages the body big time, directly affecting your cells through something called oxidative stress. On the outside, oxidative stress impacts the way you look and feel about yourself. It also attacks your ability to detox, stay fit, and feel energized to live life to its full potential.



Glutathione, a master antioxidant most people don't know too much about, can do wonders to reduce signs of aging. But with time, your body stops producing glutathione on its own, causing undesirable cosmetic changes, like wrinkles or pigmentation on the skin. The best way to manage the visual signs of aging is to receive glutathione IV infusions direct to the bloodstream. Shhhh... This is our little secret ;)

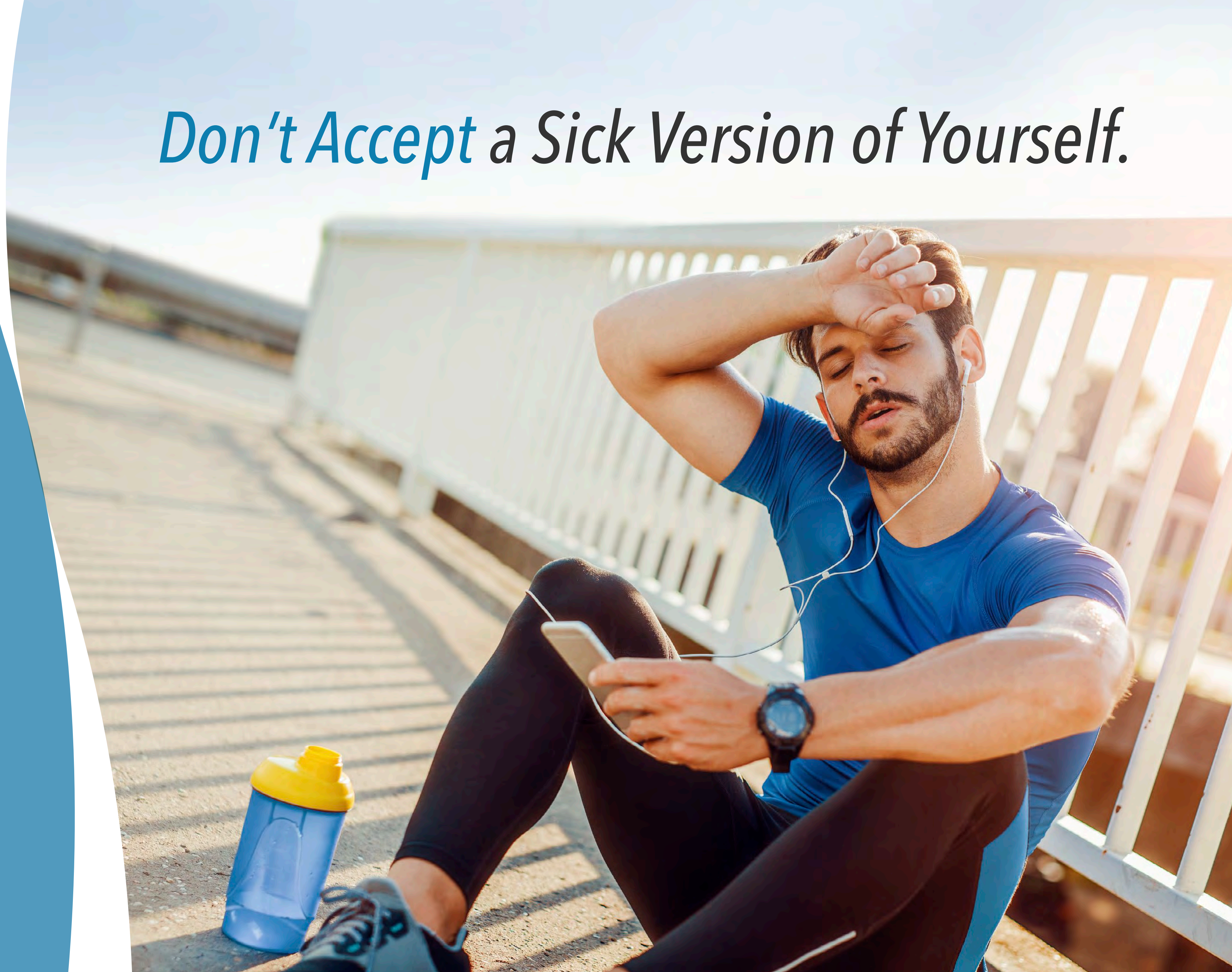


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We believe that in the era of alternative medicine, we finally have the tools to have superhuman qualities. One of those qualities is to actually never or rarely ever get a cold or flu. Very true!

But turns out very few people actually go out of their way to take advantage of things like the flu shot, chelation and nutrient IV therapy, which many people report to be effective.

*Don't Accept a Sick Version of Yourself.*





A smiling woman with long brown hair is holding a white bowl and a spoon with food. The background is a bright, out-of-focus indoor setting. A blue banner is at the top right, and a dark grey banner is at the bottom.

# *Learn How Food Impacts Your Mood.*

There's a reason  
why comfort food is  
called exactly that.

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Likewise, junk food can make us feel pretty sloppy. Junk food can take so much energy from you, making you feel sluggish, unfit, and rather tired. Sometimes your body really needs to reset. Consider things a proper detox regimen or chelation therapy, which helps remove toxins and heavy metals from your body. Doing this every so often will have a direct impact on mood and your overall outlook on life.





# *Get Off the Meds. Chow Down on Superfoods, Instead.*

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Superfoods or powerfoods are nature's way of rescuing us from harm. Many of the weaknesses we feel or even our body's immune deficiencies are due to lack of nutrition.

Superfoods help us detoxify and gain a competitive edge with our body's current chemistry. How so? They help fight off disease, lose weight, and strengthen the body's various functions. Brain foods are also worth mentioning, too. These foods are high in antioxidants, good fats, vitamins, and minerals that protect the brain against diseases.



# Enhance Yourself with These Superfoods.

Fueling your body with the right kind of nutrients makes a huge difference in your productivity, energy levels and your overall happiness.

Salmon



The best fish around. (Sorry Nemo!) Besides all the benefits you get from eating fish meat, salmon also brings to the table a healthy dose of omega-3 fatty acids that protect your cardiovascular system.

Almonds



You're nuts if you don't eat them. Almonds offer a healthy dose of fiber, potassium, calcium, vitamin E, magnesium and iron. Not bad, uh?

Quinoa



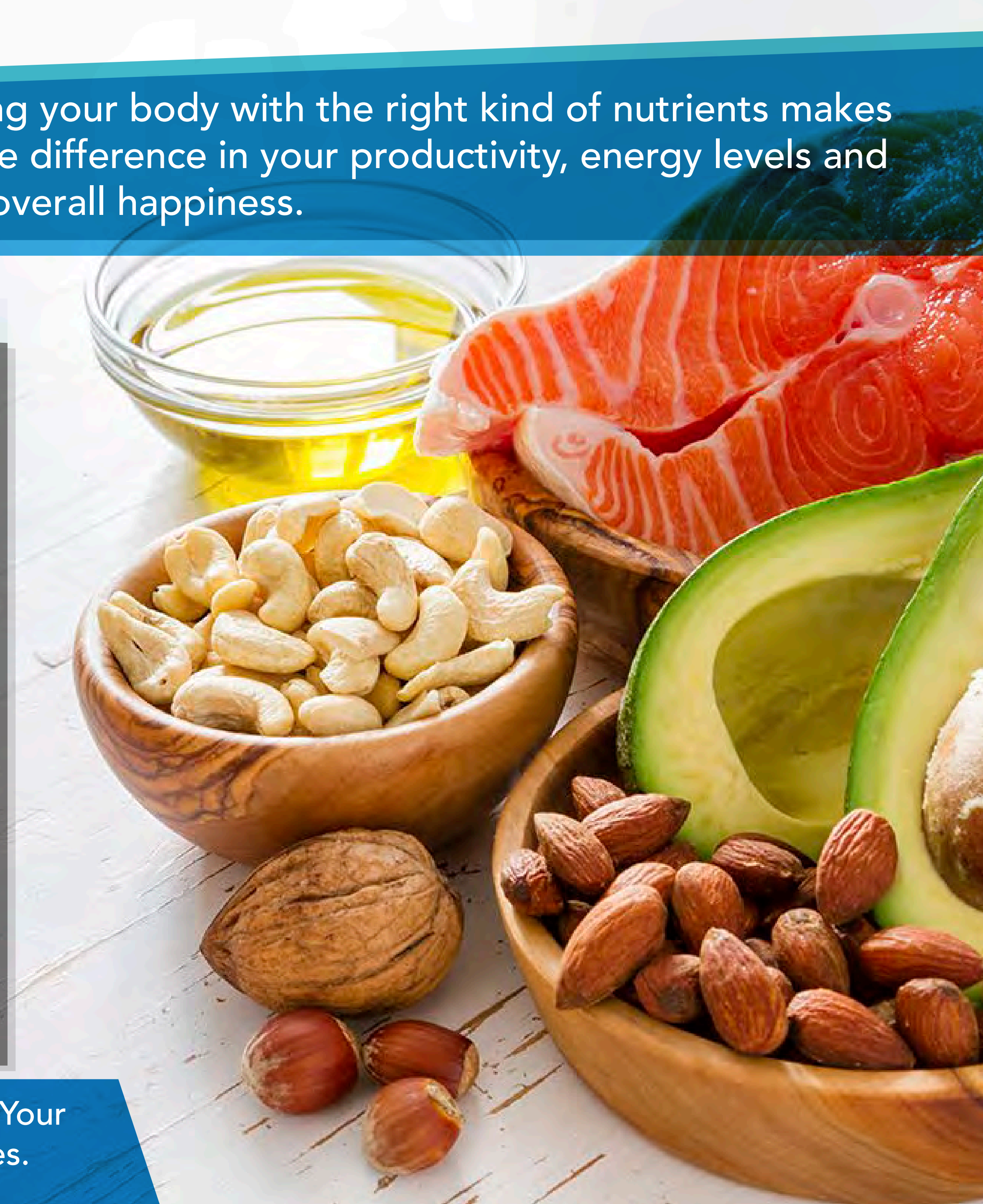
The small powerhouse. This little guy packs an incredible amount of protein and also provides your body with nine essential amino acids. BOOM!

Broccoli



Often neglected, but ridiculously powerful. Eating more broccoli gives your body a boost in vitamin C, folate and fiber to enhance your ability to fight diseases.

Want something more exotic? Try pichuberry, acai berries or amalaki. Your body will thank you forever with their detox and antioxidant properties.





# Unleash the Power of Your Mind with These Brain Foods.

Nourishing your mind and body with the right selection of fruits and veggies is sure to make you feel happier, smarter and stronger.

Celery



Low in calories, high in benefits. Eat celery as a snack to get a quick fix of vitamins, minerals and nutrients. It also has high levels of antioxidants that help your body alleviate inflammatory symptoms.

Avocado



An exceptional fruit to balance your diet. Thanks to vitamin K and folate, Avocado protects your brain from strokes. It also has good fats and gives you a high dose of protein, with low sugar value.

Egg yolks



A breakfast for champions. Previously a “big no-no” in the science community, eating egg yolks actually enhance your body’s ability to break down bethane- a chemical that produces hormones related to happiness. They also promote good cholesterol levels in adults.

Turmeric



The zestiest spice in town. This ancient root is a powerful anti-inflammatory spice that also happens to boost antioxidants levels in your body to improve your brain’s oxygen intake.

Looking for more brain foods? Get a taste of rosemary, walnuts or extra virgin oil to give your brain the edge it needs to get more things done.





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