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AUGUST 2023 **HORIZONS HEALTH & WELLNESS** ISSUE 8

MONTHLY NEWSLETTER

In this issue, we bring you:

- *Announcements*
 - *National Breastfeeding Month*
 - *Lactation Services Available*
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- *Whooping Cough Vaccine*
- *Immunization Awareness Month*

[Visit Our Website ›](#)

Announcements

Lactation Services Available!



We are excited to start offering lactation support services for breastfeeding and pumping mothers! These visits can be in person or via telehealth, and are covered by most insurance plans.

Our Nurse Practitioner Anna Charyk is also a Certified Lactation Counselor, and is ready to help support you on your breastfeeding journey.

She provides education...which should ideally start during pregnancy. She also provides guidance and support for establishing successful breastfeeding as you transition home after delivery, and can address common feeding concerns throughout your baby's first year and

Breastfeeding Awareness Month

August is National Breastfeeding Awareness Month

Breastmilk is the gold standard for infant nutrition, while also providing unmatched health benefits to mothers.

Breastfed infants have reduced risks of:

- asthma
- obesity
- type 1 diabetes
- severe lower respiratory disease
- ear infections
- SIDS (sudden infant death syndrome)
- diarrhea/vomiting

Mothers who breastfeed have lower risks of:

- high blood pressure
- type 2 diabetes
- ovarian cancer
- breast cancer
- ...and they lose pregnancy weight faster!

[Learn more about breastfeeding](#)

beyond.

Anna can evaluate and provide supportive interventions to address issues including difficulty latching, nipple pain, slow infant weight gain, and low milk supply. We recommend scheduling an initial telehealth visit within the first week after delivery to help with establishing successful breastfeeding and early intervention for any potential breast problems and infant feeding difficulties that may arise. If you have an older baby, feel free to reach out for support with your transition back to work, introducing solid foods, guidance around weaning and other questions or concerns.

[Meet Anna](#)



Horizons Wellness Academy

Dr. Aslami has created an online academy to provide in-depth knowledge, tools and training to help you attain your health goals.

"Intimate Health & Satisfaction" explores all aspects of improving sexual relations, including libido, arousal, orgasm, and pain.

"Trust your Gut" explores how to address chronic health symptoms by improving the function of your gastro-intestinal system.

[Explore Intimacy Mini-course](#)

[Explore Gut Health Course](#)



WEIGHT LOSS PROGRAM PRICE REDUCTION!

We have completely redesigned our weight loss program to make it 60% LESS expensive, more time efficient, more convenient, and more comprehensive! Our new program is built on 5 pillars:

PRICE REDUCTION!!! SAVE \$600!
OUR NEW SIX MONTH WEIGHT
LOSS PROGRAM IS NOW \$399!

[Explore Weight Loss Course](#)

- **online self-paced 6 month curriculum
- **weekly Zoom coaching calls
- **monthly medical appointments
- **FaceBook private support group
- **optional membership after 6 months

InBody

See what you're made of

[Learn about body composition analysis](#)

Are you on a weight loss journey? Do you wonder if you are losing water or fat or muscle? There's an easy, painless way to find out: come into our office for a body composition analysis. It takes 5 minutes and costs \$35 and feels like you are standing on a fancy scale. You will receive a printed report with your number of pounds and percent for body water, muscle, bone and fat, and you can track your

progress over time to determine if you are gaining/losing water, muscle, bone or fat. This is important information for anybody on a weight loss journey, because the goal is fat loss for health optimization, not muscle loss...and a regular scale doesn't tell you what kind of weight you are losing.

Recipe of the month



Goddess Bowl

Time: 10 minutes prep, 45 min total
4 servings

[Get Recipe](#)

Ingredients

1/2 lb asparagus, ends trimmed
2 TBSP olive oil, divided
freshly ground black pepper
kosher salt
1 lb boneless, skinless chicken breast
1 tsp garlic powder
1 tsp dried oregano

For the dressing

1 cup mayonnaise
1 cup Greek yogurt
1 1/2 cup chopped basil leaves
1/2 cup chopped parsley
1/4 cup chopped chives
1/4 cup lemon juice
2 cloves garlic, coarsely chopped

For the bowls:

4 cups cooked brown rice
1 avocado, sliced
1 cup halved cherry tomatoes

Nutrients per serving

calories: 995
fat: 67g
saturated fat: 12g
carbs: 51g

sugars: 6g
 added sugars: 0g
 protein: 39g
 salt: 1476mg
 potassium: 1131mg
 fiber: 10 grams

Skincare & Monthly Specials

BEAUTYCOUNTER®

Most skincare and cosmetic products contain a variety of chemicals called "endocrine disruptors" (meaning hormone disruptors). These contribute to a wide variety of medical problems in women (and men and children!) Many other ingredients in skincare products are also toxic to the environment to produce. BeautyCounter has eliminated all of these chemicals from their products.

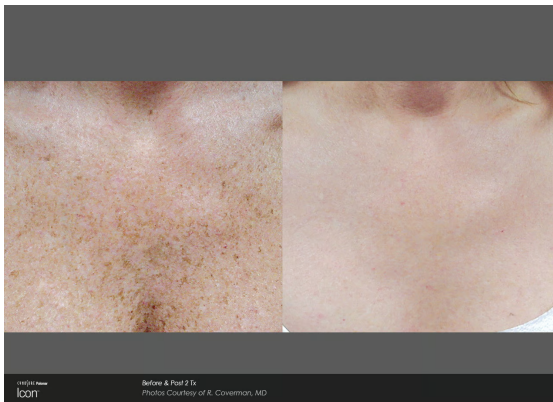
[Learn about BeautyCounter](#)

CBD for pain management

CBD products can be used as part of a comprehensive treatment approach for chronic pain. CBD products come in many forms, including topical rubs, patches, pills and even vaginal products! One of my favorite products is Solace Lavendar Comfort Cream from Athena's. Rubbing it into my aching neck muscles provides decent pain relief after a day on the computer. Athena's products are free from THC (the active ingredient in marijuana that makes people high). Athena's CBD products are also sulfate free (which is great for people with sulfa allergies), as well as free from hormone disrupting chemicals (such as phthalates).

[Shop Athena's CBD cream](#)

Erase skin aging

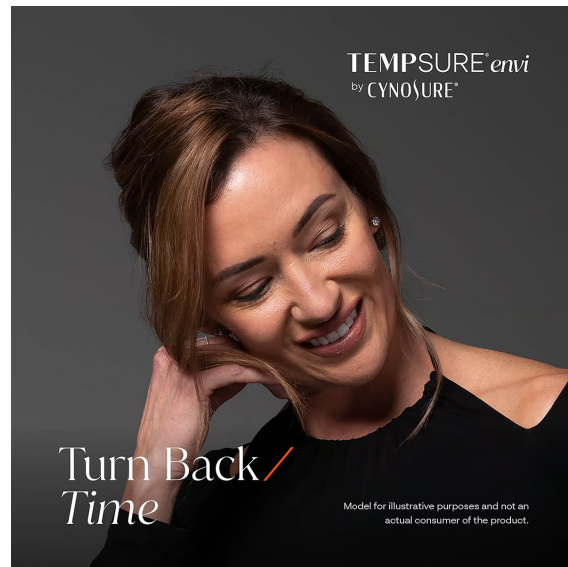


Wrinkle Reduction

Its not too late to erase the signs of sun damage such as sun spots, freckles and red patches. Showcase your natural glow by using photofacials!

[Learn about photofacials](#)

[See anti-aging specials](#)



Laser Hair Removal



Permanent hair removal is possible! Laser hair removal in our Bridgewater office is one of our most popular services. Most people require 6-10 treatments spread out over several months. Buying packages can save you time and money, and winter is the best time to start laser hair removal and enjoy a summer of no shaving!

[See laser hair removal specials](#)

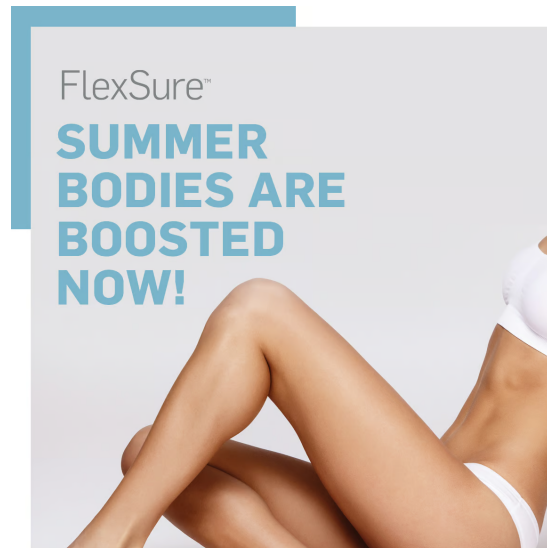
Wrinkles occur over time due to loss of collagen below the skin surface. Adequate nutrition, hydration, sleep and toxin avoidance are necessary to reduce and delay the appearance of wrinkles. But once they appear, smoothing them out can be challenging. TempSure Envi treatments obtain beautiful results without injecting fillers. Most people require a series of treatments to reverse existing wrinkles, and then occasional maintenance treatments.

[Learn about wrinkle reduction](#)

[See wrinkle reduction specials](#)

Body Contouring

Cellulite Reduction



Model used for illustrative purposes and not an actual patient.

Did you know we offer body contouring in our Bridgewater office? These treatments can reduce stubborn belly fat, shrink annoying love handles, and tighten loose skin that appears after losing weight. Most people require a series of treatments (not just 1) to obtain desired results

[Learn about body contouring](#)

[See body contouring specials](#)

Cellulite is a type of scar tissue, and can be a frustrating process to reverse. Most people need repetitive treatments to smooth out the appearance of cellulite, followed by occasional maintenance treatments. We offer cellulite reduction packages using a unique radio-frequency energy device.

[See cellulite reduction specials](#)

Sexual Health



The amazing MonaLisa Touch Laser revitalizes the vagina, and corrects the loss of elasticity, moisture and sensitivity that comes along with menopause and causes sexual pain.

[Learn about MonaLisa Touch](#)

SoLá PELVIC THERAPY

Are you experiencing pelvic floor muscle pain? Sharp, shooting pains in your vagina? A deep aching pain in your pelvis? Endometriosis pain?

SoLa pelvic therapy is a painless, infra-red laser treatment for chronic pelvic pain. Treatments take less than 5 minutes, 2-3 times/week for a total of 9 treatments, with 80% of patients experiencing significant pain relief.

[Learn More about SoLa Pelvic Therapy](#)

Cliovana

SOUND SCIENCE FOR BETTER SEX

Trouble with decreased libido? Decreased sexual arousal? Decreased satisfaction? Delayed, absent or blunted orgasm? Oftentimes, this is due to vascular aging. Cliovana is a painless in-office treatment which uses high frequency ultrasound to improve genital blood flow, sensation and function.

[Learn about Cliovana](#)

Topical arousal creams can be a low cost solution to the "I feel dead down there" complaint many post-menopausal women have. A high quality arousal cream can be very effective for enhancing sexual pleasure. The Athena's line does not contain any hormones, hormone disrupting chemicals, and are made in the USA.

[Topical Arousal Creams](#)

Featured Topics



Shingles

Shingles is a painful, usually itchy, rash that develops on one side of the face or body. The rash consists of blisters that typically scab over in 7-10 days and fully clear up within 2-4 weeks.

Shingles is caused by a reactivation of the varicella-zoster virus (the virus which causes chickenpox).

10-18% of people who get shingles experience a painful complication called postherpetic neuralgia (PHN). PHN is extremely painful and can interfere with daily life. Treatment is available, but prevention is more effective.

The best way to prevent shingles is to get the shingles vaccine. This vaccine is recommended for all adults over 50



Whooping Cough Vaccine

Whooping cough is not just any cough...it is a severe upper respiratory infection characterized by prolonged coughing, fatigue, low grade fever and a characteristic high-pitched "whoop" sound.

Whooping cough is caused by a bacteria called *Bordetella pertussis*.

Newborns are especially vulnerable to this infection, and it is recommended that pregnant women get the whooping cough vaccine DURING THE THIRD TRIMESTER OF EVERY PREGNANCY so that their babies are born with some protection. Fathers, siblings, grandparents, babysitters, nannies and daycare workers are also recommended to be up to date on their whooping cough vaccines, FOR THE BENEFIT OF THE BABIES.

and for adults 19 and over who have weakened immune systems.

[Whooping Cough Vaccine](#)

[Learn about Shingles Vaccine](#)

Immunization Awareness Month

August is a busy month for kids, many of whom are returning to school, enrolling in colleges and universities, joining the military and starting new jobs. Immunizations (otherwise known as vaccines) save lives, and are often mandatory for schools and many occupations. While most schools do a good job at ensuring that students are up to date with vaccines, many adults forget to keep up with their own vaccines. The Covid pandemic stirred up passionate debates about the safety and efficacy of vaccines. Vaccine recommendations are tailored by age and vulnerability. Older adults are more susceptible to vaccine-preventable illnesses, because immunity decreases with age. Pneumonia, flu, shingles, and Covid can cause severe illness, especially in older individuals or those with underlying medical conditions such as high blood pressure, asthma, smokers, COPD and heart disease.

[Learn more about adult vaccines here](#)

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