

WELCOME TO OUR NEW
monthly newsletter
we're so glad you're here!



With February in full swing, and mid-winter upon our region, it can be a gloomy, cold season for many of us in the inland northwest. Restore is here to help you combat the cold weather blues and bugs, and we have a few additional tools up our sleeve to get you and your loved ones to back feeling your best!

Functional Medicine for Everyone!

Blessings,

Rebekah

Did you know?

Seasonal affective disorder (SAD) is a type of depression that can occur during the changing of seasons, usually attributed to the lack of daylight, especially with shortened days in our region.

Up to 20% of the Inland NW population will report symptoms of SAD. Symptoms such as brain fog, low energy and fatigue can also make you more susceptible to infections during this season.



We can help!

Methylene Blue is a powerful supplement in addition to your existing supplement that can aid in improving cognitive function by increasing the efficiency of mitochondrial activity. It enhances oxygen use in the brain and reduces the oxidative damage that can impair cognitive performance. As a result, you may experience sharper focus, better memory and improved mood.

NAD⁺ is a coenzyme found in all living cells that plays a central role in metabolism. NAD is a hydrogen carrier for redox enzymes, and it's involved in many cellular processes, including DNA repair, energy metabolism, and immune cell function. NAD levels decline with age, which can lead to an increased risk of disease. Some research suggests that restoring NAD levels can help slow or reverse the effects of aging antioxidant is found naturally in our body but declines over our lifespan as we age. NAD⁺ has been studied and proven to increase cellular recovery, mood enhancement, can shorten the duration of viral illness as well as increasing energy and cognition. Our patients have been loving this treatment!

We have 3 different treatment options available:

NAD⁺ Pricing Special for February

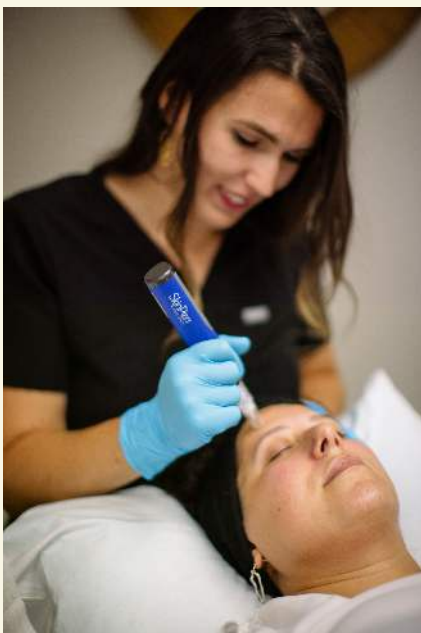
\$50 injection visit (Established patients)

\$499 In-Office IV Infusion (Establish patients)

Ask about ordering NAD⁺ for in-home treatment!

Contact us if you have questions about Methylene Blue and NAD⁺ therapy!

How is your skin this winter?



With our skin being the largest organ of our bodies, it is important to take good care of it! Restore offers several ways to assist with proper skin nutrition, including our most popular skin treatment, Microneedling with PRP! Microneedling with platelet rich plasma (PRP) helps by increasing collagen production, reducing fine lines, improving skin tone, improving acne scarring and giving your face that special glow. With remarkable results starting two weeks after your treatment, you will see why we carefully selected this skin treatment as a part of our service lines.

SCHEDULE YOUR APPOINTMENT THIS MONTH!

Schedule with us for the month of February and receive 15% off your treatment when you combine it with PRP!



JUST A FRIENDLY REMINDER

A kind reminder if you are needing to cancel or reschedule your appointment with us at Restore, please ensure you contact us 24 hours prior to your appointment.

It is our policy if a no-show or cancellation happens within the 24-hour period, this will result in a \$100 cancellation fee.

Thank you for your consideration for our team and schedule!

Myth-Busting with Restore!

Myth #1: Hormones just help libido

Although low levels of hormones can lead to low libido symptoms, including testosterone in both men and women, hormones also play a crucial role in many ways as we age! Having optimal levels in both men and women at various stages of their lives means improved sleep quality, better muscle retention, improvement in menopausal symptoms for women, improved brain function and cognition, less fatigue, and overall energy to improve quality of life. This is why Restore examines ALL complex hormone levels to address the root cause of hormonal imbalances and optimize levels accordingly.

Myth #2: Menopause and its side effects are a normal part of aging

While Menopause is completely normal, symptoms of menopause are not, and should not be left untreated. Menopause and perimenopausal symptoms can begin as early as your 30's, depending on your health history and may last many years, but it doesn't mean you have to live with the results of reduced hormone production. No woman should feel alone or discouraged - If you feel like you are experiencing hormone-related symptoms, we would love to help.

Myth #3: Creams and Pills are the only hormone methods

At Restore we understand that there are many modalities and therapies to address hormone imbalance. That is why we offer several methods of hormone optimization including patches, pellets, injections and topical creams. We will ensure the recommended method also fits with your needs and lifestyle.



SEE YOU NEXT MONTH!