



May 2023

Natural Health Improvement Center NHIC Spring Newsletter

Thank you for 15 Years of Restoring Health with a Holistic Approach

In 2008, the Natural Health Improvement Center was founded by Dr. Ann Auburn based on a dream to bring comprehensive, patient-centered, integrative healthcare options to West Michigan. Over these last fifteen years, what once was a small primary care practice with only a handful of staff has now grown into a multi-service healthcare center having served over 10,000 patients.

The original vision for the Natural Health Improvement Center has only become more clear as we continue to add staff, services, and providers who share a commitment to restoring health with a holistic approach. We want to take a moment to acknowledge that all of this growth could not have been possible without YOU! Because you find value in our services and mission, we continue to invest in new ways to bring better healthcare to the community. We are thrilled to share more information about what you can expect from us this year and invite you to join us this spring to celebrate 15 years of amazing service at our open house on June 12, 2023. From all of us at the NHIC, thank you for your support!



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Look for your Patient Appreciation Coupon from Dr. Auburn on the back page!

August Patient Education Night

"Adrenal Fatigue—Are You Tired of Being Tired?"
Wednesday, August 16 at 6:00 pm on Facebook!



Do you need coffee or caffeine to feel awake? You may look and act relatively normal, but are you quietly living with a general sense of unwell, tiredness, or "gray" feeling?

In this lecture, Dr. Auburn will discuss the underlying causes and solutions to one of the most common complaints among patients; fatigue. This lecture will air on Facebook at the scheduled time of the event. Visit our page at facebook.com/nhicwestmi to RSVP!

Get Social with the Natural Health Improvement Center!

 facebook.com/nhic.michigan

 instagram.com/nhicwestmi

 youtube.com/@nhicwestmi

 twitter.com/nhicwestmi

Please join us for our 15th Anniversary Open House

Monday, June 12, 2023 4:00-7:00 pm
at the Natural Health Improvement Center

We are thrilled to announce that we will once again host an in-person open house here at the practice to celebrate our 15th Anniversary! Whether you've attended one of our past open house events, or this is your first one, the NHIC Annual Open House is the perfect time to meet and greet with our practitioners, win free stuff, and visit with our vendors and other healthcare professionals from the community!



- Meet and greet with Dr. Ann Auburn and staff
- Learn more about thermography
- Tour the HOCATT Ozone Sauna and mHBOT chamber
- Acupuncture demonstrations
- Receive a FREE BIA
- Special offers on supplements
- Visit with vendors and other healthcare professionals from the community
- Get FREE stuff and enter to win vendor gifts

This is a non-ticketed event and will be open to the public. Bring your family and friends! Let us know you are interested by informing the front desk or calling our office at 616-301-0808!



General Announcements

Our Website is Getting a Makeover!

Keep an eye on www.nhicwestmi.com for a new look this Spring! We have been working hard to improve our site so you can quickly and conveniently shop our supplements, access health information, and stay up to date with the NHIC. Stay tuned, we will let you know when it is ready!

Dr. Auburn is on YouTube!

If you enjoy our Patient Education Night lectures, be sure to visit and subscribe to our YouTube channel. All of Dr. Auburn's monthly lectures are available to watch and share online at www.youtube.com/@nhicwestmi. Questions or comments on our content? Let us know by leaving us a comment on our videos!

Restoring *Youth* with a Holistic Approach

Look your best throughout the years with a natural approach to cosmetic medicine using cosmetic platelet rich plasma (PRP) and micro needling.

We all know that aging is inevitable, but *looking* your age doesn't have to be. While many patients turn to synthetic fillers and Botox, we think it is important to offer an alternative for those who would prefer to combat aging naturally. In recent years, doctors have found that by utilizing the growth factors found in blood, it is possible to activate cell growth and repair to achieve younger-looking skin. These cutting-edge therapies harness the healing potential each of us holds to reverse the appearance of aging.



We are thrilled to announce Leslie TenBrink, MSN, APRN-BC, FNP is now accepting patients for cosmetic services.

Call 616-301-0808 to schedule your appointment with Leslie!

What are platelets & what is PRP?

Platelets are a blood component whose main function is to stop bleeding. Platelets also contain growth factors. PRP involves drawing a patient's blood, processing it so that only the platelet-rich plasma remains, and then infusing it into the facial tissue through microneedling or injections. This process stimulates new collagen production and triggers a cascade of processes that are beneficial to healing.

The result is a healthy appearance with an improvement in wrinkles, fine lines, texture, and tone. PRP is a simple method of harnessing your body's growth factors to invoke targeted healing and repair of damaged tissue.

What is microneedling?

Microneedling is a non-invasive procedure that involves a series of small pokes from a pen-like machine with a very fine needle. The pen is moved evenly across the skin by a trained practitioner. This process helps promote collagen production and elastin in the skin. A numbing cream is used so the process involves minimal discomfort and is virtually pain-free.

Patients with acne scarring, age spots and sun spots, fine-lines and wrinkles, pigmentation issues, and rosacea make great candidates for this procedure. This is a good first-step option if a patient does not opt to do the PRP for cosmetics and is looking for that small boost to help with glowing, radiant skin.

May Supplement of the Month: Enjoy 10% OFF Collagen Products at NHIC!



As you age, your body produces less collagen, leading to dry skin and contributing to the formation of wrinkles. However, research suggests collagen peptides may slow these effects by strengthening skin and improving elasticity and hydration. Collagen is also recommended to boost skin and hair health while receiving cosmetic services. Try one of these products this month and enjoy 10% OFF! **Shop in-store or online at www.nhicwestmi.com/shop.**

Natural Health Improvement Center

this coupon is valid for

**\$15 OFF ANY SERVICE OR
SUPPLEMENT**

when you refer a new patient to
our office.

*New patient must have completed 3 office visits to receive discount



NEW PATIENT:

REFERRING PATIENT:

Natural Health Improvement Center P.C.
Restoring health with a holistic approach



4466 Heritage Ct. SW
Grandville, MI 49418



Natural Health Improvement Center
Patient Appreciation Coupon

Enjoy
\$10.00 OFF
a purchase of
\$60.00 or more

One per person. Expires June 30, 2023

Natural Health Improvement Center P.C.
Restoring health with a holistic approach



We appreciate your feedback!



Have you had a positive
experience here at the NHIC? If
so, we would love if you took a
few minutes to leave us a review!

Scan the QR code, or
[visit our Google page!](#)