



Winter 2023-24

Natural Health Improvement Center

NHIC Winter Newsletter

Six Simple Steps to *Stay Healthy* for the Holidays with the NHIC!

Season's greetings! This time of year is about enjoying time with loved ones and making precious memories, but staying healthy is the key to enjoying the festivities to the fullest. Let's talk about some natural, proven ways to boost your immune system this holiday season:

Step 1. Prioritize Nutrition

The first step in optimal immune function starts with what you put on your plate. Embrace a rainbow-colored, diverse diet to ensure you get a wide range of nutrients vital to immune health. Allow yourself to enjoy your holiday treats in moderation, but also reach for leafy greens, fruits, lean proteins, and healthy fats, and try to eat veggies and protein first, before reaching for the sweets.

Add plenty of water, herbal teas, and clear broths to stay hydrated during these cold, dry winter months. Good hydration can help your body naturally eliminate toxins and germs that cause illness. As a bonus, staying hydrated will also contribute to your skin's healthy holiday glow!

Step 2. Rest and Recuperate

The hustle and bustle of the holiday season will be handled better after a good night's sleep! Undervalued and often overlooked, sleep is a powerful tool for maintaining a robust immune system. While we rest, our bodies are repairing and recovering, a process that's crucial to a strong defense against cold and flu viruses.

CONTINUED ON PAGE 2



The January Supplement Sale is coming to town!

It's the most wonderful time of the year. Enjoy **10% OFF supplements at the NHIC** in January! This annual sale kicks off on January 1st and will end January 31st. Stock up and save, both in-store and online—no code necessary. **Happy New Year!**

Hint: If you are viewing this newsletter electronically, click any underlined text to learn more about the topic at our website!



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What's Inside

- Six Simple Steps to Stay Healthy for the Holidays.....1-2
- January Supplement Sale.....1
- Perfect Molasses Cookie Recipe..2
- Meet Sarah Stevens, APRN-CNP..3
- General Announcements.....3
- Referral Coupon.....see back page

Our online store is always open! Just visit us at www.nhicwestmi.com/shop



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The Perfect Molasses Cookie (Grain Free, Paleo, Gluten Free)

Serving Size:

Makes 18 three-inch cookies
As with all sweets, enjoy in moderation!

Ingredients

- 2 cups almond flour
- 1/4 cup arrowroot flour
- 6 tablespoons coconut flour
- 1.5 teaspoons ground cinnamon
- 1 tablespoon baking soda
- 1 teaspoon ground ginger
- 1/2 teaspoon coarse sea salt
- 1 large egg, gently beaten
- 8 tablespoons unsalted butter
- 1/3 cup raw honey
- 1/3 cup unsulphured molasses
- Coarse sanding sugar

Instructions

Preheat oven to 375°F and adjust rack to middle position. Whisk together dry ingredients in a large mixing bowl. Stir in egg, melted butter, honey and molasses until combined. Let dough sit for 5 minutes. Using a cookie scoop, scoop a dough ball and drop it into a small bowl with your rolling sugar. Roll the cookie around (the dough will be a bit tacky and soft), then gently roll in your hands to form a ball. Set the dough ball on a baking sheet lined with parchment paper. Continue with remaining dough. Bake for 12 minutes. Cool and serve.

Original recipe found at:
www.deliciouslyorganic.net

CONTINUED FROM PAGE 1- 6 *Simple Steps to Stay Healthy*

Step 3. Nutritional IV Therapy

Nutritional IV therapy, such as the Myers' Cocktail, is a powerful way to boost your immune system from the inside out. This IV includes ingredients like Vitamin C, a potent antioxidant, B-complex vitamins for energy, and essential minerals like calcium and magnesium to support overall health. This mix of intravenous nutrients can effectively support your immune system, replenish depleted resources, and help you fight seasonal bugs. This is the perfect therapy to schedule before and after holiday travel!

Step 4. Mind Your Gut

Around 70% of your immune system resides in your gut, hinting at the crucial role your gut health plays in immune function. Incorporate probiotics through yogurt, fermented foods, and supplements to maintain a healthy balance of gut flora essential for immunity. Also, prebiotic-rich foods like garlic, onions, and bananas help nourish these beneficial gut bacteria.

Step 5. Get Physical

Despite the holiday hustle, it's essential not to skip your physical activity. Regular exercise aids in boosting your immune system and overall health. It stimulates the production of antibodies and white blood cells responsible for fighting infection and disease. Slip in short bursts of exercise such as a brisk walk, dancing, or even fun, family-friendly winter activities like snowball fights or building a snowman!

Step 6. Practice Stress Management

The holiday season can stir up stress which impacts your immune system negatively. Explore stress management techniques such as acupuncture with Dr. Greg Flynn, meditation, deep-breathing exercises, yoga, or simply spending time doing something you love. These practices are shown to lower stress hormone levels, improving your immune response.

We hope you feel inspired to strive for better health this holiday season and throughout the new year! Remember, there's no better gift than the gift of health. If you do find yourself ill, we have a variety of tools to help fight infection from IVs and ozone therapy, to supplements and prescriptions. Please contact us for individualized recommendations—we are here to help! Learn more about all of our services at www.nhicwestmi.com.



Let's *Welcome* Sarah Stevens, APRN-CNP

Get to know the newest provider joining the NHIC team this January!

Sarah Stevens, APRN-CNP is a graduate of Cedarville University where she obtained her Master of Science in nursing. She obtained her undergraduate degrees from Wright State University with a Bachelor of Science in psychology and a Bachelor of Science in nursing. Sarah has worked in primary care for the past seven years, working in Ohio and Texas. She is passionate about preventive care and working with patients to understand how to live healthy lives.



Sarah is excited to embrace the opportunity to work in holistic, natural medicine as this aligns with her personal beliefs about health and wellness. To her, health is more than the absence of disease, it is living to your full potential to be able to achieve goals and dreams. She feels it is a dream come true to be able to work at the Natural Improvement Health Center where natural treatments are embraced and available to patients!

Sarah is married to her husband, Ben, and together they have a 4-year-old son, Oliver. Ben is from Grand Rapids and they are relocating to be closer to family. Sarah enjoys riding horses, cooking, hiking and spending time with her family.

General Announcements

December Supplement of the Month: Enjoy 10% OFF KPS Essentials



Our favorite organic skincare products are **10% OFF** in December!

If you are searching for the perfect gift, check out all of the amazing organic, clean-ingredient skincare products KPS has to offer.

You can shop and save on these products when you visit us in-store or online! If you are viewing this newsletter electronically, [CLICK HERE](#) to learn more about each of the KPS Essentials products at our online store!

NHIC Holiday Hours

Our office will be closed on Monday, December 25th and Monday, January 1st.

Please allow our staff adequate time to handle prescription refills or requests before we are off for the holidays.

Merry Christmas and Happy New Year!

Dr. Auburn is on YouTube!

Have you visited our [YouTube channel](#) yet? We've uploaded a variety of Patient Education Night lectures throughout 2023, all available for you to stream any time. Go see what topics might interest you! Let us know you stopped by our channel by subscribing or by leaving us a comment on our videos!



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



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Natural Health Improvement Center

January Supplement Sale

10% OFF ALL SUPPLEMENTS
ALL MONTH LONG!

VALID IN-STORE AND ONLINE AT
WWW.NHICWESTMI.COM

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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!](#)