

WELLNESS WITHIN

Official newsletter of Advanced Body Medical

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CREATING SUSTAINABLE WELLNESS GOALS FOR 2026

How to set resolutions that actually stick

January is full of motivation — but real wellness lasts when goals are sustainable, not extreme.

- Instead of setting sweeping resolutions, start small and specific. For example, trade “exercise every day” for “take a 10-minute walk three times a week.”
- Focus on how you want to feel this year — energized, calm, strong — rather than chasing numbers or perfection. Small, consistent actions create real change, especially when they’re enjoyable and fit naturally into your routine.
- Track progress, not perfection. Missed a day? Simply begin again. Wellness is a long game, and progress comes from compassion, not criticism.
- Finally, check in with yourself each month. Ask: Is this goal still serving me? Adjust as needed — flexibility keeps your goals aligned with your life.

Here’s to steady growth, simple habits, and a 2026 filled with sustainable wellness!

YOUR WELLNESS IS OUR PRIORITY

We have a variety of therapies to help you meet your health goals

Weight Loss Solutions

Nutrition & Supplements

Customized plans and professional-grade supplements designed to balance metabolism, support energy, and curb cravings.

Lipotropic Injections

A blend of key nutrients (like B12, methionine, inositol, and choline) that help the body burn fat more efficiently and support liver function.

GLP-1 Therapy

Medications like semaglutide are clinically proven to regulate appetite, improve blood sugar balance, and promote steady, healthy weight loss under medical supervision.

Boost Your Energy from Within

Feeling sluggish after the holidays? Our winter energy therapies are designed to help you recharge at the cellular level.

B12 Injections

Support metabolism, mood, and mental clarity. Vitamin B12 helps your body convert food into lasting energy — ideal for combating fatigue and brain fog.

Glutathione

Known as the body’s “master antioxidant,” Glutathione helps detoxify cells, brighten skin, and strengthen immunity — giving you a healthy winter glow.

NAD+ Therapy

Fuel your cells with NAD+, a coenzyme essential for energy production and repair. It supports focus, endurance, and overall vitality. Together, these therapies can help you feel refreshed, focused, and energized — naturally. Start the year with renewed strength from the inside out.



FREE 15 MIN CONSULT + 50% OFF MEDICAL EVALUATION AND EXAM (\$49) - THROUGH FEBRUARY



COMING IN FEBRUARY - SHARE THE LOVE EVENT



At Advanced Body Medical, we believe healing is most powerful when it's rooted in connection, balance, and trust. We are deeply grateful for our patients and the role you play in our wellness community.

As part of our Share The Love Event, we invite you to extend the care—by referring a friend or family member to experience integrative, whole-person medicine and chiropractic care.

When someone you refer schedules their first visit, you'll both receive a gift—our way of saying thank you for helping us grow a community centered on mindful, personalized care.

*Refer someone you care about
Both of you enjoy a wellness reward*

Available February 9-13, 2026

Learn more or refer at www.advancedbodymedical.com or call 734-697-4244



TOP ESSENTIAL OILS FOR WINTER WELLNESS

Immunity & Respiratory Support

These oils are great for diffusing or steam inhalation when cold and flu season hits:

- Eucalyptus – Clears airways and supports easy breathing.
- Tea Tree – Antimicrobial; can help purify air and soothe skin irritations.
- Peppermint – Helps ease congestion, energizes, and can reduce headache discomfort.
- Cedarwood – Woody, calming aroma that supports relaxation and respiratory comfort.



Skin & Stress Relief

Winter's harsh air can dry out skin and mood alike:

- Lavender – Calming, good for stress relief; also helps soothe dry or irritated skin.
- Frankincense – Grounding and immune-supporting, plus great for winter skin hydration.
- Peru Balsam & Fir Needle – Warm, comforting scents that help create a cozy atmosphere and counter dryness.
- Juniper Berry & Rosemary – Grounding and refreshing during the busy holiday season

Realign. Recharge. Renew.



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