

WELLNESS WITHIN

Official newsletter of Advanced Body Medical

OCTOBER 2025 | ISSUE NO. 2

TOTAL HEALTH, ONE TEAM: INSIDE OUR INTEGRATED CARE CLINIC

At Advanced Body Medical, we believe that better health happens when your care is connected. That's why we've brought together medical, chiropractic, and wellness services under one roof—so you can get the comprehensive care you need, all in one place.

What Is an Integrated Care Clinic?

An integrated care clinic is a collaborative healthcare setting where providers from different specialties work as one team. Rather than visiting separate offices for medical checkups, chiropractic care, or wellness services, you receive coordinated treatment from professionals who are all on the same page. By sharing knowledge and patient goals, we make your care more efficient, more personalized, and more effective.

At Advanced Body Medical, our team includes:

- Medical providers specializing in regenerative therapies, pain management, weight loss, hormone optimization, nutrient and peptide therapy.
- Chiropractors to support spine health, posture, and pain relief
- Complementary health practitioners to incorporate functional rehabilitation, neuromuscular massage, essential oils or nutritional supplementation to improve overall health and well-being

Why Integrated Care Works

Your body doesn't operate in silos—and your healthcare shouldn't either. Whether you're managing chronic pain, dealing with stress, or working on preventative health, our team designs a treatment plan that looks at the whole picture.

What to Expect as a Patient

From your first visit, you'll notice that care here feels different. Our integrated approach includes:

- A team-based treatment plan, tailored to your goals and lifestyle
- Open communication between all your providers
- A mix of traditional and holistic strategies to support healing and prevention
- Convenient scheduling and a supportive care environment

Whole-Person Care. Real Results.

We're redefining what healthcare can look like—simple, supportive, and centered on you. No more bouncing between providers or wondering who to call. With our integrated care model, you have a team committed to your long-term health—mind, body, and beyond.



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Male Hormone Optimization

Understanding Low Testosterone and How HRT Can Help

As men age, it's natural for hormone levels—especially testosterone—to gradually decline. But for some, the drop is more than just a normal part of aging. Low testosterone (commonly known as Low T) can significantly affect quality of life, energy levels, and long-term health. Male Hormone Replacement Therapy (HRT) is a medical treatment designed to restore testosterone levels and help men feel like themselves again.

⚠️ Signs of Low Testosterone

Some men begin experiencing symptoms as early as their 30s or 40s, while others don't notice until later. Common symptoms of Low T include:

- Low energy or fatigue
- Decreased sex drive or performance
- Mood changes, irritability, or depression
- Loss of muscle mass or strength
- Increased body fat
- Trouble concentrating or "brain fog"
- Poor sleep or insomnia

If you're noticing several of these signs, it may be time to check your hormone levels.

🔬 How Hormone Replacement Therapy Works

HRT works by supplementing testosterone through safe, medically supervised methods. The goal is to bring your hormone levels back into a healthy, optimal range—not to create artificial highs.

Treatment options may include:

- Testosterone injections (weekly or biweekly)
- Topical gels or creams
- Oral or buccal tablets (less common)

Your provider will recommend a personalized plan based on lab results, symptoms, and lifestyle.

✅ Benefits of Testosterone Replacement Therapy

With consistent and medically guided care, many men experience noticeable improvements, including:

- More energy and stamina
- Improved libido and sexual performance
- Better mood and mental clarity
- Increased muscle tone and fat loss
- Sharper focus and motivation
- Improved sleep
- Higher confidence and overall vitality

👉 Is HRT Right for You?

The only way to know is through a proper evaluation. At Advanced Body Medical, we offer comprehensive hormone testing and a full consultation to discuss your symptoms, lifestyle, and goals. Not everyone is a candidate for HRT, but if Low T is affecting your quality of life, there are safe, effective ways to help you feel like yourself again.

Take the First Step

If you're feeling off and can't quite put your finger on why—don't write it off as just "getting older." Hormonal balance plays a critical role in your health, and the right support can make a big difference.

Book your FREE consultation today with our team at Advanced Body Medical and take control of your health from the inside out.



**Spine Health
Awareness Month**

Low back pain is the
#1 cause of disability
worldwide, affecting
600 million people.

**October is Spine Health
Awareness month**

Don't wait until your back hurts
to see a chiropractor! Get
scheduled today