

WELCOME TO NATURAL
& EFFECTIVE CARE.
BECAUSE YOU'RE WORTH IT!

◆ SEE WHAT'S NEW IN THIS QUARTER'S NEWSLETTER ◆

HOW CAN A STRUCTURED DETOXIFICATION PROGRAM AMPLIFY YOUR HEALTH?

At Inspire Wellness NEW, our mission is to empower others to achieve optimal wellness through a unique blend of natural, integrative strategies. In line with this mission, it's important to understand how a *structured detoxification program* can help boost the body's innate healing capacity by ridding it of unwanted toxins.

What Detoxification Really Means for Your Health

Detoxification, often referred to as "detox," is the natural process by which the body eliminates toxins -

substances that can be harmful when they accumulate. Toxins come from many different sources including the water we drink, the air we breathe, and the food we eat. Examples of toxins are heavy metals, molds, plastics, pesticides, synthetic additives, dyes, drugs, and byproducts of metabolism.

How Does the Body Detoxify Itself?

The liver is the body's main detox organ, breaking down harmful substances and converting them to water-soluble forms so they can be excreted from the body. In fact the final phase of detoxification is *elimination*, performed primarily by the gut and kidneys; however the skin and lungs also play important roles in this process.

How Can a Structured Detoxification Program Help Me?

It supports the body's natural ability to eliminate toxins by optimizing detoxification pathways and reducing inflammation. A structured program is typically 10-30 days long and involves targeted guidelines for nutrition, lifestyle, and specific supplementation to mobilize and clear harmful substances that accumulate and contribute to fatigue, brain fog, metabolic disturbances, hormone imbalances, digestive issues, and other systemic dysfunction. By following a well-designed plan, you can reset key systems in the body and lay the groundwork for long-term wellness.



CHECK OUT OUR SPOTLIGHTS!

INSIDE THE LABS!

Why Should You Test Your Hormones?

Hormones direct multiple body processes including mood, energy, sleep, metabolism, reproduction, immune responses, and more. When they get out of sync, this can manifest in a variety of ways; some subtle and others more prominent. However, it can be challenging to understand what drives these hormonal changes. Comprehensive hormone testing can help uncover what's going on beneath the surface!

Key Benefits of Dried Urine Comprehensive Hormone Tests (DUTCH):

- Uses multiple samples to measure and trend hormone levels, detoxification pathways, and (depending on the test) may include organic acids, markers of oxidative stress, bone health, and/or endocrine disruptors.
- Measures adrenal and sex hormones (and various metabolites) including 3 estrogens, progesterone metabolites, testosterone, DHEA, cortisol, & melatonin.

Who Will Benefit?

Those experiencing any of the following:

- Symptoms related to menopause or perimenopause.
- Polycystic Ovarian Syndrome (PCOS), irregular periods, or fertility issues.
- Low energy, chronic fatigue, sleep disturbances, mood swings, or decreased libido.
- Concerns with environmental exposures that may interfere with hormone balance, bone health, or oxidative stress.

Is Hormone Testing Is Right For You?

If you have any of the above concerns, YES! Let's talk more about how comprehensive hormone testing can support your personal health & wellness goals!



INFRARED SAUNA THERAPY IS HERE!

What Are the Benefits of Infrared Sauna Therapy?

This is a gentle, effective, and science-backed way to support the body's innate healing abilities using infrared light to slowly warm the body from within. Unlike conventional saunas that heat the air, infrared saunas use wavelengths of light to penetrate deep into body tissues, offering a wide range of therapeutic benefits at lower, more comfortable temperatures.

What Type of Infrared Sauna is Offered at Inspire Wellness NEW?

Your health matters, YOU matter. This why Inspire Wellness NEW offers Sunlighten mPulse infrared sauna sessions, which uses the full-spectrum of infrared rays: near (red light therapy), mid, and far rays for optimal healing and cellular repair. Remember, consistency is key for long-lasting results!

Choose from Six Preset Programs!

When you book your sauna session, choose the program that best addresses your personal goals: 1) Anti-Aging, 2) Pain Relief 3) Cardiovascular, 4) Detoxification, 5) Relaxation, or 6) Weight Loss.

Combine this with a detoxification foot bath for even better results!

EDUCATION CONNECTION!

EDUCATIONAL BLOG: BIOACTIVE PRECISION PEPTIDES

What are the benefits of bioactive precision peptides? How do they differ from synthetic peptides flooding the market today? Find the answers and more in "Natural Wellness at the Cellular Level: The Power of Bioactive Precision Peptides" featured in the October 24, 2025 edition of the Motherhood Alliance blog!



To schedule your appointment OR if you are interested in:

- 1) Group health coaching sessions
 - 2) Group health coaching sessions or educational classes *at your workplace*, OR
 - 3) Have a topic you would like included in an upcoming webinar or workshop
- Contact Sara at **(920) 393-8268** or **sara@inspirewellnessnew.com**

IMPORTANT LINKS

- InspireWellnessNEW.com
- [Book a FREE Discovery Call](#)
- [Create your FullScript Account for quality herbs and supplements](#)
- [Create your Make Wellness Account for Bioactive Precision Peptides](#)
- [Order Lab Bundles from Home](#)
- [Give the Gift of Wellness with an Inspire Wellness NEW Gift Card](#)
 - Use on any service offered at Inspire Wellness NEW
- [Like and Follow on Facebook](#)
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**REMEMBER TO TAKE ADVANTAGE
OF OUR LOYALTY CARD &
REFERRAL PROGRAM OFFERED AT
INSPIRE WELLNESS NEW!**

Spiritual Health (MIND-BODY-SPIRIT CONNECTION)

Spiritual health is a key component of long-lasting wellness. When the changes you're making seem overwhelming or you want to give up, God is ready and willing to take on your burdens. I challenge you to cultivate your spiritual health over the next three months - prioritize time with God and be willing to cast your burdens unto Him!
"God is our refuge and strength, an ever-present help in trouble." Psalm 46:1



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