

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



SEE WHAT'S NEW IN THIS QUARTER'S

NEWSLETTER

PEPTIDES WITH A PURPOSE: HOW BIOACTIVE COMPOUNDS BOOST YOUR HEALTH

At Inspire Wellness NEW, my mission is to empower others to achieve optimal wellness through a unique blend of natural, integrative strategies. In line with this mission, I'm excited to offer bioactive precision peptides, a cutting-edge addition to help those wanting to lose weight, balance hormones, improve metabolism, boost energy, support recovery, calm the stress response, and enhance overall well-being.

So what are bioactive peptides?

They're short chains of amino acids that work with your body to support its natural processes and innate healing abilities - essentially giving your system the tools it needs for optimal performance.

How do they compare to GLP-1 medications?

These *ingestible* bioactive peptides are NATURAL, and thus work in harmony with your body. In contrast, *injectable* GLP-1 medications (like semaglutide and tirzepatide, for example) are SYNTHETIC, meaning they're chemically engineered to mimic body processes.

The best part?

Whether you're just beginning your wellness journey or looking to maintain the progress you've made, bioactive peptides can be a powerful addition to your transformational toolkit.

**You do not need to be an Inspire Wellness NEW client to create an account and start using bioactive peptides! (See "Important Links" on page 3 to get started)*

- FIT** Get Stronger. Live Longer.
 - Builds more muscle and prevents muscle loss
 - Lowers inflammation after exercise
 - Maintains steady energy
 - 144% Increase in muscle strength, recovery rate
- LEAN** Curb Appetite. Burn Fat.
 - No Injectables, all natural
 - Balances hunger hormones
 - Improves body composition
 - Average person lost 6% body fat
- FOCUSED** Mental Clarity. Sharp Mind.
 - Increases brain health and boosts attention
 - Supports short-term and long-term memory
 - Provides mental clarity
 - Improves vision
- ENERGIZED** Steady Energy. Laser Focus.
 - Increases serotonin and dopamine
 - Supports adrenal gland function
 - Balances cortisol levels
 - Reduces mental fatigue
- HYDRATED** Hydrated. Satisfied.
 - Increase levels of electrolytes
 - Ensures hydration with natural ingredients
 - Supports muscle health and proper nerve function
 - Helps boost energy levels
- CALM** Balanced. Relaxed.
 - Enhances GABA to reduce anxiety
 - Balances cortisol levels
 - Mood regulation
 - 40% reduction in daily stress after 30 days

MAKING HEALTH & WELLNESS MORE STREAMLINED!

INSIDE THE LABS!

Why should you test your gut health?

You are what you eat, digest, AND absorb. So you can imagine the gut is pretty important. In fact, your gut health impacts everything from digestion and immunity to neuroendocrine health and metabolism. When clients want their gut health evaluated, my favorite test is the **Gut Zoomer!** This advanced stool test is an empowering tool that helps guide a targeted, personalized approach to healing and balance. Importantly, it offers a deep dive into your microbiome, the trillions of bacteria and other microorganisms living in your digestive tract. A comprehensive panel screens for over 300 of these microorganisms and provides valuable insight into the root causes of symptoms like bloating, fatigue, food sensitivities, skin issues, autoimmunity, hormone imbalances, and more!

Key Benefits of the Gut Zoomer:

- Identifies key markers of dysbiosis, inflammation, leaky gut, intestinal permeability, AND gluten intolerance.
- Evaluates digestive function and nutrient absorption.
- Screens for pathogens such as harmful bacteria, parasites, viruses, and yeast.
- **Not offered on most other gut tests:** Includes personalized nutrition, supplements, and lifestyle strategies to address your specific imbalances directly on the test report!

Curious if the Gut Zoomer is right for you?

Let's talk about how it can support your health & wellness goals!



SUPPLEMENT SPOTLIGHT!

What should you look for in a supplement, vitamin, or herbal remedy?

Supplements, vitamins, and herbs are products where you truly get what you pay for. This doesn't mean you need to purchase the most expensive item on the market, nor should you opt for the cheapest product. Why? The reason a brand is significantly cheaper than a more reputable option is often because it lacks third-party testing. With minimal FDA oversight on supplements (which can be a good or bad thing, depending how you look at it), third party testing ensures product safety, quality, and accurate labeling to provide consumers with confidence that what is printed on the label is actually what they're purchasing.

What about allergens and other toxins?

By choosing brands that use organic ingredients and are clearly labeled as being free from common allergens such as gluten, wheat, dairy, corn, eggs, artificial colors, and dyes, you're consuming products that support the body without triggering inflammation or other negative side effects.

How do you choose?

Everyone is unique, so there's no one right answer. However, you can check out <https://inspirewellnessnew.com/services/supplements/> for several quality options!

EDUCATION CONNECTION!

EDUCATION IS EMPOWERING!

How do the gut and brain influence each other – what’s the connection? Be sure to check out **How Gut Health Impacts Mental Health: The Gut-Brain Connection Explained** featured in the July 11, 2025 edition of the Motherhood Alliance blog!



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 at a webinar or workshop, please reach out to Sara at sara@inspirewellnessnew.com or call **(920) 393-8268**.

IMPORTANT LINKS

- [InspireWellnessNEW.com](https://www.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](#)
- [Follow on Instagram](#)

REMEMBER TO TAKE ADVANTAGE OF THE LOYALTY & REFERRAL PROGRAMS OFFERED AT INSPIRE WELLNESS NEW!

Spiritual Health (MIND-BODY-SPIRIT CONNECTION)

The first step to making transformational change is resetting the mind - a challenging task when you carry worries, anxieties, and fears with you. When these feelings weigh you down, remember that God invites you to cast your burdens onto Him! Having faith isn't pretending these struggles don't exist; it's about turning to the One who can help you overcome them!

“Cast all your anxiety on Him because He cares for you.” - 1 Peter 5:7



[WWW.INSPIREWELLNESSNEW.COM](https://www.inspirewellnessnew.com)

