

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

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



THE POWER OF SLEEP FOR STRESS MANAGEMENT

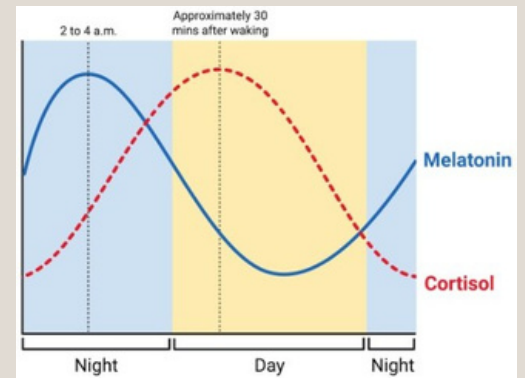
Sleep plays a critical role in how the body manages stress, largely through its effects on cortisol, the body's primary stress hormone. Under healthy conditions, cortisol follows a daily rhythm: it rises in the morning to help you wake up and gradually declines throughout the day, reaching its lowest level at night. This natural circadian rhythm is meant to be opposite that of melatonin, the sleep hormone - when cortisol is high, melatonin is low, and when melatonin rises at night, cortisol should fall. Quality sleep helps maintain this balance.

The average adult requires 7 to 9 hours of sleep each night. Even one night of insufficient or fragmented sleep can raise cortisol levels the following day, especially in the afternoon and evening, often leading to sugar cravings, an afternoon "crash," or a nighttime "wired" state making stress harder to manage. When poor sleep becomes chronic, cortisol can remain elevated contributing to blood glucose and insulin imbalances, thyroid dysfunction, weight gain, anxiety, irritability, reduced focus, and brain fog. This creates a vicious cycle where stress disrupts sleep and poor sleep fuels more stress.

Sleep also plays a crucial role in balancing the body's "Fight or Flight" with "Rest, Digest, and HEAL" nervous system responses. During restful, restorative sleep, the brain activates its *glymphatic* system, a network that uses cerebrospinal fluid to flush out waste products and toxins that accumulate during waking hours; in essence, it helps detoxify the brain. This nightly "cleansing" supports brain health, emotional regulation, cognitive clarity, and physical wellbeing.

Tactical & Practical Ways to Improve Your Sleep

- Keep a consistent bedtime and wake time.
- Adopt a calming wind-down routine and stick to it.
- Sleep in a dark, quiet, and cool environment (~65 degrees F).
- Get natural light in the morning - go outside!
- Limit caffeine later in the day.
- Avoid eating 2 to 3 hours before bedtime.
- Reduce screen time and blue light exposure before bedtime.



The Bottom Line?

Sleep isn't just rest... it's active recovery that builds resilience to daily stress!

CHECK OUT OUR SPOTLIGHTS!

INSIDE THE LABS!

Why Test Your Salivary Cortisol Levels?

Hormones direct multiple body processes including mood, energy, sleep, metabolism, reproduction, immune responses, and more. When they are 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 Salivary Cortisol Testing

- Measures salivary levels of 20 bioavailable hormones including cortisol, cortisone, DHEA-S, melatonin, estrogen, progesterone, and testosterone. Because samples are collected at multiple time throughout the day, the cortisol awakening response (CAR) provides a more clear picture of adrenal function and stress adaptation, both of which can directly influence thyroid function and systemic health.
- Results include actionable insights for addressing stress, low energy, mood, and hormonal imbalances.
- Lab results are presented in visually appealing, easy to understand graphs and tables to help identify trends.

Who Will Benefit?

Those experiencing any of the following:

- Sleep issues, fatigue, mood swings, lack of joy, brain fog, anxiety, low libido, weight changes, sugar cravings, hair loss, or other symptoms of hormonal imbalance.

Is Hormone Testing Is Right For You?

If you have any of the above concerns, YES! You can even pair this with a blood test or DUTCH test to compare serum or urinary cortisol levels, respectively, with salivary levels. Let's talk more about how advanced functional labs can support your personal health & wellness goals!

RESTORED: THE FIRST BIOACTIVE PEPTIDE FOR SLEEP IS HERE!

What Are the Benefits of Restored?

Bioactive precision peptides are NATURAL, *not* synthetic and INGESTIBLE, *not* injectable! Restored has been shown to enhance sleep quantity AND quality - specifically in REM and deep sleep cycles. Restorative sleep helps lower cortisol, balance hormones, and detoxify the brain, which improves neurological and mental health. It can also improve feelings of restfulness and increase hours of productivity the next day!



When you stack **Restored** with **Fit** (supports strength & endurance, increases NAD, and reduces chronic inflammation) and **Lean** (helps with sugar cravings, appetite balance, belly fat loss, and metabolic function), you've got a triple threat for wellness support!

Pair your peptides with daily activity, healthy nutrition swaps (i.e. swap juice or soda for water with fruit), and a consistent sleep routine for even more powerful results!

EDUCATION CONNECTION!

LISTEN TO THE MOTHERHOOD ALLIANCE PODCAST: 4 HOT WELLNESS TOPICS DISCUSSED!

What is stress and why does it matter more than you think? What does "all disease begins in the gut" actually mean? How can gut dysfunction contribute to estrogen dominance, which then contributes to gallbladder disease? What is the connection between gut health and autoimmune dysfunction? How do bioactive peptides support the body naturally compared to synthetic GLP-1 options? Tune in this February 5, 9, 12 & 16th as Sara, MSN, RN, CEN, CFNIP, CHRC, owner/operator of Inspire Wellness NEW, joins the **Motherhood Alliance Podcast** to share expert insights - and enjoy bonus promo codes for wellness products and services!



To book your appointment at Inspire Wellness NEW or if you are interested in:

- Group health coaching sessions
- Group health coaching sessions or educational classes *at your workplace*, OR
- 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](https://www.inspirewellnessnew.com)
- [Book a FREE Discovery Call](#)
- [Join FullScript for quality vitamins & supplements](#)
- [Join Make Wellness for Bioactive Precision Peptides](#)
- [Order Lab Bundles from Home](#)
- [Give the Gift of Wellness with an Inspire Wellness NEW Gift Card](#)
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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)

When motivation seems to fade, remember true strength doesn't come from us, but from God. When we put God first in all things, He renews our strength, removes our fears, and gently guides our steps forward.

"Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the LORD your God is with you wherever you go." (Joshua 1:9)



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