



Heal in Harmony™
Isthmus Wellness™



Supplement Review: Soothe & Relaxx by Researched Nutritionals

Have you or anyone you have known experienced a time in life where you were in pain to the point you couldn't sleep soundly? Or maybe you're waking up needing to shift positions due to discomfort? Or maybe you've woken up with a stiff neck? Restless legs? Tossing and turning because you just feel antsy? I hear so many times from clients, "I normally sleep well, but since my pain started I just can't get comfortable!" Maybe you're very active, have some minor aches and pains but you have trouble falling asleep at night because your brain just won't 'shut off'.

Soothe & Relaxx is the perfect combination for clients experiencing any or all of these symptoms. The mixture of a muscle relaxing complex, joint soothers, and mind-calming herbs will help you not only recover from injury and relieve pain but also help to improve your quality of sleep. When you're in pain, it might be hard to get comfortable enough to get to sleep... or maybe you're sleeping very lightly. Your body heals and recovers while you're sleeping. If you're not sleeping well, then it's incredibly difficult to heal. It's a vicious cycle! In addition to acupuncture, clients report incredible results taking a therapeutic dose of this supplement (three capsules, twice daily). Decreased pain, less muscle tension, waking up with less stiffness, falling asleep easier and sleeping more soundly are our most reported results within a week or two of treatment. The best part is, taking it during the day will not cause drowsiness like many prescription muscle relaxants can. Soothe & Relaxx includes herbs which help promote a healthy inflammatory response (like curcumin), and is corrective in nature, meaning as you recover it doesn't have to be something you always have to take. As symptoms decrease, I will typically decrease the dosage and limit it to only taking the nighttime dose. This, of course, is evaluated on an individual basis. It's really incredible how much better people feel when they get enough quality sleep and their muscles and joints start to function properly.

Soothe & Relaxx is one of my favorite supplements. It is essential to my practice and to many of our clients as they heal from injury and chronic pain, and for those who experience stress, restlessness and muscle tension.

*This supplement may not be appropriate for people taking blood thinners or high doses of certain prescription NSAIDs. Please consult with your provider.

- Liz Mierendorf, Certified Acupuncturist, MAOM

Important Reminder - Appointment Cancellation Policy

We understand that unplanned issues can come up and you may need to cancel an appointment. If that happens, we respectfully ask for scheduled appointments be cancelled at least 24 hours in advance.

*If you must cancel your appointment within this 24-hour period, please **contact our office at 608-441-9355 or by text 608-598-9516**. See below for Cancellation Policy details.*

For all Cancellations:

- **No charge will be applied for notice given in advance of 24 hours.**
- A \$50 fee will be charged for any appointment cancelled with less than 24 hour notice.
- If you do not call or give notice that you will not attend your appointment, a charge equivalent to the full price of your service booked will be applied.

Thank you for being a valued client and for your understanding and cooperation. This policy enables us to open otherwise unused appointments to better serve the needs of all clients.

Back by Popular Demand...



Due to the overwhelmingly positive response, chair massage with Ali Miller is back! On **Thursday September 15th**, Ali will be stationed in our waiting room offering *complimentary 15-minute chair massage from 10*

a.m. to 3 p.m. If you know that you are interested, we recommend reserving your time slot by calling our office at 608-441-9355 or by text 608-598-9516. Walk-Ins are available on a first come, first served basis.

Ali is a graduate of the massage program at MATC and has been with Isthmus Wellness since June. We are so grateful to have her as a part of team!

Here is what one of Ali's clients has to say, *"Ali offers a pampering, soothing massage that alleviates many of my physical and emotional issues including stress, anxiety, depression, headaches and muscular pain. She also provides me with techniques to care for my muscles on a daily basis. She comes highly recommended for chair massage!"*