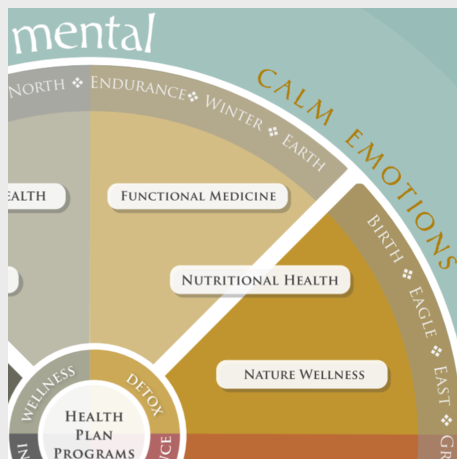




Happy New Year!



Calm Emotions

FUNCTIONAL MEDICINE

Medical Wellness Eval
Hormone Balancing
IV Hydration Therapy
Supplementation

The start of a NEW YEAR has arrived and our Medicine Wheel is directed **North** officially welcoming in the cold **Winter** season. January marks emphasis in our Mental Health aspect specifically veering you toward our **Functional Medicine** services to create a fresh start and clean baseline of health and wellness.

I'm sure you've received plenty of New Year tips already and have your resolutions in mind but realistically how did you do with your resolutions and New Year's goals last year? Do you remember what you put out there? Did you stick with it or are you yet again setting the same goals?

Self-improvement, or at least the desire for it, is a shared American hobby. It's why so many of us—some estimates say more than 40% of Americans—make New Year's resolutions. For comparison, only about 30% of Americans watch the Super Bowl. But for all the good intentions, only a tiny fraction of us keep our resolutions; University of Scranton research suggests that just 8% of

people achieve their New Year's goals. Yikes! How can we change if we don't actually know how to change or have the tools in place to carry out desires and goals?

The challenge is that our brain and neurological system is programmed a certain way from the actions that have dominated our lives up until this point. So if you've been eating chips as your favorite snack for 20 years, that's what your body and brain knows, so just saying that you're going to quit eating chips, a taste you've formulated over a lifetime or to start up a new habit at a moments notice, is not going to be easy to stick with and is why we tend to fail at our New Year's Resolutions.

This need to dig deeper to make actual change is why we are different at Medicine Wheel Wellness. We are not just a collective of healthcare practitioners under one roof scratching the surface with a bunch of health and wellness services to pick from. **We are a Healing Protocol.** A system of care that incorporates the four essential aspects of well-being; Physical, Mental, Spiritual, and Emotional, in a particular order, customized for your interests and needs based on the natural principles of The Medicine Wheel and how our Earth stays in balance, despite all the stress we inflict on it.

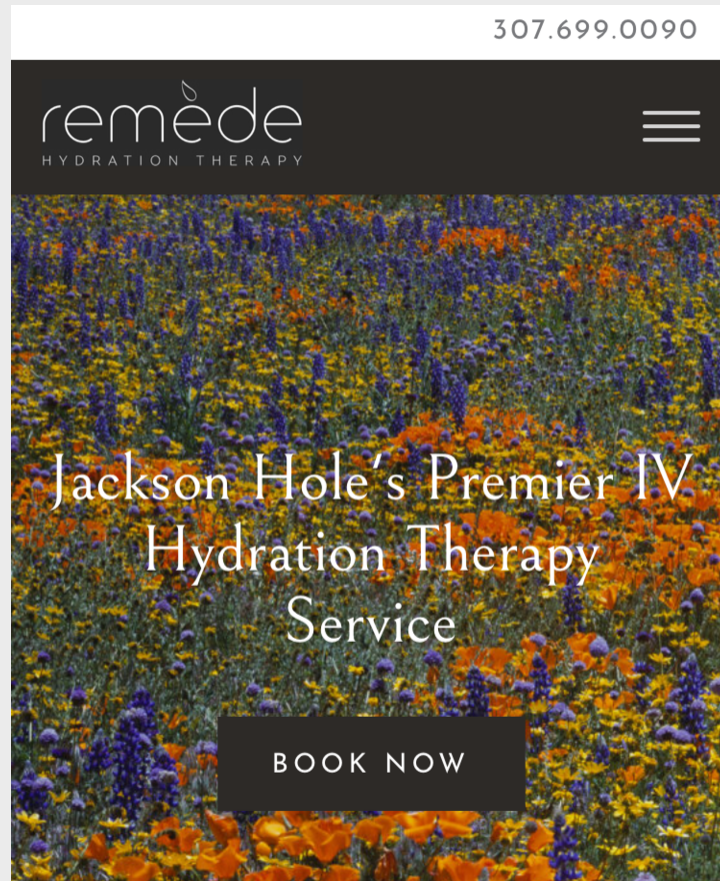
And just like our planet, our bodies, mind, and spirit require balance internally and externally to combat the stresses we place on ourselves and what we endure by our personal, social, economic, and environmental factors that influence our status of health and happiness.

Functional Medicine is the healing category that falls within our Mental Health aspect of well-being and is emphasized as we head into the New Year. If you can't shift how your brain and body is programmed or your approach, you won't be able to carry out that change you wish to be.

Functional Medicine is a holistic approach to healing that looks beyond just the symptoms you are experiencing and gets to the root cause. We don't want to just put a band-aid on your health and wellness needs, we are here to explore where, when, and why your internal and external health started to shift causing your symptoms and clear out what initiated the process that led you to feeling unhealthy or having that habit that is so hard to break.

Initiating an approach to prevent a repeat of symptoms or behaviors, or lack of ability to stick with those darn New Year's resolutions, begins with setting up a **Holistic Wellness Evaluation** to explore your starting point, your past medical history, and take you on a wellness journey through the Medicine Wheel's Healing Protocol to create actual change.

To re-set and re-balance your body's systems, **Remède IV Hydration Therapy** is offering 20% savings on your in-house session at MWW for the month of January. Schedule your appointment below and check out with **Promo Code: IV20%** for your savings!



Proper **supplementation** also plays an important part of this refueling process, so we recommend you to check in with our friends at **Simply Health** to gain the information you need and get set up with the nutrients ideal for your body's needs.



1325 S HWY 89
Jackson, WY
(In the Smiths Plaza)

www.simplyhealthjh.com
[@simplyhealthjh](https://www.instagram.com/simplyhealthjh)

Let's make 2019 the best year of your life!

Our **DETOX HEALTH PLAN PROGRAM** is another great way to kickstart the New Year! Release physical and emotional toxins with a health plan program that saves you time, money, and sets you up in an integrated package of services for the best results.

[Learn More & Schedule](#)

This Month's Workshops:



Our **JANUARY WORKSHOP SCHEDULE** is filled with specialty offerings including a New Moon InnerDance Community Session and Pre/Post- Natal Class Series & Educational Talk

[Learn More & Sign Up](#)

New TRX and Yoga classes added!



Now seven days a week, we offer a variety of specialty fitness, yoga, and strength classes for all levels.

Drop-in to any class for \$18 or buy a multi-class pack for savings!

[View Our January Class Schedule](#)

"Medicine Wheel Wellness offers a holistic approach to optimal health & wellness. Through the balance of physical, mental, emotional, and spiritual aspects of life, we integrate Modern Medicine & Ancient Wisdom to guide our methods. Our Service Providers are experts in their healthcare field, all located in one convenient location providing accessible options and efficiency."

*-Francine Bartlett, Founder/Owner
Director of Health & Wellness*



Schedule Your Appointment for a **FREE Orientation** to learn how we can best serve the evolution of your long and happy life.



MEDICINE WHEEL WELLNESS

120 WEST PEARL AVENUE | JACKSON HOLE, WY 83001

www.MWWJH.com | 307.699.7480

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