



NHIC Spring Newsletter

Breathe Easy This Spring: A Holistic Approach to Allergies

As the seasons shift, many of us find ourselves reaching for tissues, battling itchy eyes, and sneezing more than we'd like to admit. Seasonal allergies, while common, can significantly impact our daily lives, leaving us searching for relief. While over-the-counter medications can provide a temporary solution, many patients seek a more holistic approach to manage these pesky symptoms. Read on to learn all about our go-to solutions for a better way to manage allergies this season.



Act Now with Acupuncture

Acupuncture helps with seasonal allergies in several ways. One of the primary theories is that it modulates the immune system's response, reducing the body's hypersensitivity to environmental allergens and calming the immune system's overreaction.

Additionally, acupuncture reduces inflammation, a key component of an allergic response. By decreasing inflammation, the symptoms of allergies can be significantly alleviated. Another benefit includes improving nasal airflow and reducing congestion, providing immediate relief from some of the most troublesome allergy symptoms.

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General Announcements

May Supplement of the Month: Enjoy 10% OFF Curcumin Phytosome and Turmeric Complete!

May's Supplement of the Month goes to two of our favorite inflammation-fighting formulas—Curcumin Phytosome and Turmeric Complete.

Shop with us in-store or online to save 10% on these products now through May 31st!

July Patient Education Night: Heavy Metal Toxicity and Chelation Therapy

**Wednesday, July 17th at 6:00 pm
presented by Dr. Ann Auburn**

Don't miss this free virtual lecture all about heavy metal toxicity and how chelation therapy can help—coming this summer from Dr. Ann Auburn. Stream and share all of our lectures by visiting our Facebook page or YouTube channel after they air. See you there!

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While individual responses to acupuncture vary, many studies have shown that it can effectively reduce the symptoms of seasonal allergies, particularly when used as a complement to other treatments. Patients often report fewer symptoms, a reduced need for conventional medications, and an overall improvement in quality of life. Now is a great time to schedule with Dr. Greg Flynn, or call for a free acupuncture consultation to learn more!

IV Therapy for Allergy Relief

Incorporating the Myers' Cocktail IV and Gaby Wright IV into your allergy management strategy goes beyond traditional medications. This method focuses on the underlying causes of allergies—like inflammation and immune system response—rather than masking symptoms. These infusions include a blend of Vitamin C, magnesium, calcium, and B vitamins. Nutritional IVs allow for higher concentrations of nutrients to reach cells, bypassing the digestive system and often providing immediate benefits.



Vitamin C, an antioxidant, plays a crucial role in combating inflammation and boosting the immune system. Magnesium supports respiratory health, and B vitamins help increase energy levels, providing a much-needed lift for those lethargic days that often accompany allergy season.

LIMITED TIME DISCOUNT

Buy 4 Gaby or Myers' Cocktail IVs and receive **25% OFF** your fifth! Now through May 31st.

Hist-Assist: Natural Allergy Support for the Whole Family

We also recommend Hist-Assist, a carefully formulated supplement designed to stabilize mast cells and balance the release of histamines during the spring allergy season. Hist-Assist blends flavonoids, vitamins, and herbs to balance the immune response, thin mucous, and provide relief from a variety of allergy symptoms. This formula is also available in a chewable kid-friendly formula—Hist-Assist Jr.!

We hope you'll join us this spring to explore these better options for allergy management. With the combined power of acupuncture, nutritional IVs, and Hist-Assist, you won't just survive allergy season; you'll be thriving through it!

Seasonal Allergic Rhinitis: A Case Study by Alan R. Gaby, MD

Case #8: A 38-year-old man had a long history of seasonal allergic rhinitis, occurring each spring and lasting about a month. Symptoms included nasal congestion, itchy eyes, and fatigue. During a symptomatic period, an IV infusion of 12 mL vitamin C, 3 mL magnesium, and 1 mL each of B12, B6, B5, and B complex provided rapid relief. This was repeated during the hay fever season (once weekly or less) and successfully controlled his symptoms. In subsequent years he began the IVs shortly before, and repeated them periodically during the hay fever season; this approach prevented the development of symptoms.

Gaby, A. R. (2002). Intravenous Nutrient Therapy: the "Myers' Cocktail" Alternative Medicine Review, 7(5), 397.

Our online store is always open!

Visit us at

www.nhicwestmi.com/shop



Hint: If you are viewing this newsletter electronically, click any underlined text to learn more about the topic or product at our website! Questions? Click HERE to contact us!



SAVE THE DATE!

NHIC Annual Open House
Monday, June 10th
4:00 – 7:00 pm

We are thrilled to invite you to our 2024 NHIC Annual Open House! Whether you've been a patient for many years or are just becoming familiar with our office, this annual celebration is the perfect time to meet and greet with our staff, try samples, win free stuff, and visit with our vendors and other healthcare professionals from the community!

What To Expect

- Meet and greet with Dr. Auburn and staff
- Learn about [Thermography](#)
- Tour the [HOCATT Ozone Sauna](#) and [mHBOT chamber](#)
- Acupuncture demonstrations
- Receive a FREE consult for [cosmetic PRP](#) (hair restoration, or PRP facials for anti-aging)
- Special supplement discounts
- Visit with vendors and win door prizes

This is a non-ticketed event and will be open to the public. Let us know you are interested by informing the front desk or calling 616-301-0808.

Are you an NHIC *Success Story*?



Celebrate your journey toward better health by joining our Success Story Contest!

Ready for an opportunity to inspire others, all while earning a chance to win amazing rewards? Here's everything you need to know about participating in our Success Story Contest!

How to Enter

1. Share Your Story: Write us a brief testimonial of your health journey. Start from the beginning and lead us through to the end. We'd love to hear about any prior medical treatments you've had before joining the NHIC family and how things have evolved for you since. The more specific, the better!

2. Submit Your Success: Fill out the [Success Story form](#) here on our website by clicking below, or collect a form to fill out in person at our office. Submit your hard copy by either dropping it off at our office or emailing it to us at info@nhicwestmi.com.

3. Entry Into the Drawing: Upon receiving your story, we'll enter your name into our drawing for the chance to win one of the three coupons. Plus, your story may be shared for others to find inspiration. (We do not share full names to ensure your privacy.)

Contest End Date: Make sure to get your entries in by May 31st.

Winner Announcement: We'll be drawing and announcing three winners on June 3rd. The winners will receive discounts of **10%, 15%, or 20% OFF A SERVICE OR SUPPLEMENT.**

We believe that every journey towards health is worth celebrating, and what better way to do so than by sharing your success with the world? Your story could be the very thing that inspires someone else to take the first step toward wellness.

Get to Know our Newest Provider



Sarah Stevens, APRN-CNP

Sarah Stevens, APRN-CNP joined the NHIC team at the beginning of 2024, and she is now accepting new patients. She is a graduate of Cedarville University in Ohio with a Master of Science in nursing. After working in primary care for the past seven years, she is passionate about preventive care. Please call 616-301-0808 schedule!

Natural Health Improvement Center

this coupon is valid for

\$15 OFF ANY SERVICE OR SUPPLEMENT

when you refer a new patient to our office.

*New patient must have completed 3 office visits to receive discount



NEW PATIENT:

REFERRING PATIENT:

Natural Health Improvement Center P.C.
Restoring health with a holistic approach



4466 Heritage Ct. SW
Grandville, MI 49418



Natural Health Improvement Center
Patient Appreciation Coupon

Enjoy **\$10 OFF** a
purchase of \$60 or more!

Ordering online? USE CODE: **THANKYOU24**

One per person. Expires May 31, 2024

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We appreciate your feedback!



Have you had a positive experience here at the NHIC? If so, we would love if you took a few minutes to leave us a review!



Scan the QR code, or visit our [Google page!](#)