



# PROSPECTIVELY HEALTHY & WELLNESS CLINIC

## EVENT HIGHLIGHTS: SEPTEMBER

2023 has been a YEAR of silver linings, blessings, and new beginnings. We wanted to take a moment to start this-issue #1 of the Prospectively Healthy & Wellness Clinic newsletter- saying....

Thank you.

For all of your love, support, and prayers along the way.

Thank you for the kind words, the referrals, and for trusting us to be a part of your health journey. It has been an absolute blessing to continue to do what we love, and to serve you.

We wanted to use this newsletter as an announcement platform for our first annual Fall Into Well program. Please see details on page 2.

With Love,

Dr. Dustin Moffitt, Coach Jess, Juniper, and Callum



Royal Arch Trail, Colorado Sep 2023

## UPCOMING EVENTS



FALL INTO WELL  
SEP 15-30TH



CHALLENGE FIND YOU  
OCT 1- NOV 10TH



# FALL INTO WELL

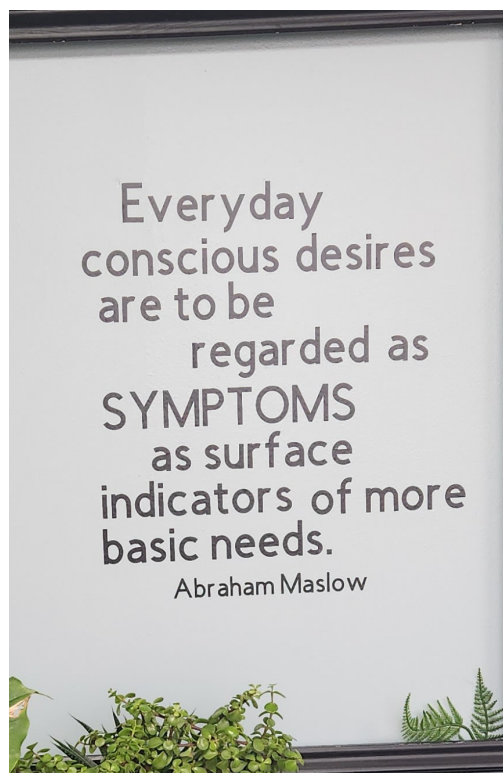
## NATUROPATHIC MEDICINE

Naturopathic Medicine- the application of balancing the body, optimizing all nutrients within the body, and removing the toxins.

The use of the least invasive treatment options first.

Believing in the body's innate ability to heal itself [when properly supported]... has fueled the development of our Fall Into Well Program.

Every September, when the kids are back in school, the summer activities have died down and holidays are still in the distance, we would like to give you the opportunity to



CHECK IN, STOCK UP, & SAVE  
on your wellness journey.

This means, from Sep 15th-30th:

- 25% off all in office supplements, with shipping available\*. View our products, including PH Supplements, [here](#).
- 25% off all lab packages, excluding our Hormones and Thyroid Panel, which is always just \$145. Read more about our lab profiles [here](#).
- 25% off Select Wellness IV Services, including Vitamin B Injections, Chelation, Ultraviolet Blood Irradiation (UBI), and Meyers Cocktails. A full IV Menu is available [here](#), with same day booking available on most days.
- \$100 off ExtraCorporal Blood Ozonation & Oxygenation ([EBOO](#)).

Exclusive promotions in our online supplement dispensary found [here](#)  
And opportunities to be entered to win PH Swag, coupons, and more!



# CHALLENGE: FIND YOU

## NUTRITION & FITNESS COACHING

Master Certified Health Education Specialist, Nutrition, and Fitness Coach Jessica Moffitt is launching her next Challenge: Find You six week course on October 1st.

This program includes 6 weeks of nutrition coaching, 6 weeks of group fitness classes (live or pre-recorded, 2 classes per week), meal plan templates, grocery lists, and unlimited accountability and support.

Lead virtually or in person, this program is designed to serve as an excellent source to learn how to properly prep, cook and meal plan nutrient dense foods, all while learning the physiological and psychological reasons of why we eat, what cravings actually mean and how our body uses food as fuel.

Expect better energy, better mood, and decreased inflammation\*! The side effect will be that you also get to lose weight. Furthermore, it will create a lifestyle that you can stick to, no matter your schedule. It's free from supplements, sign ups, and subscriptions. Just good food, valuable education, and great results.

Read more and sign up [here](#).



Photo Credit: The Collective



# WEIGHT MANAGEMENT

## DID YOU KNOW?

Did you know that the PH Wellness Clinic, located at 211 Cherry Ave in Oakley Kansas, has a wide variety of medically-assisted weight loss options?

In addition to the services Dr. Moffitt offers in the Clinic, Jessica's nutrition coaching yields results ranging from a slow & steady pace of 1-2 lbs per week, to a fast-track jump start to health in her six week program, with an average of over 15 lbs lost in just 6 weeks!

Not sure which is best for you?

Request a consultation with either Dr. Moffitt or Coach Jess, or pair Healthy & Wellness together with our Weight Loss Package, which INCLUDES:



1. Challenge: Find You- a self guided 6 week program with all the benefits of the live program on your own time, OR the live 6 week challenge ([View dates here](#)).
2. 50% off a one-hour consultation with Dr. Moffitt to review possible barriers to success you may encounter along the way, and to create a comprehensive and strategic approach to your journey.
3. Our Weight Loss Lab Package, to determine biological markers that may impact your results \*\*clinic draw fee not included in purchase price.
4. 12 wks of medically-assisted weight loss, either weekly injections administered by our nurse in Oakley, or receive instructions on how to administer from the comfort of your own home with 1x/week injections, AND a 15 minute follow up consultation with Dr. Moffitt upon completing your 6 Week Challenge.

Please call New Patient Coordinator Sarah Rudman, RN to sign up or for additional questions.



# PATIENT TESTIMONIALS

## WHAT DO OUR PATIENTS SAY?



"It feels good to be back."

-T



## WHAT DO OUR PATIENTS SAY?



"Very informative and thorough appointment with Dr. Moffitt. Positive and had a personal plan for me."

-D

## WHAT DO OUR PATIENTS SAY?



"It was so good to be seeing Dr. Moffitt again. I always know he does his best to listen and consider things thoroughly. Sarah is always a Joy!"

-J



## WHAT DO OUR CLIENTS SAY?



"The meals are amazing but the coach is what makes it worth it. Jessica explains everything in great detail but makes sure that everyone is included and is just as invested as we are."

-A



## WHAT DO OUR CLIENTS SAY?



"Jess, your work and your effort matter. You change people's life and I thank you!"

-P



Have a brief testimonial or review you're willing to share?  
We'd love to hear it!

[Facebook](#) [Google](#) [Website](#)

Have a friend who could benefit from our services? Make sure to ask about our Patient Referral Program!

[WWW.PROSPECTIVELYHEALTHY.COM](http://WWW.PROSPECTIVELYHEALTHY.COM)