



PROSPECTIVELY HEALTHY & WELLNESS CLINIC

EVENT HIGHLIGHTS: NOVEMBER

Cabinet colors and floors and chairs...
oh my!

October was full of decision-making and building preparations. We had a blast spending time with family, friends, and loved ones! We participated in the Logan County Health Department's Health Fair last month and stopped by Castle Rock, Elephant's in Hoxie, KS, and, of course,

Shiloh Vineyard in Wakeeney. We finished up our 6-week Challenge: Find You program. Fourteen ladies completed the program this time, with some of the most unique and awe-inspiring results we have seen yet. I'll talk about that later.

At this point, the contractors are flying through the building to get things ready for opening day, and we wanted to share those updates with you!



Castle Rock, Oct 2023

UPCOMING EVENTS



THANKSGIVING
CLOSURES
CLOSED WED NOV 22 &
THURS NOV 23



BIG BANG LITTLE BUCK
IMMUNE BOOST
20% DISCOUNT EXTENDED
THROUGH THE END OF THE
YEAR



WELCOME TO HAYS

Our Hays location is set to open on Jan 2nd, 2024.

Our office hours will be Monday-Thursday, 8:30am-4:30pm, but we are also working hard to launch Friday services.

Online Booking is Open Now!

www.prospectivelyhealthy.com/contact/schedule-appointment/.

This would not be possible without our dear friends at the Logan County Hospital and their community.

Hays Services with Dr. Moffitt will include Naturopathic Medicine, Regenerative Medicine Therapy (prolotherapy and PRP), Hormone Replacement Therapy, Advanced Nutrient Therapy (including removing toxins and optimizing nutrients), and our comprehensive and specialized labs. In-house labs will be available, including a hormone and thyroid panel (A deal at \$145!), Food Allergy Testing, Micronutrient Testing, and Heavy Metal Screening. More comprehensive labs, such as gut bacteria, skin health, genetics, and more, will be available from our lab partnerships at a fraction of traditional pricing.

We will also have our IV Therapy Rooms ready on January 2nd. These rooms have been an art project for Jessica, and we are so excited to see what she has put together. Our Wellness & Therapeutic IV Menu will be released soon!

Speaking of Jess- She'll offer her Challenge: Find You six-week course (the next one starts Jan 9th), individual nutrition coaching, personal training, and group classes. We will also expand our services to patients with other health and wellness providers.

Our Oakley location will remain open on the 1st and 3rd Thursday of each month, with most services available.

Please mark your calendars for our Ribbon Cutting & Brick Presentation on Jan 11th, 4 pm, and Community Appreciation Party on Jan 11th, 5:30-8:00pm.





WELCOME TO HAYS

We will start our thank you cards this month- because it will take us a few months to get through them all.

First and foremost, a big thank you to Sarah and Patty. These ladies are our foundation. They are the friendly faces at the front desk and on the other side of the phone, but they do so much for us. We could only make this happen with their help.

Thank you, Sarah Rudman, RN, BSN, and Patty Legleiter, for all you do.



A big thank you to our contractors... We will feature more in December!

State Glass



Reliable Heating, Ventilation, and Air Conditioning

*Haselhorst
Construction*



NOURISH YOUR BODY

As promised, we hope to always share pieces of information in these newsletters that will help you become a stronger version of you. This month, read about the importance of proteins, and some not-so-common sources of these delicious building blocks!

Author: Francesca Vermillion, DC, MSN

OPTIMAL SOURCES OF PROTEIN

Proteins, the fundamental elements supporting our body's growth and maintenance, are crucial for a healthy diet. Whether you're a carnivore or a plant-based enthusiast, various protein sources exist to cater to your dietary preferences. Determining the ideal protein intake depends on various factors such as age, weight, activity level, and overall health. As a

general guideline, many experts suggest aiming for around 0.6 to 0.8 grams of protein per pound of body weight. However, the recommendation often increases to 1 -1.2 grams of protein per pound of body weight for active individuals engaged in regular exercise or strength training. This ensures an adequate supply for muscle repair, growth, and overall well-being. In both our Challenge: Find You program, and in individual nutrition coaching, Coach Jess talks about ways to simplify these calculations. Optimizing proteins are the key to maintaining a healthy weight and achieving goals.



ANIMAL-BASED PROTEINS:

Lean Meats: Turkey, chicken, and fish are exceptional sources of high-quality protein, boasting essential amino acids and minimal saturated fats. If you are open to less conventional meats, rabbit meat is leaner than turkey or chicken.

Eggs: Economical and versatile, eggs are complete proteins, containing all nine essential amino acids necessary for optimal bodily function.

Lean Red Meats: Elk, Grass-fed bison, and beef, when eaten in moderation, are excellent choices for protein.

Dairy Products: Milk, yogurt, and cheese offer protein and deliver calcium and other essential nutrients. Opting for low-fat or Greek yogurt adds an extra protein boost.



NOURISH YOUR BODY CONTINUED

PLANT-BASED PROTEINS:

1. Legumes: Beans, lentils, and chickpeas stand out as nutrient-packed protein sources with the added benefits of fiber and various vitamins, making them an excellent choice for a balanced diet.
2. Quinoa: This ancient grain, a complete protein containing all essential amino acids, is a tasty and versatile alternative to traditional grains.
3. Tofu and Tempeh: Derived from soy, these products are rich plant-based protein sources, offering essential nutrients like iron and calcium.
4. Nuts and Seeds: Almonds, chia seeds, hemp seeds, and pumpkin seeds not only provide protein but also supply healthy fats and vital minerals, making them convenient and nutritious snacks.
5. Whole Grains: Brown rice, oats, and whole wheat contribute to your daily protein intake while delivering essential nutrients and fiber.

Sample Daily Diet:

Breakfast:

- Animal-Based Option: Scrambled eggs with spinach and whole-grain toast.
- Plant-Based Option: Quinoa bowl with mixed berries, almond slices, and a dollop of coconut yogurt.

Lunch:

- Animal-Based Option: Grilled chicken salad with a variety of vegetables and a light vinaigrette.
- Plant-Based Option: Lentil and vegetable stir-fry served over brown rice.

Dinner:

- Animal-Based Option: Baked salmon with sweet potato and steamed broccoli.
- Plant-Based Option: Tofu and vegetable curry with quinoa.

Snack Option:

- Animal-Based Option: Cottage cheese with pineapple chunks.
- Plant-Based Option: Chia seed pudding made with almond milk and topped with mixed berries.


Snack Option:

- Animal-Based Option: Greek yogurt with honey and a handful of walnuts.
- Plant-Based Option: Hummus with carrot and cucumber sticks.



PATIENT TESTIMONIALS

I have been an awful eater my entire life. Never really noticing what I needed and always catering to everyone else. This entire experience has taught me more about how I treat my body and what goes in it than I have ever learned before. I've had days where I "slip" and days where I crush it. I cannot stand weighing myself - it always makes me so depressed no matter my weight. I can say, I feel better. My body feels better. My head feels more clear. My clothes look amazing! I can't wait for January and the next [6-week challenge].



DR. MOFFITT WAS
THE FIRST PERSON
TO TELL ME THAT,
NO THAT'S NOT OK,
AND WE CAN HELP
YOU! AND WHAT AN
EYE OPENER!
THANK YOU FOR
HELPING ME
REALIZE I DON'T
HAVE TO FEEL LIKE
CRUD ALL THE
TIME.

*It feels
good to be
back.*

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!