



SOLSHINE WELLNESS GROUP

FEBRUARY 2025

Winter Newsletter

NEW CLINIC UPDATE

As we step into the winter season, we want to remind you to prioritize your health and well being while staying warm and informed. This update brings you to our **latest promotion deals and important seasonal reminders** from our team.

FREE CONSULTATION

The **Free consultation (15min)** is open to all **prospective patients**. No obligation. Opportunity to ask questions, learn more about our approach, and see if it feels like a good fit.

SLIDING SCALE PROGRAM

The Sliding Scale Program: Offering discounts **between 15% and 40% off** of visits for **up to 6 months** depending on financial need and complexity of case. Discounts apply to all office visits. Superbill for the amount paid can still be requested to pursue reimbursement from your insurance company. The discounts do not apply to supplements, laboratory, or medications, but latter two can often be billed to insurance. A brief application is required and can be requested by contacting our office. Limited spaces available. Renewals will be considered on a case by case basis.



HEALTHY WEIGHT MANAGEMENT PROGRAM

Solshine Wellness Group's "Re-Find Your Shine" program takes a holistic approach to healthy weight management by addressing both physical and emotional well-being. Recognizing that stress, anxiety, and hormonal imbalances often impact weight, the program offers personalized assessments, tailored diet plans, supplements, and prescriptions to support sustainable health goals. To help individuals take the first step, Solshine Wellness Group is **offering 40% off an initial evaluation and follow-up appointment for bookings made between February 15 and April 15, 2025**. This is an opportunity to break the cycle of emotional eating and achieve lasting wellness.

CONTACT US

Book now and Schedule your appointment.

To schedule your appointment:

Call us: (206) 257 3377

Email us: info@solshinemedical.com

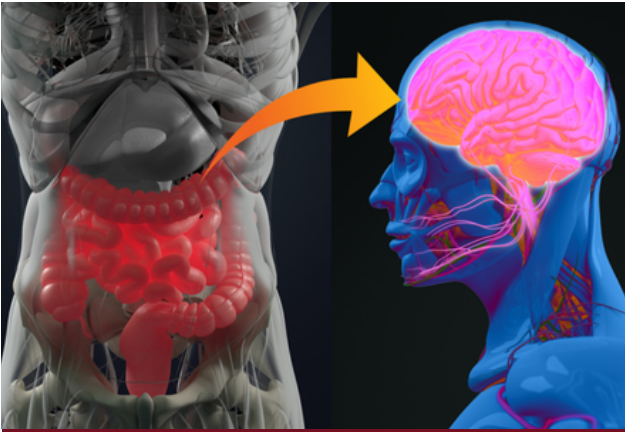
Visit our website and submit a form:

<https://www.solshinemedical.com/bookanappointment>



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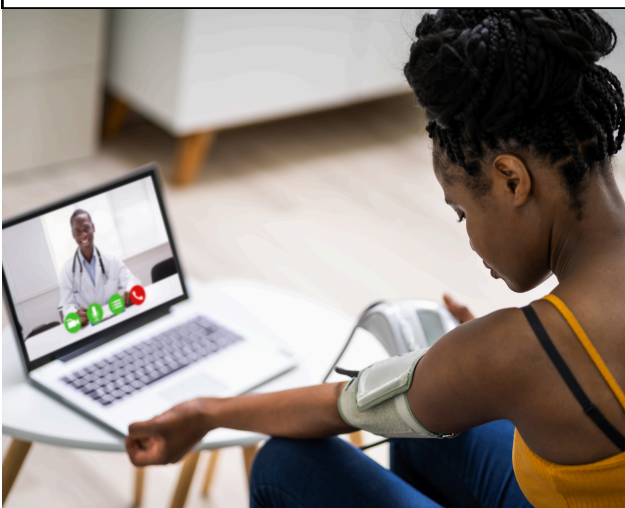
CLINICAL PEARLS

THE GUT-MIND CONNECTION

Struggling with chronic digestive issues or fatigue? Your gut health may be influencing your mood and mental clarity. Addressing underlying imbalances could make a world of difference to both your mental and physical health.

KETAMINE: NOT JUST FOR MENTAL HEALTH ANYMORE

Ketamine isn't only for depression. Recent studies show it can help alleviate chronic pain, improve digestive function, and even support weight loss. A game-changer for those struggling with multiple interconnected issues.



SUPPLEMENT FOCUS

MAGNESIUM: THE WINTER CALM

Magnesium is essential for regulating stress and sleep, and winter's lack of sunlight can affect your body's magnesium levels. Consider magnesium glycinate or citrate to help reduce anxiety and promote deeper, restorative sleep, crucial for mood stability during the colder months.

OMEGA-3 FATTY ACIDS: FIGHT THE WINTER BLUES

Omega-3s, found in fish oil or algae supplements, are essential for brain health and mood regulation. Studies show that these fatty acids can help alleviate symptoms of depression, anxiety, and irritability—especially during winter months when mood dips are common.

DID YOU KNOW?

Research has shown that a deficiency in **Vitamin D** can mimic symptoms of depression and anxiety, making it harder for individuals to manage their mood during the winter months. Regular testing and supplementation can be a simple but powerful tool to improve your mental health in the colder seasons

MEET DR. RAVYN B. RAMOS



Dr. Ravyn Ramos, ND, MHA, MSN, FNP-C, is a licensed naturopathic physician and board-certified nurse practitioner with 15 years of experience in family medicine and mental health. Trained in ketamine and psychedelic therapy for mood disorders, she holds advanced certification in IV therapies for chronic disease and addiction and is completing a fellowship in functional psychiatry.