



## SOLSHINE WELLNESS GROUP

MARCH 2026

# Spring Newsletter

### SPRING RESET AT SOLSHINE

Supporting energy, immunity, and wellness as we transition out of winter.

As we move into spring in the Pacific Northwest, many people begin to notice changes in how they feel. After months of shorter days, colder weather, and less sunlight, it's common to experience lingering fatigue, brain fog, seasonal allergies, or low energy as the body adjusts to the new season.

Spring offers a natural opportunity to reset and support your health. As daylight increases and activity levels shift, it can be a great time to focus on restoring energy, strengthening immune function, and supporting healthy metabolism. Small changes in nutrition, targeted nutrient support, and personalized wellness strategies can make a meaningful difference in how you feel during this seasonal transition.

At Solshine Wellness Group, our goal is to help patients move into the new season feeling energized, balanced, and supported. Through personalized care, we work with each patient to identify areas where additional support may be helpful whether that includes nutritional guidance, nutrient therapies, metabolic support, or seasonal wellness strategies.

Spring is a time of renewal, and it can also be an excellent time to reconnect with your health and support your body for the months ahead.



### CONTACT US

Book now and Schedule your appointment.

#### To schedule your appointment:

Call us: (206) 257 3377

Email us: [info@solshinemedical.com](mailto:info@solshinemedical.com)

Visit our website and submit a form:

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

### SPRING ALLERGY SUPPORT

Seasonal allergies are very common in the Pacific Northwest as pollen levels rise in the spring. In addition to lifestyle strategies, certain nutrients and botanicals may help support healthy immune and histamine responses.

Examples may include:

- a. **Quercetin** – supports healthy histamine balance
- b. **Vitamin C** – antioxidant and immune support
- c. **Stinging Nettle** – traditionally used for seasonal allergies
- d. **NAC (N-acetylcysteine)** – supports respiratory health

Because allergy triggers and underlying drivers vary from person to person, we can help determine whether these or other options may be appropriate as part of a personalized plan.

### SPRING RESET: CHECK IN WITH YOUR HEALTH

As the seasons begin to shift, spring offers a natural opportunity to pause and check in with your overall well-being. After the darker winter months, many people find that their energy, focus, or sleep patterns may feel slightly out of balance.

Take a moment to reflect on how you've been feeling lately. Are you waking up feeling rested and refreshed? Is your energy steady throughout the day? Are you able to think clearly and stay focused on daily tasks?

If some of these areas feel "off," your body may simply be asking for additional support. Seasonal transitions can be an ideal time to reset, restore energy, and rebalance your health.

At Solshine Wellness Group, our team is here to support you with personalized wellness strategies designed to help you feel your best this spring and beyond.



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## SPRING WEIGHT & METABOLIC SUPPORT

As we move toward summer, many patients are interested in safe and effective ways to support weight loss and metabolic health.

Solshine Wellness Group now offers **GLP-1 medications** (similar to Ozempic®) as part of medically supervised weight management programs.

These medications may help support:

- appetite regulation
- improved metabolic health
- gradual, sustainable weight loss

To further support metabolism during weight loss, some patients may also benefit from **MICC lipotropic injections or metabolic support** nutrients such as carnitine.

If you are interested in learning more, we can help determine whether GLP-1 therapy or metabolic support injections may be appropriate for you.



## SPRING CLINICAL PEARL: CHECK YOUR VITAMIN D

After the darker winter months, many individuals experience **lower vitamin D levels**, which can affect energy, mood, and immune function. Spring can be a good time to **reassess vitamin D status** and optimize levels to help support overall wellness as activity and daylight increase. At Solshine we offer **intramuscular Vitamin D injections given once monthly over 2-3 months** to more rapidly boost low levels – especially for those experiencing symptoms such as decreased mood.

If you'd like to learn more or discuss which options may be right for you, **feel free to make a free initial 15-min consult** or talk with the doctor during your next visit. We're happy to help guide you toward the best approach for your health goals this season.

## MEET DR. RAVYN B. RAMOS

Dr. Ravyn Ramos, ND, MHA, MSN, FNP-C, is a licensed naturopathic physician and board certified nurse practitioner with 16 years of experience in family practice and mental health with focus on functional medicine. Trained in ketamine and psychedelic therapy for mood disorders, she holds advanced certification in IV nutrient therapies for chronic disease and addiction and is completing a fellowship in functional psychiatry.

## SPRING ENERGY SUPPORT

As we transition into spring, many people look for ways to restore energy and support overall wellness after the winter months. One option that may help support energy levels, metabolism, and immune function is nutrient injections, delivered either intramuscularly (IM) or subcutaneously (SC).

These injections provide key vitamins and nutrients directly into the muscle or just under the skin, allowing for efficient absorption and targeted support.

At Solshine Wellness Group, we offer several **injectable nutrient options** to support overall health, including:

- **B-Complex or B12 (IM)** – supports energy production and nervous system health
- **NAD+ (SC)** – supports optimal aging, metabolic function, and brain health.

### **NEW: Express Antioxidant IV Push**

Targeted IV nutrient therapy featuring glutathione (with optional vitamin C) to support detoxification, cellular energy, brain health, and healthy aging without the need for long IV infusions. Ask our team whether injectable nutrient support may be helpful for you this spring.

## HOW WE CAN SUPPORT YOUR HEALTH THIS SPRING?

If you're curious about ways to support your health this season, our team at Solshine Wellness Group is here to help. We offer a range of personalized wellness options designed to support energy, metabolism, immune health, and seasonal wellness.

You can ask our team about services such as IM nutrient injections, GLP-1 weight management programs, metabolic support injections, and personalized strategies for seasonal allergies and overall wellness.

If you'd like to learn more or discuss which options may be right for you, feel free to connect with our team during your next visit. We're happy to help guide you toward the best approach for your health goals this season.