



SOLSHINE WELLNESS GROUP

SEPTEMBER 2025

Autumn Newsletter

NEW CLINIC UPDATE

As we move into the fall season, many families find themselves adjusting to new routines, fuller schedules, and the increased presence of seasonal colds and flu. At Solshine Wellness Group, our mission is to support both your mental and physical health during this transition. We are excited to share that we have recently expanded with the opening of our new clinic in **Lynnwood**.



IV NUTRIENT THERAPY AND PHOTOBIO-MODULATION THERAPY

In addition, we are now offering **IV nutrient therapy** and **photobiomodulation therapy** in our new clinic. IV therapy delivers essential vitamins and minerals to boost immunity and restore energy, while photobiomodulation promotes mood balance, cellular healing, and recovery. These services, combined with our functional psychiatry approach, allow us to care for the whole person in a truly integrative way.

FALL WELLNESS CONCERNS

Autumn can also bring a rise in mental health challenges such as anxiety, depression, insomnia, and heightened stress. When paired with seasonal illnesses like respiratory infections and viral colds, this time of year can feel especially demanding. We are here to help you build resilience, strengthen your immune system, and support your overall well-being so you can move through the season with confidence and vitality.



BACK-TO-SCHOOL STRESS: NOT JUST FOR KIDS

The return to school often brings stress not only for children but also for parents balancing work, family responsibilities, and changing routines. At Solshine, we provide tools to help manage overwhelm, including **Alpha-Stim® therapy**, a non-medication device proven to reduce anxiety, improve sleep, and support mood regulation.

Supporting parents in managing stress is essential, as parental stress often impacts the entire household. By addressing these challenges early, families are better equipped to move through the school year with balance and focus.

ALPHA-STIM® FOR PARENTS THIS FALL

Back-to-school routines and the autumn season can leave parents feeling stretched thin. Alpha-Stim®, non-invasive device that uses a gentle electrical current (cranial electrotherapy stimulation) to stimulate specific parts of the brain, FDA-cleared, non-invasive device. Many juggle packed schedules, caregiving responsibilities, and work demands, which may lead to anxiety, poor sleep, or feelings of being overwhelmed. It's a safe, effective tool to help parents stay calm and resilient during this busy season.

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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AUTUMN CLINICAL PEARLS

RESPIRATORY INFECTIONS AND THE FLU

Cooler temperatures and increased indoor gatherings create the perfect environment for viruses to spread. Higher rates of respiratory infections such as colds, flu, and viral bronchitis are common during this season. For individuals with underlying lung conditions, such as asthma or COPD, fall can also trigger flare-ups. Strengthening the immune system through Vitamin D, zinc, and probiotics can reduce vulnerability. IV nutrient therapy offers an added layer of protection by delivering immune-supporting vitamins and minerals directly into the bloodstream for quicker absorption and stronger defense.

Clinical Insight: Research shows that people with low Vitamin D levels are more likely to develop respiratory infections in the fall and winter. Optimizing Vitamin D before peak flu season may significantly lower risk.

ALLERGIES AND IMMUNE OVERLOAD

Autumn allergies, particularly from mold spores and ragweed pollen, can cause symptoms such as congestion, sinus pressure, and fatigue. For some patients, this ongoing immune activation makes them more susceptible to infections. Supporting gut health, reducing inflammation, and strengthening the body's antioxidant defenses through functional medicine can help maintain resilience even when environmental triggers are present.

Did you know?

Nearly 70% of your immune system resides in your gut. By supporting gut health with probiotics, prebiotics, and balanced nutrition, you're strengthening your body's first line of defense against infections and allergies.

MENTAL HEALTH SHIFTS: ANXIETY, DEPRESSION, AND SEASONAL AFFECTIVE DISORDER (SAD)

With shorter daylight hours, many individuals experience mood changes, increased anxiety, or seasonal depression. This can present as fatigue, irritability, difficulty concentrating, or disrupted sleep. Patients with preexisting conditions such as depression, PTSD, or bipolar disorder may notice worsening symptoms during this time of year. Treatments such as photobiomodulation therapy, Alpha-Stim®, and functional psychiatry interventions can support mood stabilization and improve overall well-being.

SUPPLEMENT FOCUS

ELDERBERRY: NATURE'S IMMUNE BOOSTER

Elderberry is rich in flavonoids that help fight viruses and reduce inflammation. It's especially useful at the first sign of a cold or flu, helping to lessen both severity and duration.



Good to Know: Elderberry extracts have been traditionally used for centuries to support seasonal immune health. Modern studies confirm their antiviral properties.

B-COMPLEX VITAMINS: ENERGY AND STRESS BALANCE

The B vitamins support energy production, nervous system function, and stress resilience. During busy fall schedules, they can help combat fatigue and support focus, making them especially useful for parents, professionals, and students.

ZINC: FIRST RESPONDER FOR IMMUNITY

Zinc helps the immune system respond quickly to viruses and shortens the duration of colds when taken at the onset of symptoms. It also supports wound healing and overall resilience during times of stress.



MEET DR. RAVYN B. RAMOS

Dr. Ravyn Ramos, ND, MHA, MSN, FNP-C is now available for scheduling on WebMD and ZocDoc. She is also welcoming patients to our new Lynnwood clinic, where in-person visits are available. In addition to her functional psychiatry services, Dr. Ramos now offers **IV Nutrient Therapy** to support immunity and energy, as well as **Photobiomodulation Therapy** to promote healing, reduce inflammation, and support mood balance, and **Alpha-Stim** for insomnia and anxiety.