

NATURAL MEDICAL SOLUTIONS WELLNESS CENTER



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- **THERAPY OF THE WEEK:**

- Infrared Therapy

- **Thyroid health and its effect on the body**



We at Natural Medical Solutions Wellness Center are focused on treating the root of health issues within a person. We use various testing to come up with a treatment plan for the individual because no one person is going to be like someone else. We handle various kinds of health issues such as diabetes, autoimmune disorders, allergy testing, and even complementary treatments to cancer therapies. Schedule an appointment with us today to get set up and on the road to recovery.

MEET THE PRACTITIONER

DR. GAIL RAVELLO



Dr. Gail Ravello has a Ph.D of Alternative and Integrative Medicine (Ph.D-IMD) from Quantum University and is board Certified by the American Naturopathic Medical Certification Board (ANMCB).

She is a highly skilled Naturopath Doctor with over 29 years of experience in healthcare, working in both private practice and hospital outpatient care.

Gail is an active member of The American Academy of Anti-Aging Medicine (A4M), Certified Natural Health Professionals (CNHP), and the Institute of Women's Health and Integrative Medicine.

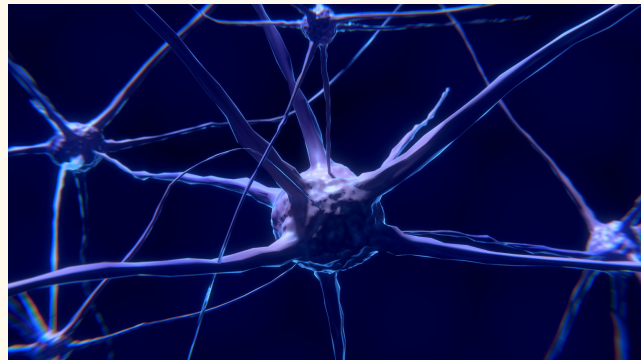


December 19th, 2019

Services we offer



- **Adrenal**
- **Food allergies**
- **Environmental allergies**
- **Autoimmune disorders**
- **Brain**
- **Diabetes**
- **Digestive health**
- **Disease prevention**
- **Heart health**
- **Heavy metals**
- **Hormones**
- **Nutrition and weight loss**
- **Thyroid**
- **Thermography**

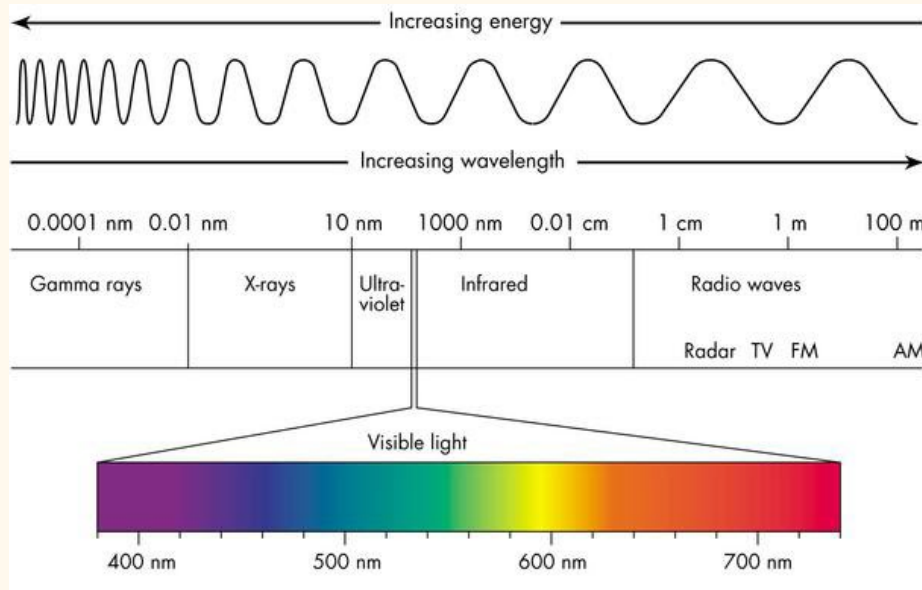


- **Acupressure**
- **Colon hydrotherapy**
- **Craniosacral therapy**
- **Detoxification**
- **Homeopathic medicine**
- **Hyperbaric oxygen therapy**
- **Infrared therapy**
- **Integrative cancer treatments**
- **Integrative cardiology**
- **Mineral treatments**
- **Pain management**
- **Pediatric health care**
- **Physical medicine**
- **Therapeutic massage**
- **Women's integrative health**

Therapy of the week:

Far Infrared therapy

Infrared radiation is invisible to the naked eye and its wavelengths are longer than visible light as depicted on the spectrum below. "Far" infrared includes wavelengths of 5.6-1000 micrometers on the infrared spectrum.



Benefits

One of the first benefits of this therapy is immediate relief and reduced stress. Your skin also heals because it pushes out the dead skin cells from the surface.

The far infrared sauna uses heat energy that penetrates tissues at a low temperature and this allows it to be tolerable to many patients that come in for treatment. When you are in treatment, sweat production boosts circulation of blood in your body and this has many benefits as well. Increased blood circulation has been shown to relieve acne, eczema, psoriasis, burns, lesions, and cuts. Infrared saunas can also help in ridding the body of toxins and heavy metals. Infrared therapy can treat chronic and acute pain as well.

Studies have shown evidence of benefits of infrared therapy on high blood pressure, congestive heart failure, headaches, type 2 diabetes, and rheumatoid arthritis.

Call today to schedule your appointment with Natural Medical
Solutions today. 770- 674- 6311

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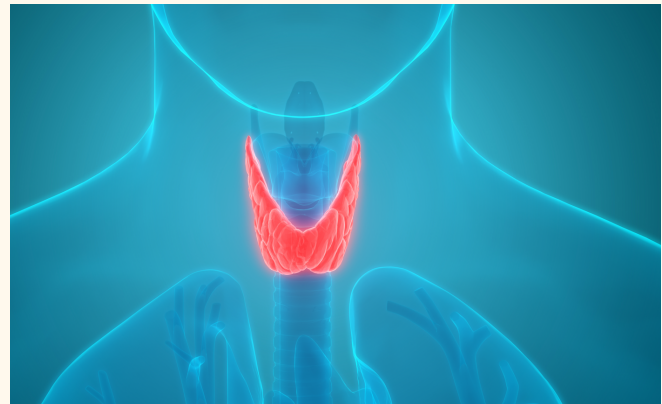
Thyroid health

What does your thyroid do?

Your thyroid is a butterfly shaped organ that sits along your windpipe and right below your Adam's apple. It is responsible for making hormones for your body. These hormones influence your pulse, temperature, and metabolism and more. It is important to keep your thyroid healthy and running smoothly in order to keep your body functioning well with few issues.

What are some causes of thyroid malfunction?

- Stress
- Pesticides
- Smoking
- Plastics
- Heavy metals
- Soy



Hyperthyroidism symptoms (overactive)

- Depression
- Heart failure
- Irregular heartbeat
- Extreme weight loss
- Agitation
- Heat intolerance

Hypothyroidism symptoms (underactive)

- Increased sensitivity to cold
- Dry skin
- Weight gain
- Muscle weakness
- Joint pain
- Thinning hair

Ways to help hyperthyroidism:

- low iodine diet
- L-Carnitine supplements
- B-12 supplements

Ways to help hypothyroidism:

- Selenium supplements
- Sugar-free diet
- Vitamin B supplements

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