

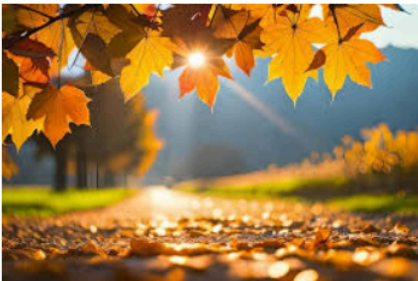


Wellness Insights

Dr. Pamela Grover

September | 2024

Change is in the Air!



As the pace of life quickens during this busy season, it's more important than ever to take a step back and focus on recovery and calming our minds and bodies. In this edition, we're excited to share with you some powerful tools and techniques to help you find your center and recharge your energy.

We are thrilled to share the latest addition to our Wellness Room - The Ammortal Chamber. We invite you to explore the rejuvenating effects of The Ammortal Chamber, experience the benefits of the Carnosine Patch, and support your body with Viracid.

This month, we're happy to spotlight Diane Musial, PT, a specialist in physical therapy. Learn about Diane's holistic healing approach of Zero Balancing Therapy.

These offerings are designed to support your well-being and help you navigate the season with ease and grace.

Take a moment for yourself – you deserve it.

*The secret of change is to
focus all of your energy
not on fighting the old,
but on building the new.*

- Socrates

In Good Health,
Dr. Pam

NOW IN OUR WELLNESS ROOM:

Introducing the Ammortal Chamber



The Chamber is a new bio-optimization and recovery experience. It uses five proven, non-invasive technologies to help you rejuvenate your body and mind.

- Multi-Wave Pulsed Electromagnetic Fields
- Vibroacoustic Sound Therapy
- Multi-Wavelength Red Light Therapy
- Molecular Hydrogen
- Guided Meditation

These combined modalities promote natural processes that help with pain relief, wound healing, enhances recovery, restores cells and empowers the body to heal itself. The Chamber promotes cellular restoration, reduces systemic inflammation, increases energy and circulation, improves mood and wellbeing, and accelerates athletic recovery and much more.



Choose from five programs:

30 Minutes
QuickCalm
Inspire

45 Minutes
FlowState

60 Minutes
SuperCharge
DeepRecovery

[Click Here to Learn
More About the
Ammortal Chamber](#)

Call 585-623-4430 to
schedule an
appointment

Provider Spotlight: Diane Musial, PT

DIANE MUSIAL PHYSICAL THERAPY

Welcome to Diane Musial Physical Therapy

Diane Musial PT is a physical therapist of 40 years. She specializes in chronic pain resolution with emphasis on the relationship between the brain (nervous system) and chronic pain. Knowing that chronic pain has many influences, including life experiences, established movement patterns, muscle weakness, ill-posture and lack of balanced movement, Diane addresses these areas to bring about resolution of pain and restored body balance.



Using applied neuroscience including Associative Awareness Techniques she provides her clients with understanding of the underlying causes of acute and chronic physical symptoms. She provides education and insight regarding how past trauma and adverse life events affect the brain (central nervous system) to generate unwelcome physical symptoms in the body. In addition to offering strategies for acute and chronic symptom management she teaches clients how to give healing inputs to their brain from which many of the body disturbances arise. The brain can learn new patterns and responses and YOU CAN HEAL.

Utilizing techniques personalized for you, Diane works to ease and restore the nervous system producing a healing environment within the body and brain resulting a better quality of life and improved mobility.


She is certified in Myokinesthetic System, the work of Dr Mike Uriarte. This technique provides balancing of the spine and relief of acute and chronic pain. Diane is a consultant for and a teacher of Blomberg Rhythmic Movement Training which provides resolve of suboptimal long standing movement patterns that have not allowed for best possible body mechanics and posture. She is well versed in Associative Awareness Techniques and other brain science that, when applied, give her clients new understanding that allows for resolution of pain.

She is currently in the program for ZERO BALANCING certification planning to complete this certification in 2025. Zero Balancing became an area of interest for Diane after she received a session gifted to her by a friend. During the zero balancing sessions she experienced first hand the effects zero balancing.


Diane strives to provide ease of body and mind using these myriad of modalities.

****See below for more more details on ZERO BALANCING.***

CONNECT WITH DIANE

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To schedule an appointment with Diane, call 585-721-3043



ZERO BALANCING

with Diane Musial

Diane Musial, Physical Therapist, invites you to experience a Zero Balancing Session.

WHAT IS ZERO BALANCING:

Factually, the skeleton carries the deepest flow of energy in our body. Zero balancing elicits a release of blocked energy and tension from the bones restoring balance and natural vitality. Through gentle, hands-on body work, the energy contacted in the bones is redistributed throughout the system allowing a persons' life force energy to flow in a free and balanced way, helping to resolve pain and distress. A ZB session allows our attention to be directed away from the world defined by our senses, thoughts and experiences toward living from within. It brings an internal feeling of calmness and inner peace.

Zero Balancing induces a deep state of rest that allows one to feel relaxed renewed and recharged. ZB also offers an opening for self-discovery, self-acceptance and a person's ability to create a positive life affirming change.

Releases Stress and Improves The Flow Of Energy In Our Bodies

Did you know that bones and other connective tissue conduct energy? Zero Balancing uses touch to release deep tension and free the flow of energy in the musculoskeletal system. This relieves stress and boosts your body's natural vitality.

Reduces Pain and Discomfort

Blocks in the body's energy often lead to imbalance, discomfort and pain. Zero Balancing works to open restrictions in the skeleton's natural shock absorbers, such as the tarsal bones in the arches of the feet, the joints where the ribs meet the spine, and the sacro-iliac joints. Once these areas are free and balanced, pain symptoms often resolve.

Enhances Stability, Balance and Freedom

Zero Balancing helps to create a wonderful feeling of inner and outer balance. It's like feng shui for your being. When your body is clear and balanced and your posture is aligned, you can move with freedom.

Amplifies The Sense Of Connection, Peace And Happiness

People who receive ZB often feel more connected to themselves, to others and to the world. During a session and afterwards, people experience a sense of expansiveness, peace and contentment.

Releases Mental, Emotional and Physical Tension

Zero Balancing works on multiple levels of the body-mind to release tissue held memory and tension patterns that may be affecting your mental, emotional and physical states.

Supports Us Through Transitions And Transformations

As our life changes, we can feel out of balance. At the beginning of a ZB session you can state an intention to align with your goals and desires. As the practitioner engages your body mind, inducing a deep state of ease, you can let go of any resistance and empower your ability to change. People use ZB to improve relationships, clarify life goals, manage the stress of big changes like a move or a new job, and support personal growth. ZB can help you release old patterns and open to new possibilities.

Improves Quality Of Life And Increases Capacity For Enjoyment

Many people who receive ZB on a regular basis find themselves more joyful and satisfied with their lives as they unfold. Zero Balancing induces a state of deep rest that allows you to feel truly relaxed, renewed and recharged. Regular ZB sessions may help you to feel more aware and alive.

A ZB SESSION: is 30-45 minutes lying on your back on a table, wearing comfortable clothing. Diane will provide a carefully organized zero balancing sequence which engages the whole body by placing gentle pressure or traction into the bones and key joints allowing release of deeply held tension. During ZB people report a stillness of body and mind greater than they have ever experienced. The outcome of the session is the feeling of being grounded, uplifted, stable and supported by the earth. With muscles at ease the feeling of openness, relaxation and feeling more alive results.

Cost: \$85 dollars for a session. The frequency of having a session is based on personal preference.

Diane enjoys a monthly ZB session. I welcome you to my table to experience this magical modality.

www.dianemusial.com
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Cozy Up for Fall: Immune-Boosting Soup Recipe + Supplement Tips for Staying Well!



IMMUNE-BOOSTING VEGGIE SOUP

Ingredients

- 2 teaspoons olive oil
- 1 cup chopped onion
- 1 tablespoon diced garlic
- 1/2 cup chopped carrots
- 1/2 cup chopped celery
- 1 cup thinly sliced mushrooms
- 3/4 cup chopped bell pepper
- 1 cup diced zucchini
- 4 cups vegetable stock
- 1 teaspoon ground turmeric
- 1 teaspoon dried ginger
- 1 teaspoon diced oregano
- 1/2 teaspoon whole fennel seeds
- 1/4 teaspoon black pepper

Directions

- In a stock pot over low to medium heat add olive oil, garlic, onions, carrots, and celery. Saute until softened, about 5 minutes.
- Add additional vegetables and spices and continue to saute until softened.
- Once vegetables are tender to fork, add vegetable broth and bring to a slow boil.
- Serve warm & enjoy!

www.pamgrovermd.com



Viracid

- Provides Support for Immune Challenges
- Strengthens Immune Function
- Maintains Normal Inflammatory Balance
- Excellent to have on-hand for cold & flu season

Contains Zinc, Vitamin C, Vitamin A, L-Lysine, Pantothenic Acid, Black Elderberry Extract, Echinacea Purpurea & Andrographis Paniculata which each play a major role in maintaining a healthy, functioning immune system.

Call the Office @ 585-623-4430 or Click Here to Order Viracid

Have You Tried LifeWave Patches Yet?



What Are LifeWave Patches?

LifeWave Patches are wearable devices that use photo-biomodulation to stimulate specific points on the body, drawing on the principles of acupuncture.

Made from 100% natural ingredients—such as amino acids, water, stabilized oxygen, and other organic compounds—they activate upon contact with the skin or within three inches of the body, and are effective even through clothing.

Since the patches are non-transdermal, nothing is transferred from the patch to the body.

LifeWave patches are designed to support a range of health benefits, including pain relief, energy enhancement, and improved sleep quality. By gently stimulating acupuncture points with light, they offer a natural, drug-free approach to promoting wellness, tapping into methods that have been used to balance the body's energy for thousands of years.

X39 The Master Patch



X39 is the primary patch, often used in combination with all other patches.

X39 stimulates the production of Copper Peptide (GHK-Cu) through photo-biomodulation.

Increased Copper Peptide production is associated with:

- **Wound Healing**
- **Pain Relief**
- **Increased Energy**
- **Improved Sleep**
- **Reduced Inflammation**
- **Faster Exercise Recovery**
- **Increased Stem Cell Production**
- **Anti-Aging**

[Learn More About X39 Here](#)

What We Know About Carnosine in Our Bodies

Carnosine is a naturally occurring molecule in the body.

It's found primarily in muscle tissue and the brain and has various biological functions, including acting as an antioxidant, buffering muscle pH, and protecting cells from damage.

Carnosine is often studied for its potential anti-aging properties, ability to improve muscle performance, and support in conditions related to oxidative stress.



Support Back-to-School
Sports Injuries with the
Carnosine Patch



Benefits of the LifeWave Carnosine Patch

- **Increased stamina**
- **Improves strength and flexibility**
- **Aids in healing and recovery**
- **Supports brain function and memory**
- **Supports the cardiovascular system**

What does some of the research say about the Carnosine Patch?

Conducted in 2010, a double blind, placebo-controlled study shows that the Y-Age Carnosine Patch significantly increases flexibility, balance, strength and endurance in healthy humans. These increases range as high as 125 percent for strength and endurance, nearly 30 percent for flexibility, and 100 percent for balance.

Further, it's likely that this patch produces greater or sustained effects when worn for longer periods. These results also demonstrate that this patch considerably decreases the lactate threshold and heart rate at lactate threshold, improving endurance in athletic performance.

Patient Testimonials



"I initially used the Carnosine Patch to relieve pain and inflammation during the healing period after sustaining a fracture in my hand. I found the patch to be a powerhouse for relief of inflammation pain and facilitating tissue repair while supporting ease of movement and exercise during the healing process. While using Carnosine and experiencing these noteworthy effects, I found that it brought a general ease to my body and mood. I refer to it as my "magical patch. For me a go to patch used regularly with X 39"

~Diane Musial, PT



While installing landscape rock I accidentally pounded my ring finger between two rocks. My finger quickly became a purplish black color. However, after applying two Carnosine Patches (one on the inside the other on the outside) for 12 hours a day for three days, my pain substantially diminished in the first day and my finger color returned to nearly normal within three days.

~Rob B



As a collegiate athlete, any kind of injury is a setback. When I broke my finger, I immediately applied a Carnosine Patch overnight. After two nights, the bruising was almost gone, and I regained mobility and use within a week. I could tell the patch reduced the inflammation very quickly.

~Luca C

To learn more call the office at (585) 623-4430



This newsletter is meant for educational purposes only; always consult your physician before making any decision to change your treatment plans.

[LifeWave Disclaimer](#)

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