



Wellness Insights

Dr. Pamela Grover

January | 2025

Winter Greetings,

As we begin the new year, we're excited to share upcoming opportunities and introduce a new provider available at our office.

Join us for an upcoming webinar on **Nutritional Microbiome Support** featuring our knowledgeable new dietitian, Jessica Knight. Discover how optimizing your gut health can lead to better overall well-being!

We're continuing to offer our VIP Monthly Pass Promo for The Ammortal Chamber — take advantage of this limited-time opportunity!

As the winter chill settles in, remember the importance of rest as part of your wellness journey. Allowing your body and mind time to recover is essential for maintaining balance and building resilience. To help, try incorporating gentle, grounding yoga poses or a few moments of silence every day to nourish both body and spirit.

Here's to a healthy and fulfilling year ahead.

In Good Health,
Dr. Pam



Register today to join us!

Nutritional Microbiome Support Webinar
with Certified Nutritionist Jessica Knight
and Dr. Pam Grover

Thursday, February 6, 2025 | 6:00–7:00 PM

Join our new dietitian, Jessica Knight, as she discusses the benefits of prebiotic and probiotic foods for microbiome health and shares tips on fermenting foods at home.

See registration details below, or call the office to sign up for this informational evening.



Sign up [HERE](#) for Nutritional Microbiome Support Webinar

NEW PROVIDER SPOTLIGHT:

Jessica Knight, MS, RD, CDN

Jessica is now available for Zoom patient consultations Monday through Thursday. To schedule an appointment, please call the office at 585-623-4430.



Jessica Knight is a Registered and Certified Dietitian. She earned her Master of Science in Applied Nutrition and Dietetics from Logan University. After completing a Bachelor of Arts in Biology at Binghamton University, she discovered her passion for nutrition while working as a health coach and neurofeedback technician at a functional psychiatry clinic.

During her dietetic internship in St. Louis, Missouri, she concentrated her clinical focus on outpatient nutrition counseling with a body-positive, intuitive, and weight-neutral approach at Alo Nutrition. Additionally, she worked with Sensory Solutions and Missouri First Steps to provide nutrition therapy for children with developmental and feeding delays. She enjoyed helping individuals and families find creative solutions that suited their unique needs.

Jess achieved her master level Usui Reiki certification in 2019 and believes that a mind-body approach is key to sustaining overall wellbeing. She creates a supportive environment to help her clients reach their nutrition and health goals in a way that works for them, by reducing guilt, minimizing restriction, and building a healthier relationship with food.

Working at Wild Hill Farm in Ionia, New York as a field hand and distribution manager during the 2023 season, Jess learned to sustainably grow produce that nourished her community. This experience fostered her interest in the connection between agriculture and nutrition. In addition to writing and publishing agricultural advocacy pieces, she offers education and resources to interested clients on topics including fermentation, cooking, canning, home gardening, and local food sourcing.

In her free time, Jess enjoys traveling, cooking, playing the guitar, hiking with friends, and growing fruits, vegetables, and flowers. You'll often find her working with her boyfriend on their farm in Farmington, NY, restoring the property's historic barns and dreaming of ways to share healthy food with their community in the future.

It is a Perfect Time to Experience the Benefits of
The Ammortal Chamber with our VIP Membership



The graphic features a central image of the Ammortal Chamber, a futuristic-looking treatment room with red lighting and a white table. Below the image, the text reads: "Ammortal Chamber VIP Membership" in a mix of serif and script fonts. Underneath, it states "8 SESSIONS PER MONTH" and "\$299 / MONTH". Two columns of text list "Modalities" and "Benefits". At the bottom, it says "OFFER GOOD THROUGH 2/28/2025".

**Ammortal Chamber
VIP
Membership**
8 SESSIONS PER MONTH
\$299 / MONTH

Modalities

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

Benefits

- Promotes Natural Healing Processes
- Supports Athletic Recovery
- Evokes Nervous System Relaxation
- Supports Cellular Restoration
- Reduces Systemic Inflammation + more

OFFER GOOD THROUGH 2/28/2025

The Chamber 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*, and empowers the *body to heal* itself. The Chamber promotes *cellular restoration*, *reduces systemic inflammation*, *increases energy and circulation*, *improves mood and wellbeing*, *accelerates athletic recovery* and much more.

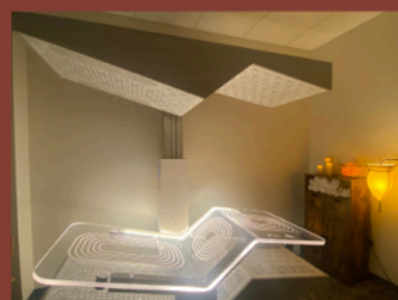
Ammortal Chamber

Testimonial

“After a fall left me with a knee injury, significant bruising, and considerable pain, I experienced the powerful benefits of The Ammortal Chamber. 24 hours after my first session, there was a noticeable improvement in my pain and mobility. Encouraged by these results, I followed up with another chamber session four days later. Within a week, I was nearly back to my normal self. Not only did the treatments speed up my recovery, but they were also incredibly relaxing and supportive to my nervous system.”



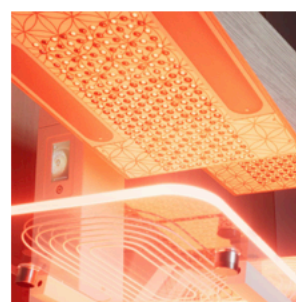
-Julia
Rochester, NY





Click **HERE** to read additional Ammortal Testimonials

Click Video Above to Experience The Ammortal Chamber for Yourself



The Power of Rest



Rest is a powerful, yet often overlooked, pillar of wellness.

Karen Brody, through her Daring to Rest podcast and her work as the author of Daring to Rest: Reclaim Your Power with Yoga Nidra Rest Meditation, emphasizes that rest is not just a luxury but a necessity for thriving in our busy lives. She highlights how practices like Yoga Nidra—a guided form of deep relaxation—can help us restore energy, reduce stress, and improve our overall mental and physical health.

By prioritizing rest, we give our bodies and minds the space to heal, reset, and flourish. This winter, consider carving out time for intentional rest, whether it's through listening to calming meditations, practicing Yoga Nidra, or simply embracing moments of stillness in your day. As Karen reminds us, ***true transformation often begins when we dare to rest.***

Will you give REST a try?

Daring to Rest: Reclaim Your Power with Yoga Nidra Rest by Karen Brody:
<https://daringtoforest.com/>

Daring to Rest Podcast: <https://daringtoforest.com/podcast>

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

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