

THE ALCHEMY CLINIC MONTHLY NEWSLETTER



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*April issue
highlights from our
Alchemy Insider*

HELLO
APRIL

Glow. Manage. Look Ahead.

Alchemy Insider

APRIL NEWSLETTER

Product Spotlight

ZO Toners



Of all the skincare products, toning is often a forgotten step. Toning makes a noticeable difference in the appearance and overall health of your skin. While toners are great to remove excess oil, dirt, and makeup, the reason toners should not be overlooked is because they balance pH levels and restore hydration. Regular use of toners can help to reduce the

appearance of pores, reduce breakouts and blemishes, and even out the skin tone. Over the counter toners often contain high concentrations of alcohol which are known to strip the skin of its natural oils and can lead to a breakdown of your skin barrier- leaving you feeling dry and irritated. ZO has three toning options proven to leave your skin feeling hydrated, refreshed, and clean.

- Complexion Renewal Pads
 - all skin types
- Oil Control Pads
 - normal to oily skin and oily+acne prone
- Calming Toner
 - normal to sensitized skin and normal to dry skin

If you're looking for a way to boost the effectiveness of your skincare routine, then don't skip this necessary step.

www.alchemyclinic.com | [@thealchemyclinic](https://www.instagram.com/thealchemyclinic) | April 2024



Could It Be Your Thyroid?

Constant feeling of fatigue, too hot or cold all the time, struggle with constipation or have diarrhea, palpitations, weight gain without knowing why, dry or thin hair, mood changes and difficulty concentrating? If any of those sound like you, you would benefit from getting your thyroid checked.

The thyroid gland is a butterfly shaped gland, which sits in the front of your neck. It produces hormones which influence nearly every organ in the body. From metabolism to heart rate, digestion to brain function, the thyroid's impact on our body is essential to maintaining our overall health and well being.

One of the thyroid's primary functions is to regulate metabolism, the process by which the body converts food into energy. The hormones produced by the thyroid, triiodothyronine (T₃) and thyroxine (T₄), play a crucial role in this process. They determine how fast or slow the body burns calories and can influence weight gain or loss, energy levels, and even body temperature. An imbalance in thyroid hormones can lead to metabolic issues, such as hypothyroidism (underactive thyroid) or hyperthyroidism (overactive thyroid), affecting a person's overall metabolic health.

It is also crucial for growth and development, particularly in children. Thyroid hormones are essential for brain development, bone growth, and the maturation of other organs. Insufficient thyroid hormone levels during childhood can lead to stunted growth and developmental delays. In adults, thyroid hormones continue to play a role in maintaining healthy bones and muscles, as well as regulating heart rate and rhythm.



The thyroid's influence extends to the digestive system, where it helps regulate the movement of food through the digestive tract and the absorption of nutrients. Thyroid dysfunction can lead to digestive issues, such as constipation or diarrhea, and can impact overall nutrient absorption, affecting the body's ability to obtain essential vitamins and minerals from food.

In addition to physical health, the thyroid also plays a crucial role in brain function and mental health. Thyroid hormones are important for mood regulation, cognitive function, and overall mental well-being. Imbalances in thyroid hormones can lead to symptoms such as depression, anxiety, and brain fog.

Thyroid hormones also have a significant impact on reproductive health. In women, thyroid hormones help regulate the menstrual cycle and fertility. Thyroid dysfunction can lead to irregular periods, heavy bleeding, and difficulty conceiving. During pregnancy, proper thyroid function is crucial for the baby's brain development and overall growth.

Energy levels are also closely tied to thyroid function. An underactive thyroid can lead to fatigue, sluggishness, and a general feeling of low energy, while an overactive thyroid can cause nervousness, restlessness, and difficulty sleeping.

Monitoring thyroid function is crucial for maintaining overall health. Lab tests, such as thyroid-stimulating hormone (TSH) levels, free T₃, free T₄, and thyroid antibody tests, can help diagnose thyroid disorders and guide treatment.

Maintaining thyroid health through a balanced diet, regular exercise, and regular check-ups with a healthcare provider is essential for ensuring optimal thyroid function and overall health. The thyroid's influence is pervasive and vital for overall health and well-being. If you are interested in learning more about thyroid function, schedule an appointment here at TAC.

Emcyte Pure PRP: The Best of The Best in PRP Systems

Using PRP is not new to patients here at TAC, however, with our advances in sexual health, aesthetics and wellness we wanted the very best for our patients and we are so excited to offer the gold-standard in cell rejuvenation therapy with the Emcyte Pure PRP system.

PRP, also known as platelet rich plasma, is a portion of your blood that contains a variety of growth factors that stimulate healing and





regeneration in the human body. Growth factors are stored within our platelets so the more platelets we have in a sample the more growth factors! Think of growth factors as your bodies own fertilizer. When extracted and placed into specific areas of the body (scalp, facial tissue, tendons, joints, and areas of pleasure including the vagina and penis) it has a restorative effect.

PRP bathes the tissue with the “nutrients” it needs to help and restore the tissue leading to results such as hair re-growth, improved skin appearance, pain reduction in tendons and joints, as well as improved sensation and arousal when injected for sexual wellness.

It’s important to understand that not all PRP (platelet rich plasma) machines are created equal. The size of the blood sample, the speed of which the blood spins, and the rotation of how the blood spins all factors into the quality of the PRP. Emcyte is a superior system as the cell yield is 14million/ml, which is 7 times higher than other commercially available systems. This means that we are able to provide between 7 to 21 billion platelets in a treatment sample!

If you are interested in learning more about PRP and how we can add this into your plan of care ask any of your TAC providers at your next visit.

Save the Date: Bio-identical Hormone Replacement Event

Got hormones or think you may need some- come to our event on April 18th! There you will be able to ask all your questions and learn more about Bio-identical hormones and how they can benefit you.

There will be testimonials from our patients, as well as special event pricing for you if this is something you are interested in. RSVP using the QR code below or register on Facebook.



COME AND SEE HOW HORMONE REPLACEMENT
THERAPY CAN HELP YOU LIVE A MORE
ENERGIZED AND VIBRANT LIFE!

SIGNS YOU MIGHT BENEFIT FROM
HORMONE REPLACEMENT THERAPY

- Low Energy
- Weight Gain/ Muscle Loss/ Slow Metabolism
- Decreased Libido
- Poor Sleep
- Irritability
- Brain Fog
- Night Sweats
- Anxiety/Depression/ Mood Changes
- Decreased Exercise Tolerance
- Memory problems

EVENT OFFERINGS INCLUDE:

\$50 OFF LABS IF DRAWN AT EVENT

\$150 OFF 1ST IN OFFICE HORMONE

CONSULT* IF BOOKED NIGHT OF EVENT



BONUS! HEAR REAL PATIENT EXPERIENCES WITH BHRT THERAPY

THE
ALCHEMY
CLINIC

BIO-IDENTICAL HORMONE
REPLACEMENT EVENT

APRIL 18TH FROM 5:30-7:30
RIVERS EDGE 185 QUEEN CITY AVE
BANK OF AMERICA CONFERENCE ROOM
MANCHESTER, NH 03101

*THIS EVENT IS NOT AFFILIATED WITH THE ELLIOT HOSPITAL



RSVP BY SCANNING THE QR
CODE ABOVE