

NOURISHED, NATURALLY

NEWSLETTER



June 1, 2023, marked the official first day of beginning Nourished, Naturally within Inner Sage Healing Arts Center! I have not arrived at this moment in time alone. I am truly grateful to the people who have inspired me, encouraged me, and supported me along the way. ❤️

I have been blessed to be a part of the Inner Sage family since I began in 2001 as a Chiropractic client.

The holistic approach to wellness and the atmosphere fostered a sense of peace within me that generated a desire for something I didn't know was there until 2012.

After feeling how my body reset while on a 3-week vacation and how quickly it returned to a state of constant stress, I knew I needed a new path forward in my life. That moment was the catalyst leading me to the creation of Nourished, Naturally.

As we approach our nation's celebration of independence, this moment in time marks a celebration of independence that I have dreamed of for a few years. As I reflect on this, I realize that independence comes with support and collaboration with others to create a vision of a future and I am deeply grateful to be creating this future together with Dr. Robyn and Dr. Don.

Both of these amazing humans are my fellow practitioners, healers, mentors, colleagues, and friends. I look forward to building and growing our shared vision into reality with all of you, our family. ❤️

Same Office Location: 1 Grove Street, Suite 103 Pittsford, NY 144534

New Phone Number: (585) 371-7741 (Call or Text)

New Website: www.nourished-naturally.com

New Scheduling App: [Practice Better](#)



NEW SERVICE!

ENERGY HEALING

Did you know that there can be energy blocks that interfere with your healing process? By clearing these blocks, we free up energy to improve the capacity of your body to heal.



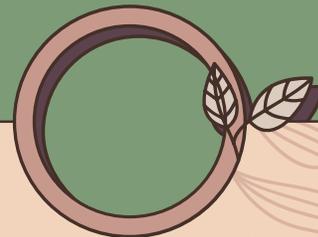
[Learn More](#)



I just wanted to tell you how much lighter I have felt since yesterday. The heaviness I had been feeling for weeks is gone and I feel energized to enter life again!



For a few days after our session, I had more energy and zip!



I went from debilitating exhaustion & unable to get off the couch to feeling weirdly better. I feel lighter and can get my day started!

What is Practice Better?

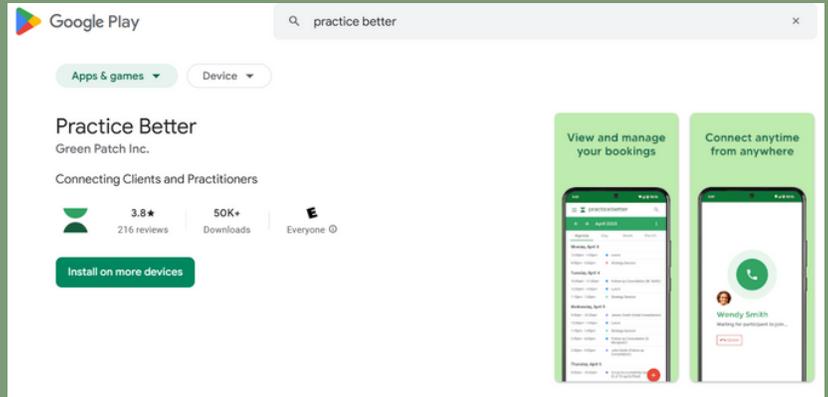
For all your scheduling, food journaling, and messaging needs to reviewing your supplement schedule, requesting supplements, and accessing your invoice history... it all happens in Practice Better!

After researching over a dozen platforms, I found this one that truly offers a great deal of support for you! You can access this on your computer, tablet, or phone! From the app, you can journal your food while you are on the go! I can offer you suggestions, recommendations, and encouragement directly to you within your journal between appointments!

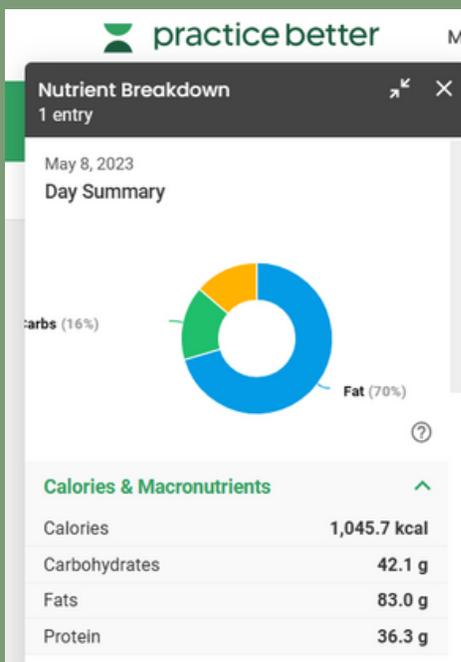
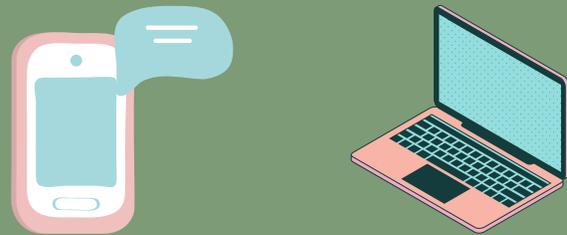
From within Practice Better, we can have telehealth calls! All you have to do is log into your account/portal and join my telehealth call! My clients who have chosen a video call have really liked this feature.

Why might you choose a telehealth call?

- Not feeling well enough to come into the office.
- Can't get away from work.
- You live too far away. (I do see people who have moved out of state!)



Join Me on Practice Better



Track your food to see if you are eating a good ratio of macronutrients to support reaching your goals.

This graph can be incredibly helpful in determining where you may need to add or cut back.

Start tracking and see for yourself!

Did you know, understanding your genetics is a powerful way you could improve your health and longevity?

Be more informed with the myDNA Comprehensive Health Test

Our DNA is unique to each of us, so the myDNA Comprehensive Health Test results will be personalized based on your unique genetic profile. This information combined with other factors such as diet, exercise and the environment can help shape a picture of your overall health and longevity. By understanding your DNA, you can be more informed and make better health decisions.

What the test covers



DIGESTION



HORMONES



INFLAMMATION
& LONGEVITY



DNA PROTECTION
& REPAIR



ENERGY



STRESS & COGNITIVE
PERFORMANCE



ATHLETIC
PERFORMANCE



DETOXIFICATION

Benefits of the test

- You only need to take this test once in your lifetime. Highest level of scientific-based results.
- Your results will never be sold.
- Your results will be actionable to impact your health and longevity.

How to take the test

1. Tell your Practitioner you want to take the test.
2. Complete the simple cheek swab.
3. Your Practitioner will send in the test for you.
4. You will get your results in 2 weeks.

Now Available at Nourished, Naturally

Michele Law, INHC, FNC
(585) 371-7741





Introducing Genetic Lifestyle Testing!

While there has been a great deal of study put into the area of genetics over the past few decades I was not confident my data would be protected. I have finally found a data-protected way to test genetics that also shows actionable lifestyle enhancement recommendations you can utilize immediately!

I was amazed at the detail of the information and made connections I would not have been clear on otherwise. I can not keep it to myself!

The results can indicate the most optimal type of exercise, the correct foods to support areas of possible weakness, what foods to avoid because there is a genetic weakness for optimal digestion and absorption, which blood labs to focus on, the most effective ways to reduce stress, anxiety, and depression, and more! And, this test is now available through me at Nourished, Naturally!

Why is data protection important?

It is important to me that my own personal data be protected and that is what I require for my client's personal data as well.

The company I am working with will never sell your data! Once a test kit is registered, all the genetic data is attached to a bar code. The people at the lab only see this barcode and never any of your personal information.



Elevating YOUR Personalized Nutrition Program

With the Muscle Reflex Testing I utilize each time I see you, your nutritional supplementation program is already 100% personalized FOR YOU. With the addition of Genetic Lifestyle Testing, we can take YOUR personalized program to another level!

Text me for more information! (585) 371-7741

OR

Use the chat box in Practice Better!



Just one...

What is one food upgrade you can make that can help improve your health today?

Remove all seed oils from your diet

For years and years, we have talked about the ill effects of sugar on human health. There is no denying that sugar has played a role in health degradation; however, with much research over the past decade the spotlight has been shining on how long seed oils have been in the foods we eat, how long they have been promoted as beneficial, and the decline in human health. Seed oils and vegetable oils are produced in a manner that takes what is nutritious and becomes toxic. We do not recognize the toxicity because there are deodorizers added to them so they smell fresh along with other additives the body can not utilize.



Here are a few resources so you can research this and decide for yourself.

- A short read resource: [Principle #7](#)
- Ask me for this [one](#) next time you are in the office!
- The Hateful Eight [Podcast](#)
- [Linolenic Acid](#)

[Pick up your own Healthy Fats info sheet at your next appointment!](#)

Nourished, Naturally will be open on July 3rd! I have a few spots available for Nutrition or Energy Healing sessions!

Book Now!

The office will be closed on July 4th, with regular hours Wednesday and Thursday.

Enjoy the holiday!

4th OF July

