

**Nancy E.
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ARNP**

April Newsletter

**New Location!
COME SEE US!**

INSIDE THIS ISSUE:

New Location	1
New Staff	1
Exercise Corner	2
All Lasering 50% Off	2
Laser Tattoo Removal	2
Post Workouts	3
Foods to Eat if Stressed	3
Spring Allergies	3

We Have Moved!!!!

We are beyond excited to announce our new location: 7901 Skansie Ave., Suite 105, Gig Harbor, WA 98335. Due to our growing business and need for added space and personnel it was necessary to move. We are a diverse office and offer many services: Primary Care/Functional Medicine, Bioidentical Hormone Replacement Therapy, and Cosmetic Services. We have double the space to accommodate our growing practice and staff. Please feel free to come by and say hello. Check us out!



**7901 Skansie Ave.
Suite #105
Gig Harbor, WA
98335**

• Office hours:

Tuesday-Friday 9a-4p

Saturday 9a-12noon

Phone: 253-858-2408

Website:

www.gigharborhealthclinic.com

New Staff

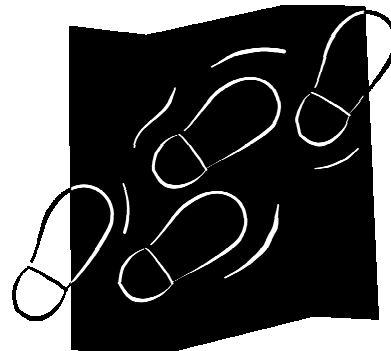
We are happy to announce the addition of two new staff members! Becky Markward and Gianna Biancarelli. Becky brings years of medical experience to our office and will be helping in various positions within the

office. Gianna is finishing up her degrees at school and is helping with both front desk and medical records. We are excited to have them on board.

Exercise Corner

- 30 Sit Ups
- 20 Sumo Squats
- 100 Jumping Jacks
- 20 Jumping Lunges
- 30 Bicycle Crunches
- 40 Mountain Climbers
- 20 Tricep Dips
- 30 Leg Raises

You may want to start with half the first week and work your way up for one month. If you are already fit, do three rounds with a 400 meter run in between!



Start Moving!

50% Off All Laser Treatments April and May

We are offering up to 50% off for all laser treatments! This includes hair removal, rosacea treatments, brown spots (pigment correction) and skin tightening. Our laser is cutting edge, radio-frequency which means less painful and yields con-



sistent results. Come in for your complimentary consultation. Our Clear Lift Treatment has been very popular and the results have been phenomenal. This treatment increases collagen and lifts the skin. It is color blind and does not burn dark skin!

Tattoo Removal?

We are thinking of adding tattoo removal to our menu of services. Please let us know what your thoughts are on this. You can email us at frontdesk@gigharborhealthclinic.com



What You Should Do After Every Workout

1. Cool Down- Your heart rate is high after a workout. Bring it down slowly by walking for 5 or 10 minutes
2. Stretch- Helps with flexibility
3. Foam Roll- A great investment. Do it any time of the day, but especially after workouts
4. Rehydrate- Especially after a long sweat session
5. Track Your Progress- Write down what you did and how you felt about it.
6. Change your clothes- Bacteria can spread
7. Shower- It's just the right thing to do..



Foods to Eat When Stressed

1. Oatmeal with berries and walnuts
2. Whole grain crackers with nut butter
3. Veggies with raw cheese
4. Mug of hot water with lemon
5. Cashews
6. Dark Chocolate
7. Green or Chamomile Tea
8. Kale Smoothie



7 Foods That May Help with Spring Allergies

- Yogurt
- Turmeric
- Nuts
- Garlic
- Fatty Fish
- Broccoli
- Apples

