



Hello

January

New Year, New You.



Dear Reader,

With the new year comes new opportunities for growth and reflection on the years past. Now is the time to set NEW goals, build BETTER habits, and start taking care of the most important person in your life... YOU!

In 2024, we hope to bring in new ideas, classes, programs, and more so you feel excited and supported about your wellness journey. This month, we are rolling out the Metabolic Freedom Program ~(2.0)~, a six month medically supported health and weight loss program! This is a wonderful opportunity to take a deep dive in to a program tailored made just for you and your health needs.

Read on for more information and as always, feel free to call us at 319-393-4307 or email linnea@theteggatzclinic.com with any questions about the program!

HAPPY
New Year

The Teggatz Clinic Staff



Metabolic Freedom

A Six Month Medical Support Weightloss Program

January is a time dedicated to making New Year's Resolutions! There is something wonderful about the psychology of a "fresh start." Though that fresh start mindset often fades quickly which is why many people's New Year's Resolutions fall flat by February - or even sooner!

Relying on **MOTIVATION** is relying on an emotion. Emotions are fleeting and unpredictable. If we were only to follow through with a commitment when we "feel like it" is not realistic for making real sustainable change. Think if we only went to work or brushed our teeth when we "felt" like it. Most people go to work and brush their teeth day after day because it has become a habit. But how does something become a habit? By completing an action step over and over again regardless of our feelings around it.

This concept is how we want to support you through our next cohort for The Teggatz Clinic's Metabolic Freedom Program. If you have health goals, desire to figure out your medical ailments, and want to lose weight - our 6 month medical and health coaching program could be just what you are looking for.



Dr. Tanya Teggatz, MD



**Linnea Offerman RN, BSN,
FMCHC, NBC-HWC**

Dr. Teggatz (*functional medicine MD*) will support you medically by completing in depth testing and evaluation then provide lifestyle modification recommendations as well as any other personalized medical needs you may have.

Linnea (*nurse and health coach*) will support you through 1:1 AND group health coaching to set SMART goals, work through barriers, celebrate successes, and provide accountability for 6 months while creating new habits and routine.

This program is not for those who need it. You heard me...it's for those who **WANT IT!** Who are ready and willing to make lifestyle changes. Who are tired of doing the same thing over and over and getting the same result. Who are ready to feel better even if it means making some changes. Are you ready to **MAKE** change so you **SEE** change in your physical, mental, and medical health?

Call us at the clinic and let's discuss if you are curious about Metabolic Freedom!

Best in health,

Linnea Offerman

RN, BSN, FMCHC, NBC-HWC



UNLOCKING BLISS

THROUGH MASSAGE

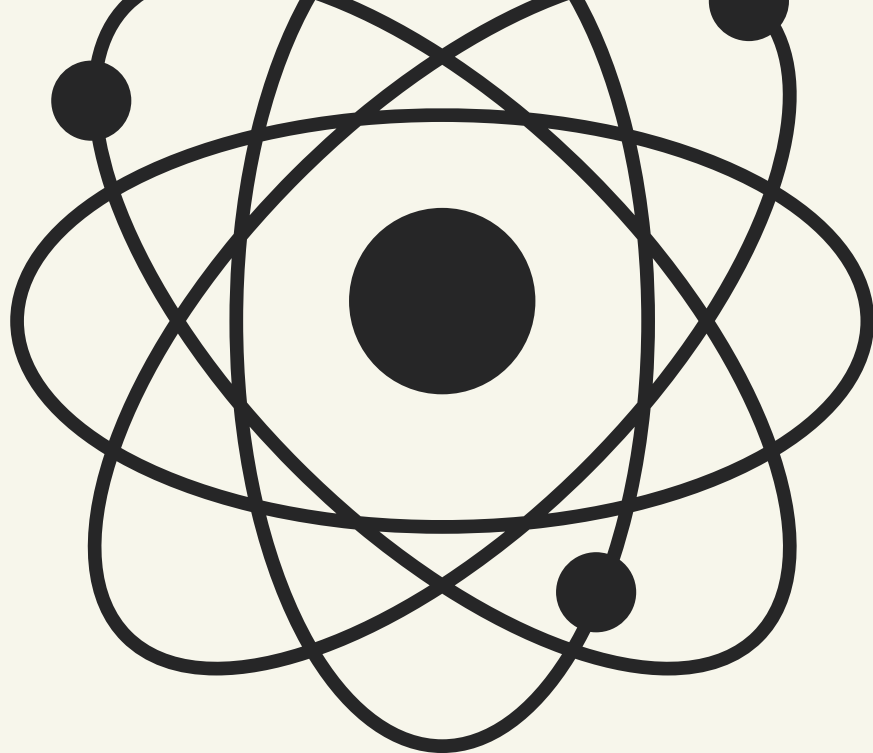
In the fast-paced rhythm of our daily lives, finding moments of serenity is a rare gift. One such oasis is the elusive theta state, a place of deep relaxation and tranquility where the mind goes quiet. The theta state, associated with a brainwave frequency of 4-8 Hz, is a sweet spot between wakefulness and sleep. It is a realm where stress dissipates, and a profound sense of calm takes over. Often times, a well-executed massage becomes the key to unlocking this blissful experience.

We all know that stress is incredibly hard on the body and mind. Stress releases cortisol, which stimulates the sympathetic nervous system, increasing heart rate and blood pressure. In my practice, my main focus is assisting my client's in activating their parasympathetic nervous system. This system is responsible for slowing down body activity, such as reducing heart rate and lowering blood pressure. When massage is applied, the nerves and sensory receptors are stimulated and messages are sent along the nerve pathways via the spinal cord to the brain.

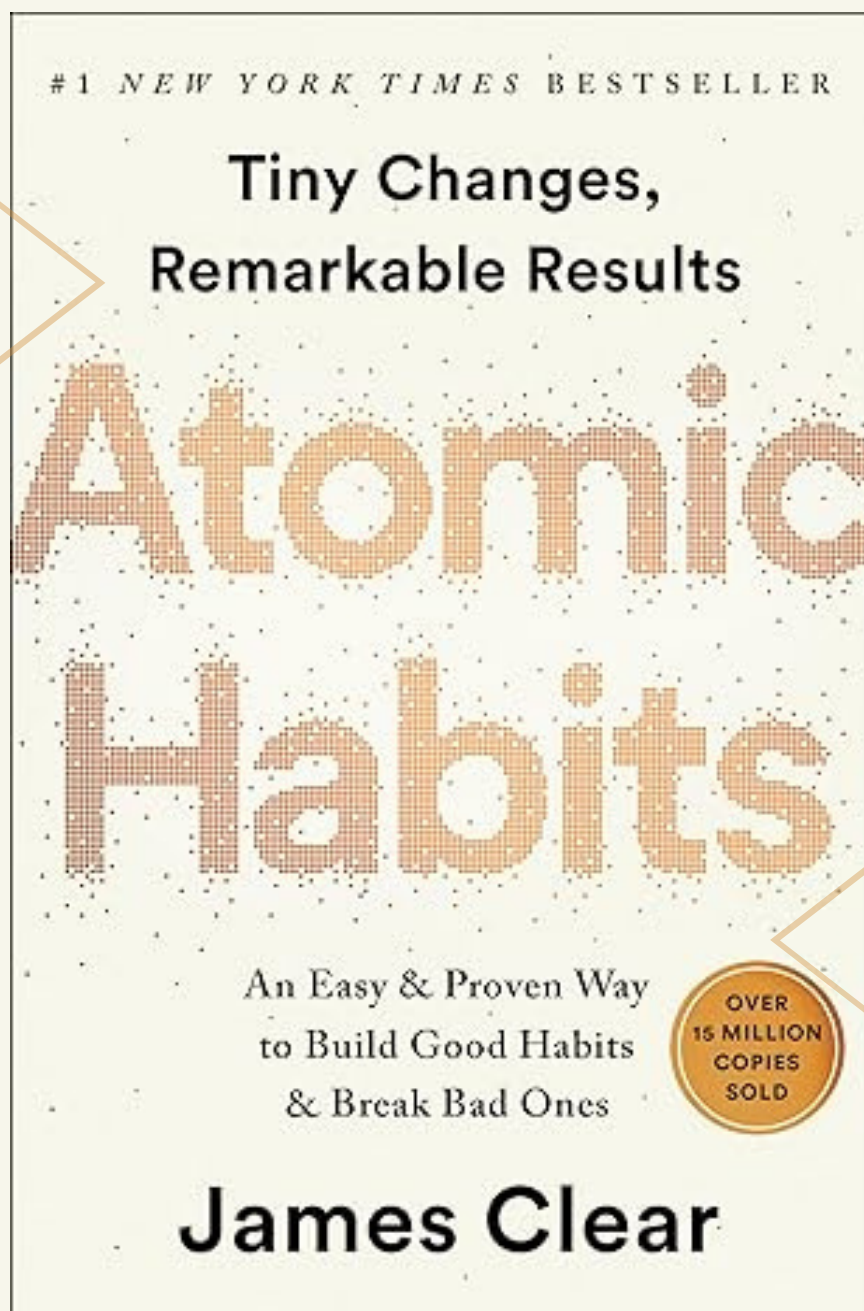
Often times it can be hard to let go during a massage. Personally, it can take me at least half an hour before I can truly relax into the experience. This is common and I find that the more you do it, the easier it becomes. As a bodyworker, my biggest wish for you is that you ENJOY your time on my table, however that may look. Maybe you can't stop thinking about what you're going to make for dinner, or maybe you fall asleep. All of it is a-okay with me! This time is for you, and only you. I am frequently asked how many sessions it will take to achieve your goals, and my answer to that is usually, "as many as it takes!" Just like anything in life, there's really no way to know until you try. I would love to work with you to bring some much needed bliss in to your life in the new year! My inbox is always open to any questions you may have, so please feel free to email me directly at abby@theteggatzclinic.com.


Office Administrator, LMT

RESOURCES



WE LOVE



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