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HAVE YOU HEARD OF THE

# *Skinny Shot?*



MIC INJECTION

Sometimes called the "skinny shot" this combo of vitamins + amino acids can help fire up your metabolism. Decrease your appetite, increase your energy and fire up your metabolism!

This is available as an add-on to our weight loss program or by itself.  
\$40 or 10 for \$300.

**THE SKINNY SHOT IS NOT JUST FOR WOMEN!  
MEN CAN ENJOY THE BENEFITS AS WELL!**



**567-940-9334**

**INDEPENDENT  
PHYSICAL MEDICINE**



## **B Vitamin Injections and cognitive decline**

Vitamin B Deficiencies are common- especially for people over 50. As researchers continue to discover their exciting benefits, B vitamins have become an important part of a healthy aging regimen.

"In ageing populations B vitamin deficiency has been linked to cardiovascular disorders, cognitive dysfunction, osteoporosis and methylation disorders and can increase the risk of developing degenerative diseases, particularly cardiovascular disease, cognitive diseases and osteoporosis. Optimization of B vitamin status in the elderly may prove beneficial in the prevention of degenerative diseases." Mikkelsen K, Apostolopoulos V. B Vitamins and Ageing. Subcell Biochem. 2018;90:451-470. doi: 10.1007/978-981-13-2835-0\_15. PMID: 30779018.

Low Levels of B Vitamins can affect your body in a number of different ways because of their far reaching and inter-related effects. The first warning signs of a B vitamin deficiency include fatigue, mental fog and forgetfulness.

It can be challenging getting the proper amount of B vitamins due to stress, medications, poor diet, or digestion issues, and disease.

Vitamin Injections are a safe and effective strategy to add to your healthcare routine in order to prevent cognitive decline and maintain your health.

Independent Physical Medicine is accepting new patients.

To schedule an examination and discuss your eligibility for B Vitamin Injections call our office. \$35 each or 10 for \$250

**3469 WEST ELM LIMA OHIO 45807  
567-940-9334**

