



Health and Wellness

The Watson Writes Portfolio

(These are just a sampling of the dozens of articles written on this subject matter)

The Five Great Immunity Vitamins and Minerals and the Best Way to Absorb Them

Sculpt Spa is well known to the entertainment elite of Las Vegas for its customized holistic beauty services that focus on health and wellness as well as state-of-the-art body contouring and facial rejuvenation. By offering non-evasive services like CoolSculpting Elite Las Vegas, Dysport Las Vegas, Botox and more, our clients can get the most effective treatments while avoiding surgical alternatives.

We widely promote the concept that beauty is not something just to be affected by external measures. Health and wellness strategies play a big part in not only how you look, but how you feel. Besides our very popular infrared sauna Las Vegas and the de-toxifying benefits that service has to offer, we provide vitamin injections and Vitamin IV alternatives.

Since the 1950s, Vitamin IV treatments have been a popular means to get important vitamins and minerals that diet alone is not providing. Vitamins and minerals are essential nutrients that your body does not synthesize on its own. Dr. John Myers introduced the IV delivery of specific vitamin cocktails. These are meant to inject the vitamin directly into your bloodstream, so your gastrointestinal tract does not break them down and only give your body's cells weakened versions of them. Sculpt Spa offers Dr. Meyer's original Myers Cocktail IV Las Vegas therapy which contains normal saline, B Complex, B12, calcium, magnesium, and Vitamin C. The Myers Cocktail is meant to give the client higher energy, greater ability to perform athletics, relief from chronic fatigue, greater bodily hydration, and relief from anxiety and depression.

Another popular selection Sculpt Spa clients choose is our Immunity IV treatment.

Scientifically, immunity is your body's capability to resist harmful microorganisms. Every day you are constantly exposed to potentially harmful microbes of all sorts. Your immune system, a network of intricate stages and pathways in the body, protects you against these harmful microbes as well as certain diseases. It recognizes foreign invaders like bacteria, viruses, and parasites and fights them off. Your immune system is effectively boosted by a lifestyle that includes adequate sleep, exercise and low stress which primes your body to fight infection and disease. Intake of a range of vitamins and minerals is key to this process. Most people try to maintain these through a balanced diet. Your vitamin intake can be

derailed by an inability to keep up with that diet, to make sure the proper nutrients are included and whether your dietary system delivers them effectively through your body. Sculpt Spa's Immunity IV treatment consists of the most powerful immunity components and delivers them in the most direct way.

Here are the five most effective immunity vitamins available. They are all ingredients in the Immunity IV treatment Las Vegas:

1. **A double dose of vitamin C**

Vitamin C, or ascorbic acid, is a water-soluble vitamin well known for its role in supporting a healthy immune system. Like other essential vitamins, your body cannot make vitamin C. It must come from external sources like the foods you eat every day. Even those can be a challenge as processing and cooking can significantly reduce the nutrient. Research shows vitamin C is essential for the growth and repair of tissue all over the body. Vitamin C is important to heal wounds and repair and maintain healthy bones, teeth, skin and cartilage. Vitamin C also fights free radicals in the body which may help prevent or delay certain cancers and heart disease and promote healthy aging. Vitamin C may not keep you from catching a cold, but there is some evidence that high doses of vitamin C may decrease the length of cold symptoms by as much as one to one-and-a-half days for some people.

2. **B-Complex**

Members of the B vitamin family are crucial to producing immune system cells, and clinical studies have shown that deficiency compromises your immune function. Your immune system is a complex network of various types of cells that are either part of your innate composition or have adapted to their roles based on exposure to various threats. A healthy immune system requires optimal levels of B-Complex. Studies have shown that 40% of women are deficient which makes them at risk to not receiving nutrients critical to producing the nucleic acids RNA and DNA that are necessary for the immune system response to threats.

3. **B-12**

Vitamin B12 is a nutrient that helps keep your body's blood and nerve cells healthy and helps make DNA, the genetic material in all your cells. Getting B12 from food relies on your digestive process working at an optimal level. Up to 40% of people have a B12 deficiency due to their digestive systems not able to extract it appropriately from foods.

4. **Glutathione**

Glutathione is a substance made from the amino acids glycine, cysteine, and glutamic acid. It is important for tissue building and repair, making chemicals and proteins needed in the body, and Glutathione is essential for the immune system's proper functioning. It acts as an important antioxidant, which helps protect your body from damage to cells caused by free radicals

5. **Zinc**

Zinc is a mineral that affects multiple aspects of the immune system. Because zinc supports the growth and normal functioning of immune cells, even a mild or moderate deficiency can slow down the activity of the specific types of cells that protect the body from viruses and bacteria. Zinc is crucial for normal development and function of cells that affect your innate immunity.

CALL TODAY FOR VITAMIN IV TREATMENTS AND INJECTIONS AT SCULPT SPA IN LAS VEGAS

Las Vegas' premier health and wellness beauty services provider, SCULPT SPA offers a variety of VITAMIN IV TREATMENTS AND VITAMIN AND SUPPLEMENT INJECTIONS serving every need. The Vitamin IV Treatments menu includes the Myers Cocktail, and Vitality, Radiance, Immunity, Hangover, Metabolism and Recovery IV treatments. Injection options include our revitalizing booster, detox, and recover shots to our beautifying glow injection.

Sculpt Spa provides its vitamin IV treatments and injections in a relaxing, spa-like space and are administered by trained professionals. Want to learn more? [BOOK YOUR SESSION TODAY!](#)

< meta: SculptSpa LV has immunity vitamin iv treatments las vegas Nevada, how much do immunity iv vitamin treatments cost, are there side effects myers cocktail iv vitamin treatments, do iv vitamin treatments work, all questions answered. Immunity health and wellness IV Vitamin Las Vegas Nevada >

Massage Therapist

Many people are under the impression that an ache or a pain in their body just happens. You turned wrong, slept wrong or just have not stretched enough. Having worked on thousands of bodies, I can tell you, it is more than that. Your body tells a story, your story. I observe, listen, and feel the story your body tells, and deliver back the nurturement it craves.

We start our life, every one of us, in a warm safe cocoon of a mothered environment. We are nurtured and nutritionally fortified. We are safe. We are loved.

As we grow, if we are fortunate enough, we continue to get brief moments of mothering touch. It may be a hug, it may be an encouraging caress across the shoulders, or it may be a soft hand circling our back as we fall asleep at night. However we got it, it was powerful. It stole our stress, relieved our troubled emotions, and gave us momentary peace. Magic.

As we tackle life, that touch, that magic, gets farther away, and we get further from experiencing it. Soon our bodies are stiffened with suppressed muscular and emotional tensions. We put troubling situations out of our minds, but our bodies hold them in clenched muscles and strained joints.

It is time for you to experience the almost supernatural touch, a magical mothering touch, in a session designed for you, to take you back to that state of pure nurture and wholeness.

Prior to being a massage therapist, I trained to be a Probation Officer. I am trained to get people back on the right track, and I will help solve the physical manifestations of the personal physical and emotional

“crimes” done against your body and bring you to full rehabilitation. My nurturing energies will align yours to your natural state of comfort and well-being.

I am Yvonne Horner, and that is my mission. For you.

The magical nurture of my sessions is not marketing bravado, it is how my clients describe their experiences with me. The session will be a blend of multiple integrated modalities <link to modalities page> . My process starts with a thorough communication with you. Our intake session will include information about your physical discomforts and objectives, as well as some sharing, as much as you are willing, about the pressures and stress of your life.

Once you are on the table, I will also take readings from your body itself, where it holds its tension, and muscle memory around emotional events your mind tries to bury. If you have heard of “the horse whisperer”, you can think of me as the “body whisperer.” My thousands of hours conducting massage affirm consistently that your body’s aches, stiffness and limitations, are not that you are getting older, they are access points to emotional and physical responses. It is time to let them go, and I am the therapist to do that with you.

While a magical mothering touch defines my reputation, it also speaks to my legacy. My own mother, Nina Westerland, was a renowned massage therapist, healing hundreds. Even though she worked while processing her own congestive heart failure issues, she focused her energies on the nurture of others. When she passed, I knew it was my calling to continue her work and her talent. She is my hero. What she stood for is my inspiration.

I offer that to you. Let the child in you reclaim the nurturing you may feel you left behind. More importantly, let your body release its guarded tensions and find the wellness it deserves.

I am Yvonne Horner, and I am here for you.

Hugely Successful Email Copy for Staywell

Let’s face it, we are all tired of COVID scares, weeding through hysteria, and determining what is and is not true.

Still, we have become aware that from a bacteria standpoint, the world can be a dangerous place. To put it in perspective, there is more bacteria on your cell phone, the ATMS you touch, and on doorknobs, than on most toilet seats. Yuck.

Bacteria and viruses are responsible for diseases from COVID, colds, the flu to much more life-threatening ailments.

Enter iconic American inventor Marcia Reece. After recovering from a near-deadly MRSA staph infection, she dedicated herself to finding an all-natural, chemical and drug-free way to kill harmful bacteria.

After extensive research, she found that COPPER is bacteria's worst enemy. According to scientists, it disrupts bacterial cell membranes, interferes with its critical proteins, and develops hydrogen peroxide in the cells that kills them.

Today, we are introducing Marcia's self-cleaning copper keychain roller, StayWell Copper. Not only does it kill 99.9% of direct contact bacteria, its proven "hallow" effect also kills bacteria within a few feet radius.

Just rub the small key chain roller over your hands. Because of its pure, antibacterial EPA-registered copper material, your hands are disinfected. No messy hand sanitizers or nasty chemicals being shoved at you.

After your sanitize, just stow the roller away in your pocket or purse. While it is there—it sanitizes itself and is ready for your next use.

And right now, its inventor is offering a huge sale. Take advantage of it now and never have to worry about bacteria again.

Nine Great Ideas to Bring Wellness Into Your Workplace

Here in Las Vegas, whether our "workplace" is in an office, a casino or our home, we spend much of our lives there. Within that environment there are many threats to our wellness. Convenient and often unhealthy foods are easier to grab than whole, well-prepared meals. Sitting for long periods of time put stress on the lower parts of our bodies.

Work environment stress is a huge issue and any workplace can inspire it. You are not working or living at your best when you are stressed. That is not just a psychological fact, it is a physiological one. Your brain releases specific hormones: adrenaline and cortisol. Adrenaline increases your heart rate, and raises your blood pressure. Cortisol increases sugars in the bloodstream. These inhibit your rational and logical thought patterns as a result. You literally are not as good as you could be. Physically, they reduce your immune system responses and suppresses the digestive system, the reproductive system and growth processes. They suppress brain control over your mood, motivations, and fear.

The body is programmed to bring the hormones back into normal levels once the stress has subsided. For many in the workplace, the question regarding a stress-free time is: "When is that?" When the stressors at work are always on, then your body will keep you at this hormonally elevated level, and that can cause lasting damage. High levels of stress and cortisol increase the aging process, affecting both the mind and body.

Employers feel the effects of this too. Eastern Kentucky University's Occupational Safety program reports that companies spend about \$300 billion annually for missed work days and health care resulting from workplace stress. That amount is just due to the people who don't show up for work. If you are one who

shows up, but is working under stress, you are not alone. Gallup has found that 70% of American employees are slowing economic growth by not working to their full potential. Between a quarter and a third of all workers are constantly weak or tired, can't sleep at night, feeling physical pain, have high levels of stress or anxiety and deal with unexplained weight gain.

Workplace stress is not going to get any better anytime soon. A better bet is to infuse your workplace experience with doses of wellness. Here are some great ideas:

1. **Take breaks**

Taking regular breaks has been associated with increased focus and better memory retention. Take healthy breaks throughout the workday, including time spent stretching or walking.

2. **Connect with your team**

Isolation causes stress. Even if you are working in close proximity with others, it is important that you take time together to connect on a personal level.

3. **Sit differently**

Sitting in the same type of chair, sitting for long periods of time, all cause issues including fatigue and muscle atrophy. Diversify with alternative seating arrangements help to reduce this issue and be creative with standing desks, kneeling chairs, and bouncy balls.

4. **Cycle for transportation**

Whenever possible, ride your bike to get where you are going. Organize a group bike ride with your work team, this gives you valuable activity while you make connection to them.

5. **Check in with experts**

Have one-on-one or small-group coaching sessions with health and fitness experts, like registered dietitians, mental health counselors and personal trainers. Call our experts here at Sculpt Spa Las Vegas for details on how many of our services will work into your de-stress plan.

6. **Exercise**

Gym work outs and other exercise bring wellness into your body that you then can carry into your workplace. This can also include taking advantage of the CoolTone™ technology offered at Sculpt Spa Las Vegas. CoolTone from Allergan creates noninvasive body contouring. It is FDA-cleared to strengthen, firm and tone the muscles of the abdomen, buttocks, and thighs. Using Magnetic Muscle Stimulation (MMS), CoolTone induces thousands of high intensity muscle contractions in just one session. These powerful contractions are rapid and involuntary, engaging more muscle fibers at once than with weightlifting alone, which relies on slower voluntary contractions. This, as exercise does, gives your body a physiological way to relieve stress. It is non-invasive – meaning that there are no needles, no surgery and no downtime. The treatment can take as little as 30 minutes per area.

7. **Sauna and Meditate**

Mindfulness and meditation are two of the most important aspects of managing mental health. One of the best places to take that calming meditative journey is in a Sculpt Spa Infrared sauna. It helps you relax and balances your cortisol levels, which reduces your stress and improves your mood. It also accelerates your body's immune reaction to combat disease and infection while increasing circulation, delivering oxygenated blood to your muscles, removing metabolic waste, & reducing pain & inflammation

8. **Boost your metabolism**

One of the most expedient ways to boost your metabolism is with NAD+ (nicotinamide adenine

dinucleotide) injections offered at Sculpt Spa Las Vegas. NAD+ is a vital coenzyme that exists in all living cells that slows aging, protects against cognitive decline, increases energy, supports healthy brain function and decreases stress induced symptoms of anxiety, depression and fatigue.

9. **Get your vitamins**

Make sure you are ingesting your proper daily requirements of stress reducing vitamins. One that should be on your radar is the BOOSTER vitamin injection offered by Sculpt Spa Las Vegas. It provides an instant boost of energy, sharpened focus and improves your mood. It is B12-based and plays an essential role red blood cell formation, DNA synthesis, cell metabolism, nerve function, and hormone balance.

Sculpt Spa in Las Vegas can be your great workplace stress relief destination. By taking care of yourself and reducing stress levels, specifically with infrared spa outings with friends, or appointments to have B12-based injections, you can come have fun while producing dopamine, serotonin, and norepinephrine — which in turn, can lead to a longer, healthier life.

Remember, there's nothing like the infrared sauna experience at [SCULPT SPA](#), Las Vegas' premier destination for aesthetic treatments. At our Las Vegas infrared spa, you'll enjoy your private spa suite, check out the latest must-watch streams via Netflix and Hulu, and get a refreshing eucalyptus towel at the end. [BOOK AN INFRARED SPA SESSION](#) with Sculpt Spa today.

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Escape workplace stress today at sculpting spa and coolsculpt las vegas! Bring your co-workers for bonding and community as you take advantage of infrared sauna therapy las vegas plus b-12 injection las vegas.>