



JULY 2025
NEWSLETTER

**Longevity is living
better longer.**

LET'S COOL DOWN THE SUMMER HEAT WITH COLD THERAPY!

Cold Therapy involves exposing the body to cold temperatures to achieve therapeutic benefits. At Evergreen Factor, our favorite Cold Therapy is the **Cryo Chamber**!



HAVE YOU TRIED THE CRYO CHAMBER YET?

In this therapy, you'll stand in a chamber filled with sub-zero nitrogen gas for 2 to 3 minutes. The extreme cold activates your body's "fight or flight" response, boosting blood flow, oxygen delivery, and toxin removal.

Our fantastic staff will guide you through the experience. Feel free to talk, dance, or focus—whatever helps you reach your goal time!

BENEFITS INCLUDE:

- **Accelerated Recovery for Athletes**
Eases muscle soreness and inflammation, enhancing post-workout recovery.
- **Glowing Skin**
Revitalizes skin by tightening pores and boosting collagen production, helping combat acne and eczema.
- **Stress Relief and Mental Clarity**
Stimulates endorphin release, improving mood and focus.
- **Chronic Pain Relief**
Offers relief for conditions like arthritis by soothing pain and reducing inflammation.
- **Support for Weight Management**
Can boost metabolism and enhance calorie burning.

Would you like to try CryoTherapy?

Take advantage of **\$25 Sessions** all month long! Reg \$39 (regularly \$39). Mention **summercool25** when booking.

July 4th CELEBRATE FREEDOM

In honor of Independence Day and with gratitude for those that serve or served our country –

Military Discount
15% off
any single service

Monthly Wellness Events:

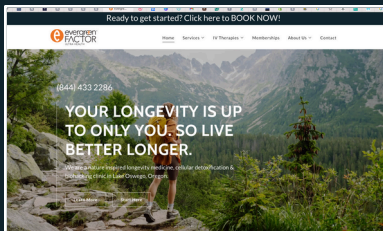
This month we are pausing the Men's Man Cave and Inner Ear Workshop for summer break.

But **JOIN US** for Fireside Chats with Dr. Tomas around the Campfire – well, the biocharger! Come ask questions and get real answers.

Fireside Chats / Q&A - Tuesday, July 15, 5-7pm

Come sit around the biocharger with Dr. Tomas Gigena, MD and talk. Feel free to ask general health, wellness, and biohacking questions. We all love the Dr. Tomas talks, so this is an informal information session. This is not a private consult, but general Q&A where everyone benefits. Stop in or come for the whole time.

Call 844.433.2286 or
Text 503.809.5301 to RSVP!



Check out our NEW website!

A big thank you to everyone who gave feedback and suggestions. If you have a client success story we can feature, please reach out. We love real testimonials!

www.evergreenfactor.com

Unlocking the Power of B Vitamins For Your Overall Well-Being

B vitamins are essential for nurturing your body and enhancing well-being. They support energy levels, mood, and overall health by aiding metabolism, brain function, and immune support. Vitamin deficiencies can contribute to chronic health conditions.

If you're feeling tired, irritable, or struggling with focus, your body might be signaling a need for specific B vitamins.

Simple shifts might make a big difference. For example try focusing on adjusting your B Vitamins and see how you feel.

- B12 for fatigue
- B9 for focus
- B7 for hair health
- B6 for weight loss
- B5 for nervous system support
- B3 for skin radiance
- B1 for memory improvement

At Evergreen Factor, you can monitor your vitamin levels regularly. Just ask for a **MICRONUTRIENT LAB TEST**. Based on the results, we can recommend nutrition shifts, targeted supplements or IV Drip Therapy.

Simple Shifts Starting Today

- ✓ **Prioritize sleep.**
 - Stop eating three hours before bedtime to allow sleep over digestion.
 - Keep room cool, dark, and quiet for restful sleep. Limit distractions.
 - Remove electronics from bedroom or place on airplane mode.
- ✓ **Utilize natural light.**
 - Expose yourself to natural light within first hour of waking.
 - Limit blue light exposure in evenings and before bed.
 - Wear blue light blocking glasses and switch to warm lighting.
- ✓ **Regulate your circadian rhythm.**
 - Watch sunrise and sunset as often as possible.
 - Go to bed and wake up at the same time.
 - Connect with nature to calm nervous system and boost well-being.

AT EVERGREEN FACTOR Dr. Grant Headley, DPT



- Specialized Physical Therapy
- Pelvic Floor Mobility
- Men's Pelvic Floor Dysfunction
- BPH & Prostate Health
- Alignment & Breathing
- Arthritis Prevention
- Facial Rejuvenation
- Winback Aesthetics

GET ON HIS SCHEDULE !

Connect with Dr. Grant: 503 568 1136

Schedule: bodylistener.janeapp.com

NOW ONSITE POWERHAUS EMS TRAINING



Meet Kurtis Schmidt, Oregon's only EMS Certified Trainer. Trained in Germany, holds an International Trainer's Certification, EMS License, and Miha Bodytec Certification.

1:1 Coaching 2x per week:

Tuesdays 10am-2pm | Fridays 7am-12pm

Training with Electrical Muscular Stimulation (EMS) **activates 90% of muscle fibers in just 20 minutes.** Low impact, zero joint strain, low impact. For optimal training results, alternate days with SuperHuman Protocol!

Training Options:

EMS + Oxygen + Red Light Cabin
OR EMS Training Only

Connect with Kurtis: 971 434 7021

Schedule: Stop by Front Desk

July Specials

at-a-glance

Longevity is living better longer.

FEATURED JULY IV: PLAQUEX IV Treatment

July Promo: 10% off 2! Reg Price: \$145

Improve heart health, lower cholesterol, improve liver function, better brain function, and anti-aging. Medical Screen Required for 2+ IV Drips

FIRST TIMERS NAD+ IV DRIP

JULY PROMO: \$250 Regular Price: \$319

Is NAD+ IV Drip on your bucket list but you haven't quite gotten around to scheduling it? We can give you a nudge with our June First Timers Promo and insanely good July Promo pricing. Go ahead – give it a go. Embrace longevity.

FIRST TIMERS EBOO Treatment

JULY PROMO: Take \$200 OFF!!

In the month of June, take \$200 OFF any EBOO single session. A little motivation for your health journey by cleaning your blood and advancing wellness goals!

SUMMERTIME IS PARTY TIME

JULY PROMO - Take 20% off a QUENCH or REBOOT IV DRIP

Stay HYDRATED this summer and restore essential vitamins with an IV Drip while adding extra benefits like reducing inflammation and weekend fun recovery.

VEMI Bed Saturday's! ALL JULY!

Enjoy a rest on our Vibro Acoustic sound bed this month! 30 minute sessions.

Guests: \$50 - Saturdays in July.

Members: \$40 - Any weekday or Saturdays in July

Level up and UPGRADE

SuperHuman Protocol Base Membership \$199 /per month

In a START membership and coming 1x per week? Level up your longevity and step into 2x per week for optimal results. Experience more energy, better sleep, reduce inflammation & faster recovery!

Includes: SHP 2x per week, Cryotherapy, Styku 3D Body Scan

POWERHAUS EMS TRAINING NOW ON SITE AT EVERGREEN FACTOR

Strengthen body in minimal time! 20 minute sessions.

First-Time Intro Session Only \$45

Includes: Intro training & 3D Body Scan, Trial underlayer*

EMS Training Session Only: **Guests: \$60, Members \$50**

EMS Training + Oxygen+ Red Light Cabin: **Guests \$90, Members \$80**

METABOLIC BOOST BUNDLE. - Purchase 5 get 1 for free! \$325

Turn up your energy level and rev that metabolism!

Our Client Care team would love to help you book a July Promo!

30 Day Body Reset \$995 - 30 Days

Complete 30 Day program!
Includes: 2 IV Drips, 30 day supplements, meal & fasting plan, 4 metabolic intramuscular injections and 4 check-ins.
8 Red Light Session.

Longevity Consult \$550 - 3 Sessions

Get serious about your health.
Includes 3 sessions.

Session 1: Collect Metrics:
Baseline blood work, 3D Full Body Scan

Session 2: Comprehensive
Health History & Body Mapping

Session 3: 30-minute medical
consultation with Dr. Tomas.

SUMMER BODY

Guest: \$3035 Members: \$2699

Good bye winter flab, hello summer fab. 12 week program that is a game changer.

- 6 Cryo EMS Sessions
- 6 Sauna Pod + Cryo
- 6 Metabolic IM Injections

Evergreen Factor

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