

WELCOME TO DR. KATHERINE'S

Members Only Newsletter



KATIE SKOLOFF

HEY, HOW ARE YOU?

An Office Update

We've been in the new space now for about a month and have gotten accustomed to having more room to spread out. Hopefully you've had a chance to stop by and see what a beautiful job Katie Skoloff with In Site Designs did for us! We also have to thank Trevor Millen with Cushman Millen construction for being there every step of the way. We now have a spacious waiting area, a separate IV Lounge and lab, and 8 treatment rooms. We hope to start using our new conference room in the back for group visits and special presentations soon! As members of the practice, your voice matters, so if you have any suggestions or special requests, email Morgan at morgan@optimalselfmd.com.

New Team Member Alert

THIS IS MORGAN, OUR NEW NURSE!

Morgan McDowell, RN comes to us from the ER at Prisma and is taking over the IV Therapy division of our practice, She will also be managing programs and memberships, and will be your touchpoint when you need anything! She's smart and a hard worker, and will be sure you are well taken care of.





The Men of OSMD



SHOWING OFF THE OSMD SWAG!

Which do you prefer, the white cap with the gold icon, or the gray? Or maybe you'd rather have a T-shirt? If you did not get your "swag bag" at the Grand Opening, please let us know and we'll set one aside for you!



New Supplement Line!

HEALTHGEVITY

We now stock an anti-aging line of supplements that are incredible at reversing cellular age! Or order online with code OSMD for 10% off

[LEARN MORE HERE](#)



Peptides are back!

WHILE SUPPLIES LAST

We now have access to injectable BPC-157 and CJC 1295 / Ipamorelin that we can dispense to you from the office. Email Morgan if you are interested!

[INSTANT DOWNLOAD](#)

Methylene Blue

TREAT LONG COVID & MAXIMIZE YOUR HEALTHSPAN WITH THIS BRILLIANT BLUE DYE

A blue dye originally developed for the textile industry, methylene blue is now being used medically to enhance cellular energy production. It works selectively on the cytochrome C oxidase enzyme of the mitochondria, increasing oxygen consumption, increasing ATP production, and repairing damaged components of the system. It increases the lifespan of your cells! This remarkable compound also crosses the blood-brain barrier and acts as a memory and cognition booster. In addition, it has antibacterial and antiviral properties. It is also being used in chronic pain, depression, dementia, and autism. Using it in conjunction with red light therapy can amplify the effects even more. Most adults do well on between 10 and 60 mg a day. It comes in a liquid (pictured right) or I can have it compounded in an oral capsule so your tongue doesn't turn blue! I recommend the Earth Harmony brand if you want to try it. It has a bitter taste, so add to a flavored drink mix like Ultima or LMNT. I love it! Really fires up my brain :)



Interested in our Aesthetics services?

WE HAVE A NEW DIGITAL BROCHURE

Eliza & Brandy are always learning new skills and we will continue to add the best the aesthetics world has to offer

[CHECK IT OUT](#)

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