Beauty From the Inside Out

Do you want that glow of health and radiance that makes people wonder what you do for it? It goes deeper than what you put on your skin! Ageless beauty comes from giving the body the proper nutrition on a cellular level. Read on for some tips on everything you should be putting in your body for radiant beauty.

Water

If you’ve heard it once, you’ve heard it one thousand times: you need to drink more water! Half of your body weight in ounces per day, to be exact (not to exceed 100 oz). Water keeps your cells plump and hydrated, aids in transporting nutrients to every part of the body, and takes toxins away. It keeps your skin clear and your eyes bright, so drink up!

Avocado

This delicious food is actually a fruit chock full of nourishing goodness. Its omega fatty acids build strong cell membranes, and its antioxidants fight free radicals and repair and renew skin cells.

Blueberries

Blueberries have one of the highest antioxidant levels of any food. The nutrients found in blueberries have been shown to improve collagen (which decreases wrinkles) and decrease sun damage.

Leafy Greens

Vegetables like spinach, kale, cabbage, broccoli, Swiss chard, and Brussels sprouts have been shown to neutralize carcinogens and oxidative stress on skin, reduce inflammation, and boost your immune system. They also contain nutrients that guard against breast cancer and are a great source of vitamins A and C, which condition your skin and hair follicles!

Green Tea with Raw Honey

This minimally processed tea is infused with antioxidant polyphenols, which are believed to inhibit cancer and beautify the skin. Sweeten it with raw honey, and you’ve added vitamins A, B-complex, C, D, E, and K into the mix, as well as natural enzymes that are packed with skin-repairing nutrients and anti-inflammatory compounds!
Lecture Schedule

**Live Lectures**

Bring your family and friends! Our live lectures are informative, interactive, and rewarding: we offer 5% off coupons to anyone who attends a lecture at any of our office locations. **Sign up is required**, as space is limited and sometimes dates and times will change. Lectures usually last between 60 and 90 minutes.

**Allergies & Asthma**
Tuesday, April 5th, Doylestown, with Kate McNerney • Thursday, April 14th, Ottsville, with Alicia Leonhardt
Tuesday, April 19th, Bethlehem, with Felicia Pasquale

**7 Secrets to Being a Savvy Healthcare Consumer**
Monday, April 25th, Ottsville, with Dr. Jon Gindhart

**Parasites: The Monsters Inside**
Thursday, May 19th, Bethlehem, with Victoria Fisher • Thursday, May 26th, Doylestown, with Christa Haines

**The Power of Posture**
With Dr. Jon Gindhart • Tuesday, May 17th, Doylestown

**Essential Oils 101**
Saturday, June 18th, Bethlehem, 10 am, & Tuesday, June 28th, Ottsville, 6 pm, with Cynthia Hofmann-Coale

**Matinee Lectures**

All matinee lectures begin at 1 pm

These lectures are pre-recorded and shown on the big screen at all Well of Life office locations. **All who attend receive a 5% off coupon.** Sign up is required for Matinee lectures.

**Life Cycle: Birth to Golden Years**
Wednesday, April 13th

**What Is Lyme Disease?**
Wednesday, April 27th

**Neurological Diseases**
Wednesday, May 11th

**Women’s Health**
Wednesday, May 25th

**Eating Right**
Wednesday, June 8th

**Podcasts**

These audio-only lectures are available online at welloflifecenter.com. Visit our website for more information; you may also sign up for podcast reminder emails online.

**Cancer: What Is It Really?**
Wednesday, April 6th

**Raw Foods**
Friday, April 15th

**Anxiety!**
Thursday, April 21st

**Purification**
Tuesday, April 26th

**Mold: There’s A Fungus Among Us!**
Thursday, May 5th

**Flus & Colds**
Friday, May 13th

**How to Vacation the Well of Life Way**
Wednesday, May 18th

**What to Feed My Baby After Breast Milk**
Tuesday, May 24th

**Fibromyalgia**
Monday, June 13th

**Pregnancy: Before, During, & After**
Thursday, June 23rd
Introducing Dr. Ashley Stalmack

Dr. Ashley Stalmack came to the Well of Life Center in January of 2016. She joined us after having a private practice in Greenville, South Carolina, which was a nutrition- and chiropractic-based facility. This style of practice allowed for incredible and dramatic results in the health and well-being of her clients. When it came time to relocate to Bethlehem, she sought out a practice that followed the values of healing the client as a whole through chiropractic, nutrition, and natural alternatives. Dr. Ashley is excited to join a great group of practitioners and clinicians. She specializes in Diversified technique, Extremity Adjusting, Activator technique, and Pre and Post Natal Adjusting*. She has a passion for helping women, pregnant mothers-to-be, and children reach optimal health.

“I am so grateful to be a part of a team that is 100% focused on our clients. The goal for every client at the Well of Life is to establish a level of health that is expressed in every facet of their lives, whether that facet is picking their children up for a hug or running a marathon.”

Dr. Ashley is available for Chiropractic appointments in Bethlehem on Tuesdays & Thursdays (9 am - 7 pm), Fridays (9 am - 3 pm) and Saturdays (8 am - 12 pm), and in Ottsville on Wednesdays (9 am - 4 pm).

*For more information about each of these techniques, visit the Chiropractic Care page of our website.

Well Massage

The Well of Life Center is pleased to now offer Oncology Massage at all three office locations!

Studies have shown that the power of resting in the comfort and compassion of healing hands can reduce pain, fatigue, and inflammation. Our licensed massage therapists with special training in oncology massage will meet you wherever you are in your journey with cancer, and create an individualized massage experience designed to comfort and support your entire body. They will use light to moderate pressure to help relieve stress, pain, and fatigue, while promoting increased circulation and immune function, and creating a sense of well-being.

For more information about our Oncology Spa Services, visit our website at welloflifecenter.com.

Spread the Word!

Have you had a great experience at the Well and are looking for a way to share it with your family and friends? Consider hosting a nutritional gathering! All you have to do is schedule a date with one of our clinicians, then invite some friends over! You can host a gathering in your own home, or have our clinician speak at a church event, MOPS group, rotary event, school event, or more! In return, you will receive a gift certificate for $50 to the Well of Life Center, and your guests will receive a coupon for a discounted New Client visit just for attending!
Our newly launched online store is now available for you to buy all your favorite Well of Life-recommended products, right from the comfort of your couch! Visit store.welloflifecenter.com to take a look at the hundreds of products we have for you to purchase. We have researched every product, and happily recommend them to our clients; if you have a question about any product you see in our store, feel free to ask your clinician about it.

Items available for purchase include food items, cleaning products, skin and body care, makeup, EMF protection, and so much more. Nutrition will not be available for purchase online; if you need to purchase nutrition, you may do so in person or via the phone at any office location.

Happy Shopping!