HealthyWeighs® Wellness Center

August 2026 Wellness News

The Summer is flying by and here we are….August 2026!! The store shelves are already Halloween ready, but we want to savor these last few weeks of Summer Bliss. If you have not yet planned that Summer Vacation, the time is now to do so before the children and grandchildren go back to school. The Healthy Weighs Wellness Center Family is having a great summer with ongoing camping, travel, picnics, and parties. We will continue our annual Friday tradition of closing at 1:00 pm through August to give our staff longer weekends and much needed relaxation and recharging to serve you better! This edition of Wellness News is packed with Summer Specials from our amazing practitioners. All our practitioners are working in August so that you can get in to have that needed-wellness session. Keep in mind that we accept most insurance plans for Nutrition Counseling and Chiropractic Services and Blue Cross Blue Shield plans for Acupuncture. Need a document notarized? Want to refer a friend to one of our practitioners and receive a patient referral reward? Ready to start a Weight Loss or Weight Gain, Detox or Purification Program? Is your DOT/CDL physical card expiring and need a DOT physical? Overdue for a Facial or Massage? Need recipes and menu ideas for the summer to help you achieve your nutrition goals? Come in and see us. Please book your appointments in advance so that you will get the time slot that is most convenient for you. You can either call or text our office at 203-775-1819. ENJOY SUMMER FUN!

Healthy Recipe

Grilled Shrimp and Watermelon Chopped Salad

High Five to Hydration!

August is a great time to focus on hydration. For most people, 64 oz water daily is a good goal. During the hot summer months, staying hydrated is essential for maintaining energy, supporting concentration, and helping the body regulate temperature. Water-rich foods such as watermelon, cucumbers, peaches, tomatoes, and berries are excellent choices that provide both nutrients and hydration. Carrying a reusable water bottle can make a big difference in overall wellness as well.

Grilled Shrimp and Watermelon Chopped Salad
Makes 4 Servings
Recipe courtesy of *skinnytaste.com*

Ingredients:

For the dressing:

- 2 ½ Tbsp golden balsamic vinegar
- 1 tsp water
- 1 Tbsp chopped shallots
- 1/8 tsp kosher salt
- Pinch of fresh black pepper
- 2 Tbsp extra virgin olive oil

For the shrimp:

- 10 oz shelled and deveined shrimp, about 24 large
- 1 clove garlic, crushed
- Seasoned salt, to taste

For the salad:

- 8 cups chopped romaine
- 4 cups diced watermelon
- 4 oz soft goat cheese

Directions:

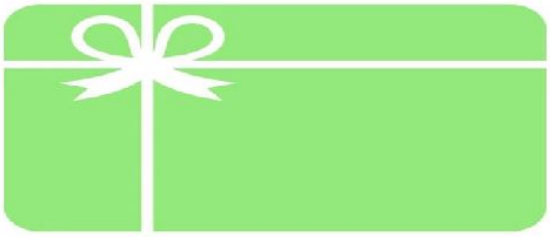
1. In a small bowl, combine vinegar, water, shallots, salt, and pepper.
2. Gradually add olive oil, stirring until incorporated.
3. For the shrimp: If cooking outside on the grill, soak wooden skewers at least 30 minutes.
4. Season shrimp with seasoned salt, then mix in crushed garlic.
5. Thread the shrimp onto the skewers.
6. Light the grill or indoor grill pan on medium to medium-high flame. When hot, spray the grates with oil and grill the shrimp about 1-2 minutes on each side. Set aside.
7. In a large bowl, toss the romaine with the dressing.
8. Divide between four plates and top with watermelon, goat cheese, and grilled shrimp.

Nutrition Analysis (per serving) – Calories: 293, Total Fat: 18 grams, Saturated Fat: 6 grams, Sodium: 257 mg, Total Carbohydrate: 12 grams, Fiber: 2 grams, Protein: 22 grams

Healthy Weighs Wellness Center Gift Cards

Whether you are celebrating someone's retirement, graduation or birthday, a Healthy Weighs Wellness Center gift card is a gift that they really want and deserve. Good for any denomination and for any service in our wellness center. Who wouldn't want to be treated to a relaxing massage or facial? This is a gift they would not think of buying for themselves.

Stop in our center to pick up a gift card today! You can also purchase a gift card by calling or texting Healthy Weighs Wellness Center at (203) 775-1819 or by emailing us at reception@healthyweighs.com.



We offer the following services:
Acupuncture
Chiropractic Services
DOT/CDL Physicals
Facial Rejuvenation
Functional Medicine
Massage Therapy
Nutrition Counseling
Reflexology
Spa Facials, Treatment & Waxing

Give the gift of health to everyone on your list!
A gift card is the perfect present for any occasion! One size fits all! Help that special person in your life get started on the road to good health!

Do you want to Lose Weight this Summer?

BioPhotonic Antioxidant Scanner

Simple Ways to Increase the Phytonutrients in your Diet

Do you want to know what your Antioxidant Scan score is? Did you know that for many years we have had a Biophotonic Antioxidant Scanner in our practice? For only $20 as part of your nutrition appointment, you can get a noninvasive scan done which checks a cumulative score of 18 different nutrition pigments. The goal is to have a minimum score of 40,000 or above! What is your score? If you have not had this done lately and, considering, summer is the best time to indulge in fresh fruits and vegetables to raise your score, you should have it done during your next nutrition visit.

Knowing your Antioxidant levels is as important as knowing your cholesterol levels or your blood pressure. Why? Because there are now over 30,000 studies linking free radical damage at the cellular level not only to premature aging, but also to virtually everything that ails us. Antioxidants are nutrients from fruits and vegetables that can neutralize free radicals. That is why the American Cancer Society recommends 7-10 servings of fruits and vegetables per day.

Here are some simple ways to jump start getting more phytonutrients in your everyday eating:

- Make it your goal to try one new plant food (fruit, vegetable, nut, seed, legume, whole grain) per week. Explore ethnic stores for greater variety.
- Stock up on frozen vegetables for easy cooking. Berries tend to retain their phytonutrients. Cruciferous vegetables like broccoli are least desirable for freezing.
- Use the fruits and vegetables that go bad easily first. Save heartier varieties for later in the week.
- Keep fruits and vegetables where you can see them, so you will remember to eat them.
- Keep a bowl or container of fresh cut vegetables on the top shelf of refrigerator, within easy reach.
- Keep fruit bowl on kitchen counter, table, and desk at work.

- Pack fruit and vegetables in purse/briefcase to eat as a snack. Bring moist towelettes to clean them off before eating if you do not have time to wash.
- Choose fruit for dessert (fruit kabobs, berry compotes, fruit salads, etc.).
- Have dishes with lots of vegetable variety (e.g., soups, stir-fry).
- Use vegetable-based and mushroom-based sauces.
- Choose darker vegetables over lighter to maximize nutrient content.
- Make the switch from mashed white potatoes to sliced carrots or mashed cauliflower.
- Make a switch from corn to spinach.
- Toss red pepper, tomatoes, garlic, onions, or broccoli in omelets.
- Add rinds of oranges or lemons to water, chicken, and fish.
- Be generous with your use of spices!

New Patient Rewards Program

We are excited about our Healthy Weighs Wellness Center Rewards Program! We appreciate our patients and your referrals! We decided to show our appreciation with a PATIENT REFERRAL REWARDS PROGRAM!! Refer a friend or family member to us. When the new patient comes in for their first appointment, you will get a REWARD from that practitioner. You will have UNLIMITED referral opportunities. Acupuncture Referrals will receive a Surprise “Bliss” package. Chiropractic Referrals will receive a Complimentary Orthotics Scan or BioPhotonc Antioxidant Scan. Nutrition Referrals will receive a Complimentary Biophotonc Antioxidant Scan or Body Fat Analysis. Spa Referrals will receive a Complimentary Hand Treatment. We appreciate our patients. THANK YOU so much for referring your friends and family to Healthy Weighs Wellness Center.

Patient Referral Rewards Program

Thank you for partnering with Healthy Weighs Wellness Center. We appreciate referrals and are excited to reward patients who connect new patients with our **WELLNESS CENTER**.

Referral Type	Referral Reward
Acupuncture Patient Referral	BLISS Package
Chiropractic Patient Referral	Orthotic Scan or Biophotonic Antioxidant Scan
Nutrition Patient Referral	Biophotonic Antioxidant Scan or Body Fat Analysis
Spa Patient Referral	Hand Treatment

How It Works
- Refer a patient to Healthy Weighs Wellness Center.
- Once the patient completes their first appointment, your referral reward will be issued.
- Unlimited referral opportunities available.

Notary Services Now Offered

At Healthy Weighs Wellness Center and Julie Dream Homes Team at eXp Realty, we're proud to offer complimentary notary services for our valued patients and clients as another way to serve our community with care, convenience, and professionalism.

We can assist with notarizing a wide variety of documents, including real estate documents, powers of attorney, wills and trusts, medical directives, affidavits, and more. Whether you need important paperwork handled quickly or simply want the convenience of a trusted local notary, we're here to help.

Notary services are complimentary for all current patients and clients. For members of the public, notary services are available for just $5 per notarized signature. Appointments are required. Please call 203-775-1819 for an appointment.

Standard Process Detox and Purification Programs

INVEST IN YOUR HEALTH

28-DAY DETOX PROGRAM

CLEANSE. RESET. RENEW.

NOURISH YOUR BODY. TRANSFORM YOUR LIFE.

TOXINS CAN CONTRIBUTE TO:

- Fatigue or Difficulty Sleeping
- Indigestion and Other Temporary Gastrointestinal Upset
- Food Cravings and Weight Gain
- Reduced Mental Clarity
- Low Libido
- Skin Issues
- Joint Discomfort

366 Federal Road,
Brookfield, CT
203-775-1819
www.healthyweighs.com
fb:healthyweighswellnesscenter

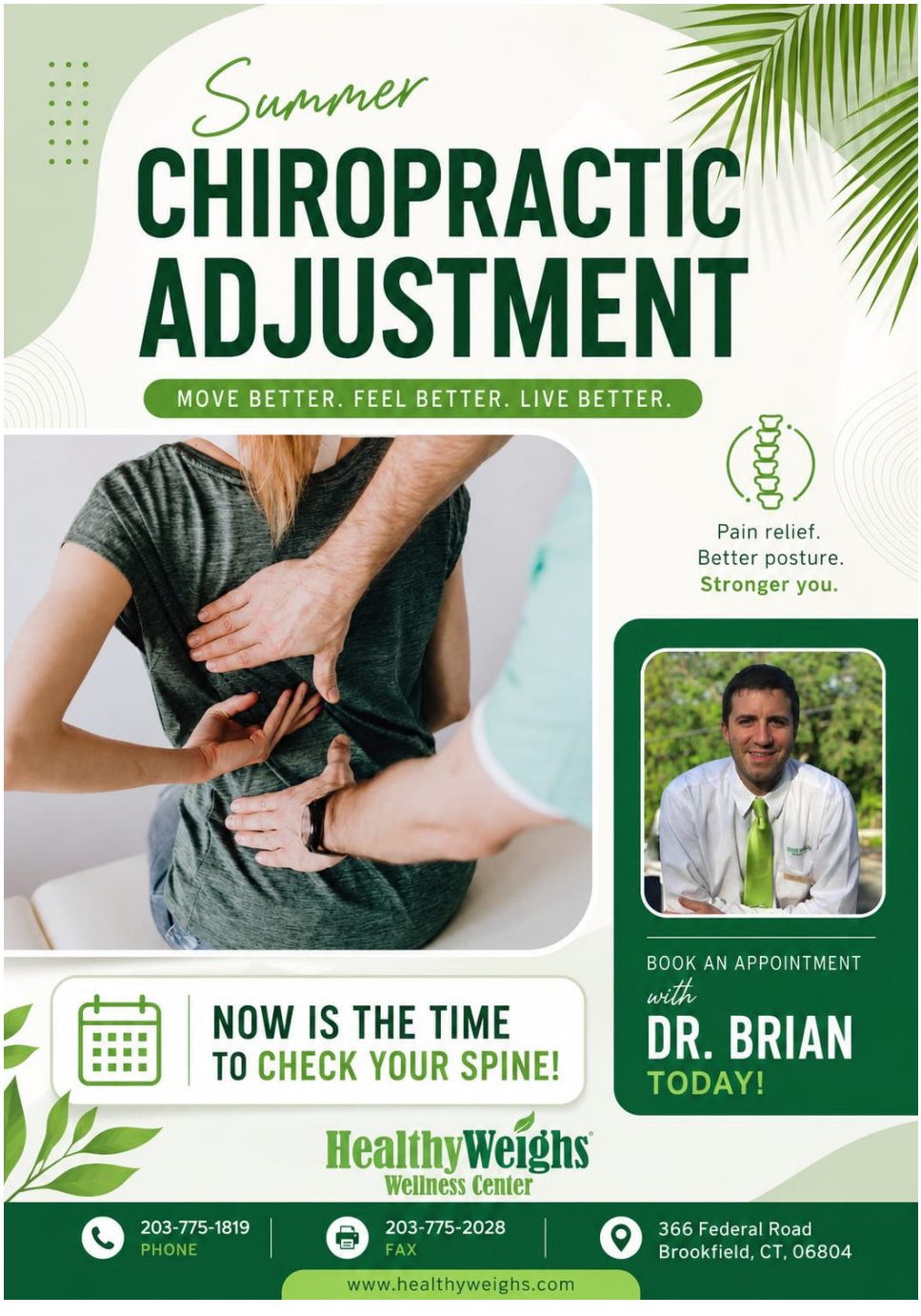
HealthyWeighs®
Wellness Center

YOUR HEALTH. OUR MISSION.

Summer Chiropractic Adjustment with Dr. Brian, Chiropractor

Summer is the perfect time to have a chiropractic adjustment. Please be careful about proper body mechanics when you are keeping your outside space ready for summer fun, so you do not injure yourself. Dr. Brian, our

Chiropractic Physician and Medical Director, is at Healthy Weighs Wellness Center providing the finest in Chiropractic care. He offers a wide variety of services, including PEMF, Shockwave Therapy, Kinesio Taping, Hot and Cold Packs, Electrical Stimulation, Customized Orthotics, Dry Needling, DOT/CDL Physicals, and so much more! You will see Dr. Brian for an hour for the initial assessment, and a half an hour for a follow-up. You will be impressed at how he takes his time with his patients to give them the best experience possible. The cherry on top is that he accepts most insurance plans!



Do you need a DOT/CDL Physical?

Do you or anyone you know need a DOT/CDL Physical? Look no further! Dr. Brian Conner, our Certified Medical Examiner, can perform these physicals in under an hour and often on the same day you need for only $150!

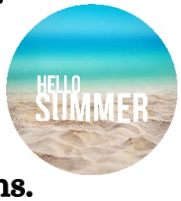
End of Summer Spa Special with Cynthia, Cosmetologist

Our Licensed Cosmetologist, Cynthia Buczek, provides an individual treatment plan for all spa treatments and at home regimen. She promotes a very relaxing atmosphere. After your facial, you will feel exhilarated! She is amazing!

Cynthia offers a FREE 15-minute consultation for new clients.

End of Summer Introductory Special

Embrace the summer glow by treating yourself to an illuminating facial with Cynthia, our Cosmetologist. From sun protection to hydration, she's got you covered!



75-Minute Signature Facial
For Only $99 ($26 Savings!)
For all skin types with aging concerns.
Unique cosmeceutical blend of AHA's plant derived stem cell technology, and antioxidants to accerate cell turnover and combat aging effects on the skin.

For New Clients Only
Expires on
08/31/2026

Gift Cards are Available

HealthyWeighs
Wellness Center

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Acupuncture Specials with Toni, Acupuncturist

Toni King's style of Acupuncture is experienced by the patient as gentle yet powerfully effective. She is offering a discount on the initial acupuncture treatment for those of you who would like to try acupuncture. Please see her flyer for the details. Her patients love her, and she has gotten fabulous results! Just a reminder, Toni takes most Blue Cross Blue Shield insurance plans.

Acupuncture treats symptoms of many conditions, such as: Anxiety/Depression, Pain conditions or injury (new or old), Degenerative conditions and many more. It also strengthens the immune system and creates an overall feeling of wellness. That is why it is often considered a Spa treatment, although it is so much more.

Acupuncture
Summer Specials
with Toni King, MS, LAc

Give Yourself the Gift of Health and Wellness

- **20-Minute Bliss Treatment for $30**
  (6 Powerful Acupuncture Points)

- **Treat Internal Cold**
  Relax with an Infrared Sauna
  $20 for 20 Minutes
  Stand-Alone Treatment

- **Package of 6 Sessions for Only $595**
  Only $99 per session
  If includes initial appointment, savings of $155

- **Acupuncture Face Lift $35**
  Add on to a regular acupuncture session ($15 Savings)
  (Suitable for Male or Female)

- **10% Off any Acupuncture Facial Package**
  (Mei Zen, Facial Rejuvenation,
  Micro or Nano Needling)

Offers Expire August 31, 2026
Gift Certificates are Available!

Make your appointment today by calling 203-775-1819

HealthyWeighs®
Wellness Center

366 Federal Road, Brookfield, Connecticut
www.healthyweighs.com
fb:healthyweighswellnesscenter

Massage Therapy with Dorothyann, Massage Therapist

You deserve a Massage today with our experienced and talented Massage Therapist, Dorothyann Freifeld. She has received multiple 5-Star Reviews

from her clients. Whether you book an appointment for relaxation or need help with a health issue, you can count on Dorothyann to guide you on your way to wellness.

MASSAGE THERAPY WITH DOROTHYANN

Book an appointment with Dorothyann, our wonderful Massage Therapist!

Massage therapy can relax your muscles to help relieve common stress, boost overall energy, or refresh your mental and emotional outlook. It also helps with pain relief and improves circulation.

60 Minutes $125 Individual Session
90 Minutes $150 Individual Session

***MAKE AN APPOINTMENT TODAY BY CALLING DOROTHYANN DIRECTLY AT 917-855-0460**

Gift Certificates are Available

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Special Reflexology Package with Csilla, Reflexologist

Csilla Zakarias is our incredible Reflexologist at Healthy Weighs Wellness Center. She is just amazing, and her patients love her. If you are in pain, Csilla may be just what you need to be pain-free!

SPECIAL REFLEXOLOGY PACKAGES WITH CSILLA ZAKARIAS, CIMR, MT

FIRST SESSION OR SINGLE SESSION (UP TO 75 MIN): $145
(Hand + Feet Reflexology with Meridian Pressure Points)

SINGLE SESSION (UP TO 45 MIN): $99
(Intensive Feet Reflexology w/Meridian Pressure Points)
***Best if scheduled 2-3 times a week up to 4-6 weeks**

5 FULL SESSION PACKAGE: $135 PER SESSION
$675 ($50 DISCOUNT)
(Hand + Feet Reflexology with Meridian Pressure Points)
***Best if scheduled weekly**

Offers Expire August 31, 2026

ALL REFLEXOLOGY SESSIONS INCLUDE ESSENTIAL OILS

Call 203-775-1819 to make an appointment
Gift Cards are Available

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