HealthyWeighs® Wellness Center

October 2026 Wellness News

Happy Fall! We all love the beautiful New England colors this time of year. When I think of fall, I think of a hearty vegetable soup in the crockpot, apple picking, hayrides, corn mazes, and pumpkin everything. **We are excited to announce that we are launching Medi-Herb GLP-1 Bitter Complex for Satiety Support and Weight Loss into our practice. More information is in this newsletter. It will be available mid-October.** October is National Chiropractic Health month. We are so grateful for our amazing Chiropractic Physician and Medical Director, Dr. Brian Conner. We also have October specials from our wellness practitioners. Now is the time to follow us if you do not already do so. Happy Halloween!!

Healthy Recipe
Autumn Whipped Ricotta Dip

Looking for some non-candy options for trick-or-treaters this year? Here are some ideas:

- Glow sticks or glow bracelets
- Halloween-themed stickers
- Temporary tattoos
- Mini coloring books or crayons
- Mini fidget toys
- Bubbles
- Bouncy balls
- Finger puppets
- Mini squish toys
- Spinning tops
- Plastic rings, fangs, or spider toys
- Wind-up toys
- Mini puzzles
- Halloween pencils or erasers
- Fun-shaped pencil sharpeners
- Bookmarks
- Mini notepads
- Stencil rulers
- Pretzel packs
- Goldfish crackers
- Mini popcorn bags
- Fruit leather or dried fruit snacks
- Mini flashlights
- Lip balm
- Small containers of Play-Doh

Autumn Whipped Ricotta Dip
Makes 12 Servings
Recipe courtesy of Skinnytaste.com

Ingredients:

- 2 Tbsp olive oil
- 2 sprigs rosemary
- 1 ½ cups sweet potato, chopped ¼ inch dice
- ¾ tsp kosher salt, divided
- Fresh black pepper
- ½ cup shallot, chopped small
- 1/3 cup dried cranberries
- ¼ cup balsamic vinegar
- 2 cups part-skim ricotta cheese
- 1 cup 2% cottage cheese
- 1 clove garlic
- ¼ cup pumpkin seeds, toasted
- Endive, thinly sliced raw golden beets using a mandolin, orange cauliflower and carrots make for the perfect crudités here

Directions:

1. Preheat oven to 425°F and prepare a baking sheet with parchment paper.
2. Heat oil in a small saucepan over medium heat and add rosemary once hot. Rosemary will sizzle until it is finished cooking, about 2-3 minutes. Remove rosemary from oil & reserve on a paper towel-lined dish. Save the pan with rosemary oil inside.
3. Toss sweet potato in 1 tablespoon of the rosemary oil, ¼ teaspoon salt & fresh cracked black pepper. Roast until caramelized and tender, 15-20 minutes.
4. In the same reserved saucepan with remaining rosemary oil, sauté shallot on medium-low until aromatic; 3-4 minutes. Add cranberries & balsamic; lower heat & simmer until balsamic reduces to a syrupy consistency, 7-10 minutes.
5. **Make whipped ricotta:** Add ricotta cheese, cottage cheese, garlic, 1 tablespoon water, ½ teaspoon salt & fresh cracked black pepper to a food processor. Blend until airy & smooth.
6. Transfer whipped ricotta to a shallow dish & top with roasted sweet potatoes, cranberries, pumpkin seeds & fried rosemary leaves. Serve with crudités and baguette.

Nutrition Analysis (per 1/3 cup serving) – Calories: 130.5, Total Fat: 7 grams, Saturated Fat: 3 grams, Sodium: 93.5 mg, Total Carbohydrate: 10.5 grams, Fiber: 1 gram, Protein: 7.5 grams

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New MediHerb Product: GLP-1 Bitter Complex for Satiety Support

Thinking about going on a GLP-1 for weight loss, but are afraid of the side effects or the cost is prohibitive? Check out the New MediHerb GLP-1 Bitter Complex for Satiety Support! This will be in our formulary as of mid-October. Set up an appointment with one of our nutritionists to help monitor you throughout your weight loss journey. This product is formulated to support healthy satiety and appetite regulation, alongside diet and lifestyle interventions. Call Healthy Weighs Wellness Center at 203-775-1819 for more information.

MEDIHERB®

GLP-1 Bitter Complex

Satiety Support*

INFORMATION FOR PROFESSIONAL USE ONLY

GLP-1 Bitter Complex

M1725 | 90 Softgels | VG

MediHerb GLP-1 Bitter Complex delivers targeted bitter herbal support that engages the body's natural bitter taste pathways to support healthy satiety signaling and digestive function*.

Featuring Hops and Feverfew extracts, used traditionally in Western herbal preparations and in a growing body of preliminary clinical research, GLP-1 Bitter Complex delivers a profile of bitter compounds that have individually been shown to target specific bitter taste receptors in the gastrointestinal tract. Each capsule is standardized to provide 89 mg of alpha acids and 48 mg of beta acids from Hops, and 2 mg of parthenolide from Feverfew, to ensure optimal strength and quality.

The herbs in GLP-1 Bitter Complex help to:

- ✓ Support healthy secretion of satiety-regulating hormones; **glucagon-like peptide-1 (GLP-1), cholecystokinin (CCK), and peptide YY (PYY)***
- ✓ Stimulate bitter taste gastric secretions, as traditionally used in Western herbal preparations*
- ✓ Promote healthy digestion and gastrointestinal function, as used traditionally in Western herbal preparations*

Suggested Use

1 softgel capsule 3 times daily before meals, or as directed.

Supplement Facts

Serving Size: 1 Softgel
Servings per Container: 90

Supplement Facts		
Serving size:	1 softgel	
Servings per container:	90	
	Amount per serving	%DV
Calories	5	
Hops flower 4.5:1 extract from *Humulus lupulus* flower 981.8 mg containing total alpha acids 89.4 mg containing total beta acids 48 mg	218.2 mg	†
Feverfew herb 5:1 extract from *Tanacetum parthenium* 666.7 mg containing parthenolide 2 mg	133.3 mg	†
† Daily Value (DV) not established		

Other Ingredients: Rice bran oil, gelatin, glycerol, lecithin (soy), maltodextrin (tapioca), white beeswax and natural color.
Contains: Soy.

Caution

Contraindicated in pregnancy, lactation and known allergy to plants of the daisy family. Caution use in patients with past or present estrogen-sensitive conditions (e.g. breast, uterine, cervical or prostate) that may be exacerbated with estrogenic therapy, or those taking hormone replacement therapy. Not recommended for use in those under 18 years of age. For other contraindications and cautions consult your health care professional. Keep out of reach of children. Store in a cool, dry place out of direct sunlight.

Why choose MediHerb® GLP-1 Bitter Complex?

Targeted Bitter Pathway Support

Features concentrated bitter herbal extracts purposely selected to engage bitter taste pathways involved in healthy satiety and digestive signaling.*

Quantified Active Compounds

Each serving delivers standardized levels of alpha acids, beta acids, and parthenolide for consistent practitioner dosing and formulation integrity.

Traditional Herbalism, Modern Application

Combines the traditional knowledge of bitter herbs with contemporary research into metabolic signaling pathways.

Practitioner-Grade Quality

Manufactured to MediHerb® quality standards using rigorously tested ingredients for dependable potency and consistency.

MediHerb® GLP-1 Bitter Complex may benefit patients seeking support for:

- Healthy satiety and appetite regulation*
- Digestive function and gastrointestinal tone*
- Pre-meal digestive support*
- Healthy eating patterns alongside diet and lifestyle interventions*

GLP-1, CCK & PYY: Key hormones involved in satiety signaling

GLP-1, CCK, and PYY are hormones naturally produced in the intestine in response to food intake and taste stimulation. Together, they help regulate digestive processes and promote feelings of fullness and satisfaction after meals.

These hormones are also involved in:

- Slowing gastric emptying
- Supporting digestive enzymes (from the stomach and pancreas) and bile secretion
- Supporting healthy glucose and macronutrient metabolism

Bitter taste receptors are a part of the body's taste-sensing system. While these receptors are found on the tongue, they are also present throughout the gastrointestinal tract, where they play a role in digestion and appetite regulation.

Bitter stimuli are understood to be the most potent tastants to influence eating behavior.[1] Hops and Feverfew are bitter tonic herbs.[2] Constituents from these herbs have demonstrated activity on bitter taste receptors (TAS2Rs) in *in vitro* experiments,[3,4] supporting the benefits seen in appetite regulation studies featuring Hops in particular.

The quality of the diet and gut microbiome will also affect GLP-1, CCK, and PYY hormones, and collectively contribute to maintaining a healthy body composition.*

How MediHerb® GLP-1 Bitter Complex supports health

Support satiety

The important constituents of Hops, the alpha and beta acids, were selected for this formula to help support the healthy secretion of GLP-1, CCK, and PYY – hormones that help regulate satiety.[5] MediHerb GLP-1 Bitter Complex is standardized to provide 268 mg of alpha acids and 144 mg of beta acids per day, from a CO2 Hops extract. This daily dose is consistent with a CO2 extract of Hops which has shown promising benefits for improving satiety in preliminary studies.[6]*

Traditional bitter tonics

Herbs with distinctively bitter taste are used by Western herbal practitioners to help improve the production of digestive juices and bile, assist in cases of indigestion and flatulence, improve the gut environment, and support the function of the liver and pancreas.[7]

In Traditional Chinese Medicine, the bitter taste is used to disperse excess damp "spleen" energy, which can be understood in modern terms as conditions associated with excess consumption of sweet foods and the consequent possible disruption in blood sugar levels. There is clinical experience of the benefits of bitter herbs in stabilizing such disruptions.[8]

Hops and Feverfew are well known traditional bitter tonics.[9]*

MEDIHERB®

The Quality Choice for Practitioners

40 Years of Herbal Expertise

For 40 years, MediHerb® has provided healthcare professionals with high-quality herbal products. Primary research, clinical experience, and respect for traditional evidence defines the MediHerb® approach to innovation – tried, tested, trusted, and true.

Quality Manufacturing

MediHerb® products are manufactured according to strict manufacturing and laboratory practices. Due to the complex constituents present in an herb's biological matrix, we've invested in our own state-of-the-art laboratories featuring the latest technological equipment for precision, accuracy, and quality control.

Results Driven Formulations

Standardized ingredients and quantified activity levels are tested where relevant to help ensure MediHerb® formulas retain potency and deliver consistent levels of key plant constituents throughout shelf life. Our labels state exactly how much each product contains of the important plant constituents, giving practitioners confidence in what they are prescribing.

References

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***These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.**

MEDIHERB® mediherb.com

Standard Process standardprocess.com

Do you Want to Lose Weight this Fall?

Why Our Chiropractor, Dr. Brian, is so Unique

October is National Chiropractic Health Month!

We offer the most up-to-date non-surgical and non-pharmaceutical pain relief available.

Dr. Brian Conner, Chiropractic Physician, provides safe and gentle family chiropractic treatment for pain including: neck, back, knee, shoulder pain, headaches, migraines, sports injuries, TMJ, arthritis, and much more.

Our state-of-the-art pain management modalities include: Electrical Stimulation, Cold Laser Therapy, Hot and Cold Packs, Ultrasound, Kinesio Taping, and Active Release Technique. He is certified in Kinesio Taping and Active Release Technique. Dr. Brian is also a Certified Medical Examiner and performs DOT/CDL Physicals.

Dr. Brian is also certified in Myofascial Trigger Point Dry Needling. Dry needling is a technique used to treat dysfunctions in skeletal muscle, fascia and connective tissue, diminish persistent peripheral nociceptive input, and reduce or restore impairments of body structure and function leading to improved activity and participation. This can be incorporated into your Chiropractic session for an additional $30.

He is also a CT Licensed Certified Dietitian-Nutritionist, Certified Nutrition Specialist (CNS), and IFM Board-Certified Functional Medicine Physician. He can help you with personalized meal plans considering your lifestyle, food preferences, aversions, and medical issues.

For chiropractic services, Dr. Brian accepts the following insurance plans: Aetna, BCBS, Cigna, Connecticare, Medicare, and UHC/Oxford. For nutrition services, all these plans are accepted except Medicare. His office hours are Monday to Friday days and evenings.

Come see Dr. Brian at Healthy Weighs Wellness Center…Your Key to a Healthy Weigh of Life!

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! You will even get a laminated card.

Blue Cross Blue Shield Insurances Accepted by Toni, Acupuncturist

Here is a list of Blue Cross Blue Shield (BCBS) plans that Toni King, our Acupuncturist, is a provider for. Whether you need to relieve long-term pain, get help with a health condition, or manage your stress, please take this opportunity to schedule an acupuncture appointment. We would be happy to check your coverage. Just call us with your Member ID Number and the reason you would like to see Toni. She is ready to help!

TONI KING, MS LAc, ACCEPTS BLUECROSS BLUESHIELD (BCBS) INSURANCE!

LIST OF BCBS PLANS THAT TONI IS A PROVIDER FOR:

Century Preferred PPO Network
BlueCare HMO Network
BlueCare Prime Network
Blue Connection
Pathway Small Group PPO Network
Pathway Small Group HMO Network
Pathway Individual PPO Network
Pathway Individual HMO Network
Traditional Indemnity and Century 90 Plans
UniCare Life and Health Insurance Company Plan Programs

MAKE AN APPOINTMENT TODAY BY CALLING

203-775-1819

HealthyWeighs® Wellness Center

366 Federal Road
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Acupuncture Fall Specials with Toni, Acupuncturist

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

Acupuncture
Fall Specials
with Toni King, MS, LAc

Give Yourself the Gift of Health and Wellness

New Patients
Initial consultation and treatment with
FREE one time Celluma Red Light Therapy for $120!
(a savings of $40)

For Toni's Current Patients
Package of 6 Sessions for $595
(Only $99 per session paid in full at time of purchase)
with choice of one FREE 10-Minute Celluma Red Light Therapy (for those who have never had the pleasure), Cupping or Gua Sha

Offers Expire October 31, 2026

Make your appointment today
by calling 203-775-1819

Gift Certificates Available

HealthyWeighs®
Wellness Center

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Fall Facial Special with Cynthia, Cosmetologist

Our Licensed Cosmetologist, Cynthia Buczek, provides an individual treatment plan for all spa treatments and at home regimens. 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.

Fall Facial Introductory Special

Fall into glowing skin by treating yourself to an illuminating facial with Cynthia, our Cosmetologist. Get back into your facial regimen for healthy skin.

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
October 31, 2026

Gift Cards are Available

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Dorothyann, Massage Therapist

Dorothyann Freifeld is our experienced and talented Massage Therapist. 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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Reflexology with Csilla, Certified Ingham Method 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 October 31, 2026

ALL REFLEXOLOGY SESSIONS INCLUDE ESSENTIAL OILS

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

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Wellness Center

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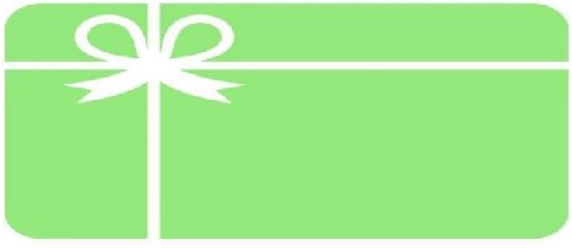
The Perfect Gift for Any Fall Occasion: A Healthy Weighs Wellness Center Gift Card

Whether you are celebrating someone's retirement, anniversary 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 would not want to be treated to a relaxing massage or facial? This is a gift they would not think of buying for themselves.



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!

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 BioPhotonic 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 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.

PEMF Longevity Center

Modern Pelvic Floor Training with LEO

Mary Powers, VIP Centropix Affiliate

Counseling for Individuals and Families

Lori Capri, MS, LPC

aloha

Improving Customer Experience Review Wave

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