



OUR OFFICE

Your wellness home

Whole-person care that looks for the root cause, not just the symptoms.

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WELCOME CORNER



Meet Camille!

Office Assistant · Remote Support

AVAILABLE

Monday – Friday
8:00 AM – 4:00 PM

We are delighted to welcome **Camille** to our team as our new Office Assistant! Camille supports our patients remotely and will often be the first friendly voice you hear when you call or email us.

HOW CAMILLE CAN HELP YOU



Scheduling

Book, change or confirm visits



New patients

Intake forms and first steps



Questions

Follow-ups and general help



Reminders

Upcoming appointment updates



Reach Camille at **(973) 631-0670** or
info@healthandintegrativewellness.com

RESEARCH CORNER

DRUG OF THE MONTH



Low-Dose Naltrexone (LDN)

A tiny dose with a big area of research interest

Naltrexone is an FDA-approved medication. At a very low dose — a small fraction of the standard amount — it appears to work in a completely different way, gently supporting the body's own pain relief and calming inflammation.

HOW IT IS THOUGHT TO WORK

- 1 A low dose briefly blocks opioid receptors, usually at bedtime
- 2 The body responds by making more of its own endorphins
- 3 It may also calm overactive immune cells that drive inflammation

⚠ **Good to know:** Vivid dreams or trouble sleeping can happen at first. LDN is not used with opioid pain medicines. It is prescribed off-label and research is still growing — ask us whether LDN is right for you.

BEING STUDIED FOR

Chronic pain

Fibromyalgia

Autoimmune conditions

Inflammatory bowel disease

Long COVID & fatigue

Mood & sleep

- ✓ Taken once daily, often at night
- ✓ Prepared by trusted compounding pharmacies
- ✓ Generally well tolerated



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SCAN OR TAP

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Ready to feel your best? Book today!

New and returning patients welcome. Three easy ways to schedule:



Online

healthandintegrativewellness.com



Call

(973) 631-0670 · Mon–Fri, 8 AM–4 PM



Email

info@healthandintegrativewellness.com

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HEALTHY LIVING CORNER

Small changes, big impact



Eat the rainbow

Squash, beets, greens and apples — fill half your plate.



Keep moving

30 minutes most days — fall walks count!



Protect sleep

7–9 hours and morning light as days get shorter.



Hydrate

Keep water handy — heated rooms dry you out.