

## Dr. Jaya's Favorite Things!

Congratulations on choosing yourself and getting healthy!

Here's a list of some of my favorite tools (with referral codes for discounts where applicable) to help build wellness into every aspect of your life!

**1. A GOOD MULTIVITAMIN:** MODERE AXIS OPTI-PAK with pre- and pro-biotics in addition to multivitamin, omega complex, and antioxidants  
(Modere.com; code 4244473 for \$10 off!)

**2. A GOOD THERAPIST** – therapy is for everyone! You may mention Dr. Jaya as a referral for any of these therapists.

Laura Alderman, LPC Counselor: 318-469-3335

Claudia Harris, LCSW Counselor: 318-865-5400

Kimberly Warhurst, hypnotherapy: 318-218-1891

**3. A GOOD FLOAT** to ease stress and chronic pain. Regular floaters have improved sleep, less anxiety, and a better quality of life.

SHREVEPORT FLOAT, 714 Azalea Drive. 318-426-1910.

**4. GUT HEALTH IS BRAIN HEALTH IS ULTIMATE WEALTH!**

- 64 oz. of water minimum! Metamucil! 2 prunes a day! & your favorite probiotic!
- MODERE AXIS Trebiotic: Modere.com, referral code 4244473 for \$10 off
- **PGX capsules or packets on Amazon. Use 3X/day and WATCH THE WEIGHT FALL OFF.**

**5. NUTRITIONAL HEALTH** - you are what you eat :)

Every patient can receive a wellness consultation for nutritional counseling. E-mail [meganmabery@hotmail.com](mailto:meganmabery@hotmail.com) for one free visit.

**6. HORMONE HEALTH:**

I trust Dr. Karen Pendleton, lifestyle MD & functional medicine guru! Take the healthspan quiz and receive a 30-minute complimentary health history consultation @ [drkarenpendleton.com](http://drkarenpendleton.com). 318-470-4453 to schedule appt directly.

**7. SLEEP HEALTH**

- Medical marijuana :) The green door next door or CannaCareLA.com!
- MEDITATION. **The life changer**, Google "Yoga Nidra" or download Calm, Headspace, Art of Living Apps.

XOXO  
Dr. Jaya  
McShanne MD