PALM BEACH
HEALTH CENTER

THE GOLDEN RULE:
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WHAT THE SUP?!
Supplement Masterclass

Ever wonder if those vitamins sitting in your kitchen cabinet are actually working, or just a waste of money? Join **Dr. Nathan & Dr. Jason** on **Wednesday, June 17th @ 6:15 PM** for an eye-opening class where we decode supplement labels, expose cheap synthetic fillers, and show you how to build a precise nutrition routine that actually gets results.

Guests are completely welcome, so bring a friend!

The Deep Science of Summer Fatigue: What's Really Happening?

To understand why the "Summer Slump" feels so heavy, we have to look past the temperature gauge and dive into your body's direct physiological response to heat and extended sunlight. Your body is a highly sensitive ecosystem, and even a slight shift in external conditions forces drastic internal adaptations.

1. The Cardiovascular Overdrive (Why Your Heart is Working Harder)
When you step out into the summer heat, your body's primary objective is thermoregulation—keeping your core temperature at a safe. To cool you down, your nervous system immediately triggers vasodilation, widening your blood vessels and pushing blood away from your internal organs toward the surface of your skin to release heat.
Because your blood vessels expand, your blood pressure naturally drops. To compensate for this drop and keep blood flowing to your brain, your heart has to beat faster and pump harder.

2. The Mitochondrial Electrolyte Crash
Your mitochondria—the tiny power plants inside your cells—rely on a very precise balance of minerals to generate ATP (adenosine triphosphate), which is your body's fundamental energy currency.
When you sweat, you don't just lose water; you lose critical electrolytes, specifically sodium, potassium, and magnesium.
When these minerals are flushed out through your skin, your cellular power plants begin to misfire. Your brain senses this cellular energy deficit and triggers a profound sense of physical lethargy and mental slowdown to force you to rest and conserve power.

3. The Cortisol and Melatonin Disruption
Summer throws off your endocrine (hormone) system in two distinct ways:

- The Cortisol Spike: Dealing with extreme heat is a physical stressor. In response, your adrenal glands pump out cortisol (your primary stress hormone). Prolonged exposure to high heat keeps your cortisol levels artificially elevated during the day, which drains your adrenal reserves and leaves you feeling completely wiped out by the evening.
- The Melatonin Delay: Your brain relies on darkness to trigger the release of melatonin, the hormone responsible for deep, restorative REM sleep. With the sun setting much later in June, your brain delays this hormonal release. Even if you go to bed at your usual time, your architecture of sleep is disrupted. You spend less time in deep sleep stages, meaning you wake up the next morning already starting the day with an empty tank.

How Samantha Powers, APRN, Reboots Your System

Drinking extra water or drinking an extra cup of coffee will not fix these underlying biochemical shifts. In fact, excessive caffeine strains your already-taxed adrenal glands, making your afternoon crash even worse.
Under the medical guidance of Samantha, APRN, our protocols are designed to directly bypass these seasonal blocks:

- Supplement & Peptide Support: If the summer heat has left you "exhausted but wired," Samantha, APRN, can utilize specific, targeted peptide therapies that help regulate your sleep-wake cycles, calm systemic heat stress, and support your adrenal pathways so you can sleep deeply and wake up genuinely refreshed.
- Hormonal Synchronization: Often, the physical stress of summer unmasks a lingering hormone imbalance (like low thyroid or fluctuating estrogen/testosterone). Samantha, APRN, uses precision testing to optimize your hormone levels, giving your metabolism and mood a resilient shield against the seasonal slump.

Protect Your Mobility This Summer

Don't let joint stiffness bench you during the best months of the year. Whether you want to improve your golf swing, garden without pain, or simply enjoy a summer walk without a throbbing lower back, we have the precise tools to help your body thrive.

Keep your joints fluid and moving. Call us today at (561) 333-8353 or stop by the front desk during your next adjustment to set up a comprehensive joint consultation. Let's map out a plan to keep you active and pain-free all summer long!

Frittata with Asparagus, Leek & Ricotta

Ingredients

- 8 large eggs
- ¼ cup crème fraîche
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- 2 tablespoons extra-virgin olive oil
- 3 cups thinly sliced leeks (about 2 medium), rinsed well and patted dry
- 1 pound asparagus, trimmed and cut into 1-inch pieces
- ¼ cup part-skim ricotta cheese
- 2 tablespoons pesto
- ¼ cup fresh basil

Instructions

- Position rack in upper third of oven; preheat broiler.
- Whisk eggs, crème fraîche, salt and pepper in a medium bowl; set near the stove. Heat oil in a large cast-iron skillet over medium-high heat. Add leeks and asparagus and cook, stirring frequently, until soft, 5 to 6 minutes.
- Pour the egg mixture over the vegetables and cook, lifting the edges so uncooked egg can flow underneath, until nearly set, about 2 minutes. Dollop ricotta and pesto on top and place the pan under the broiler until the eggs are slightly browned, 1½ to 2 minutes. Let stand for 3 minutes.
- Run a spatula around the edge of the frittata, then underneath, until you can slide or lift it out onto a cutting board or serving plate. Top with basil.

Recipe from **https://eatingwell.com/**