

## ***Greetings, patients!***

As you are out enjoying your pool parties and barbecues this summer, **don't forget to re-apply the sunscreen every few hours and drink plenty of water!** Dr. Williams would also like to remind you the importance of taking the proper vitamins and supplements.

Most people know that taking vitamins can help them stay healthy, and many people take vitamins on a regular basis. Still, not everyone knows which vitamins they need and how many to take. **In some ways, taking vitamins is like baking a cake** - you need to include the right combination of ingredients, as well as the right measurement of each ingredient-or the cake will not turn out properly. Similarly, when taking vitamins, you can't just take one vitamin A, one vitamin B, one vitamin C, and so on, all in the same dosage. You need to find out which vitamins you are lacking, and how much you need of each.

At TWAAMC, **we offer customized vitamin therapy**, where Dr. Williams takes a full medical history and lab work to create a customized vitamin plan designed specifically for you and your nutritional needs. Your new vitamin regimen, which may include a variety of supplements, will improve your mood, boost your energy and help fight infections while also preventing major diseases such as cancer and diabetes.

In addition to prescribing oral supplements and vitamins, Dr. Williams may recommend IV Nutrition Therapy, where nutrients will be delivered intravenously so that the digestive system is bypassed and **100% nutrient absorption is achieved**. This is a great approach for patients who are fighting infection or needing quick response. It opens circulation to the cells of your body so that they can easily obtain the nutrients needed to repair, heal, and function as efficiently and quickly as possible.

IV nutrition therapy can treat conditions including:

- Depression
- Asthma
- Fibromyalgia
- Stress
- Infection
- Chronic Fatigue Syndrome
- Viral Infections
- Cancer

So put a stop to feeling lethargic or moody, and find answers to why you get sick so often! If you have pain that won't go away or a condition that is difficult to manage, **call**

**us today at (210) 338-8228 and schedule an appointment** for a customized vitamin therapy consultation! Dr. Williams looks forward to meeting you and getting you the vitamins and supplements you need so you can start feeling better and go out and enjoy the rest of the summer! Please also inquire about our 5-step wellness program, medical weight reduction program or any of our anti-aging solutions! We are here to help with all of your anti-aging, weight loss and wellness needs the natural way!

*Until next time, enjoy your summer!*

## *Join our 5-step wellness & preventative program*

After years of research and training, Dr. Vernon Williams has designed a comprehensive prevention & wellness program. Our objective is to help individuals achieve optimum quality of health and longevity of life by optimizing hormones and nutrition.

Sign Up Today

The Wellness & Aesthetics Medical Center  
540 OAK CENTRE DR, SUITE 114 SAN ANTONIO, TX 78258