

# Revolutionizing Mental and Physical Health Through Science and Compassion



## Heal. Stabilize. Optimize.

At Exponential Health, we focus on healing anxiety, depression, PTSD, and chronic pain by targeting the root causes—not just symptoms. Using cutting-edge treatments combined with compassionate care, we guide you toward stability, healing, and lasting wellness.

## Core Treatments



### Ketamine Infusion Therapy

A groundbreaking treatment that resets brain pathways to relieve mood and anxiety disorders. **Benefits:** Rapid, lasting results with minimal downtime.



### Vagus Nerve Stimulation

Effects body's own autonomic nervous system to modulate mood by effecting neurotransmitters such as serotonin and norepinephrine.



### Stellate Ganglion Block

A proven intervention for calming the body's stress response, reducing symptoms of PTSD, and restoring emotional balance.



### Cognitive Energy Assessment

Evaluates focus, mental clarity and stamina, and cognitive resilience to enhance overall well-being.

### > What Makes Ketamine a Trusted Treatment?

Ketamine has been used in medical settings for decades and is designated by the World Health Organization as an essential medication due to its established safety and effectiveness. Extensive research supports its role in treating mood disorders.

## Supportive Therapies

Designed to complement your core treatments, these services elevate your experience and enhance long-term outcomes:

- ✓ **Transcranial Magnetic Stimulation (TMS):** Targets brain regions tied to mood regulation.
- ✓ **Sound Frequency Therapy:** Reduces stress and improves focus using therapeutic sound waves.
- ✓ **Red Light Therapy:** Speeds healing and reduces inflammation.
- ✓ **Breathwork Training:** Evidence-based techniques to manage stress and improve focus.
- ✓ **Hot/Cold Therapy:** Balances the nervous system with sauna and cold-water immersion.
- ✓ **Myofascial Release:** Hands-on techniques to relieve stress stored in the body.

## Why Choose Exponential Health?



### EXPERT TEAM

Specialists in physical and emotional health.



### COMPREHENSIVE CARE

Core treatments combined with supportive therapies for lasting results.



### PROVEN OUTCOMES

Positive transformations backed by clinical data and patient testimonials.



### STATE-OF-THE-ART FACILITY

Designed for comfort, privacy, and optimal healing.

## Your Path to Lasting Wellness

### 1 FREE GROUP EDUCATION SESSIONS

Learn about our treatments, ask questions, and explore your options.

### 2 COMPREHENSIVE EVALUATION

A multidisciplinary team will assess your physical, emotional, and psychological health. Cost: \$250 (insurance reimbursement eligible).

### 3 PERSONALIZED CARE PLAN

Receive a tailored plan that fits your needs, goals, and challenges.

## Take the First Step Toward Wellness

Let us help you heal your mind  
and body

Heal. Stabilize. Optimize.



Call 616-548-6161 to schedule  
your evaluation or learn more.

