



TIER 1 HEALTH AND WELLNESS

Ribbon Cutting & Open House

The Chattanooga Chamber of Commerce declares March 21 Tier 1 Health and Wellness Day.

We were humbled and honored by the warm welcome that we received from the Chattanooga Chamber of Commerce at our Ribbon Cutting Ceremony! We appreciate everyone that took time out of their busy schedules to come out and offer support to make our day special. We are excited to become part of the thriving business community in this great city! Special thanks to Ben Cairns, Meredith Rivers, Jill Hammond, Willine and Jim Buckley, Jan

Ferguson, all of the Chamber Ambassadors, Apple Spice Catering, Mo Sossobee, and everyone that attended our event. Special thanks to our daughter, Alix, for photographing the ribbon cutting.



When you visit Tier 1 Health and Wellness, Emily will be the first to greet you with a smile and an offer of coffee, water, a variety of protein bars, or a healthy snack while you wait for your scheduled appointment. Emily has been in the Army Reserves for 6 years, and is originally from Jacksonville, FL. She has experience in the hospitality industry, and medical office management. We are thrilled that Emily has joined our team!



Join Our Patient Portal

Access to your healthcare is right at your fingertips. You may access the new patient portal through Advanced MD on our website at Tier1HW.com. The portal will allow patients to request lab requisitions and prescriptions, view lab results, and send HIPPA compliant messages to Dr. Nichols and his staff.

MELATONIN

Melatonin is a free radical scavenger and a powerful antioxidant hormone. That means it helps to reduce your risk of developing cancer, but also can help patients with cancer fight the dreaded disease. It is particularly important in inhibiting the growth of prostate, breast, colon, and rectal cancer. Not only does melatonin inhibit the growth of breast cancer, studies have shown that it destroys breast cancer cells. The use of melatonin in patients receiving chemotherapy for ovarian and prostate cancer experienced similar benefits.

Another and perhaps more well known benefit of melatonin is that it helps to improve the depth and quality of your sleep. Melatonin allows you to reach a deeper more restorative stage of sleep where cellular repair takes place. Patients notice an increase in dream activity when adequate amounts of melatonin are present in the body. If you are not dreaming, you are not achieving a quality stage of sleep.

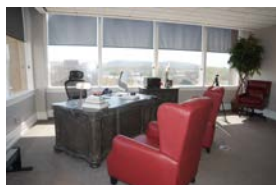
Melatonin has proven cardio protective benefits. In 2018, the British Medical Journal published studies demonstrating that low levels of melatonin were linked to an increased incidence of heart attacks. By raising melatonin levels, inflammatory markers as well as blood pressure was reduced. In 2017, literature from Clinical Nutrition revealed improvement in diabetic patients including increasing HDL (good cholesterol) for patients on melatonin supplementation.

A Peek Inside: Our New Office

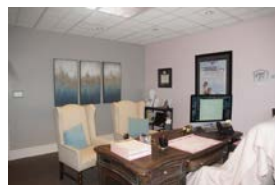
It has taken a while to get here, but we are finally feeling settled in our new space. Carri Webb, and all of the members of Northgate Park could not have made us feel more welcome.



SONIC GAINS
STATE OF THE ART
TREATMENT FOR
ERECTILE
DYSFUNCTION



DR. NICHOLS OFFICE



ANGIE'S OFFICE



PRP PREP AREA
CUTTING EDGE USE OF
PRP FOR ESTHETICS,
SEXUAL FUNCTION, &
JOINTS