



Roam HYDRATION
& WELLNESS CO.

AT INTEGRATIVE NP
WHOLE-PERSON WELLNESS

Your Brain Has a Body, Too.

How IV therapy can
support your mental health journey

Sleep, hydration, nutrition, medications and daily routines can all affect how we feel from day to day.

WHEN LIFE FEELS HARD, THE BASICS CAN GET HARDER TOO.

Stress, low mood, difficulty with executive functioning, poor sleep or changes in appetite can sometimes make it harder to:



drink
consistently
throughout
the day



eat regular,
balanced
meals



recognize
hunger or
thirst cues



maintain
routines



prioritize
recovery
and
self-care

And when your body isn't getting what it needs, symptoms like headache, fatigue, dizziness or feeling generally run-down may add another layer to an already difficult day.

HYDRATION IS ONE PIECE OF THE PICTURE.

Research has shown that dehydration can be associated with changes in fatigue, alertness and some aspects of mood, although individual responses vary and hydration is only one of many factors that affect how we feel.

SUPPORT DOESN'T ALWAYS MEAN ANOTHER DIAGNOSIS.

Sometimes it means making sure the physical basics aren't being overlooked. Roam Hydration & Wellness provides clinician-directed supportive wellness care, including hydration assessment, IV hydration, nutrient therapy and additional medical evaluation when appropriate.



IV therapy does not treat depression, anxiety, ADHD or other psychiatric disorders. It may be considered as supportive care when hydration or other physical wellness concerns are present.



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ROAM AT INTEGRATIVE NP

Available in-office every Friday.

Have questions about hydration, headaches, fatigue or supportive wellness care?
Ask your Integrative NP provider
or scan to learn more.



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