



NUTRITION AND WELLNESS

An in depth client history is used to formulate a nutritional plan that is specific to each individual's needs and goals. This plan may include supplements, homeopathic remedies, Bach Flower essences, and food elimination diets to identify hidden food allergies. The client is educated on how to make healthy lifestyle choices and how to meet their individual wellness goals.

LIVE BLOOD CELL ANALYSIS

The assessment of your live blood cells involves examining a drop of blood under the microscope to see the white and red blood cells. Shape & moving patterns of the cells, abnormalities, waste particles, fibrin, and toxins in the blood can be observed under the microscope. These observations can indicate problems with digestion, hydration, and hormones, as well as nutrition deficiencies and systemic toxicity.



PHARMACY

We offer a wide variety of pharmaceutical grade supplements, vitamins, and homeopathic remedies. The Pharmacy carries a distinctive selection of skin care, food items, and other products for a healthy lifestyle.

For your convenience and savings, we offer an autoship program where products and supplements can be shipped monthly, directly to your home. For all orders \$150 or more, you will receive 5% off your supplement order, as well as free shipping.

Pharmacy Hours:

Mon: 10am-1pm

Tue - Fri: 8am-5pm

Sat - Sun: Closed

Email: pharmacy@loganmd.com



The Logan Institute For Health & Wellness

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Website: www.loganmd.com

Hours:

**Mon: Closed (Pharmacy ONLY
10am-1pm)**

Tue - Fri: 8am-5pm

Sat - Sun: Closed

Kevin Logan, MD

**A Comprehensive Patient
Centered Practice**

THERAPIES AVAILABLE AT THE LOGAN INSTITUTE



ACUPUNCTURE

The practice of placing extremely thin needles at special junctures or “points” along meridians in order to affect the energy and balance of the body. Needling tonifies what is deficient, reduces what is stressed, and cools what is hot. It also circulates what is stagnant, stabilizes what is reckless, raises what has fallen, and lowers what is risen. Acupuncture balances energy, thus allowing for the normal flow of energy throughout the body and thereby restoring health. It can be used for a variety of neurologic conditions, acute and chronic pain, and even for allergies and addictions such as smoking cessation.

IV THERAPY

Used to give diluted liquid medications, vitamins, or nutrients into the venous (blood) system. We offer two kinds of IV Therapy– nutritional and chelation. Nutritional IV Therapy offers many kinds of vitamins and minerals suitable to each persons needs. Chelation treatments contain medicines that detoxify the body of heavy metals.



LIGHT BEAM GENERATOR (LBG)

The LBG is an essential tool for lymphatic detoxification therapy. It assists the body to restore and maintain proper functioning of it’s immune system defense. In working to relieve lymphatic congestion and toxicity issues, the LBG is an effective aide in battling chronic conditions or simply executing a strong preventative health care program. It is extremely effective for chronic Lymphedema, (swelling), acute infections such as sinusitis, and a variety of other immune related diseases.

IONIC CLEANSE FOOTBATH

An electrical direct current produces positive and negative ions that separate water into hydrogen and oxygen. These ions attach to toxins, neutralizing their charge and pulling them out through the skin of the feet via osmosis. The benefits of a footbath can persist for up to one week.



MASSAGE

A specific series of movements that manipulate tissue, which opens layers of muscles, restoring the circulation of blood and lymphatic fluid. Massage promotes natural healing at the cellular level, relieves your body, increases circulation, tones muscle, and improves mental/emotional health.

CLINICAL NUTRITION

Clinical Nutrition provides diversified dietary approaches including the use of supplements. It incorporates both classical and current scientific nutritional research. Based on biochemical individuality and lifestyle factors, a personal nutrition plan is formulated that best supports the effort to rebalance the body’s physiology and biochemistry.