

# MY MENTAL HEALTH NEWSLETTER

November 2020



## HOW WE HELP YOU

*Physician Assistants, Nurse Practitioners, & Psychiatrists* perform evaluations and assessments, prescribe medications, order tests and referrals as needed, and establish and manage treatment plans

*Licensed Clinical Social Workers (LCSW) & Licensed Clinical Professional Counselors (LCPC)* are trained in interpersonal therapy. They help individuals deal with a variety of mental health and daily living problems to improve overall functioning, relationships, and well-being.

Compassionate Care Backed By  
Science

## ANNOUNCEMENTS

- MMH is now accepting new toy donations until 11/20/2020 on behalf of [Mirah's Closet](#) for Anne Arundel County Foster children whose families may not be able to afford holiday presents. Please bring your donation into the office!
- December 4th, 2020 Occupational Medicine expert, Dr. Jones will be available for Medical Cannabis evaluations or work accommodations/disability evaluations for established clients of MMH. Contact our office by phone/email to schedule an appointment.
- B-12 Shots in office for \$20, or buy 4 get 1 free! See benefits below. Get yours today!
- MMH is expanding their Spravato (Esketamine) network to assist those who struggle with treatment-resistant depression. Contact the office to learn more about it!

### Office hours for upcoming holidays:

- o Thanksgiving: Thursday-Friday November 26-27, 2020: Closed
- o Christmas: Thursday-Friday December 24-25, 2020: Closed
- o New Year's Eve: December 31, 2020: Open 8am-4pm
- o New Year's Day: January 1, 2021: Closed

## The ProLon Diet

By: Leah Marino – Office Manager

Want to cleanse your body before the holiday season? Although, a cleanse is not the only benefit you will receive from trying ProLon.

## Vitamin B12 Injections



- ✓ Energy and Balance
- ✓ Better Mood
- ✓ Deeper Sleep
- ✓ Balanced Immune System
- ✓ Mental Clarity
- ✓ Weight Loss
- ✓ Higher Metabolism



## Contact Us

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physically and mentally. Evaluations are billed through your insurance and will be the same cost as a regular office visit (standard co-pay or co-insurance). Each kit is available online or for a discounted rate of \$225 through MMH for the 5 day meal plan with very easy to follow instructions. “The ProLon Diet is the first and only clinically tested, scientific breakthrough in Fasting Mimicking technology that goes well beyond weight loss when it comes to beneficial health effects\*.” For only a five day diet, ProLon provides amazing benefits for weeks after – just in time for holiday season! Members of MMH have also tried ProLon and would discuss their individual experiences with you if interested. To get started please contact the office by phone or email, and if you would like to learn more about ProLon please see resources below.

\*<https://prolonfmd.com/>

Weight-loss, rejuvenation, and nourishment throughout your body to support a balanced metabolic rate are just a few motivating factors this fasting mimicking diet delivers. Long-term positive effects include improvements in blood pressure, cholesterol levels, and a decrease of risk factors associated with cardiovascular diseases.

ProLon is a 5-day dietary program that tricks your body into a fasting mode so that you can reap the benefits of fasting, while still being allowed to eat throughout your day. Each day is scientifically developed with a variety of “macronutrients (fats, carbohydrates, proteins) and micronutrients (essential vitamins and minerals) designed to keep the body nourished while going through the rejuvenating process of the fasting state\*.” You are provided with prepackaged meal kits that contain nut bars, soup blends, herbal teas, supplements, and snacks. Food items provided are 100% gluten-free, plant-based, non-GMO, and no artificial additives! It is important to follow the instructed diet plan for each day as it is scientifically portioned out to achieve the best outcome. Completing ProLon 3x/year is strongly recommended to ensure sustainable results and continuation of the rejuvenated feeling acquired.

So is it for you? My Mental Health offers ProLon evaluations with any of our medical providers to discuss any concerns or questions you may have regarding the diet, and to make sure that you are a good fit