



J'ESSENTIAL HEALTH & WELLNESS

OPTIMAL POST-OP RECOVERY CARE





Greetings,

My name is Jennester Culp but you can call me "Jenny". It is my pleasure to introduce myself to you and provide you with the needed information to begin your path to recovery.

J'Essential Health & Wellness is a Concierge Wellness team that focuses on 'The Essential Things Needed to Rebalance Mind, Body & Spirit'. We enjoy working with diverse adult and student populations and look forward to providing positive support to promote health improvement and higher quality of life.

Included is a plan that outlines a 2 week inclusive care package which will enhance and optimize healing and recovery from a traumatic life event. We will ensure optimal healing and rebalance of MIND, BODY & SPIRIT.

Our Awesome Staff consist of:

Certified Postoperative Surgical Practitioner

Lymphatic Massage Practitioner

Board Certified Nurse Practitioner

Medical Assistant

Phlebotomist

Nutritional Coach & Chef

Certified Life Coach

ABOUT US

OUR STORY

J'Essential Beauty & Body Wellness was founded by Jenny Culp, a Nationally Board Certified Family Nurse Practitioner With over 40yrs of experience in the nursing field

With the demand for private medical care increasing J'Essential Health & Wellness was formed.

Our goal is to provide the client with a total post-op care plan specialized for his/her needs during post-op recovery acute period and beyond. We want the focus of our clients to be on healing, recovery and relaxation. Services include an array of Alternative Natural Matrix Therapies that provide healing from the inside and outside in! Our therapies provide pain relief, relaxation, stress relief, body flushing, wholesome meals, healthy hydration, transportation and more.

Our professional qualified staff is trained to deliver optimal assistance to rebalance Mind, Body & Spirit of the individual(s) suffering from the negative impact of an injury.

OUR TEAM

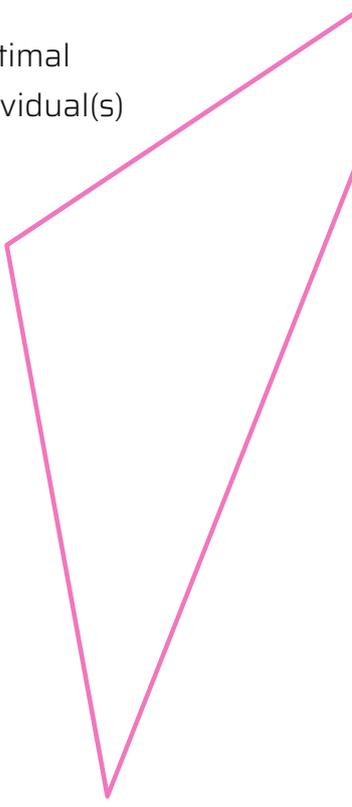
Jenny Culp RN PHN BSN MSN FNP-BC
Founder/Proceduralist

Tiffany Barnes
Certified Medical Assistant

Jay Mathis
Operations Manager Marketing

Embark Consulting
Live/Tele Life Coach Services

Ashley Harrison
Admin Assistant



MIND, BODY & SPIRIT BALANCE HEALING

MIND: Focus and Brain Health Healing Post Trauma

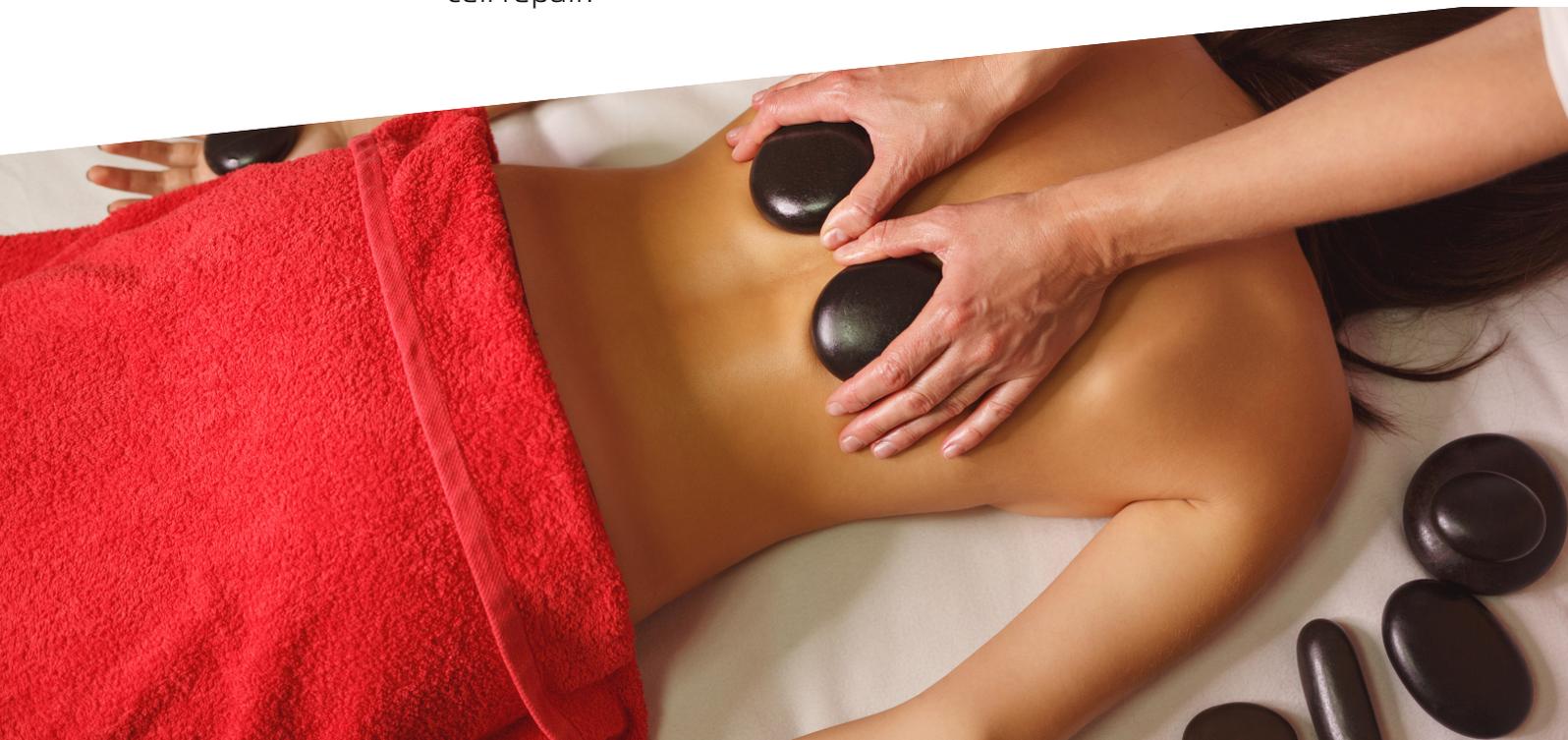
- IV Therapy: Emergency Immunity & Energy Boost along with Refresh, Replenish and Rehydrate Myer's Cocktail, Glutathione, Trace Minerals, Biotin, Lysine Zinc, Normal Saline Solution
- Jessential Healthy Hydration drink is optimal for healing and promoting health hydration. Infused blends promote decrease in inflammation, increase healing, taste great and enhance well-being. Blends contain: Ginger, Cucumber, Blueberries, turmeric and more nature filled fruits and vegetables promote optimal healing.
- Healthy Nutritious Meals that promote healing and balance.



MIND, BODY & SPIRIT BALANCE HEALING

BODY: Systemic Reduction of Pain and Inflammation Post Trauma

- **Hot Stone Lymphatic Massage-Full Body (MLD) Manual Lymphatic Drain Massages** for maximal tissue healing and recovery 16 sessions. Lymphatic Drainage Massage is evidence based to show improvement in the healing and recovery process as well as aide in decreasing pain by reducing swelling resultant from the traumatic injury.
- **EST (Electrostimulation) Therapy-** Electrical stimulation (e-stim) is a physical therapy treatment that uses mild electrical pulses to help repair injured muscles, manipulate nerves, and reduce your pain.
- **InfraRed Therapy-** Treats pain, provides relief from inflammation and increases vasodilation for healing. Reduction of inflammation in the body after traumatic injury is imperative to promote optimal healing and long-term recovery. Infrared light is delivered to the site of injury or inflammation at certain wavelengths, promoting cell repair.



MIND, BODY & SPIRIT BALANCE HEALING

SPIRIT: Psychological and Emotional Healing post Trauma

- **Brain Wave Therapy**-provides rebalance of alpha, gamma, and beta wave signals to promote healing and recovery with post trauma conditions such as PTST, Stress, Anxiety, Body Image and Coping. 14 -24 Relaxing sessions in an essential oil aromatic produced environment provide dual voice guided healing and recovery.
- **Body Image Repair**- provides repair from damage caused by the accident. Healing skin repair with facials utilizing Infrared and Infra-Blue light to rebuild collagen, decrease scarring, hydrate skin and increase the natural glow that diminished by the traumatic accident. An assessment of what will enhance their body image for optimal healing will be done to ensure each healing goal is met.



MIND, BODY & SPIRIT BALANCE HEALING

Additional Services Include:

- Escorted transportation to any follow up appointments during Post-Op Recovery Treatment.
- Prepared healthy meals by a Vegan or Non-Vegan Nutritionist Chef with tasty selections for breakfast, lunch and dinner.
- General housekeeping service provided.
- Any additional service that will enhance promotion of healing.



MIND, BODY & SPIRIT BALANCE HEALING

Frequently Asked Questions

1. **What does EST mean?** Electrostimulation Therapy or some may refer to it as Electromyostimulation Therapy
2. **How does EST work to relieve Chronic Pain and Debilitating Neuropathy?** EST works by sending electro stimulation to the churn pain areas and raising in-depth levels of vasodilation and decreased inflammation to the area affected. By increasing circulation to the area, it allows for more oxygenation, blood flow, nutrients and hydration to the lacking area causing chronic pain.
3. **Who can get this Therapy?** Anyone with chronic pain or injury to an area. EST is not limited to adults. Children with sports injuries to knees, back, feet, shoulder are eligible for EST Therapy.
4. **How long is the therapy session?** The session takes 45 min to 1 hour. The EST is followed by a Therapeutic Recirculation Massage to the area that is Heated with a Warm Natural Mint Hemp Balm. You are very relaxed and focused on the awesome pain relief goin on.
5. **How long does the pain relief last?** It varies. After the first session most patients feel a significant difference.

MIND, BODY & SPIRIT BALANCE HEALING

Consent Form

If you agree to this preliminary plan please sign and date. Each client's plan is customized based on consult assessment.

Sign: _____ Date: _____

Sign: _____ Date: _____

Thank you for considering J'Essential Health & Wellness Team be a part of your Healthy Recovery.

For additional questions please contact us:

Email: Jessentialhealth.com

Phone: 470.402.7955



RECOVERY PLAN