

June 2026 Newsletter

New Summer Services and Savings at VLDC...

RED LIGHT THERAPY IS HERE!

You asked for it; we got it!

Originally researched and developed by NASA, low-level light therapy, also known as photobiomodulation, is the application of light energy to the body to obtain therapeutic benefits. It produces a natural photo-biochemical reaction similar to the process of plant photosynthesis and has a wide range of beneficial applications across many organ systems, including the treatment of skin, muscle, joint/pain and aesthetic conditions.

Available at VLDC as an add-on to IV or injectable treatments, weekly packages or a full month of complete treatments, our FDA Celluma Red Light is approved for acne, wrinkles, aches and pains, and body contouring. It is safe for ages 12 and up. Most patients report improvement after just one treatment! Add on's start at \$1/minute and full therapeutic monthly packages are discounted 20% in the month of June! Call/text the office at 405-376-1381 to schedule or purchase.

BACK BY POPULAR DEMAND:

August 17: HERScan Breast Screening

We have a few slots still available for July 13 breast screening, but due to overwhelming demand, we have Championed with HERScan to do an additional day of screening at our office August 17, 2026. Visit **HERScan.com** or call **1-800-338-7499** to schedule. Price is \$295 cash and includes radiology over-read. This is reimbursable by HSA and Health Shares but may not be covered by insurance, so please check with your carrier. *Note: VLDC does not schedule or collect payment for HERScan, we are just providing the space for a day of procedures.* We hope you'll take advantage of this opportunity and if the demand is great enough, we'll schedule to have them out out again!

JUNE INJECTABLE SPECIAL

Liver Cleanse, Fat Burn & Energy All In One!

Lipotropic or "Lipo" injections, were the first Skinny Shots. Made with MICC (methionine, inositol, choline and cyanocobalamin), Lipo injections push enzymatic reactions in the liver to burn more fat. This can help with energy, detoxification of fatty liver and improve mood.

Single injection: \$25, Series of 4 monthly: \$80 if purchased in June (a 20% discount)

Read more about the benefits of Lipotropic injections here:

<https://www.olympiapharmacy.com/product/micc/>

PRODUCT HIGHLIGHT

Doctor's Data CSA+P Test

Gastrointestinal complaints are among the most common in medical care. The CSAP profile helps pinpoint the causes of gastrointestinal symptoms and chronic systemic conditions, and measures key markers of digestion, absorption and inflammation. It also is a pathologic test for parasites, clinically reviewed by parasitologists under the microscope!

Useful for:

- Gastrointestinal Symptoms
- Autoimmune Disease
- IBD/IBS
- Inflammation
- Food Sensitivities
- Nutritional Deficiencies
- Joint Pain

Learn more here : <https://doctorsdata.com/Comprehensive-Stool-Analysis-Parasitology-CSAP21>

Tests are available for purchase for \$400; Turnaround time for this test is about 10 days after specimen is received by the lab.

JUNE AESTHETICS SPECIAL

Vibrant Rejuvenation Shot -- Women : \$799 if booked in the month of June (regular price: \$1000)

The Vibrant Rejuvenation Shot for Women is a non-surgical office procedure indicated to improve:

- Orgasm strength
- Painful sex
- Vaginal lubrication
- Urinary incontinence

Watch a video about the Vibrant Rejuvenation Shot for Women here: https://youtu.be/LgC_iH-Q1YA?si=Aqe-GhXyzAKigF1v

MEN'S HEALTH

Vibrant Rejuvenation Shot – Men \$999 (regular price: \$1500; \$600 savings!)

Erectile Dysfunction affects a significant number of men and its incidence increases with age. We offer multi-modal treatments including regenerative platelet rich plasma (PRP) injections. When used in

patients with mild to moderate disease, PRP can significantly improve ED scores and quality of life by improving blood flow and sensitivity. Call or text the office for free consultation for this and all available treatment options for ED.

Call or text the office at 405-376-1381 to get on the schedule or discuss treatment options.

We have an on-line supplement store!

If you love our Thorne supplement line and don't want to make the drive to Tuttle to pick up refills, try our on-line store! You can set up subscriptions of your favorite supplements, search for the ones we don't carry, and have everything conveniently shipped to your home.

Visit: <https://www.thorne.com/u/VibrantLifeDirectCare>

Optimal Health, Not Standard Outcomes

from Dr. Lydia

Our 3rd Core Value states: "We will continuously pursue health optimization as an end result for our patients and not simply apply the standard of care."

Standards of care are not a bad thing. They are minimum requirements in the healthcare industry to apply treatments that have demonstrated to be effective. They are a safeguard for patients, but they are not where we should settle. Our work at VLDC is to go beyond the bare minimum and pursue optimal health, which is a standard of living that allows you to do what you want to do in your body with minimum pain, maximal energy, joy and wellbeing. We treat mind, body and spirit. Thanks for being our patient and believing in what we do. If you are not living with optimal health, call us today to begin your journey!

