

ELEVATE YOUR WELLNESS:
EMBRACING IV HYDRATION, HORMONE BALANCE &
SELF-CARE

LIZABELLY IV HYDRATION & MEDSPA
PRESENTED BY: DENNAIA CARTER, FNP-BC, PMHNP-S
& WELLNESS ADVOCATE

DISCOVER THE POWER OF VITAMIN-INFUSED IV HYDRATION



- How IV hydration works vs. oral supplements
- Efficiency in addressing dehydration and fatigue
- Vitamins: B12 (energy), Vitamin C (immunity & skin), Biotin (hair/nails), Vitamin D
- Mother of antioxidants: Glutathione

SIGNS YOU NEED IV THERAPY

- Chronic fatigue
 - Dull skin, brittle hair/nails
- Frequent headaches, muscle cramps
- Poor recovery from workouts
 - Brain Fog
 - Constipation
- Poor Skin Elasticity

"You can't pour from an empty cup—hydrate first."





Vitamin IV Cocktails for Wellness

**VITAMIN B12: ENERGY, NERVE HEALTH,
MOOD**

VITAMIN C: IMMUNITY, SKIN GLOW

BIOTIN: HAIR, SKIN, NAILS

**GLUTATHIONE: THE "MOTHER OF
ANTIOXIDANTS" – DETOX, ANTI-AGING,
SKIN BRIGHTENING**

**MAGNESIUM/ZINC: SLEEP, MUSCLE
FUNCTION, IMMUNE SUPPORT**

FEMALE HORMONAL HEALTH

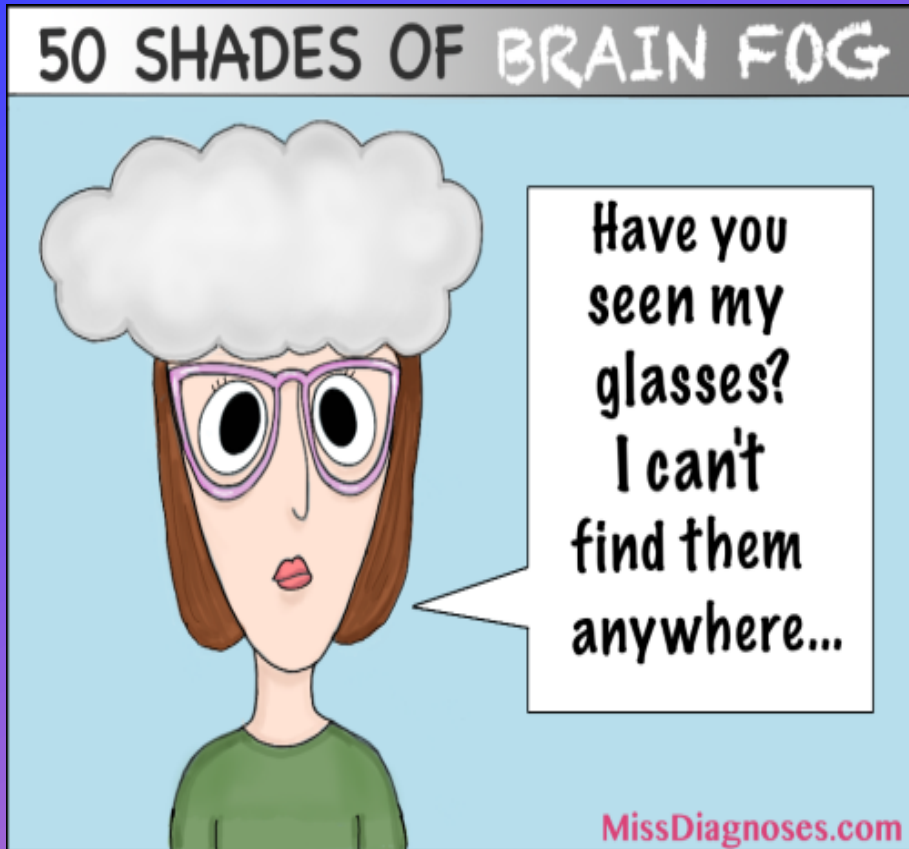
KEY PHASES

- **Perimenopause:** Irregular cycles, hot flashes, mood shifts

- **Menopause:** 12 months without a period, estrogen/progesterone/testosterone drop

- **Post menopause:** Ongoing hormonal shifts affecting bone, brain, skin

SIGNS & SYMPTOMS IN WOMEN



- Night sweats, brain fog, weight gain
- Anxiety, low libido, joint pain
- Sleep disturbances, hair thinning

A List of Menopause Symptoms

Physical symptoms

- Hair loss
- Weight gain
- Brittle nails
- Vaginal dryness
- Sleep disorders
- Dizziness
- Incontinence
- Allergies
- Breast pain
- Headaches
- Joint pain
- Itchy skin
- Irregular periods
- Irregular heartbeat
- Osteoporosis

Psychological symptoms

- Mood swings
- Fatigue
- Depression
- Anxiety
- Irritability
- Difficulty concentrating
- Memory lapses
- Loss of libido

Digestive symptoms

- Bloating
- Digestive problems

Vasomotor symptoms

- Changes in body odor
- Hot flashes
- Night sweats

Oral symptoms

- Burning tongue
- Gum problems

Nervous system symptoms

- Electric shock sensations
- Tingling extremities



HRT FOR WOMEN RELIEF & REBALANCE

- Customized hormone treatments⁺
 - Bioidentical hormone options
- Alleviates symptoms & supports bone, brain, and heart health
- Myth vs Fact: HRT does not cause cancer when properly managed

MALE HORMONAL HEALTH ANDROPAUSE

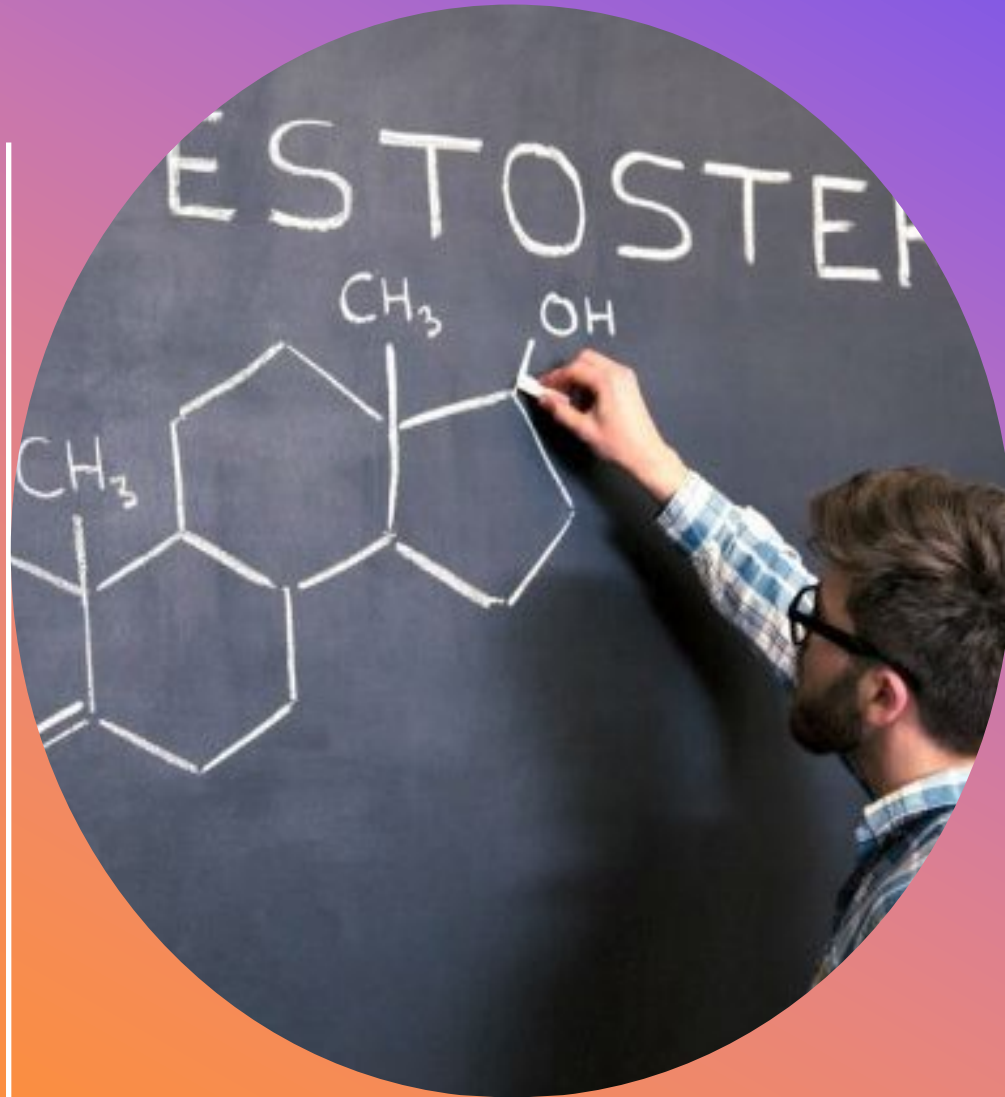


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- Gradual testosterone decline starting ~age 30-40
- Mood changes, low libido, weight gain
- Decreased strength & motivation

HRT FOR MEN

TESTOSTERONE THERAPY



- Injections, gels, or pellets
- Improves mood, strength, confidence, and performance
- Requires labs, monitoring, and lifestyle support

DEBUNKING MYTHS ON HRT

- **Myth:** HRT is only for severe cases

- **Fact:** Early treatment = better outcomes

- **Myth:** Natural = no need for HRT

- **Fact:** Natural aging still benefits from hormone support

✓ Ways to Naturally Increase Testosterone (Men & Women):

Strength training & resistance workouts

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- **Adequate sleep** (7–9 hours)
- **Zinc-rich foods** (pumpkin seeds, shellfish, beef)
 - **Vitamin D** (sunlight or supplements)
 - **Healthy fats** (avocados, nuts, olive oil)
- **Stress reduction** (chronic cortisol lowers testosterone)
 - **Limit alcohol & sugar intake**

✓ WAYS TO NATURALLY BOOST ESTROGEN (ESPECIALLY FOR WOMEN):

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- **Phytoestrogens** (found in flaxseeds, soy, chickpeas, lentils)
- **B vitamins** (especially B6, B12—supports estrogen production)
- **Cruciferous veggies** (like broccoli & kale—helps balance estrogen metabolism)
- **Healthy weight management**
- **Regular moderate exercise**
- **Vitamin D & Magnesium** (supports hormone regulation)

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SELF CARE MATTERS

Simple Self-Care Tips for Women

Physical Self-Care

- Drink more water
- Eat healthy, balanced meals
- Move your body daily (walk, dance⁺, stretch)
- Get 7–9 hours of good sleep
- Treat yourself to a massage, facial, or warm bath

Mental & Emotional Self-Care

- Write in a journal
- Practice deep breathing or meditation
 - Talk to a therapist or trusted friend
 - Set boundaries—it's okay to say no
- Take breaks from your phone and social media

SELF CARE MATTERS

Wellness Support

Stay on top of
doctor visits and
lab work

Take vitamins like
B12, D, or Biotin if
needed

Try IV hydration for
energy and glowing
skin

Ask about hormone
therapy if you're in
perimenopause or
menopause

Spiritual Self-Care

Pray or read
devotionals

Spend time in
nature

Use positive
affirmations like

"I am worthy of rest
and care"

SERVICES OFFERED AT LIZABELLY MEDSPA



**Vitamin Infused IV Hydration
Vitamin Injections
Bioidentical Hormone
Replacement Therapy
Medical Managed Weight Loss
Lab Work
Telehealth Services
Liquid Lipo
Chemical Peels
Botox
Liquid Brazilian Butt Lift
Facials
Back Facials
Waxing**





THANK YOU

Dennaia Carter FNP-BC, PMHNP-S
(240) 957-0010

Location: 3454 Ellicott Center Drive, Ste.
104, Ellicott City, MD, 21043

Email: info@lizabellymedspa.com

Website: www.lizabellymedspa.com