



Latest wellness news from Dr. Paulvin

Hi guys! First of all, big thanks to everyone who made it to the Future of Fitness event last week! See the pics from the event [here](#). I'm already planning my next NYC event and will announce the topic soon so stay tuned.

Latest from the blog: 7 reasons your headache won't go away

Most of us have experienced the throbbing, distracting pain of a headache that makes you want to retreat into a quiet, dark room in hopes of finding some relief. Suffering from occasional, mild headaches can be a normal part of life, but if you are someone who suffers from chronic headaches then there might be some deeper issues at play.

[Read full post](#) or see my [video](#) on my best tips on how to deal with headaches!



Wellness delivered to you

Manhattan! I now offer house, office and gym calls! This means I will come to where you are to perform hands on therapy like osteopathic manipulation and dry needling or advanced tech like Halo Neuroscience and Light Sfm. Book your appointment [here >>>](#)



Favorite product right now!

During the cold winter months, who doesn't love a comforting bone broth? My absolute favorite is Broth Masters!

[Get your broth here!](#)

Wellness tip of the week

I heard Emily Fletcher speak this week about the benefits of meditation. I always urge my patients to try and get 20 minutes of meditation in at least 3 times a week.

I will help you focus and decrease inflammation!



Photo credit, Ziva Meditation

UPCOMING WELLNESS EVENTS

[3/7 Balance & Beyond](#) - The female hormones and wellness panel and marketplace, expert panel & mini treatments

[3/10 - International Esthetics, Cosmetics & Spa Conference](#) - if you are interested in the newest in healthy cosmetics check out this show next week at the Javits Center

[3/18-3/24 The Perimenopause Summit](#) - Most female patients I see have questions about how to maximize their hormones through diet and exercise or with bioidentical hormones, Check out this summit to learn from experts.