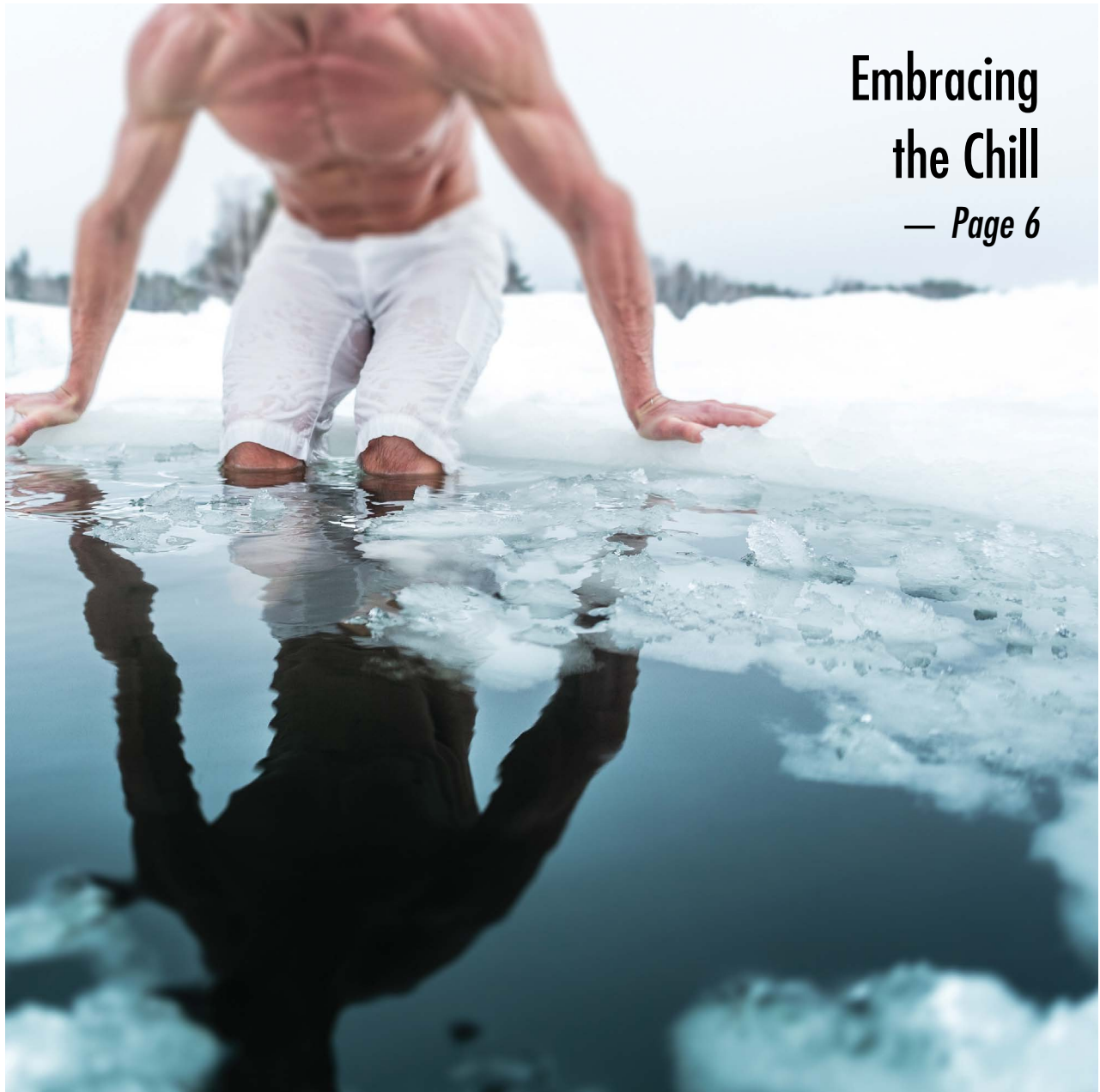


# INFUSING

BONDED BY BLOOD | SPRING 2024



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the Chill**  
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Sleeping Your  
Way to Healing

Embracing  
the Chill

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## Our Story

**BONDED BY BLOOD** At an early age, our founders Kevin and Scott, met at hemophilia summer camp. As blood brothers, their friendship has spanned three decades of experiences in the bleeding disorders community and healthcare challenges. Over time, they shared each other's struggles and victories of living with a bleeding disorder. As they became professionals, they resolved to create the healthcare experience they wished they had. In mindful pursuit of this dream, they created **BROTHERS HEALTHCARE**, a unique specialty pharmacy, built around exceptional care, personal experience, and integrity. Kevin and Scott are committed to providing pharmacy care experience that is second to none.

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# FROM THE EDITOR

As we welcome you to the second edition of Infusing Life for the year, we are thrilled to delve into topics that touch on the essence of well-being and resilience. In this issue, we explore the “Healing Powers of Sleep” and the invigorating benefits of “Embracing the Chill” through cold plunging.



With warm regards,  
—Kelle Carthey, RN  
Editor

In a heartwarming dedication, we extend our deepest admiration and gratitude to an extraordinary individual, the CEO and the co-founder of Brothers Healthcare, and my humble husband, Scott Carthey. His recent accomplishment in completing his leg of the the “Wheels for the World” cross-country relay ride, covering nearly 600 miles on his bike over 6 days, is a testament to his unwavering commitment to making a difference. This remarkable journey supported the Save One Life Foundation, an organization dedicated to providing essential tools for those living in poverty with a bleeding disorder in 15 developing countries.

The Save One Life Foundation directs financial assistance and life-saving factors to

individuals facing challenging conditions. With your support, people with bleeding disorders or their families can shape a brighter future, gaining access to better quality of life, the ability to start or grow small businesses, and opportunities for higher education.

We are immensely proud to be part of a community that values not only our well-being but also extends a helping hand to those in need. As we continue to explore the realms of health and vitality in this newsletter, let us be inspired by the spirit of generosity and compassion that fuels positive change in the world.

Wishing you all a season filled with restful nights, invigorating dips, and the warmth that comes from making a meaningful impact. 🌊



INFUSING LIFE  
Spring 2024

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# Sleeping Your Way to Healing



*The Transformative  
Power of Quality Rest*



In a world that never seems to slow down, where hustle culture is celebrated, and busy schedules are worn like badges of honor, the significance of a good night's sleep often slips through the cracks. However, for those dealing with chronic illness, sleep isn't just a luxury—it's a vital tool on the path to healing and wellness. In this article, we'll delve into the intricate relationship between sleep and healing, aiming to provide guidance and inspiration for you.

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## Understanding the Sleep-Healing Connection

Quality sleep emerges as a potent ally in the ongoing battle against chronic illness. Numerous scientific studies underscore the importance of sufficient, restorative sleep for the body's capacity to repair, regenerate, and combat diseases. This connection between sleep and healing goes beyond physical health, extending its reach to mental well-being.

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## Physiological Restoration

Sleep isn't a mere state of unconsciousness; it's a dynamic process during which the body undergoes crucial repair mechanisms. According to the National Sleep Foundation, the deeper stages of sleep trigger the release of growth hormone, pivotal for tissue repair, muscle growth, and maintaining a robust immune system. Moreover, adequate sleep is linked to enhanced cognitive function and emotional resilience. Conversely, chronic sleep deprivation is associated with an increased risk of various health issues, including cardiovascular problems, obesity, and mental health disorders.

## Immune System Boost

Think of sleep as a superhero cape for your immune system. A study published in the *Journal of Experimental Medicine* highlights that quality sleep enhances the function of immune cells, fortifying the body's defenses against infections and chronic diseases. For those grappling with long-term health challenges, a robust immune system becomes a valuable ally in the healing process.

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## Inflammation Reduction

Chronic inflammation often characterizes many illnesses. Fortunately, sleep steps in as a natural anti-inflammatory agent. Research from the National Institute on Aging suggests that inadequate sleep can contribute to increased inflammation in the body. On the flip side, consistent, high-quality sleep has the opposite effect—reducing inflammation and promoting healing.

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## Sleep Strategies We All Need

Recognizing the importance of sleep is just the starting point. Crafting a personalized sleep routine tailored to the needs of the medically challenged is equally crucial. Here are some practical strategies to enhance the quality of sleep for those navigating ongoing health challenges:

### 1. Bedtime Rituals -

#### Unwinding for a Restful

**Night:** Our bodies thrive on routine. Establishing a consistent sleep schedule, even on weekends, helps regulate the body's internal clock. This is particularly crucial for individuals with chronic illnesses, as irregular



sleep patterns can exacerbate symptoms and disrupt the healing process.

- 2. The Ideal Sleep Environment:** Optimizing Your Sanctuary: Invest in a comfortable mattress, pillows, and breathable bedding to make a significant difference in sleep quality. Consider ambient temperature and minimize noise and light disturbances to create a soothing sleep sanctuary. Consider things like ear plugs and eye masks to help when you have a busy household that may wake you up.
- 3. Taming the Restless Mind:** Strategies for Quieting Thoughts: For individuals dealing with chronic pain or anxiety, incorporating relaxation techniques into the bedtime routine can be transformative. Deep breathing exercises, meditation, or gentle stretches can help ease the body and mind into a state conducive to restful sleep. There are a lot of free apps for this available online that can help jump start this practice, try one!
- 4. Navigating Sleep Disorders:** Seeking Solutions for Better Sleep: Persistent sleep issues may require professional intervention. For those grappling with sleep disorders, understanding the root cause is crucial. Seeking medical intervention for sleep disorders, such as insomnia and sleep apnea, is imperative. Signs like waking up at the same time every night or waking up tired every morning might necessitate a conversation with your doctor about your sleep challenges. Don't hesitate to reach out for support from friends, family, mental health professionals, or a sleep specialist.
- 5. Limit Screen Time Before Bed:** The blue light emitted by screens can interfere with the body's production of melatonin, the hormone responsible for regulating sleep. Establish a screen-free zone at least an hour before bedtime to signal to your body that it's time to wind down. Engaging in alternatives like reading a book, taking a warm bath, or listening to soothing music can be beneficial.
- 6. Consider Sleep Aids Wisely:** While prescription sleep medications may be necessary for some, it's essential to consult with a healthcare professional to explore options and potential side effects. Natural alternatives, such as herbal teas or supplements like melatonin, can also be beneficial when used judiciously.

Embracing the



In the quest for holistic well-being, individuals often seek unconventional avenues to invigorate both body and mind. One such age-old practice gaining renewed attention is the art of cold plunging. Beyond being a mere physical challenge, cold plunging is a journey into tradition, resilience, and sensory awakening.

## Origins and Tradition – A Dip into the Past

Cold plunging is not a modern wellness trend but a tradition rooted in the histories of diverse cultures. Across continents, societies have embraced the invigorating practice, attributing spiritual and purifying qualities to the act of immersing oneself in chilly waters. From the icy waters of Scandinavian ice baths to the contemplative rituals of cold-water immersion in Japanese culture, the roots of cold plunging run deep.

## The Essence of Cold Plunging – A Mental and Physical Odyssey

At its core, cold plunging involves submerging the body in water with temperatures hovering around 50 degrees Fahrenheit or lower. Yet, its essence goes beyond the physical shock. It is a profound exploration of mental resilience, a testament to the body's adaptive capacities, and a ritual that challenges the boundaries of comfort.

## Unlocking the Benefits – A Dive into Well-Being

### Boosting Circulation and Immunity

Cold plunging's allure lies in its potential to stimulate circulation through the interplay of vasoconstriction and vasodilation. This process not only invigorates the body but is also believed to enhance the immune system, fortifying it against potential illnesses.

### Elevating Mood and Energy

The experience of cold plunging extends beyond the physical realm. The release of endorphins, the body's natural mood enhancers, induces a unique sense of euphoria and heightened energy levels, offering a natural and exhilarating high.

### Reducing Inflammation and Muscle Recovery

Athletes and fitness enthusiasts turn to cold plunging for its anti-inflammatory properties. These aid in reducing muscle soreness, making it a sought-after practice for post-workout recovery and in sports training regimens.

### Enhancing Mental Resilience

Cold plunging is more than a dip into cold waters; it's a mental exercise in resilience. The act demands focus, controlled breathing, and a willingness to embrace discomfort, contributing to increased mental toughness over time.

## Navigating the Cold Waters – Considerations for a Refreshing Plunge

While the benefits of cold plunging are enticing, it's worth considering a few aspects for a more enjoyable experience.

### Risk of Cold Shock and Hypothermia

Sudden exposure to extremely cold water can lead to cold shock and, in extreme cases, hypothermia. Beginners are advised to start with shorter durations and gradually acclimate to colder temperatures.

### Not Suitable for Everyone

Individuals with certain medical conditions, such as heart or respiratory issues, should consult healthcare professionals before attempting cold plunging. Pregnant women and those with circulatory disorders need to approach this practice with caution.

### Potential for Injury

The numbing effect of cold water can mask pain, increasing the risk of injury. A careful assessment of the environment and potential hazards is crucial to ensure a safe cold plunging experience.

### Requires Gradual Acclimatization

Cold plunging is a personal jour-

ney that demands gradual acclimatization. Rushing into longer or colder sessions can undermine potential benefits and pose risks to health.

## Tips for a Refreshing Plunge

**Start Slow** - Ease into cold plunging with shorter sessions in milder waters, gradually increasing duration and intensity.

**Choose a Safe Environment** - Pick locations with safe access to cold water, free from hazards. Inform someone of your activity, especially if you're in remote areas.

**Listen to Your Body** - Pay close attention to your body's signals. If discomfort, numbness, or excessive shivering occur, it's time to exit the water.

**Warm-Up Afterward** - Conclude your cold plunge with a warm-up routine, including gentle exercises, warm beverages, or cozy layers to bring your body back to a comfortable temperature.

## Ways to Cold Plunge on a Budget – A Refreshing Experience Without Breaking the Bank

While the prospect of an ice bath at an exclusive wellness retreat may seem tempting, cold plunging can be accessible and budget-friendly. Here are some cost-effective ways to embrace the chill:

**Natural Bodies of Water** - Seek out local lakes, rivers, or even the ocean for a natural cold plunging experience. Nature provides a budget-friendly alternative to specialized facilities.


**DIY Cold Plunge Setup** - Create your own cold plunge space at home using large containers like stock tanks or inflatable kiddie pools. Fill them with cold water and ice for a rejuvenating plunge in the comfort of your backyard.

**Community Facilities** - Check out community pools or fitness centers that offer cold plunge facilities as part of their amenities. Many local facilities provide affordable access to cold water plunging.

**Cold Showers** - If you're easing into the world of cold plunging, start with cold showers. This simple, no-cost method helps condition your body to cooler temperatures.

**Winter Swimming Groups** - Join local winter swimming or polar bear plunge groups. These communities often organize events in natural bodies of water, providing a supportive environment for beginners.

## Closing Thoughts Embracing the Chill

In conclusion, cold plunging beckons as a unique wellness journey—a plunge into the invigorating world of icy waters that transcends physical benefits. Whether drawn by the promise of heightened well-being, mental resilience, or the sheer thrill of the experience, approach it with mindfulness and respect. So, are you ready to step into the invigorating world of cold water immersion? Dive in, embrace the chill, and uncover a new dimension of well-being that may leave you feeling refreshed, energized, and more resilient than ever before. 

Continued from page 5

## The Role of Mental Health in Healing

Chronic illness doesn't only impact the body; it takes a toll on mental health as well. The intertwined relationship between mental well-being and physical health cannot be overstated. Sleep, as a crucial component of mental health, plays a pivotal role in the overall healing journey.

## Stress Reduction and Cortisol Regulation

Quality sleep acts as a natural stress buster. During deep sleep, the body regulates cortisol levels, the hormone associated with stress. Chronic stress can exacerbate symptoms of many illnesses, making it essential for those with chronic conditions to prioritize

sleep as a means of stress management.

## Mood Regulation and Emotional Resilience

Adequate sleep is linked to improved mood regulation and emotional resilience. The Journal of Sleep Research published a study showing that individuals who consistently experience poor sleep are more prone to mood disorders. For those dealing with the challenges of chronic illness, maintaining emotional well-being is a crucial aspect of the healing process.


## Enhanced Cognitive Function

The foggy-headed feeling that often accompanies poor sleep quality can be alleviated through better sleep. Research in the journal Sleep indicates that



quality rest enhances cognitive function, including memory, attention, and problem-solving skills. This is particularly relevant for individuals managing chronic conditions that impact cognitive abilities.

## Conclusion

Sleep is not a passive activity; it is a dynamic force that can transform lives, especially for those navigating the complex landscape of chronic illness. It's time to prioritize rest, to recognize sleep as a vital component of the healing process. Healing is a multifaceted journey, and quality sleep is a powerful ally that can make a significant difference in the battle against chronic illness. Sweet dreams and healing nights await those who dare to embrace the importance of restorative sleep. 



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## Scott Carthey, On a Mission

Meet the unstoppable force behind the wheels, **Scott Carthey**, a 46-year-old dynamo on a mission. As the CEO and Founder of Brothers Healthcare and Brothers Pharmacy, Scott is not just a leader in the business world, but a beacon of resilience, compassion, and unwavering determination.

Scott's journey is not just about biking across the country; it's a testament to a life shaped by challenges and triumphs. From a young age, he faced the hurdles of a severe genetic bleeding disorder, hemophilia, which cast a shadow of medical treatments and hospital visits over his childhood. Yet, instead of succumbing to adversity, Scott emerged as a symbol of mental and physical perseverance.

The story of Scott's life is one of fortitude—of a boy who defied the limitations of his condition, embracing factor infusions that allowed him to lead a nearly normal life. His childhood may have been punctuated by prolonged bleeding episodes, but those moments fueled a spirit that knows no boundaries.

Driven by a deep sense of purpose, Scott co-founded Brothers Healthcare and Brothers Pharmacy. His motivation was rooted in a desire to ensure that the

bleeding disorder community received the care he believed they deserved—care that goes beyond being treated as mere numbers or dollar signs. Scott envisioned a healthcare experience that was tailored and unique, supporting patients and their families holistically.

Beyond the boardroom and the bustling family home, Scott is channeling his energy into a cause close to his heart. The charity cross-country bike ride, *Wheels for the World*, isn't just a ride—it's a movement to send vital funds and medications to third-world countries where access to healthcare does not always exist.

Scott has a profound appreciation for his wife Kelle who has been by his side as his biggest cheerleader and support system for the past 24 years. As a Dad, Scott instills values of compassion and perseverance in their four children. Their family bonds are not just built on love but also on a shared understand-



ing of overcoming obstacles and making a difference in the lives of others.

In the past two months alone, Scott has been relentless in preparing for the cross-country relay bike ride, battling through rain and injuries with the same tenacity that defined his lifelong struggle with hemophilia. His favorite training moment was when he completed his first 100-mile training day, pushing through the rain with unwavering determination.

This journey is not just about conquering physical distances; it's a metaphor for the challenges he's faced and conquered throughout his life. When he joins the team of like-minded riders for this cross-country adventure, Scott is excited not just for the ride but for the opportunity to give back to others in need. It's a chance to share his story of resilience and inspire others to overcome their own challenges. Join him on this extraordinary journey, and let's pedal towards a world where healthcare knows no borders. 🌊

<https://saveonelifenet.com/wheels-for-the-world>



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