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## MEET THE SPECIALIST : JULIE LEMKE



### MY BEST SPOTS IN DUBAI

So now I am not going to namedrop something super fancy. Well, it is super luxurious to me.. My kitchen. I just love my kitchen- there is so much going on in this kitchen.

Cooking, talking, relaxing. I think I could write a novel about my life in this kitchen. Its like this gathering point of the house. It just has it all.. and then it is super therapeutic for me to cook

@herskinstudio

### MY FAVORITE MOVIE

Oh dear, I never watch movies. I just simply can't relax watching movies. I will really have zero interest. I would much rather read a book, or read some scientific articles to support my work. Or listen to educational podcast.

I am way to energetically driven to be sat in front of a television. With that said, when Christmas is approaching I will be non stop in-front of the television (at least for 1 day) watching Christmas movies. So Love Actually- is one of my favorite movies. Is so funny- but also serious. It shows the pain, the joy and the variety of what love is



### THE BOOK(S) THAT I AM READING

Dr. Lissa Rankin - Mind over Medicine. This is the real deal of medicine to me. A doctor that acknowledges the power of the mind and owns that we as humans has a stong power to heal ourselves. Its not cancelling medicine- not at all. Its only honoring that we hold a great power ourselves.

Nadine Artemis Renegade Beauty. The art of doing less in skincare and SO SO much more. Nadine Artemis is the founder of living libations - her products are magical. I use a few in my facials sometimes. And she even has a full holistic dental line. Its magnificent!



THE  
SAKARA LIFE  
PODCAST



break  
— ing  
beauty

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## THE PODCASTS I AM LISTENING TO

You will most likely always find me listening to a podcast when I am driving to work- or when I am off. Those days listening to music whilst driving is gone. I always have my weekly podcast prepared in advance- and I feel like I am getting so much information through my podcasts. It's a great source of information and you can listen when you work out, clean do laundry ...etc.

I love the Sakara Life podcast.  
Breaking beauty beauty podcast.

And Fat Mascara plus probably another 50 other podcasts. To be honest- I always search for specific topics. But if you have a passion- search for a podcast and broaden your horizons.

## MY MORNING DAILY ROUTINE

I absolutely love mornings. It's the best time of the day. Mornings are so pure and peaceful. I usually wake up at 5.00 or 5.30. Make some organic roasted coffee with a hint of raspberry, citrus, milk chocolate and black tea -yes this is the notes. It is absolutely fantastic. I will have a sip of my elixir - consisting of apple cider vinegar, lemon, cinnamon and cayenne pepper mix in ice cold water. I will not eat breakfast on a normal day- that is preserved for the weekend, as I focus on keeping my fast going. Until around 11 am. I am really into intuitive fasting!

I will go for a long walk with my dog Jada and enjoy the morning sun while listening to inspiring podcasts or an audio book. After my walk I will jump straight into dry brushing and hit the shower. My beauty routine is quite simple in the morning - cleanse - vitamin C serum - eye-cream - sunscreen. This is my minimalistic version. I will meditate and set my intentions for the day. It helps me to focus on what I need to do. My job is to take care of people - hence I really need to take care of myself and meditating is so incredibly beneficial for the mind, body and soul.

## MY DETOX RITUAL

Detox you can give your body is fasting or known as "time restricted eating". No juice-cleanse can ever beat that. Fasting triggers a process called autophagy - it basically helps your cells to clean out metabolic waste and damaged cell components -keeping your entire body clean and helps your longevity thrive.


To me - time restricted eating is also a more permanent solution achieving health. I am not a big fan of quick fixes. Detox for me is associated with deprivation. And it's not healthy to deprive yourself. So when you are done with the detox - you want it ALL and more. What is the use? You want to work around something that is sustainable and long lasting in my opinion. At least I have found out, that it works beautifully for me.

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