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Meet our general dentist Doctor Nicolle RANZAN in DIFC
Dr. Roze BioHealth Clinics – Marble Walk, Gate 5



Doctor. Nicolle RANZAN

Born in Brazil, Doctor Nicolle graduated from the Federal University of Rio Grande do Sul.

She received a scholarship to study at The Queen's University of Belfast (UK) as part of her undergraduate studies. She has two post-graduate dentistry degrees: a Master of Dental Clinic/Periodontology and a Specialization in Periodontology.

[Learn more >>](#)

What is your favorite spot in Dubai?

There's one special place that has my heart which is Kite Beach. I love going there after work or during the weekends. It has a special vibrancy that I like a lot.

It reminds me a lot of my home country Brazil during its most wonderful season: summer.





What is your favorite movie?

"The theory of everything": a beautiful story of love, resilience, persistence and the passion of Stephen Hawking for the universe and black holes (I have to admit that I love understanding a bit more about the complexity of universe as well). He was truly an inspirational person and a genius!

What book are you reading right now?

Title: Tomorrow's Medicine. How genetics, lifestyle and technology together can help your quality of life. Author: Pedro Schestatsky
It is a book only published in Portuguese by a famous doctor in southern Brazil.

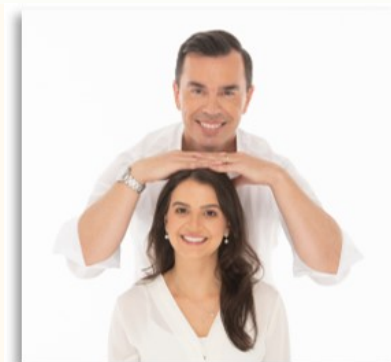


What podcast are you listening to?

I am listening to Meditation Podcasts to discover a little more about this topic. In this busy world, it is so important to take a moment to look inside and have some introspective moments. They have been quite helpful to explore different perspectives of mindfulness and meditation process.

A healthy habit to recommend ?

To spend some time for yourself. Invest on things that you enjoy doing: a good workout, meditation, yoga... a day lasts 24 hours, investing some minutes for yourself during the day is a good habit to be work on.
And to cheer me up and lift my mood up: Music!





A recipe to share ?

Many... I love cooking!

Nice for snacks or a healthy & easy dinner.

Broccoli Muffins 🥦

2 cups of chopped broccoli

4 eggs

2 tablespoon of olive oil

1/4 of a cup of water or vegetable milk

1/3 cup coconut flour

1/2 cup Grated Parmesan

1/4 teaspoon of bicarbonate

1/2 teaspoon apple cider vinegar

1/2 teaspoon salt

Topping: sesame and spicy paprika

Quickly sauté the broccoli in the olive oil.

Mix all the ingredients in a bowl and finally add the broccoli.

Bake for 15 to 20 min in a preheated oven at 200 degrees.

When ready, add the paprika and sesame seeds.

BOOK YOUR APPOINTMENT WITH DOCTOR NICOLLE RANZAN

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