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# DR

## DR. ROZE

BIOHEALTH CLINICS

### JANUARY- 2024



#### WHAT'S UP

🌟 Happy New Year Wishes!  
🎉 Exciting News for 2024! We're thrilled to announce our upcoming launch of 100% Natural Hydroxyapatite Toothpastes! 🦷🌟 Specifically crafted for

- Superior cavity protection 🛡️
- Mineralization ⚖️
- Teeth whitening 😊

Elevate your dental care routine with the power of nature. Stay tuned for the official launch- brighter smiles await! 😊🌿

#### NEW TREATMENT

Unveil a more youthful you with Platelet-Rich Fibrin (PRF) Treatment at **Dr.Roze BioHealth Clinic**. 🌸 Experience natural skin rejuvenation, reduced fine lines, and improved texture.

Embrace the glow with this safe, chemical-free, and personalized approach.

Ready to shine? [Schedule your PRF consultation today!](#)



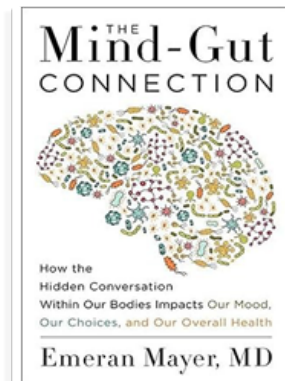
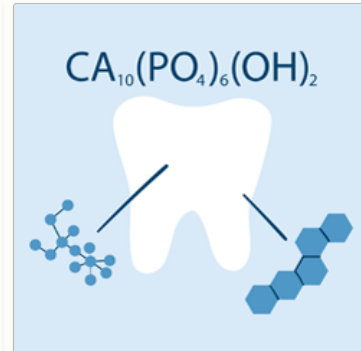


## NEWBIE

We're thrilled to welcome **Dr. Saida Pseunokova**, a seasoned Functional Medicine practitioner from Russia, to the Dr. Roze Bio Health Clinic team! With over 10 years of experience, Dr. Saida specializes in acute and chronic conditions using integrative approaches, including diet, lifestyle changes, nutritional therapy, and more. Beyond her medical expertise, she enjoys tennis and embraces new challenges – currently conquering the art of swimming!

## NEW ARTICLE

Explore the latest article on the '[Comparison of Hydroxyapatite and Fluoride Oral Care Gels](#)' for remineralization of initial caries. 🦷 ✨ Dive into the pH-cycling study, uncovering the secrets to effective dental care. Read the full insights now! 📖 Discover the science behind stronger teeth and optimal oral health. Stay informed for a brighter smile!"



## NEW BOOK

[The Mind-Gut Connection](#) : Dive into the fascinating exploration of how the gut influences the mind in this enlightening read by Dr. Emeran Mayer. Uncover the profound impact of your gut on emotions, choices, and overall well-being. ✨ Discover the intricate conversation between the mind and gut, unlocking insights into optimal health and balanced living. 📖

## NEW PODCAST

Tune in to the latest podcast episode, "[Guide to Oral Health](#)," where experts share quick tips for a radiant smile.

From effective brushing techniques to dietary choices promoting dental wellness, this episode has it all!

🦷 ✨ Listen now for a healthier, happier smile. 🌐 🎧





## DO IT YOURSELF

### Cleaning retainers without chemicals

The common effervescent tablets used to clean retainers, like Polident and Efferdent contain a known allergen called persulfate. Persulfate residue can stick to your retainer and cause allergic reactions. You'll be making a better choice for your health and will extend the life of your retainer when you opt out of using harsh chemicals.

#### Ingredients :

- 2 tablespoons White Vinegar
- 3/4 cup warm (not boiling) Distilled Water
- 1 teaspoon Baking Soda

#### Instructions :

- Mix together the vinegar and the water in a bowl
- Add baking soda
- Soak for 10-15 minutes and then rinse the retainer to remove any tartar that has accumulated. You don't need to soak it very long, so don't use this cleaner overnight.
- Rinse with cool water. To extend the life of your retainer, let it soak in distilled water if you aren't planning on using it right away.

### MOTTO

Journey of a thousand smiles Always starts somewhere. Nothing will be achieved Unless you take Action. Momentum plus Repeated efforts will take You further than expected.

TO LEARN MORE ABOUT OUR SERVICES AT DR.ROZE BIOHEALTH  
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