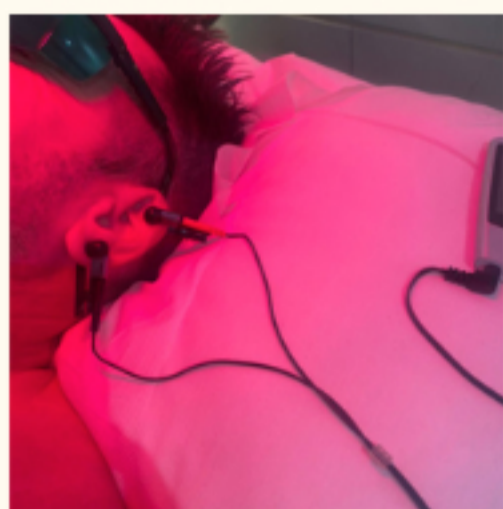


APRIL - 2024

WHAT'S UP

Introducing our curated [ROZE gift set](#), perfect for all occasions – birthdays, anniversaries, Christmas, Eid, and more! Our [two-pack premium toothpaste](#) set features 100% natural ingredients, no toxins, and a potent 15% hydroxyapatite formula, made with pride in the UAE. Plus, the set includes two eco-friendly toothbrushes made from 100% biodegradable bamboo, with options for soft or ultra-soft bristles to match every preference. Upgrade your gift-giving with our premium set and show your care for oral health, because everyone deserves the best.



TREATMENT SPOTLIGHT

We are excited to unveil our innovative treatment approach, [vagus nerve stimulation](#), crafted to alleviate pain and inflammation while boosting overall well-being. This innovative approach harnesses targeted stimulation of the lymphatic system and vagus nerve, alongside activating the parasympathetic nervous system's natural relaxation response. [Schedule your Slot today!](#)

NEW ARTICLE

Emerging research underscores a compelling **connection between oral health and heart health**, revealing that maintaining a healthy mouth can significantly reduce the risk of heart disease. This pivotal [blog article explores the latest findings](#), emphasizing the importance of regular dental care as a critical component of cardiovascular wellness.



NEW BOOK

In the insightful book [Screen Damage by Michel Desmurget](#), the author explores the impact of digital screen exposure on brain development. Using a wide range of scientific studies, Desmurget presents strong evidence that too much screen time can harm, especially young minds. It's a crucial call to action to review and improve our screen habits for our mental and physical health. [📖](#)

NEW PODCAST

The podcast "[Temple Grandin – Parenting Kids with Autism](#)" offers invaluable insights for anyone involved in raising children on the autism spectrum. Temple Grandin, an inspiring individual with autism, provides practical advice and encouragement based on her experiences. It's essential listening for parents, educators, and anyone interested in fostering a more inclusive society.



DO IT YOURSELF

Smoothie Parfait

Enjoy all your superfoods in one go by layering chia pudding, fruit, Greek yogurt, and a green smoothie in a jar. The best part? Prep these colorful parfaits the night before for a grab-and-go breakfast.

Ingredients :

- 1 cup light or whole coconut milk
- 1 tablespoon pure maple syrup
- ¼ teaspoon pure vanilla extract
- 3 tablespoons chia seeds
- ¾ cup frozen mango chunks
- ½ cup packed baby spinach
- 1 cup chopped fruit, such as strawberries, blueberries, and pineapple
- 1 cup Greek yogurt

Instructions :

- Mix coconut milk, 2 tbsp water, maple syrup, and vanilla in a Mason jar or bowl. Stir in chia seeds well. Cover and chill until thick, at least 2 hours, up to 5 days.
- Blend mango and spinach with 1/2 cup water until smooth.
- Layer 1/4 cup chia pudding, 1/4 cup chopped fruit, 1/4 cup yogurt, and 1/4 cup green smoothie in another Mason jar or travel mug. Serve immediately or chill overnight.

MOTTO

A smile is a curve that sets everything straight

TO LEARN MORE ABOUT OUR SERVICES AT DR.ROZE BIOHEALTH CLINIC