

FEBRUARY - 2024

WHAT WE'RE UP TO

☀️❤️ From our family to yours, THANK YOU! ❤️☀️

We're thrilled to share a beautiful milestone with you – Most of you come to us because you've been referred to us by friends and family, or other healthcare professionals.

You each represent a story, a journey, and a cherished relationship we're deeply grateful for. Your trust and willingness to share the word about our services truly warm our hearts. It's not just referrals; it's the faith and love you have in us to extend a part of your family and friends to our care.

Here's to more smiles, health, and community in 2024! Thank you for making us your trusted healthcare partner. ❤️



TREATMENT SPOTLIGHT

Introducing cutting-edge [Vagus Nerve Stimulation](#), a revolutionary approach aimed at enhancing Gut Function. Explore the forefront of gastrointestinal health through this groundbreaking and innovative treatment method. Meet [Sandra](#), an experienced Biological Physiotherapist, who offers this service exclusively at [Dr. Roze BioHealth DIFC clinic](#), ensuring top-notch care for your well-being.



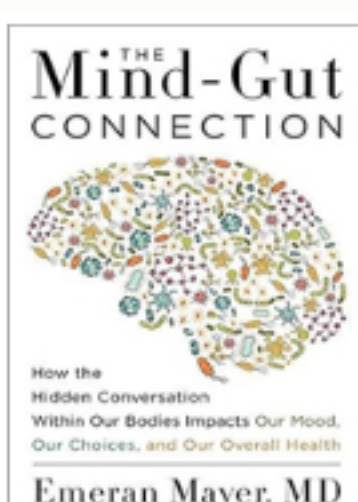
NEWBIE

Welcome Talhia Le Berre from France (originally from the US with Mexican roots). She's our new guest executive with a background in content marketing, knowledge management, HRIS, and FinTech.

Talhia's ready to dive into the medical field and help our team grow. New to both the team and Dubai, she enjoys exploring the city with her family. Say hi to Talhia next time you're around!

NEW ARTICLE

Discover essential teething facts and expert tips for your little ones in our latest article. Learn how to soothe your baby's discomfort during this challenging time. Visit [Dr. Roze's Guide](#) on Teething for professional advice and practical solutions. Ensure your child's health and happiness today!



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

Dive into the fascinating world of Louis Pasteur on Apple Podcasts. Explore the mind and discoveries of the scientist who changed medicine forever. Uncover the story of pasteurization and how Pasteur's innovations continue to save lives today. Tune in now at [PODCAST](#) and be inspired by the legacy of a true pioneer in science.



DO IT YOURSELF

How to Make Aloe Vera Gel

Aloe Vera Gel. Perfect for skin hydration, sunburn relief, and even hair conditioning, making your own Aloe Vera Gel is simpler and more rewarding than you might think.

Ingredients :

- 1 large Aloe Vera leaf
- 1 tablespoon of Vitamin C powder or 1,000mg Vitamin C tablet
- 1 tablespoon of Vitamin E oil (optional)

Instructions :

- **Prepare the Aloe Leaf:** Begin by thoroughly washing the Aloe Vera leaf. Cut off the serrated edges of the leaf, and slice it into sections to make the next steps easier.
- **Extract the Gel:** Using a spoon or knife, carefully scrape out the Aloe gel from the sections into a clean bowl. Try to get as close to the skin as possible to maximize yield.
- **Blend for Smoothness:** Transfer the scooped Aloe gel into a blender. Add the Vitamin C powder (or crushed tablet) and Vitamin E oil. Blend until smooth. This step not only smooths out the gel but also helps in preserving it for about a month when stored in the fridge.

MOTTO

To learn to read is to light a fire; every syllable that is spelled out is a spark.

- Victor Hugo

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