

## JUNE - 2024



**POP-UP SHOP**  
Support your local small business.

### WHAT'S UP

This month, we're showcasing **rite.**, a passionate team based in the UAE dedicated to wellness and beauty. **rite.** believes that true beauty and wellness start from within. They offer a range of products, from signature gummy vitamins to innovative powdered drinks, all designed to combat common health issues effectively.

**Don't miss this opportunity to explore and support amazing local brands. We can't wait to see you there!**

[Tuesday, July 9th | 1pm-5pm | Jumeirah](#)

### NEW TREATMENT

**Bruxism Support Therapy:** We are excited to introduce BST, designed to alleviate the discomfort caused by teeth grinding and clenching, enhancing your overall oral health.

**Facemodelling:** Which combines manual techniques to sculpt and rejuvenate your facial features naturally.

[Schedule your Appointment today!](#)



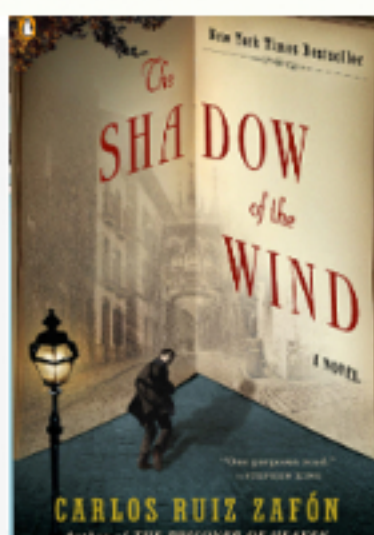
### NEWBIE

Meet Kasia Telep, a 1995 graduate from the Medical School for Dental Hygienist in Warsaw, found her passion for manual face therapies in 2016. She is now certified in **facemodelling therapy and rejuvenating manual techniques** to support bruxism therapy.

**My goal:** "To deliver beaming smiles and glowing skin with non-invasive and pain-free techniques."

### NEW ARTICLE

In [our latest blog](#), [Dr. Nazish, a renowned paediatric dentist](#), addresses common questions about your child's first dental checkup, proper brushing techniques, and managing dental anxiety. Plus, get invaluable tips on maintaining good oral hygiene in children directly from Dr. Nazish!



### NEW BOOK

["The Shadow of the Wind by Carlos Ruiz Zafón"](#) is an enthralling mystery set in post-World War II Barcelona. Follow young Daniel Sempere as he uncovers secrets about a mysterious book and its enigmatic author. This gripping tale of love, intrigue, and literary obsession is sure to captivate readers.

### NEW PODCAST

For this month, we recommend tuning into ["10% Happier with Dan Harris."](#) This podcast offers practical advice on meditation and mindfulness, aiming to make you just a little bit happier each day. Give it a listen and discover strategies to enhance your mental well-being!

🧘🏻💫 Listen now for a healthier, happier smile. 🌍👂



### DO IT YOURSELF

#### Colorful Asian Chicken Salad Recipe

Warmer weather brings cravings for fresh, crunchy salads. Our featured DIY recipe this month is an Asian Chicken Salad that's naturally gluten-free and dairy-free. The salad has a slaw base of napa and red cabbage, but green cabbage works too. Adding carrots and snow peas introduces more crunch, while mandarin oranges provide sweetness. Protein comes from pre-cooked chicken breasts, though leftover rotisserie or grilled chicken also works.

#### Garnish Tips:

- Red or green bell peppers
- Sliced almonds
- Cilantro leaves
- Green onions
- Homemade wonton strips

**Star Ingredient: Toasted Sesame Vinaigrette** This vinaigrette, made with toasted sesame oil, coconut aminos, garlic, and ginger, brings rich umami flavor and antimicrobial benefits. A mix of maple syrup and honey adds a touch of sweetness, making it truly special. Add a little sriracha or red pepper flakes to spice things up! This recipe is perfect for meal prepping and ensures you have a delicious, nutritious meal ready to go. Enjoy!

### MOTTO

Grow through what you go through

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