

DR.ROZE

BIODENTAL CLINICS

MAY - 2024

POP-UP SHOP

Support your local small business.

WHAT'S UP

Have you noticed we smell different? We've enhanced our sensory experience at the clinics thanks to our essential oil sprays (lavendar, jasmin, eucalyptus...). And now, you can shop them too! Stop by our Jumeirah clinic on **June 4th** for our local businesses pop-up shop —our way of supporting our community.

You'll be able to shop [Saine Experience](#) essential oil spray products, but also the magical herbal tea blends and living probiotics of [Mother Elixir](#).

Tuesday, June 4th | 2pm-5pm | Jumeirah

NEW TREATMENT

The Myobrace system for children addresses poor oral habits causing malocclusion. [Dr. Carine at Dr. Roze BioDental Clinic](#) specializes in this preventive treatment, using removable appliances to correct habits, improve dental alignment, and enhance facial development. Parents can trust the clinic's comprehensive approach for long-term dental health and proper jaw development. [Schedule your Appointment today!](#)



NEWBIE

Meet [Dr. Carine](#), an orthodontist from Beirut with a Doctor of Dental Surgery and Masters in Orthodontics from Saint Joseph University. Known for excellent patient communication and clear treatment plans, she excels at putting kids and teens at ease. Passionate about creating beautiful smiles, she believes patient cooperation is key to successful orthodontic treatment. Her favorite spot in Dubai is the captivating fountain shows at Dubai Mall.

NEW ARTICLE

Sugar alcohols, used as low-calorie sweeteners, are found in many sugar-free products and provide fewer calories than regular sugar. They can help in reducing overall sugar intake, but excessive consumption may lead to digestive issues. For more insights, check out last week's detailed blog on [drroze.com](#).



NEW BOOK

Discover the secrets to a fulfilling life with ["Ikigai: The Japanese Secret to a Long and Happy Life"](#). This insightful book delves into the Japanese concept of ikigai, meaning one's reason for being. It blends psychology, culture, and personal stories to show how finding your ikigai can lead to happiness and longevity. A must-read for those seeking purpose and well-being in their lives.

NEW PODCAST

In Podcast Episode #119, Dr. Ryan Nolan delves into [mouthwash recommendations](#), the significance of the oral microbiome, and the role of nanoparticles in dental care. This insightful discussion is a must-listen for anyone interested in maintaining optimal oral health. Don't miss out on these expert tips and innovative topics!

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



DO IT YOURSELF

Ginger for pain and nausea

It's almost law to try ginger when you have a cold, sore throat, or are experiencing morning sickness and nausea. Making a cup is pretty standard: Grate it in your tea for a stronger effect. But the other benefit of ginger that goes less noticed is its effectiveness as an anti-inflammatory. The next time you feel a little queasy and have a headache, try ginger. Ginger works differently than other pain relievers that target inflammation. It blocks the formation of certain types of inflammatory compounds and breaks down existing inflammation through an antioxidant that interacts with acidity in the fluid between joints. Its anti-inflammatory effects come without the risks of nonsteroidal anti-inflammatory drugs (NSAIDs).

Ginger tea recipe - Ingredients :

- Grate half an inch of raw ginger.
- Boil 2 cups of water and pour over ginger.
- Let sit for 5 to 10 minutes.
- Add juice from a lemon, and add honey or agave nectar to taste.

MOTTO

Either you run the day or the day runs you.

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

Copyright © 2024 DR.ROZE BIODENTAL CLINICS . All Rights Reserved
+971 4 388 1313 | info@drroze.com | www.drroze.com

DR.ROZE BIODENTAL CLINICS · Jumeirah Villa – 747 Jumeirah Beach Road Umm Suqeim 2, Dubai – UAE



Privacy | Unsubscribe