



January Newsletter 2020



A Note From Dr. Rosy Sandhu,

The New Year is a time for **rejuvenation**, **renewed spirits** and **resolutions**. Is wellness, balance and rejuvenation at the top of your list? **January is the time to create a customized wellness and beauty program**. We invite you to reserve an in-depth consultation to help you plan your 2020 health, wellness and beauty. **Here's to the New Year!**

January Promotions



Customized 2020 Beauty & Wellness Program

This January, we are offering in-depth consultations to discuss your beauty and wellness goals. We will create a customized program to help you look and feel your best.

Consultation = 2020 plan
Limited slots available.

During the month of January
receive complimentary consultations
with the Clinic Manager.

[Reserve Now](#)

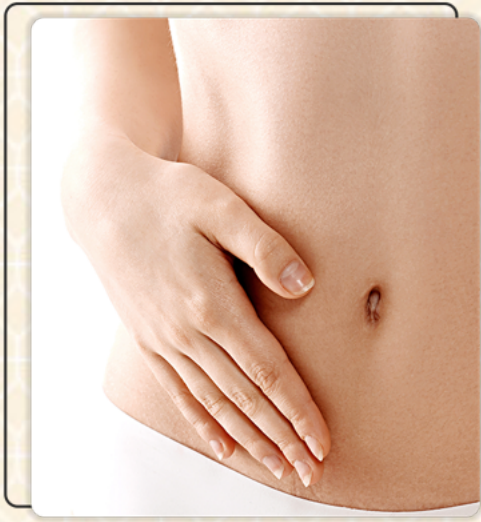


Center for Medical Weight Loss

You deserve to look and feel amazing, and the New Year is the time to make a change. Weight loss will give you the best results! We offer customized plans for each individual for a nutrition plan.

Receive \$100 OFF this month ONLY!

[Reserve Now](#)



Exciting news!

A new year (and a new decade! How about that?) is a great time to renew yourself for an improved look! We have created membership programs for acne, facials, Botox and body contouring treatments!

Stop by for more details!

Reserve Now



January Inspiration

January Self-Care Tip: Speak Positive Words to Yourself Outloud



It might sound silly to stand in front of the mirror and talk to yourself, but that's exactly what we're encouraging you to do. If you don't already talk to yourself in a positive way, this is the perfect starting point. List three positive things about yourself every morning - yes - every. single. morning.

Truly, once you get in the habit, it is much easier. And positive self-talk does change the way your brain responds. Try it!

3 Must-Have Skin Care Products



The skin care products we use are often referred to as an arsenal because of the desire to ward off the bad and welcome the good. But if your arsenal is a cosmetic bag of five or more items, then the following information is for you!

If you're using the right products, you should only need a few. That's why we're listing three must-have skin care products below. We promise, they will become your closest companions! Especially for these dry, winter days!

1. Night Cream - ZO Skin Health Growth Factor Serum

Your skin regenerates and rejuvenates while you sleep, so it only makes sense to aid the process with the right products. Night creams are most well-known for fighting aging and keeping skin healthy and hydrated. The difference can be seen almost immediately! Within a night or two, you will see a positive change in your skin's overall appearance. It's especially helpful if you have age spots, scarring or fine lines. Night cream will minimize the appearance of these as well.

2. Day Cream - ZO Skin Health Daily Power Defense

We get asked a lot if the differences between day cream and night cream are noticeable. YES! Day cream is most definitely meant for the base layer of your skin before applying cosmetics. Day cream is much lighter and its purpose is to moisturize and nourish. Not all creams are created equal, however. It's important to purchase a day cream that will penetrate the skin instead of sitting on the top. Many store-bought creams do not contain

the necessary ingredients to benefit your skin, so make sure you know what you're buying!

3. Eye Cream - ZO Skin Health Intense Eye Repair


Do you ever wake up in the morning and look in the mirror, only to be greeted by dark circles and bags under your eyes? We know the old frozen spoon trick, but we want real results that last. Eye cream is a must-have product for anyone over the age of 25! When used consistently, you will see a major improvement in the appearance of the skin around your eyes. That skin tends to be the most fragile, and eye cream is formulated to be gentle but effective. Give it a try and you will never want to be without it!

You only need a few good products when you use the right ones. It's time to update your anti-aging arsenal and give your skin the boost it deserves! Come on in and we can help you determine what's right for your needs.



Detox Soup

Ingredients

- 1/4 cup water (or vegetable broth)
 - 1/2 of a red onion, diced
 - 2 cloves garlic, minced
 - 3 celery stalks, diced
 - 3 medium carrots, diced
 - 1 small head of broccoli, florets
 - 1 cup chopped tomatoes
 - 1 tablespoon fresh ginger, peeled and minced
 - 1 teaspoon turmeric (powdered ok)
 - 1/8 teaspoon cayenne pepper, or to taste (optional)
 - Fine-grain sea salt and black pepper, to taste
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- 6 cups water (or 4 cups vegetable broth + 2 cups water)
 - 2 cups kale, de-stemmed and torn in pieces
 - 1 cup purple cabbage, chopped
 - Juice from 1/2 or whole of a small lemon

Directions

1. In a large pot, add the water and turn on the heat to medium-high. After it's hot, add the onion and garlic. Sauté for 2 minutes, stirring occasionally. Add the celery, carrots, broccoli, tomatoes and fresh ginger.
2. Stir and cook for 3 minutes, adding in extra water or broth as needed (another 1/4 cup). Stir in the turmeric, cinnamon, and cayenne pepper, plus salt and pepper to taste.
3. Add in the water or vegetable broth and bring to a boil. Reduce heat and simmer for 10-15 minutes or until vegetables are soft. Add in the kale, cabbage and lemon juice near the last 2-3 minutes of simmering.

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