

Arize Clinic

Spring Newsletter

SPRING IS A SYMBOL OF REBIRTH.

SPRING IS THE FIRST DAY OF THE VERNAL EQUINOX. THE FIRST DAY OF SPRING ALSO MARKS THE BEGINNING OF NOWRUZ — THE NEW DAY — THE PERSIAN NEW YEAR. IN JAPAN, THE FIRST DAY OF SPRING IS SIGNIFIED BY THE FIRST CHERRY BLOSSOM BLOOMING. A FACEBOOK STUDY TELLS US THAT COUPLES ARE MORE LIKELY TO BREAK UP IN SPRING. HANG IN THERE! WHILE SPRING BRINGS FLOWERS, OTHER STUDIES TELL US THAT IT'S ONE OF THE WORST TIMES FOR BABIES TO BE BORN AS THEY FOUND THEM MORE LIKELY TO DEVELOP SEVERAL DISORDERS, INCLUDING DEPRESSION AND SCHIZOPHRENIA. IT'S ALSO SAID THAT CHILDREN GROW THE FASTEST DURING THE SPRING. ON THE OTHER HAND, SPRING IS THE BEST TIME OF THE YEAR TO BUY A HOUSE! EASTER FALLS ON THE FIRST SUNDAY AFTER THE FIRST FULL MOON AFTER THE SPRING EQUINOX EVERY YEAR. WE WISH YOU NOTHING SHORT OF BEAUTIFUL FLOWERS AND SUN THIS SPRING!



Supplement Surprise.

LET'S TALK CLEANSE.

YOUR COLON IS AN IMPORTANT PART OF YOUR DIGESTIVE TRACK. IT'S THE PLACE WE ABSORB AND EXCRETE THE GOOD/BAD THINGS FROM THE FOOD WE EAT. UNFORTUNATELY, WHEN WE PUT UNHEALTHY FOODS IN OUR BODIES WE TEACH OUR DIGESTIVE TRACK NOT TO LOOK FORWARD TO THE GOOD FOODS, THE NUTRIENTS WE NEED, AND MORE OFTEN THAN NOT WE PUT GREASE COVERED UNHEALTHY FOODS IN OUR BODIES THAT RETRACT FROM OUR DIGESTIVE SYSTEMS NATURAL PROCESSES. WHEN YOU TRANSITION TO HEALTHIER HABITS AND FOODS THAT YOUR BODY REALLY CRAVES WE TEND TO FORGET HOW WE'VE MISTREATED OUR BODY AND JUST EXPECT IT TO WORK CORRECTLY. WHEN YOU TAKE GREASE AND GRIM OUT OF YOUR DIET YOUR DIGESTIVE TRACK NEEDS TIME TO RECOVER AND RELEARN ITS JOB. MOST OF US EXPERIENCE CONSTIPATION IN THIS PROCESS AND ATTRIBUTE IT NEGATIVELY TO THE FOODS WE EAT. WHEN IN REALITY IT IS A SIMPLE SIGN, INDICATING YOUR DIGESTIVE TRACKS TRANSITION. WE OFFER A PLANT BASED PRODUCT, OUR CLEANSE, TO OUR PATIENTS IF/WHEN THEY REACH THIS POINT ON THEIR JOURNEY TO A HEALTHIER LIFESTYLE. OUR CLEANSE IS SPECIALLY FORMULATED BY ARIZE FOR A NATURAL BOWL MOVEMENT IN RESPONSE TO CONSTIPATION. THIS PRODUCT SUPPORTS HEALTHY COLON FUNCTION AND MITIGATES TOXIN BUILDUP. THE CLEANSE IS DIFFERENT FROM TRADITIONAL LAXATIVES AS IT IS A PLANT BASED PRODUCT AND IT NOT HARD ON YOUR DIGESTIVE SYSTEM. AND IT WILL EASE YOUR NATURAL PROCESSES IN THE CORRECT DIRECTION AGAIN.



TO OUR EXISTING CLIENTS, WE'RE SO EXCITED ABOUT ALL THE POSITIVE CHANGES YOU'VE MADE IN YOUR LIFE! IF YOU'D LIKE TO SHARE A SHORT PARAGRAPH ON THE STORY OF YOUR JOURNEY FOR OUR NEWSLETTER, PLEASE FEEL FREE TO EMAIL US AT INFO@ARIZECLINIC.COM.



SPRING SALE

ENJOY 20% OFF ALL SKIN TIGHTENING PACKAGES ALL MONTH!



Meet Cherell - Our Nutritionist



CHERELL MORGAN, MS. IS A HEALTH CONSULTANT WITH A MASTER'S DEGREE IN NUTRITION FROM ALABAMA A&M UNIVERSITY. CHERELL HAS BEEN PROVIDING NUTRITIONAL COUNSELING FOR THREE YEARS AND HAS HELP HUNDREDS OF PEOPLE LOSE WEIGHT AND KEEP IT OFF. SHE FOCUSES ON WELLNESS, AND WEIGHT LOSS. CHERELL'S NUTRITIONAL PHILOSOPHY IS ONE THAT LOOKS AT THE TOTAL PERSON, AND NOT JUST ON SUPPLEMENTS AND DIETARY INTAKE, BUT PREVENTION, LIFESTYLE, AND USE OF NATURAL THERAPY. SHE WORKS CLOSELY WITH HER TEAM TO FORM A HEALING ENTITY IN ORDER TO ADDRESS THE NEEDS OF EACH PATIENT, INDIVIDUALLY. CHERELL BELIEVES "IT'S NOT ABOUT THE QUICK FIX, IT'S ABOUT EVERLASTING HEALTH. DON'T JUST "FIND THE WAY", "FIND YOUR WAY!" —KELLY SALLUSTIO

Surprise!

OUR TEAM WILL CONTINUE TO GROW INTO THE NEW YEAR AS WE ADD NEW RECEPTIONISTS AND NUTRITIONISTS TO ACCOMMODATE OUR GROWING NEEDS.



WHAT WOULD SPRING BE WITHOUT BEAUTIFUL FOODS? HERE'S A RECIPE YOU CAN SHOW OFF TO EVERYONE WHILE STILL MAINTAINING THE HEALTHY LIFESTYLE YOU'VE COME TO ENJOY.

Peach Salad with Basil Chicken

FOR THE SALAD:

- 10 OZ SPINACH
- 1 LB PEACHES, SLICED
- ½ CUP CHOPPED PECANS, TOASTED
- ½ RED ONION, SLICED THIN
- 1 14-OUNCE CAN CHICKPEAS, RINSED AND DRAINED

FOR THE CHICKEN:

- 1 LB BONELESS SKINLESS CHICKEN BREAST
 - 2 TBSP OLIVE OIL
- 1/3 CUP SLIGHTLY PACKED CHOPPED FRESH BASIL
 - 2 CLOVES MINCED GARLIC
 - 1 TBSP FRESH LEMON JUICE
 - SALT & PEPPER

FOR THE DRESSING:

- 1/3 CUP OLIVE OIL
- 3 TBSP WHITE BALSAMIC VINEGAR
 - 1 TBSP HONEY
 - 1 TSP DIJON MUSTARD
- SALT & PEPPER TO TASTE

WHISK THE DRESSING INGREDIENTS TOGETHER. HEAT THE OIL IN A PAN OR PRE-HEAT A GRIDDLE AND GRILL THE CHICKEN PIECES WITH BASIL, GARLIC, LEMON JUICE, SALT AND PEPPER. LET STAND FOR A FEW MINUTES TO COOL BEFORE CUTTING. TOSS ALL OTHER SALAD INGREDIENTS, INCLUDING CHICKEN, TOGETHER WITH THE DRESSING! SEASON WITH ADDITIONAL SALT AND PEPPER AND MAYBE A DRIZZLE OF GOOD OLIVE OIL.

