



MONTHLY NEWSLETTER

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*HAPPY
THANKSGIVING!*



Wellness Academy

Do you feel like you have enough time at your doctor appointments to get all of your questions answered? At Horizons Health & Wellness, we do not double-book appointments, and we allow 30 minutes for each appointment...and yet this does not feel like its enough time for us to really address chronic and/or complicated issues. In an effort to better educate our patients, I have created Horizons Wellness Academy! This is an online platform hosting classes that I have personally developed and recorded. The first 2 classes are officially published. Stay tuned for more content, but in the meantime, checkout the course descriptions on the next 2 pages!

Dr. Aslami

Wellness Academy



Bloated?
Constipated?
Gassy?

Natural solutions such as elimination diets, vitamins, supplements, digestive enzymes, probiotics and mind-body techniques can be very effective if used in a structured program. These programs are successful AND time consuming. I have created an online 5 hour course to teach people how to do this. Imagine getting 5 hours of advice from your doctor on a chronic problem! [Click here](#) to see a free preview and take quizzes to test your knowledge!

Getting your mojo back takes
time, effort and guidance

VALENTINE'S DAY STARTS NOW

[Click here](#) to see Dr. Aslami's
Intimate Wellness & Satisfaction
online class

Wellness Academy



No libido?

Painful sex?

No orgasm?

Many women have been told that these symptoms are "just part of getting older", or "normal". Most people are too embarrassed to discuss these issues with their doctor. I have created a 4 hour online class to educate women AND men on the available treatment options for sexual dysfunction. From the privacy of your own home, with or without your partner, and on your own time schedule, you can learn how to medically treat sexual dysfunction. [Click here](#) to preview the class!

Recipe of the Month



chicken satay salad

[click here for recipe](#)

Ingredients

1 tbsp tamari	1 Tbsp lime juice
1 tsp medium curry powder	avocado oil
1/4 tsp ground cumin	coriander, chopped
1 clove garlic finely grated	seeds from 1/2 pomegranate
1 tsp clear honey	1 banana shallot halved/sliced
2 skinless chicken breasts	
1 Tbsp crunchy peanut butter (sugar/palm oil free if possible)	
1 Tbsp sweet chili sauce	
1/4 cucumber halved and sliced	

Monthly Specials



25% off
body
contouring
packages

25% off
photofacial
packages



25 % off laser
hair removal
packages

HOLIDAY TIPS FOR WEIGHT MANAGEMENT

Drink 8oz water 1/2 hr before eating

Baking substitutions to consider:

- coconut sugar instead of cane sugar or brown sugar
- cut sugar in recipe by 25%
- use butter instead of margarine
- replace 1/2 of butter/oil in recipe with pureed/shredded apple, banana, pumpkin
- use dark chocolate instead of milk chocolate
- try alternative flours in crumbles, such as almond, coconut, cava flours

ALCOHOL: KEEP YOUR WITS ABOUT YOU

Limit alcohol to 2 drinks per week

Choose wine over beer/liquor

Choose clear liquors over dark

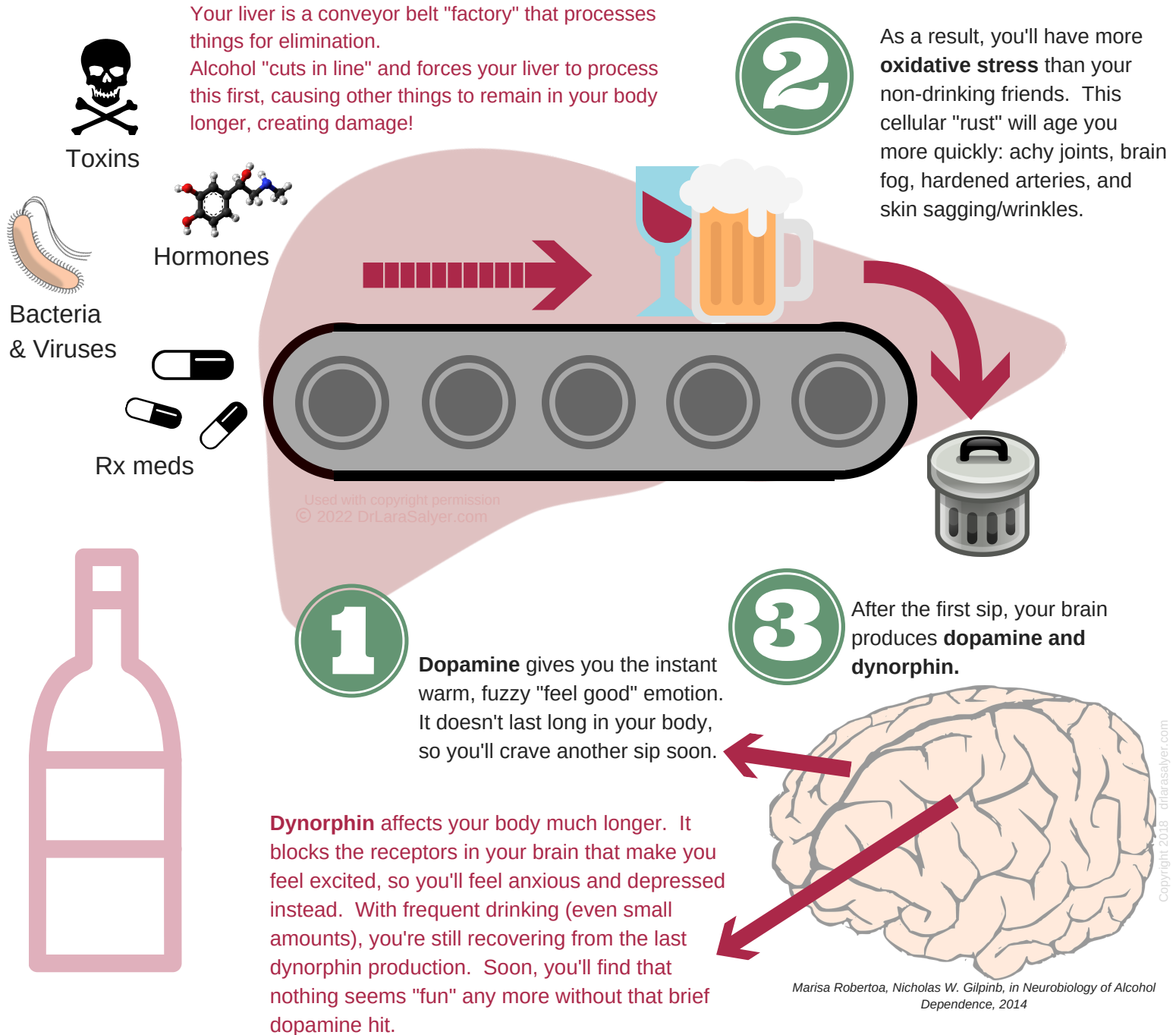
- vodka/gin, 1.5oz

Choose your mixers carefully

- club soda over tonic water
- fresh squeezed fruit over juice
- avoid prepackaged mixers
 - daiquiries/margaritas etc

Choose low calorie beers

Alcohol: the Ultimate Body Bully



4 Rethink your drink

You can help diminish the damage that alcohol does to your body by drinking plenty of water, eating a meal with fats and proteins (carbohydrates and alcohol together will spike your insulin levels, causing more inflammation) and choosing a beverage that has some beneficial qualities:

Worst

Liqueurs
Sweet mixed
drinks

Sweet wines
Cognac
Whisky

Rum
Gin
Vodka

Champagne
Beer

White wine

Red wine

Best