

THE ALCHEMY CLINIC MONTHLY NEWSLETTER



HELLO DECEMBER

◆
*December issue
highlights from our
Alchemy Insider*

Glow. Manage. Look Ahead.

Product Spotlight

Unveil Radiant Eyes with ZO's Bright Eye Cream



If you are looking to revitalize your eyes this product is a must. The eyes are the most expressive and alluring feature on the human face which is why we want our eyes looking healthy and BRIGHT. Things such as genetics, fatigue, dehydration, hyperpigmentation from sun damage and lifestyle choices like excessive alcohol use can all exacerbate the appearance of dark under eyes.

Bright Eye Creme has three powerhouse ingredients. Kojic Dipalmitate will help to inhibit melanin formation to help with lightening, caffeine to will help with under eye puffiness, and a tiny bit of retinol to help with the appearance of fine lines and wrinkles.

A little goes a long way with this product. Best results will be seen if applied twice daily. And here is a little pro-tip: if you have a newly healed scar or some redness following a nasty pimple, apply a thin layer and watch that area lighten!

Nutraceutical

As winter blankets us in its crisp embrace, we know with it comes shorter days and less sunshine. And though the sun may shine, our absorption of Vitamin D is known to decrease significantly in cold weather climates. Biote's Vitamin ADK Nutraceutical combines Vitamins A, D and K2 as these supplements synergistically work together.



Product Spotlight

Nutraceutical



Let's break down each individual vitamin and why they are best taken in combination with one another. Vitamin D facilitates the absorption of calcium, while vitamin K ensures that the calcium is directed to the bones, promoting skeletal health. This duo not only supports bone density but also contributes to cardiovascular well-being by preventing arterial calcification. Vitamin A, known for its role in immune function and skin health, complements Vitamins A and D by enhancing the overall effectiveness of the immune system and promoting a healthy complexion.

Together, these fat-soluble vitamins create a balanced alliance that goes beyond individual benefits, fostering a holistic approach to health and wellness.

While we can supplement these vitamins using nutraceuticals, it is equally as important to keep a well-balanced diet rich in vitamin D, A, and K. Consider a plate featuring grilled salmon as a primary source of vitamin D, accompanied by a vibrant mix of leafy greens such as kale and spinach, providing ample vitamin K for blood clotting and bone metabolism. Enhance the dish with sweet potatoes, a fantastic source of vitamin A, crucial for maintaining healthy skin, vision, and immune function. This nutrient trio not only creates a delicious and colorful meal but also ensures a diverse range of health benefits, promoting a strong immune system, robust bones, and overall well-being.

As we strive for a balanced lifestyle, incorporating vitamin D, A, and K supplements can be a great addition to ensure we meet our nutritional needs. We hope you learned why it's important to take Vitamin A and K with your Vitamin D, especially in the winter months! Stayed tuned next month to learn about how you can sleep better with, "Best Night's Sleep."

Community Involvement



In November we kicked off a special initiative that embodies the spirit of giving and community support. Our local school age children need our help. With the winter season fast approaching, we recognize the importance of keeping our children warm and cozy. Unfortunately, not every family has the means to provide winter gear for their little ones. That's where we can make a difference!

From now until December 20th, we invite you to join us in collecting winter clothing donations for elementary school students in need. Our focus is on new winter gear, including jackets, sweaters, hats, gloves, scarves, and boots.

Here are a few ways you can contribute :

- **Check Your Closets:** Do your kids have coats with tags they never wore or outgrew before they had the chance to wear them?
- **Shop with Purpose:** If you're out shopping and come across a great deal on winter gear, consider picking up an extra item to donate.
- **Spread the Word:** Share our Winter Clothing Donation Drive with friends, family, and neighbors. The more people involved, the warmer our community will be!
- **Monetary Donations:** If you prefer, monetary donations are also welcome. We will use these funds to purchase additional winter clothing items as needed. We love to shop and can't wait to outfit our community.

This season we ask that we come together to make this winter a warmer one for children in need. Your generosity can make a significant impact on a child's well-being and happiness. Remember, these children can't go out to recess with their friends if they don't have appropriate clothing.

As a Thank You for your donation all those who donate will be entered for a chance to win a Cool Peel, valued at \$750.

www.alchemyclinic.com | [@thealchemyclinic](https://www.instagram.com/thealchemyclinic) | November 2023



Wellness Corner

As the holiday season approaches, it's essential to prioritize our well-being and find joy in the midst of celebrations. This year, let's embark on a journey of health and happiness that extends beyond festive decorations and delicious treats. Below are a few tips to help keep you feeling your best.

1. **Mindful Nutrition:** Amidst the holiday feasts, let's not forget the power of mindful nutrition. Opt for nutrient-dense foods, high in protein, that fuel your body and provide the energy needed for all the festivities.
2. **Self-Care is not Selfish:** In the hustle and bustle of the season, take time for self-care. Pamper yourself with rejuvenating aesthetics treatments that enhance your natural beauty and boost your confidence. From medical grade skin care, revitalizing peels, our no-down time Aerolase laser treatment and more; our providers can guide you in choosing the perfect self-care ritual for a radiant holiday glow.
3. **Stress Management Techniques:** The holiday season is a great time to explore stress management techniques such as meditation and yoga. These practices can be powerful tools in promoting mental well-being while decreasing stress levels, especially during the sometimes hectic holiday season.
4. **Stay Active:** Maintain an active lifestyle to keep your body and mind in top shape. Whether it's a brisk walk in a winter wonderland, a weekend ski trip or a group fitness class with friends, find activities that bring you joy and keep you moving.
5. **Adequate Sleep:** Prioritize quality sleep to support overall health. A good night's rest is crucial for physical and mental rejuvenation. Relaxation techniques are a great place to start, however if that doesn't seem to be working for you, consider trying out Best Night Sleep Neutraceutical. Its amazing what a good night's sleep can do for you.



Wellness Corner

6. Connect with Loved Ones: The holidays are about connection. Spend quality time with loved ones has been shown to contribute significantly to overall happiness. Remember it can also be hard time for you if you've lost someone close to you. Keep their memory alive by incorporating traditions or little mementos to remember them.

This holiday season, let's make health and happiness our primary gifts to ourselves. Our team at The Alchemy Clinic is here to support you on this journey toward holistic well-being. We are dedicated to helping you look and feel your best.

Things To Look Forward To

Let's make January the month where we prioritize our health and well-being. If you or someone you know is struggling with weight, our Medical Weight Loss Program may be for you. The Alchemy Clinic can help you achieve your weight loss goals and create lasting habits that extend far beyond the first month of the year. Call the office today to book your weight loss consultation.

