PALM BEACH
HEALTH CENTER

THE GOLDEN RULE:
Scan your QR Code to get your points!

When a busy holiday week hits, it is tempting to simply skip an appointment and pick back up the following week. However, maintaining your doctor-recommended visit frequency is the single most critical factor in how fast and how completely your body heals.

WHY CONSISTENCY MATTERS MORE THAN EVER DURING THE HOLIDAYS

True structural and cellular healing works cumulatively—each visit builds directly on the progress of the last. When you skip scheduled appointments during a short holiday week, two things happen:

1. You Interrupt Your Healing Momentum: Spinal corrections and cellular health protocols rely on consistent, repetitive input to retrain your nervous system and stabilize weak tissues. Missing a session allows old tension patterns and inflammation to creep back in, forcing your body to play "catch-up" instead of moving forward.
2. Holiday Stress Multiplies Physical Strain: Between long hours in the kitchen, lifting heavy dishes or luggage, disrupted sleep, and travel sitting, your spine and nervous system actually take on more stress next week—not less. Stepping away from care right when physical demand peaks leaves your body vulnerable to acute flare-ups.

Instead of skipping your visit next week, adjust your schedule early so you get all of your recommended care in before the holiday break.

Keep Your Progress Moving Forward

Whether you are working on structural stability or internal health optimization, staying consistent ensures you enter December feeling strong rather than starting over:

- Stay on Track with our Doctors: If your normal appointment falls on Thursday or Friday next week, stop by the front desk or call us now to move your visit to Monday, Tuesday, or Wednesday so you don't miss a beat.
- Optimize Your Internal Health with Samantha Powers, APRN: Holiday travel, rich foods, and disrupted routines can quickly throw off your energy and hormones. If you have been meaning to get comprehensive bloodwork and advanced hormone panels—testing far more markers than a standard PCP—schedule your intake with Sam before the year-end rush begins.

IMPORTANT REMINDER: In observance of the Thanksgiving holiday, **our office will be closed on Thursday, November 26th, and Friday, November 27th.** We will resume normal clinical hours on Monday, November 30th. Please plan ahead and adjust your care schedules if you have an appointment. Please stop by the front desk or text/call our office at 561-333-8353.

We wish you and your loved ones a wonderful Thanksgiving!

GIVING THANKS *to our patients!*

You can WIN:

- 🥇 **1ST PLACE: $500 GIFT CARD OF CHOICE**
- 🥈 2ND PLACE: $250 TOWARDS SERVICE OF YOUR CHOICE!
- 🥉 3RD PLACE: 3-PACK OF B-12 SHOTS



HERE'S HOW TO PARTICIPATE:

- **25 Tickets:** New Patient Referral
  - *(Referral must present as a qualified new patient in the month of November.)*
- **15 Tickets:** Packs of Laser, Shockwave, Decompression & more
  - *Should be pack of 12 or above purchased in the Repeat MD App!*
- **10 Tickets:** Video Testimonial
- **5 Tickets:** New Google Review
- **2 Tickets:** New Follow on Instagram or Repeat MD

Raffle Runs: **November 1st – November 30th, 2026**
Keep earning your entries all month long.

Friendly Reminder: *To protect our patients with severe allergies and sensitivities, please refrain from wearing strong perfumes, colognes, or scented lotions during your visits. Thank you for helping us keep our office air safe and clean for everyone!*

Stuffed Butternut Squash

Ingredients

- 1 whole butternut squash
- 1 15 oz can of black beans
- 2 cups of fresh spinach
- 3 green onions
- 1.5 cups cooked rice or grain of your choice
- 1 cup of corn
- 1 tsp smoked paprika
- 1 tsp chili powder
- 1 tsp garlic powder
- 1 tsp parsley flakes
- 1 tsp oregano
- 1/2 tsp red pepper flakes [optional]

Instructions

- Preheat oven to 400F
- Carefully cut your butternut squash in half using a sharp knife. Do not remove the stem or skin. USe a spoon or your hands to scoop the pulp and seeds out of the center. Place the butternut squash halves face-up on a baking sheet and brush with oil [optional]. Bake for 50-60 minutes until you can pierce the center with a fork and it is very soft.
- Meanwhile, prepare the filling. Heat oil or butter over a large skillet and add in chopped green onions. Saute until fragrant and then add in the black beans, rice, and all the spices.
- Stir until combined and add in the corn and spinach. The spinach will look like a lot, but will reduce down quite quickly. Continue to stir and saute. Once spinach reduces down, the butternut squash filling is done.
- Once the butternut squash is soft enough in the center, remove it from the oven and let it cool for 5-10 minutes.
- Using a spoon, carefully scoop out the center of the butternut squash, leaving about 1/2 to 1 inch around the bottom and sides so there is enough to eat with your filling. Reserve the rest of the butternut squash you scooped out for another recipe.
- Scoop out your prepared filling and spoon it into the butternut squash boat. Make sure to press it down with your spoon so that it is packed in tightly. There may be some leftover that you can eat on the side or use for another recipe.
- Serve immediatly or store in an ait-tight container in the fridge for up to 3 days. If you store it, reheat in the oven at 350F for 15 minutes.

(561) 333-8353 - **ROYAL PALM BEACH LOCATION**
1011 N STATE RD 7 STE D, ROYAL PALM BEACH FL, 33411

(561) 588-7780 - **WEST PALM BEACH LOCATION**
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