PALM BEACH
HEALTH CENTER

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

WHY HOLIDAY FEASTS EXHAUST YOUR GUT

With Thanksgiving just around the corner, many of us are looking forward to gathering around the table with family, sharing gratitude, and enjoying hearty holiday feasts.

Traditional Thanksgiving spreads combine heavy fats, refined sugars, dense starches, and processed ingredients into single, high-volume sittings. When your digestive tract is operating at 100%, your stomach produces adequate hydrochloric acid, your gallbladder releases sufficient bile to break down fats, and your pancreas secretes enzymes to process carbs. However, if your gut is already dealing with low-grade, silent inflammation, a heavy meal completely overpowers your digestive capacity:

- Stomach Acid & Enzyme Deficiency: When stomach acid is low, food sits in your stomach too long, causing sour reflux, upper abdominal fullness, and sluggish breakdown.
- Gut Microbiome Fermentation: Undigested sugars and starches travel down into your intestine where opportunistic bacteria ferment them—producing uncomfortable trapped gas, abdominal distension, and visible bloat.
- The Gut-Brain Connection: Over 90% of your body's serotonin and key neurotransmitters are produced in your gut. When your intestinal lining gets inflamed after a meal, it triggers systemic inflammation that directly crosses the blood-brain barrier, causing profound afternoon fatigue, mood dips, and brain fog.

Going Deeper: Why Simple Diet Tweaks Aren't Always Enough

While pre-meal hacks can help you survive a heavy holiday, constantly struggling with bloat, irregular digestion, acid reflux, or food reactions after regular daily meals isn't normal. It is a sign of an underlying root-cause imbalance—such as leaky gut syndrome, small intestinal bacterial overgrowth (SIBO), sluggish gallbladder output, or food intolerances. That is why taking over-the-counter antacids or enzyme pills only covers up the warning signs while the internal leak remains.

SCHEDULE YOUR GUT INTAKE WITH SAMANTHA POWERS, APRN

If you are tired of guessing which foods will upset your stomach or feeling like your metabolism is constantly working against you, it is time for a real biological deep dive. Led by Samantha Powers, APRN, our functional health team specializes in mapping out your complete digestive ecosystem. Unlike routine PCP visits, an intake with Sam goes far beyond basic blood panels.

Call Palm Beach Health Center today at (561) 333-8353 or stop by the front desk during your next visit to schedule a comprehensive Functional Gut & Health Intake with Samantha Powers, APRN!

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!*

Turkey Sweet Potato Hash

Ingredients

- 2 tbsp olive oil
- 1 lb ground turkey
- 1 tsp salt , + more to taste
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp thyme
- 1 tsp oregano
- 2 large sweet potatoes, peeled and diced – cut them into rounds, then cut each round into 6-8 pieces
- ½ onion, diced
- 2 cloves minced garlic
- ½ cup chicken broth
- 2 cups raw baby spinach

Instructions

- Heat 1 tbsp olive oil in a large skillet over medium high heat.
- Add the turkey and use a wooden spoon to break it apart while it cooks for 5-7 minutes. Season with the salt, onion powder, garlic powder, thyme and oregano. Once cooked through, remove using a slotted spoon and set aside.
- To the same pan, add the remaining 1 tbsp olive oil.
- Add the potatoes, onions and garlic and saute for 4-5 minutes until beginning to brown and soften. Pour in the chicken broth and cover. Let the potatoes steam for 3-4 minutes until the broth is almost gone.
- Add the cooked turkey back into the pan and stir. Add the spinach and stir until wilted. Season with salt and pepper as needed and enjoy!

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