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Newsletter

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BH Wellness Minute

EMPOWERING YOUR HEALTH JOURNEY IN 2024

Welcome to the latest edition of BH Wellness Minute. We're thrilled to share valuable insights and tips to support your journey towards optimal health and well-being. In this edition, we'll be focusing on liver **detoxification**, **weight loss** and **overall wellness**. We've also included **5 Optimal Health Goals** to get your 2024 off to a great start. Let's dive in!



- **Liver Detoxification:** The liver is a crucial organ that filters toxins and waste products from the blood. A healthy liver is essential for maintaining good health. Unfortunately, our modern lifestyle and environmental factors can put a strain on the liver, leading to a buildup of toxins that can cause many negative symptoms. Detoxing the liver can help to remove these toxins and support the liver's natural detoxification processes, improving symptoms
- **Weight Loss:** At Belcara Health, we understand that achieving and maintaining a healthy weight is a unique journey for each individual. Our personalized weight loss programs integrate nutrition, exercise, and lifestyle modifications to help you achieve your goals sustainably.
- **Wellness:** True wellness encompasses more than just the absence of illness; it involves achieving balance in all aspects of life. Explore our wellness services to discover how we can assist you in optimizing your overall health and vitality.

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Five Optimal Health Goals for 2024

1. Nourish Your Body with Balanced Nutrition:

- Prioritize balanced meals with fruits, veggies, lean proteins, and whole grains.
- Reduce processed foods and added sugars for sustained well-being.
- Stay hydrated.

2. Prioritize Regular Physical Activity:

- Aim for 150 minutes of moderate or 75 minutes of vigorous exercise weekly.
- Include strength training for muscle and bone health.

3. Cultivate Mental Well-being:

- Practice stress-relief techniques like meditation or deep breathing.
- Ensure 7-9 hours of sleep each night to support cognitive function, mood, and overall well-being.

4. Embrace Holistic Self-Care:

- Schedule regular check-ups and prioritize self-care activities.
- Set boundaries for a healthy work-life balance, allowing time for self-reflection and rejuvenation.

5. Foster Social Connections:

- Strengthen relationships for emotional support and mental health.
- Engage in social activities and community involvement for fulfillment.



Remember, the journey to optimal health is unique for each individual. These goals are a starting point, and it's important to tailor them to your specific needs and circumstances. Regularly reassess your goals and celebrate the progress you make along the way. Here's to a healthy and fulfilling 2024!

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RECIPE OF THE MONTH

Grilled Salmon with Quinoa and Roasted Vegetables

**Ingredients:**

- 4 salmon fillets
- 1 cup quinoa, rinsed
- 2 cups mixed vegetables (zucchini, bell peppers, cherry tomatoes)
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 1 lemon, juiced
- Salt and pepper to taste
- Fresh herbs (parsley or dill) for garnish

Instructions:

1. Preheat the grill: Brush the salmon fillets with olive oil, season with salt and pepper. Grill for 4-5 minutes per side or until the salmon flakes easily with a fork.
2. Prepare quinoa: In a saucepan, combine quinoa with double the amount of water. Bring to a boil, then reduce heat, cover, and simmer for 15-20 minutes until the quinoa is cooked.
3. Roast vegetables: Toss mixed vegetables with olive oil, minced garlic, salt, and pepper. Roast in the oven at 400°F (200°C) for 20-25 minutes or until vegetables are tender.
4. Assemble: Serve grilled salmon over a bed of cooked quinoa, accompanied by the roasted vegetables. Drizzle with fresh lemon juice and garnish with chopped herbs.

Enjoy this delicious and nutritious meal that's rich in omega-3 fatty acids, protein, and essential vitamins!



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