

Wishing You a Healthy and Happy Holiday Season

As the year comes to a close, we want to take a moment to thank you for letting us be part of your health journey. Your commitment to wellness inspires us every day, and we're honored to support you along the way.

This season, we hope you'll enjoy time with loved ones, celebrate the joys of the holidays, and embrace a little balance—indulging in your favorite festive flavors while staying true to your health goals.

Here's a festive recipe to bring a little holiday cheer to your table!



Warm Spiced Apple Cider

- 4 cups unsweetened apple cider
- 2 cinnamon sticks
- 4 whole cloves
- 1 star anise (optional)
- 1 orange, sliced
- Optional garnish: sliced apples, fresh cranberries, or a sprig of rosemary

Combine all ingredients in a pot, simmer for 10 minutes, and serve warm. Perfect for a cozy evening or holiday gathering!