



PEOPLE
ROOTED
IN
BETTER
HEALTH

Stronger
Together ♥

MONTHLY NEWSLETTER

OCTOBER 2026

Flourish

In Every Season

OCTOBER IS
BREAST CANCER
AWARENESS MONTH

*Earlier Detection.
Healthier, Stronger You.*



AWARENESS

Know the signs.

PREVENTION

Take proactive steps.

NUTRITION

Nourish your body.

SUPPORT

Stand together.

WELLNESS

Live fully.



FUNCTIONAL CARE FOR A HEALTHIER, BRIGHTER YOU

FLOURISHSBC.COM

A Note From *Flourish*

REAL
PEOPLE.
LASTING
CHANGE. A
BETTER YOU.



This October, we're shining a light on something incredibly important — Breast Cancer Awareness Month. It's a time to educate, encourage, and empower each other to take charge of our health.

At Flourish, we believe that awareness leads to earlier detection, and early detection saves lives. We're here to support you with the resources, guidance, and compassionate care you need on your wellness journey • not just this month, but always.

Thank you for trusting us with your health. Together, we can build healthier tomorrows.

Carly



CARLY
FLOURISH FUNCTIONAL MEDICINE

This Month *at Flourish*



EDUCATE • SUPPORT • EMPOWER



BREAST CANCER AWARENESS

Learn the importance of screenings, know the signs, and take proactive steps for a healthier tomorrow.



WOMEN'S HEALTH APPOINTMENTS

Don't wait • schedule your wellness exam, mammogram or discuss your breast health with our team.



NUTRITION & LIFESTYLE

Discover cancer-fighting foods, simple wellness habits, and healthy swaps for the season.



COMMUNITY SUPPORT

We're in this together. Follow us for tips, encouragement, and local resources throughout the month.



TOGETHER WE CAN MAKE A DIFFERENCE

Awareness begins by..

Knowing your body.

Early detection. More
tomorrows. Healthier lives.



"A little
awareness
can make a big
difference."



Breast Health *Matters*

AWARENESS | PREVENTION | EARLY DETECTION | SUPPORT

Breast cancer is the most common cancer in women, but when found early, it's highly treatable. This month, we encourage everyone to take time for their breast health — for yourself, your loved ones, and your community.



*Know your body.
Trust what feels
different.* ♥

KNOW THE SIGNS

Be familiar with what's normal for you and report any changes to your healthcare provider.



A new lump or thickening



Nipple changes (inversion, discharge, or tenderness)



Changes in size or shape



Persistent breast pain



Skin changes (redness, dimpling, or thickening)



Any other change that feels different for you

SCREENING GUIDELINES

20s

Know your normal and be aware of changes.

40+

Talk with your provider about when to start mammograms and how often to screen.

High Risk

You may need earlier and more frequent screening based on your personal and family history.

When in doubt, check it out. ♥

WAYS TO SUPPORT YOUR BREAST HEALTH



Eat a nutrient-rich diet with plenty of fruits, vegetables, and whole foods.



Stay active — regular movement supports overall health.



Maintain a healthy weight.



Avoid tobacco and limit alcohol.



Manage stress and prioritize sleep.



Consider your family history and personal risk factors.



Keep up with recommended screenings and discuss any concerns with your provider.

Awareness begins with you. ♥



“Taking care of yourself is always worth the time.” ♥

Nourish

With Intention



*Colorful
Choices
for a
better you* ♥



*Good
Food
Brighter
Days* ♥

FOODS THAT SUPPORT A HEALTHIER YOU

While no food can prevent or cure cancer, research shows that a diet rich in nutrient-dense foods can help support your overall health and may reduce your risk. This month, we're highlighting some powerful, cancer-fighting foods to help you and your family feel your best.



DARK LEAFY GREENS

Spinach, kale, and collard greens are rich in carotenoids and other protective compounds.



CRUCIFEROUS VEGGIES

Broccoli, cauliflower, cabbage and Brussels sprouts contain glucosinolates, powerful plant compounds.



BERRIES

Blueberries, strawberries, raspberries and blackberries are packed with antioxidants like anthocyanins.



TOMATOES

An excellent source of lycopene, a carotenoid known for its anti-cancer properties.



BEANS & LEGUMES

High in fiber, protein and cancer-fighting compounds like flavonoids.



WALNUTS

Rich in healthy fats and compounds that may help suppress tumor growth.



TURMERIC

Contains curcumin, a powerful anti-inflammatory and anti-cancer compound.



FLAXSEED

A great source of fiber, omega-3 fatty acids, and lignans, which have been linked to cancer protection.

*Simple Ways to Add
These Foods to Your Day:*



- ✓ Add berries to your breakfast or snacks
- ✓ Include a serving of leafy greens at lunch or dinner
- ✓ Snack on a handful of nuts or seeds
- ✓ Use turmeric in soups, eggs, or roasted veggies
- ✓ Try beans or lentils in salads, soups, or wraps
- ✓ Choose colorful fruits and vegetables daily

SMALL CHOICES MAKE A BIG DIFFERENCE



“

“A healthier tomorrow starts with the choices you make today.”

”

Healthy Halloween

Treats

SPOOKY SNACKS
HEALTHY CHOICES
HAPPIER YOU



Halloween can be sweet without the sugar overload! These fun and festive treats are made with wholesome ingredients, easy to make, and perfect for the whole family.



BANANA GHOSTS

A simple and fun treat kids love!



MANDARIN ORANGE "PUMPKINS"

A naturally sweet, festive favorite.



PB APPLE MONSTER TEETH

A crunchy, delicious treat with a protein boost.



HALLOWEEN MONSTER FRUIT TRAY

Colorful, fun, and packed with nutrients.



MUMMY GRANOLA BARS

A wholesome snack kids (and adults) will love.



WITCH BROOMS

A salty, spooky snack in minutes.



CEMETERY DIRT CUPS

A healthier twist on a classic.



GREEN MONSTER SMOOTHIES

A nutrient-packed treat that's scary good!

TREAT SMART THIS HALLOWEEN



Choose whole-food ingredients when possible.



Use natural sweeteners like fruit, honey, or maple syrup.



Add a boost of nutrition with fruits, veggies, nuts, or seeds.



Balance treats with nourishing meals.



Remember — it's about progress, not perfection!

*Small
Healthy Choices
Lead to Better
You*



*Trick or Treat
Yourself
To a Healthier You*



Supplement Spotlight



Small
Steps,
Big
Impact. ♥

SUPPORTING A HEALTHIER, BRIGHTER YOU

This month we're highlighting a supplement that helps support your overall wellness. Magnesium plays an important role in energy, relaxation, stress support, and whole-body health — essentials for feeling your best during every season of life.



THIS MONTH'S FEATURED SUPPLEMENT

Magnesium Glycinate Complex

A HIGHLY ABSORBABLE FORM OF
MAGNESIUM

Magnesium Glycinate Complex delivers 300 mg of magnesium per 2-capsule serving in a buffered, highly absorbable form. It is designed to support healthy magnesium levels and promote multiple aspects of whole-body health.*



MUSCLE
RELAXATION



ENERGY
PRODUCTION



BONE & HEART
HEALTH



STRESS & SLEEP
SUPPORT

KEY BENEFITS



Helps ease muscle tension and supports recovery.*



Supports healthy energy metabolism.*



Plays a key role in bone strength and cardiovascular function.*



Helps promote a balanced stress response and healthy sleep quality.*

PATIENT SAVINGS

SAVE 10%

USE CODE: **FALL10** ♥

Ask Us!

Have questions about magnesium or if it's right for you? Our team is here to help you find the best supplements for your individual health goals.



Women's Wellness

A Stronger You

You
Deserve a
Healthy
Happy You

HEALTHY HABITS • SELF-CARE • WHOLE-BODY WELLNESS

Taking care of yourself isn't selfish — it's essential. When you feel your best, you can show up fully for the people you love. This month, we encourage you to focus on small, intentional steps that support your physical, mental, and emotional well-being.



NUTRITION

Fuel your body with schools foods that give you energy and support your health.



MOVEMENT

Find ways to make that you enjoy. Even small steps make a big difference.



BETTER SLEEP

Rest helps your body supports your immune system, and improves your mood.



STRESS CARE

Take time to breathe, try prayer meditation, nature walks, or simply doing something that brings you joy.



SELF-CARE

You matter too. Schedule the appointment, take the break, and give yourself grace.

“A healthy woman is a powerful woman.”



October Wellness Reset



SIMPLE STEPS FOR A BRIGHTER YOU

- ✓ Drink more water
- ✓ Add more fruits and vegetables
- ✓ Move your body at least 20 minutes a day
- ✓ Prioritize 7–8 hours of sleep
- ✓ Schedule or update your wellness exams
- ✓ Practice one self-care activity each week
- ✓ Be mindful of stress and take time for YOU

SMALL STEPS, REAL PROGRESS. A HEALTHIER, HAPPIER YOU.



WELLNESS REMINDERS



Know Your Risk
Talk with your provider about your personal and family history.



Keep Up With Screens
Mammograms can find changes early, when they are most treatable.



Lean on Your Support System
Friends, family, and your Houserteam are here for you.



You Are Not Alone
Together, we can make wellness feel more supported.

Strong Women
Supported Women





PEOPLE
ROOTED
IN
BETTER
HEALTH



Thank You
for Being Part
of Our
Flourish Family

MONTHLY NEWSLETTER

OCTOBER 2026

Let's Keep You *Flourishing*

ROOTED IN CARE. FOCUSED ON YOU.

Thank you for letting us be a part of your health journey. Whether you're here for a check-up, guidance, or support, our goal is always the same — to help you and your family feel your best and live a healthier, happier life.

Care That
Meets You
Where You
Are.



OUR SERVICES



PRIMARY
CARE



FUNCTIONAL
MEDICINE



WOMEN'S
HEALTH



PEDIATRIC
CARE



WEIGHT
MANAGEMENT



NUTRITION
COUNSELING

Whole Person Care for Every Stage of Life

OFFICE HOURS



Monday – Thursday
9:00 AM – 5:00 PM

Friday
9:00 AM – 12:00 PM

Closed Saturday
and Sunday

Ready to Schedule?

We're here to support you
on your wellness journey.



(318) 572-6876



400 Texas St., Suite 901
Shreveport, LA 71101



flourishsbccom

See You Soon!

*Everything Flourish
All in One Place*



Scan to book appointments,
explore our services, shop
supplements, and more!

*Your
Health Is
Worth
Making Time
For.*

PERSONALIZED CARE. WHOLE-PERSON WELLNESS.

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