



PEOPLE
ROOTED
IN
BETTER
HEALTH

*Small
Steps
Lasting
Wellness* ♥

MONTHLY NEWSLETTER

SEPTEMBER 2026

Fall Into *Wellness*

*New
Season
Healthier
You*

SMALL STEPS,
HEALTHY HABITS,
A BRIGHTER YOU.

GOOD
HEALTH
BRIGHTER
DAYS



KIDS' HEALTH
Little Germs,
Big Immune Systems

NUTRITION
Build a Better
Lunchbox

**EASY & HEALTHY
RECIPES**
Mini Chicken &
Veggie Dippers

**SUPPLEMENT
SPOTLIGHT**
Support Your
Wellness

WELLNESS RESET
Simple Habits for
a Healthier You

FUNCTIONAL CARE FOR A HEALTHIER, BRIGHTER YOU

FLOURISHSBC.COM

Welcome

TO THE SEPTEMBER EDITION

Dear Patients and Friends,

As summer fades and a new season begins, September reminds us that change can be a beautiful thing. It's a time for fresh starts, renewed focus, and small steps toward a healthier, happier you.

At Flourish, we're grateful to walk alongside you on your wellness journey. Whether you're here for preventive care, ongoing support, or simply some encouragement, please know that you are always an important part of our Flourish family.

Here's to a season of progress, positivity, and good health! 

With Gratitude,
THE FLOURISH TEAM



SAME TRUSTED CARE.

A Brighter Tomorrow. 

WHAT YOU'LL FIND INSIDE

- 1 **Fall into Wellness**
This month's highlights and inspiration.
- 2 **Seasonal Health Tips**
Easy ways to stay your healthiest this fall.
- 3 **Featured Services**
Spotlight on care that supports you.
- 4 **Supplement Spotlight**
Supplements to support a healthy immune system.
- 5 **Dates & Reminders**
Stay in the know.
- 6 **And More**
Helpful info, resources, and a little fun!

Thank you
FOR BEING PART OF OUR STORY.

OUR MISSION



To provide compassionate, personalized care that empowers healthier lives and brighter tomorrows.

OUR VALUES



Compassion
Integrity
Education
Community
Better Health for All

*Different Seasons,
Same Commitment
to You.*

Little Germs, Big Immune Systems

Simple strategies to help your family stay healthy all school year long.

With back-to-school season comes new routines, new friends, and unfortunately, more exposure to germs. The good news? There are simple, natural ways to support your child's immune system and overall health so they can stay in the classroom, doing what they love.

Healthy kids don't just happen... they're built with daily choices.



PRACTICAL WAYS TO SUPPORT IMMUNITY



NUTRITIOUS MEALS

Focus on whole, nutrient-dense foods (like the recipe on page 5).



DAILY MOVEMENT

Play, exercise, and fresh air keep immune systems strong.



HYDRATION

Keep water handy throughout the day.



STRESS SUPPORT

Encourage downtime, deep breathing, and connection.



QUALITY SLEEP

Most school-aged kids need 9–12 hours per night.



KEY NUTRIENTS

Vitamins C, D, zinc, and probiotics can help fill gaps.

IMMUNE-BOOSTING FOODS FOR KIDS

Simple. Real. Nourishing.



BERRIES

Rich in antioxidants to help support immune function.



LEAFY GREENS

Packed with vitamins and minerals to keep their bodies strong.



CITRUS

A great source of vitamin C for immune support.



PROBIOTIC-RICH FOODS

Support a healthy gut, which plays a big role in immunity.



NUTS & SEEDS

Provide healthy fats, vitamin E, and key nutrients for immune health.



"Small, consistent choices today create healthier, happier tomorrows."



REMEMBER:

Progress over perfection

Healthy habits add up

You're doing a great job

We're here to support you



Build a Better Lunchbox

Simple. Balanced. Nourishing.

A well-balanced lunchbox helps fuel your child's body, supports focus and learning, and keeps their immune system strong. Use this simple guide to mix and match wholesome options your kids will actually eat and love!



PICK 1 PROTEIN



- Chicken (grilled, shredded, or meatballs)
- Turkey slices
- Hard-boiled eggs
- Greek yogurt
- Cheese cubes
- Hummus
- Tuna or salmon

PICK 1 FRUIT/VEGGIE



- Carrots
- Cucumber slices
- Bell peppers
- Cherry tomatoes
- Apples
- Berries
- Grapes
- Mandarin oranges
- Snap peas

PICK 1 SMART CARB



- Whole grain pita crackers
- Whole grain bread or wrap
- Brown rice
- Quinoa
- Whole grain pasta
- Oat crackers
- Sweet potato slices

PICK 1 HEALTHY FAT



- Avocado or guacamole
- Nut or seed butter
- Cheese
- Hummus
- Nuts or seeds
- (if school allows)
- Olive oil based dressing
- Ranch (choose a cleaner option)

DON'T FORGET TO HYDRATE



- Water is best!
- Add a fun reusable water bottle
- Infuse with fruit for natural flavor
- Limit sugary drinks and juice

LUNCHBOX WINS FOR BUSY MORNINGS

- ✓ Prep ingredients ahead of time (Sunday is your friend!)
- ✓ Keep grab-and-go options stocked in the fridge.
- ✓ Used divided containers to keep foods fresh and appealing.
- ✓ Let your kids help choose and pack their lunches.
- ✓ Involve kid-friendly foods they already like.
- ✓ Keep it simple — it doesn't have to be perfect to be healthy!
- ✓ Rotate options to avoid lunchtime boredom.

Healthy
habits
start
at home.



TRY IT THIS WEEK

Turn the page for our
Mini Chicken & Veggie
Dippers recipe — a kid-approved, nutrient-packed
lunchbox favorite!



PAGE 4 →



KID-APPROVED | NUTRITIOUS | SIMPLE | DELICIOUS

Mini Chicken & Veggie Dippers

A nutritious, protein-packed lunchbox favorite that's easy to make and perfect for busy school days!



SERVINGS
1



PREP TIME
8 MINUTES



COOKING TIME
15 MINUTES



INGREDIENTS

- 4 oz (113 g) Ground Chicken
- 1 tsp (0.5 g) Panko Bread Crumbs
- 1 tsp (2 g) Parmesan (Grated)
- 1 tsp (4 g) Olive Oil
- 0.25 tsp (0.7 g) Garlic Powder
- 0.25 tsp (0.6 g) Onion Powder
- 1 dash (0.6 ml) Kosher Salt
- 1 tsp (5 ml) Water
- 8 medium (80 g) Baby Carrots
- 1 apple Apples (Sliced)
- 6–10 (18 g) Pita Crackers
- 1 tbsp (15 g) Ranch

DIRECTIONS

- 1 Preheat oven to 375°F (900°C) and line a baking sheet with parchment paper.
- 2 In a bowl, combine chicken, breadcrumbs, Parmesan, oil, garlic powder, onion powder, salt, and water. Mix well.
- 3 Form into 6–8 small (1-inch) meatballs and place on the baking sheet.
- 4 Bake 15 minutes, flipping halfway, until cooked through (165°F / 74°C).
- 5 While baking, slice the apple and dip in lemon water to prevent browning.
- 6 Let dippers cool slightly, then pack with apple slices, carrots, pita crackers, and ranch.

NOTES

Storage Tip: Pack the ranch in a tiny leak-proof dip container with a lid.

Make-Ahead Tip: Meatballs can be served warm or cold. Cool, refrigerate, and pack an ice pack in the lunchbox to keep safe and moist until lunchtime.

*"Healthy meals
are the best fuel
for young minds."*



NUTRITION INFO (PER SERVING)

478	24.2 g	45.1 g	28.3 g	6.4 g	23.4 g
Calories	Fat	Carbs	Protein	Fiber	Sugar





SUPPLEMENT SPOTLIGHT

Immune Support Packages

Comprehensive 5-in-1 Daily Immune Support

A convenient, once-daily packet that combines five high-quality Designs for Health formulas to help support your immune system and overall wellness.

*Daily support for
your immune system.*



Simple
Support
for a
Stronger
Tomorrow



IMMUNE
SUPPORT



MORE
ENERGY



OVERALL
WELLNESS



A HEALTHIER
TOMORROW



ABOUT THIS SUPPLEMENT

Each Immune Support Packet (ISPJK30) combines five clinically formulated Designs for Health products in one convenient, once-daily packet:

- Immunitone Plus™
- ADK Eviltellar C™
- Zinc Supreme™
- N-Acetyl-L-Cysteine (NAC)

This comprehensive formulation is designed to support a healthy immune system with key nutrients, botanicals, and antioxidants.



KEY FORMULA HIGHLIGHTS

-  Botanical and mushroom blend including astragale, echinacea, elderberry and medicinal mushrooms
-  Vitamins A, D, E and K
-  600 mg vitamin C with bioflavonoids
-  30 mg zinc
-  900 mg NAC

BENEFITS

-  Supports a healthy immune response
-  Promotes normal white blood cell function
-  Supports a healthy response to inflammation
-  Supports antioxidant status

SUGGESTED USE

-  Take 1 packet per day or as directed by your health's care practitioner.

Flourish Patient Savings
SAVE 10%
Use code: **FALL10**

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.



Your September Wellness Reset

Small, intentional changes can make a big difference.

As we settle into a new season, September is the perfect time to reset routines, refocus on your health, and create habits that support more energy, balance, and joy — for you and your family.



HYDRATE

Water supports energy, focus, digestion, and immune function. Keep a water bottle with you and aim for consistent hydration throughout the day.

*Small sips
Big benefits* ♥



NOURISH

Focus on whole, nutrient-dense foods. Fill your plate with lean proteins, colorful fruits and vegetables, healthy fats, and fiber to fuel your body and mind.

*Good food
fuels a good mood* ♥



PRIORITIZE SLEEP

Quality sleep helps your body repair, supports immune health, and improves focus and emotional well-being. Aim for 7–9 hours per night.

*Rest today
for a brighter
tomorrow* ♥



MOVE YOUR BODY

You don't need a perfect workout — just consistent movement. Even a short walk, stretching, or playing with your kids counts!

*Movement
creates momentum* ♥



MANAGE STRESS

Chronic stress can impact your immune system, hormones, and overall health. Find what helps you slow down — deep breathing, time outside, prayer, or a hobby you love.

*A calmer you
is a healthier you* ♥



STAY CONNECTED

Lean on your support system. Whether it's family, friends, or your Flourish care team, you don't have to do it alone.

*Healthy people
help people* ♥

SEPTEMBER RESET CHECKLIST

- ☐ Drink more water
- ☐ Pack healthy lunches
- ☐ Get 7–9 hours of sleep
- ☐ Move your body daily
- ☐ Add more fruits & vegetables
- ☐ Take your supplements
- ☐ Manage stress
- ☐ Schedule check-ups
- ☐ Be kind to yourself

Progress over perfection. ♥

"A healthier you today
creates a brighter
tomorrow for the ones
you love."





PEOPLE
ROOTED
IN
BETTER
HEALTH

Thank you
for being part
of our
Flourish family

MONTHLY NEWSLETTER

SEPTEMBER 2026

LET'S KEEP YOU *Flourishing*

SCHEDULE • CONNECT • THRIVE

Your health journey matters, and we're here to support you every step of the way. Whether you're looking to address a specific concern, optimize your wellness, or just have questions, our team is ready to help.



*Small Steps,
Lasting Wellness*



FUNCTIONAL
MEDICINE VISITS



NUTRITION
GUIDANCE



SUPPLEMENT
SUPPORT



LIFESTYLE
COACHING



PREVENTIVE
CARE



FAMILY
WELLNESS



WEIGHT &
METABOLIC HEALTH



AND MORE

READY TO SCHEDULE?



BOOK ONLINE

Visit our website to schedule your next appointment.



CALL OUR OFFICE

We're happy to help you find a time that works.



EXISTING PATIENT?

You can also request an appointment through the patient portal.

We can't wait to see you!



CONTACT US



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OFFICE HOURS

Monday – Thursday 9:00 AM – 4:00 PM

Friday 9:00 AM – 4:00 PM

Saturday Closed-Virtual
appointments available
for members

Sunday

*"Invest in
your health...
it pays the greatest
dividends."*



SOCIAL
MEDIA,
BOOKING
LINKS, AND
PATIENT
PORTAL



*Rooted in better health.
Growing toward a brighter you*



FUNCTIONAL CARE FOR A HEALTHIER,
BRIGHTER YOU