

PALM BEACH HEALTH CENTER

IT'S THE SEASON OF *giving & healing.*

HOLIDAY HEALTH & WELLNESS SPECIALS
(Nov 24th – Dec 19th)

1. FLASH CARE-PLAN ADD-ON SALE

Secure your long-term health and enjoy massive savings on your future care!

Add 1 Full Year to Your Current Care Plan and Save 20% OFF.

- Whether you are currently finishing care, mid-treatment, or returning as a former patient, you can lock in this deal.
- Must be paid in full (PIF) or through third-party financing (Affirm / CareCredit). Not valid with in-house payment plans.

2. SPECIALIZED THERAPY PACKAGE DEALS

If you've been considering advanced therapies, now is the time to start.

20% OFF any package of Laser, Shockwave, or Decompression.

- Applies to packages paid in full (PIF) or financed via Affirm/CareCredit.
- **Bonus Gift:** When you purchase a package, you can gift a FREE session of that same therapy to a non-patient friend or family member!
 - *(Must be used within 12 months.)*

3. REGENERATIVE MEDICINE: ONE-DAY-ONLY BOGO EVENT

This is the perfect opportunity for multi-joint treatment or couples/family members seeking regenerative healing together.

- Applies to PRP (Platelet-Rich Plasma) or Stem Cell (Wharton's Jelly) treatments.
- Note: Both joints/sessions must be completed on the same day.

4. SUPPLEMENT & PRODUCT SAVINGS

We are making it easier than ever to maintain your foundational wellness.

- **Auto-Pickup Subscriptions**
 - Set up a customized 12-month auto-pickup commitment and receive 20% OFF your entire recurring order! This includes multis, omegas, GI products, thyroid support, anti-inflammatories, performance stacks, and more. Our team will help you customize a protocol that fits your goals.
- **All Supplements Sale Week**
 - Stock up on everything else you need! 15% OFF All Supplements the week of December 8th through December 12th. (Some exclusions apply).

JOIN US IN SUPPORTING GRANDMA'S PLACE

DONATION DRIVE RUNS THROUGH 1ST WEEK OF DECEMBER

To thank you for your generosity, we are offering a gift when you donate:

Bring in a minimum of \$30 worth of accepted donations (receipts appreciated!) and you will qualify to gift a family member or friend a complete New Patient Exam at Palm Beach Health Center.

Coupon for new patient expires by 1/31/26.

THIS IS A GREAT WAY TO SHARE THE GIFT OF HEALTH WITH SOMEONE YOU CARE ABOUT WHILE SUPPORTING A CRUCIAL CAUSE!

ACCEPTED ITEMS:

Scan QR to see full list.





**SCAN QR TO
REGISTER**

MAXIMIZE YOUR EXPERIENCE WITH OUR APP

Want to know about exclusive patient-only specials, earn loyalty rewards, and access educational content?

Download the RepeatMD App Today!

It's the easiest way to manage your loyalty points and stay up-to-date on everything happening at PBHC. Ask our front desk staff how to get set up and start earning rewards on your next visit!

CLOSURE NOTICE

Happy Thanksgiving!

In observance of the holiday, **PBHC will be closed on Thursday, November 27th, and Friday, November 28th, 2025.**

We will resume normal business hours on **Monday, December 1, 2025.**
We appreciate your understanding and look forward to serving you when we return.
Please plan accordingly to do your best to make your doctor prescribed schedule.
Wishing you a safe, healthy, and pain-free holiday season!

Apple Cinnamon Protein Muffins (Gluten-Free!)

Ingredients

- ¼ cup coconut oil, measured after melting
- ½ cup cinnamon applesauce
- ½ cup plain fat-free Greek yogurt
- 2 tbsp maple syrup
- 2 eggs
- 1 tsp vanilla
- 2 cups gluten free 1:1 flour
- ½ cup coconut sugar
- ½ cup vanilla protein powder,
 - use Bone Broth Protein (PurePaleo™) by Designs for Health
- 2 tsp cinnamon
- 1 tsp baking powder
- 1 tsp baking soda
- ½ tsp salt
- 1.5 cups finely diced apple, 1/4-1/2 inch pieces.
About 1 large apple, peeled and cored.

Instructions

1. Preheat oven to 350. Spray a muffin tin with avocado oil spray.
2. Combine wet ingredients in a large bowl (melted coconut oil, applesauce, yogurt, maple syrup, egg, and vanilla) and mix to combine.
3. Add dry ingredients (flour, sugar, protein powder, cinnamon, baking powder, baking soda, and salt) to another bowl and mix to combine.
4. Add the dry ingredients into the wet ingredients and stir, then gently fold in the diced apples.
5. Divide the mixture evenly between the 12 cups, filling almost to the top. Sprinkle with a little more coconut sugar.
6. Bake for 22-24 minutes or until the tops have risen and set.
7. Let the muffins cool for 20-30 minutes before enjoying!

Recipe from **Mary's Whole Life**



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