



Dear Family, Friends, Patients and Community,

WE honor and value your time. Therefore if you wish to unsubscribe, please do. However, we ask that you read this email in its entirety before doing so because the next chapter of our journey has a lot to do with each of us since we have crossed paths at some point!

Just a reminder of what we do...

Florida Balance Centers (FBC) /
Acupuncture and Integrative Medicine (AIM)

We specialize in Inner Ear Problems
(Vertigo, Dizziness, & Balance) & (Pain Management)



Insurance & Sliding Scale!

DON'T LET GET IN YOUR WAY OF HEALING!

Visit us at: Balancecenters.com

CALL TODAY TO GET MORE INFORMATION!
954.987.7077

WATCH ☐ our 3 part health series on how to avoid
Inner Ear and Pain Management problems
while moving towards
OPTIMAL HEALTH ☐

[CLICK HERE!](#)



Today let's learn about...

JACKFRUIT!!

Our patients are always asking us "what do I eat??"
There's nothing to eat!"

"Tom and Esther, are always telling us we should eat
more plant based but what is there to eat when it feels
like all I am allowed to eat is GRASS" ☐☐☐

"Now, with 4th of July coming, what the heck am I
going to eat?"

GREAT NEWS...

Here's a great option for any meal and especially for for your BBQ celebration!

Fun facts about Jackfruit...

- A wonderful fruit found in tropical Asia and widely grown throughout the wetland. It can also be found in South Florida and Hawaii!
- It is a powerful fruit that can be used as detox promoting the elimination of toxins!
- High in antioxidants that provide various health benefits helping fight disease!

Here's a quick video on how to *cut, harvest and eat* this beautiful and extraordinary fruit!



CONTEST ☐

WE CHALLENGE YOU TO COME UP WITH A
DELICIOUS BBQ MENU USING THE
MEDICAL MEDIUM PROTOCOLS!

THE WINNER GETS BRAGGING RIGHTS AND WILL
BE POSTED ON OUR FACEBOOK AND NEWSLETTER
IF THEY WISH!
LAST DATE FOR ENTIRE

JULY 1ST ☐

HAPPY 4TH OF JULY
ENJOY YOUR BBQ!



We thank you for your loyalty and
trust... We are here to serve when
you need us!



*When you know better, you do better,
what you resist persist, and we learn by
doing!*

--Thomas Patullo, OTR, AP

*When you know and understand yourself
the world will know and understand you
too, and remember, what's the best that can happen?*

-- Alla Esther Levy, EIS, MSH



Florida Balance Centers / Acupuncture & Integrative Medicine | Hollywood, Hollywood, FL
33021-3103

[Unsubscribe esther@allaestherlevy.com](mailto:unsubscribe_esther@allaestherlevy.com)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by allaestherlevy4balance@gmail.com powered by



Try email marketing for free today!