

SOCIAL MEDIA POSTS

Static carousels



Enhance skin health with *vitamin E* and *aloe vera*

Level up your skin with the duo of vitamin E and aloe vera — whether you're using lotions containing vitamin E or by adding vitamin E rich foods.

Regal Medical Group Lakeside Community Healthcare ADOC Medical Group



Fight aging with *vitamin E*!

This powerful antioxidant fights off harmful free radicals, keeping your skin's youthful glow. Boost your diet with almonds, sunflower seeds, avocado, olive oil, and spinach for more vitamin E.

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Unlock the benefits of *aloe vera* for healthy skin.

- Antioxidant-rich
- Hydrates
- Soothes irritation
- Reduces inflammation
- Promotes healing

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ONE PLANT, *Many Tastes*

Green, black, and oolong teas all come from the **Camellia sinensis** plant but taste different due to how they're made. Herbal teas like chamomile and peppermint come from various parts of other plants. →

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Health in Every Sip

- o **Helps manage diabetes:** Herbal teas like chamomile can prevent high blood sugar.
- o **Keeps you calm:** Green tea contains L-theanine, which helps relax the mind.
- o **Supports heart health:** Green tea can lower bad cholesterol levels.
- o **Rich in antioxidants:** Teas are full of compounds that protect your cells.

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KEEP CALM AND DRINK TEA

Green Tea
Great for heart health and weight management.

Chamomile Tea
Perfect for a relaxing moment.

Peppermint Tea
Refreshing and can aid digestion.

Oolong and Black Tea
Bold flavors with powerful antioxidants.

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Stay cool and healthy with *pasta salad*!

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Ingredients:

- Whole grain pasta
- Bell pepper
- Fresh tomatoes
- Celery
- Broccoli florets
- Red onion
- Reduced-fat Italian dressing

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Directions:

1. Cook pasta according to package instructions. Drain and rinse with cold water.
2. Chop vegetables into bite-sized pieces.
3. In a large bowl, combine pasta, tomatoes, broccoli, bell pepper, celery, and red onion.
4. Toss with reduced-fat Italian dressing.
5. Chill in the refrigerator before serving.

Tip: Add your favorite extra veggies for even more fiber and flavor!

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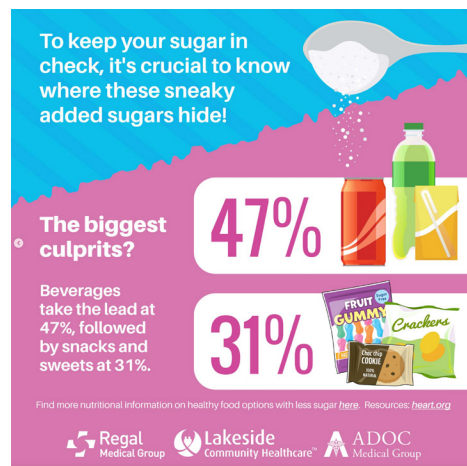
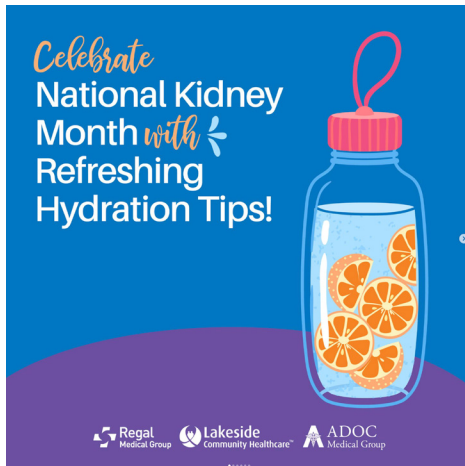
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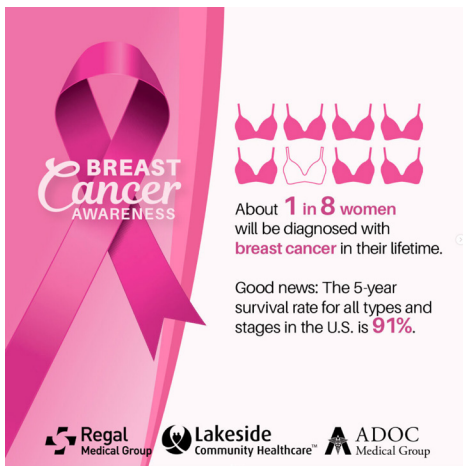
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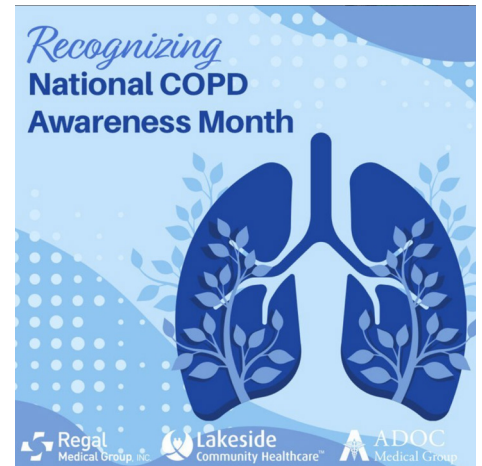
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Animated reels and posts

