

# LIVING YOUR BEST LIFE

Knowledge. Wisdom. Passion.

## Lola's Corner



Meet Lola!

Do you know Lola? She's in our office everyday bringing smiles to everyone that meets her.

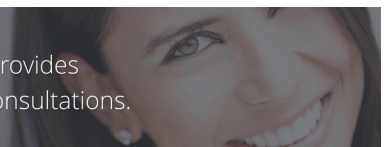
Lola's corner will offer healthy pet tips and the office antics of Lola.



## Welcome to Living Your Best Life!

Dr. Rochlin is committed to helping women and men live happier, more fulfilling lives with greater awareness of themselves and the world around them.

This monthly publication is not just realizing health and happiness through cosmetic procedures, but a platform to share our knowledge, wisdom and passion with a community who wishes to create a positive now and future.





### **Gluten-Free “Graham” Cracker Crust**

The upcoming Thanksgiving holiday is a gluten nightmare!

This perfect holiday crust works well with both fruit and cream type fillings. Bon Appetit!

4 tablespoons melted butter (see note below)  
2 tablespoons honey  
1 1/2 cups almond flour, packed  
1/2 teaspoon sea salt  
1 teaspoon cinnamon

Preheat your oven to 350.  
Stir all ingredients together until combined.  
Spread mixture, using your hands, into a greased 9 inch pie plate.  
Bake for 15-20 minutes, until golden brown. The top will brown quick, so use a pie crust shield or tented tin foil after 7 minutes of baking.  
Fill with your favorite pie filling, like chocolate pudding or lemon meringue.

Variation:

\*For a dairy free version, substitute the butter with 5 tablespoons coconut oil.  
Add 1 tsp of curry powder for great interest!

In the newsletter you will discover a fresh approach to living your best life, such as trying delicious recipes that are perfect for a healthy lifestyle and entertaining your friends and family. Tips will be shared from inspiring influencers on health, fitness, fashion, beauty and professional goals not to mention Lola's corner where healthy pet tips will be shared.

### *Feature articles on health, fitness, fashion and beauty*

Do you have special topics of interest? Email us at [drrochlin@drrochlin.com](mailto:drrochlin@drrochlin.com).

