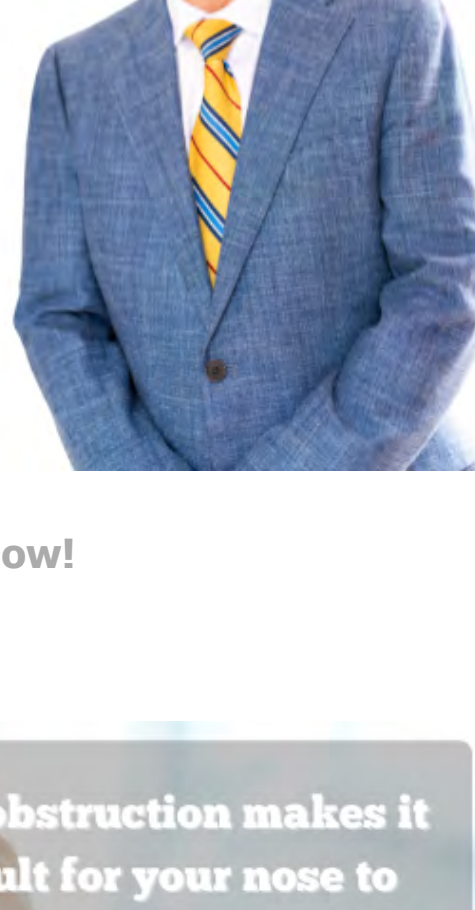




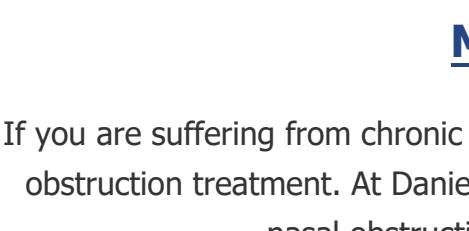
A Note From Dr. Leeman,

October is already here, that means it's time to get spooky. This month at Daniel J. Leeman, MD we have deals on our Vampire Facial and Pumpkin Enzyme Mask. October is also a month where mold can run rampant so come see us for relief from mold allergies and rhinitis.



We'll see you soon at Daniel J. Leeman, MD!

[Schedule Now!](#)



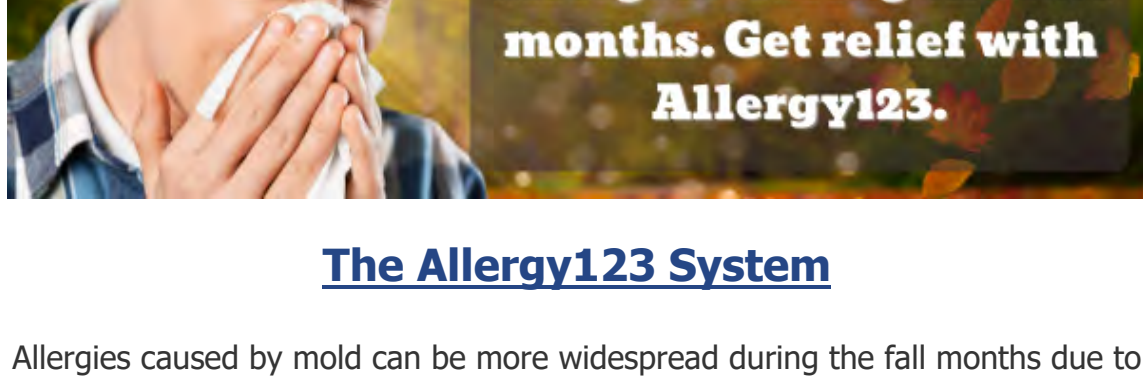
Nasal obstruction makes it difficult for your nose to drain naturally, causing sinus pain and infection.

LATERA: Treat Your Nasal Obstruction Without Medication

If you are suffering from chronic sinus pain and congestion, you may need nasal obstruction treatment. At Daniel J. Leeman MD, we offer a minimally invasive nasal obstruction treatment called LATERA.

LATERA is an absorbable implant that can support your nasal cartilage and treat your nasal obstruction. As a result, it can boost your quality of life and reduce your chronic painful sinus symptoms.

[Learn More About LATERA](#)

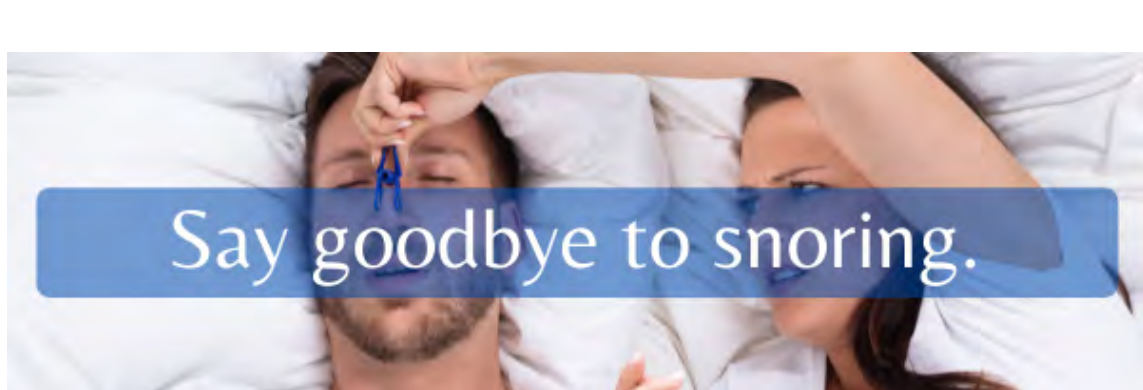


The Allergy123 System

Allergies caused by mold can be more widespread during the fall months due to fallen leaves. At Daniel J. Leeman, MD we utilize the Allergy123 treatment to help our patients who are suffering from allergies.

Allergy123 is an FDA-approved, minimally invasive testing and treatment method for allergies that uncovers and treats the cause instead of merely treating symptoms. Treating 60 of the most common allergies in Texas, Allergy123 offers a permanent solution for life-long allergy relief.

[Learn More About Allergy123](#)



Want the snoring to stop? Dr. Leeman's Romeo® laser treatment may be able to help. This fast and minimally invasive procedure offers an effective solution to snoring and sleep deprivation. Treatments are easy, gentle, and require no anesthesia or downtime. Call (512) 572-0138 today!

[Snoring Relief](#)



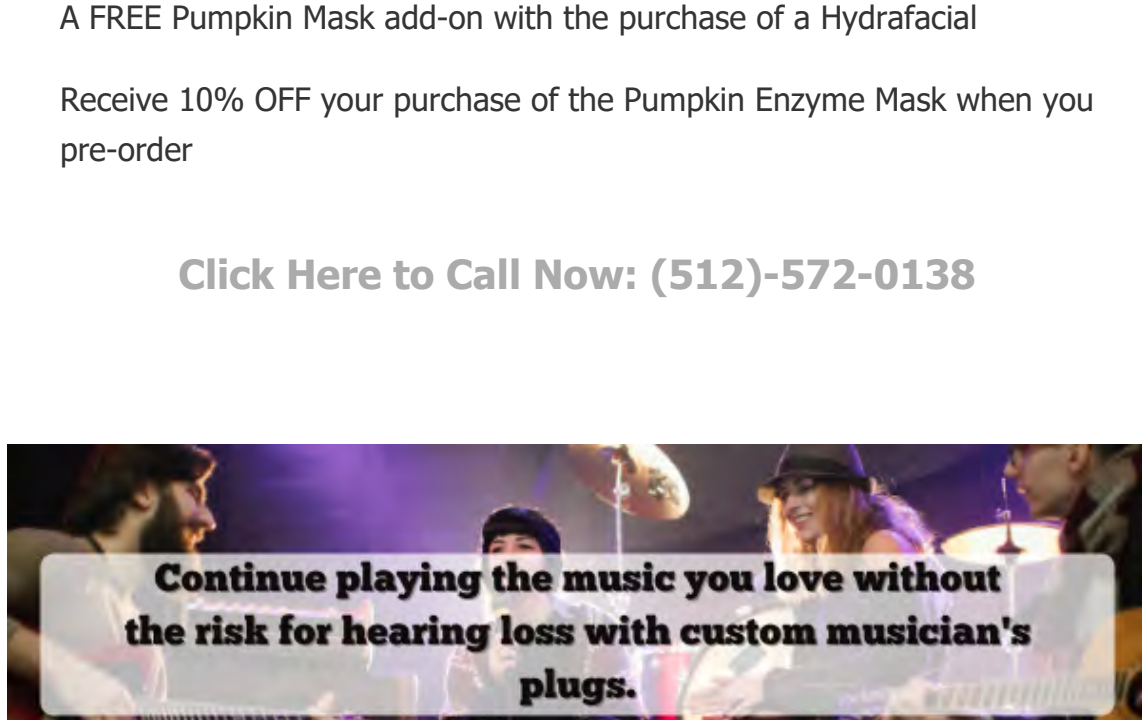
COSMETIC MONTHLY SPECIALS

Product Specials of the Month

This month we are offering a deal on our Halloween-themed products and treatments. Our specials this month include:

- \$100 OFF our Vampire Facial
- A FREE Pumpkin Mask add-on with the purchase of a Hydrafacial
- Receive 10% OFF your purchase of the Pumpkin Enzyme Mask when you pre-order

[Click Here to Call Now: \(512\)-572-0138](#)



Continue playing the music you love without the risk for hearing loss with musician's plugs.

Protect Your Ears Long-Term With Musician's Ear Plugs

It's easy for lifetime musicians to suffer from hearing loss late in their careers. One good way to protect against this is to wear Musician plugs.

At Dr. Daniel J. Leeman MD, Dr. Spinuzza can fit you with custom ear protection so that you can play the music you love without suffering from the long-term effects of hearing loss.

[Schedule a Consultation](#)

Rejuvenate, Restore, Refresh

JOIN THE REVITALIZE VIP PROGRAM

FULLY CUSTOMIZED PLANS BY OUR MASTER AESTHETICIANS.

DISCOUNTS ON AESTHETIC TREATMENTS, MEDICAL GRADE SKINCARE, & COSMETIC SURGERIES

The Revitalize VIP Program

If you're already investing money each year into cosmetic and wellness treatments, why not save some money along the way? Our membership program can help you save money on all kinds of skincare treatments.

The Revitalize VIP Program is a three-tiered membership program at Daniel Leeman MD. When you start your membership our master aestheticians will develop a customized program for you. It's time to get the most out of your investment.

[View Our Tiers](#)

An Easy, Hearty, & Healthy Meal

Slow Cooker Chicken Pumpkin Curry

Ingredients

- 1 14 oz can coconut milk
- 2 tbsp thai red curry paste
- 1 tbsp fish sauce
- 1 tbsp soy sauce (or tamari)
- 1 tbsp brown sugar
- 4 cups sugar pie pumpkin or butternut squash (3/4 inch cubed) (1.5-2 lb pumpkin)
- 1.5 lbs boneless skinless chicken breast
- 1 tsp salt
- 1 red bell pepper, sliced
- 3 heaping cups baby spinach, fresh
- 1 lime, juiced
- steamed rice
- lime wedges
- cilantro
- cashews, toasted

Steps

1. In the bowl of your slow cooker, stir the coconut milk, curry paste, fish sauce, soy sauce and sugar.
2. Add the pumpkin and chicken and nestle it until it's submerged in the liquid.
3. Cook on low for 8 hours or high for 4 hours.
4. Switch the slow cooker to high mode if it's not already, and transfer the chicken to a bowl. Season the liquid with salt and using a fork or a hand blender (for smoother texture) mix the pumpkin curry together.
5. Using two forks, shred the chicken (it will shred very easily) and return it to the cooker along with the bell peppers. Cover and cook the curry for 30 more minutes.
6. Add spinach and the juice of 1 lime to the pot and stir until spinach begins to wilt. Serve over steamed rice with extra lime, cilantro and cashews.

Recipe & Picture Source* - <https://thomodernproper.com/slow-cooker-chicken-pumpkin-curry>

[View The Detailed Recipe](#)

A Quote to Live By:

Quote of the month

Don't let past ghosts spook away present gifts.

- Jane Lee Logan




[Unsubscribe](#)