



Institute of Advanced Skincare & Optimal Health: A Cenegene Medical Affiliate



Health & Wellness Newsletter

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Greetings!

The Shanti staff would like to wish you a Happy New Year! We hope you had a great holiday season with plenty of relaxation to get back into your routine.



While this time of year is full of resolutions and good intentions to get healthy, many people feel tired from the cold weather and small amount of daylight. It is important to keep those resolutions of getting exercise, eating healthfully, and quitting smoking so you can get on the road to better health. The most important part of a resolution is to start small to ensure success!

**QUICK LINKS**

- [Visit Our Website](#)
- [Threading Info](#)
- [Pixel Video](#)
- [Acne Video](#)
- [Laser Hair Removal Video](#)

**Winter Beauty Event  
Silkpeel Dermalinfusion**



Join the Shanti Staff on Thursday January 24, 2008, for a special microdermabrasion event in our Ardmore office from 10am-6pm. For one day only, we will be offering a brand new "wet abrasion" technique called the Silkpeel.

The Silkpeel exfoliates the skin and simultaneously infuses a topical dermaceutical. This is used to hydrate, brighten, or clarify the skin, which addresses specific conditions, such as

dehydration, photodamage, and acne.

The cost of this amazing treatment will be discounted to \$150 for this special event. Call or email to make your appointment. Space is limited, so don't wait!

877.642.2644 or [kmiskin@shanitmedspa.com](mailto:kmiskin@shanitmedspa.com)



## **Women's Health: The 6 Super Foods Every Woman Needs**

There is so much information out there about nutrition and healthy eating that it can be difficult to tell the nutritious foods from the advertising ploys. You have to read the label, look at all the ingredients, and know portion sizes before you know how healthy a food really is. The following is a list of 6 super foods that every woman should eat to help protect against disease and be healthy.

### **#1: Low Fat Yogurt (Goal: 3-5 servings per week)**

Any fermented dairy product contains healthy "probiotics", or bacteria, that can help decrease the risk for breast cancer, reduce problems associated with irritable bowel syndrome and digestive tract disorders, and reduce the risk of stomach ulcers and vaginal infections.

### **#2: Fatty Fish (Goal: 2-3 servings per week)**

The omega-3 fatty acids in these fish play a vital role in the health of every cell in our bodies and can protect us from heart disease, stroke, hypertension, depression, joint pain, and illnesses linked to inflammation.

### **#3: Beans (Goal: 3-4 servings per week)**

Beans are a good source of protein and fiber and can help protect against heart disease and breast cancer, help lower cholesterol and stabilize female hormones to aid with PMS, perimenopause, and menopause symptoms.

### **#4: Tomatoes (Goal: 3-5 servings per week)**

Lycopene in tomatoes and other fruits may protect against breast cancer and can keep you looking younger by protecting UV damage from the sun.

### **#5: Vitamin D fortified low fat milk or orange juice (Goal: 400 IUs of Vitamin D daily)**

Vitamin D is essential to helping bones absorb calcium. It can help reduce the risk of osteoporosis, diabetes, multiple sclerosis, and tumors of the breast, ovary, and colon.

### **#6: Berries (Goal: 3-4 servings per week)**

Berries contain anthocyanins which aid in cell repair and cancer prevention. They protect the heart and skin from aging and vision. Cranberries can also reduce the risk of urinary tract infections.

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### [Men's Health: What You Should Know About Belly Fat](#)

About two-thirds of American men are overweight or obese. While women tend to add pounds in the hips, thighs, and legs, men tend to gain belly fat. Men tend to put on belly fat as they get older, starting to increase their waistlines at age 30 and gradually continuing to gain pounds as the years pass. Some men put on belly fat because of their genes, but the majority of men have lifestyle and environment to blame for the increase in belly fat.



Our bodies are designed to store fat for release during times when there is not enough food. But when we put on weight and do not have the lean times, fat cells release fat molecules into the blood at a higher rate. This affects normal metabolism and the way the body uses insulin. These metabolic changes can increase risk for diabetes, certain cancers, hypertension, sleep apnea, insulin resistance, and metabolic syndrome.

Your waist measurement can give you a good idea about how much belly fat you have. For men, risk factors for disease increase with a waist size of over 40 inches. There is no secret to losing weight and keeping it off. The only way is to get more activity and eat less. **If you need a jump start with your health, Shanti can help. We can start your program with a Polar Body Age Assessment and personalize an exercise and healthy eating plan. You can also set up an appointment to meet with Dr. Patel to evaluate your wellness needs.**

### [More Info](#)



### [Vitamin C](#)

Vitamin C is a water-soluble vitamin that is necessary for growth and development. It is required for the growth and repair of tissues in all parts of the body. It is necessary to form collagen, an important protein to make skin, scar tissue, tendons, ligaments, and blood vessels. It is essential for healing wounds, and the repair and maintenance of cartilage, bones, and teeth. Vitamin C is an antioxidant, which are nutrients that block some of the damage caused by free radicals. The build up of these free radicals over time is caused by the process of aging and can contribute to various health conditions.

Since Vitamin C is water-soluble, it dissolves in water. The body cannot store it and leftover amounts leave the body through the urine. The body does not manufacture Vitamin C so it is very important to include plenty of Vitamin C in your diet or through supplementation. Too little Vitamin C can lead to dry skin, dry hair, gingivitis, easy bruising, swollen joints, and other ailments. Vitamin C can be found in all fruits and vegetables. Vitamin C supplementation can be used if you are not getting enough from your daily diet. The recommendations for adults is 75-90 mg/day. More than 2,000 mg/day is not recommended, since it can lead to an upset stomach.

[Read More](#)

## Winter Savings

**Microdermabrasion Special:** Enjoy a 25% savings during the month of January on any Microdermabrasion Treatment. This includes regular Microderms, Micropeels, and Microderm Facials.

**Student Discount:** Tuesdays are student discount days! Save 35% on Facials, Peels, Microderms, Laser Hair Removal, Fotofacials, and Acne Treatments with a valid student ID.

**New Client Discount:** Receive a 10% discount on your first purchase with us. Save on products or treatments. This is not valid on Threading or Massage.

While most people resolve to change something about their physical appearance this time of year, they often forget that they need to do the same for their emotional needs. It is very important that while you resolve to look better, you remember that you need to feel better, too. The inside is as important as the outside. Make sure to take time to reflect by doing some type of meditation or stress management techniques to help achieve optimal health. Have a great month & I hope to see you soon!

Sincerely,



Kelly Miskin  
Internal Marketing Coordinator  
Institute of Advanced Skin Care & Optimal Health: A Cenegenics Medical Affiliate