



Institute of Advanced Skin Care & Optimal Health: A Cenegenics Medical Affiliate

Wellness Newsletter

May 2008

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Greetings!

I hope everyone is doing well and getting ready for the warm weather ahead. Since this time of year can be stressful, this eletter includes information on a herb to combat stress and on a common stress related disorder called Adrenal Fatigue. To help you get ready for the summer, we have also included an article about how to protect yourself from skin cancer.

**Holy Basil**

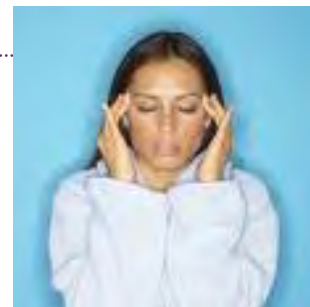


**Holy Basil** is an herb native to India, where it is known as Tulsi. It is a symbol in the Hindu religion for spiritual healing and is one of the most important plants used in Aruyvedic medicine.

Various studies over the past decade have found that **Holy Basil** may have some effects as a painkiller, an anti-oxidant, a treatment for

**Adrenal Fatigue**

**Adrenal fatigue** is a collection of symptoms that result when the adrenal glands function below normal level. It is most commonly associated with intense or prolonged stress or it can arise after acute or chronic infections, such as the flu or respiratory infections.



**Adrenal Fatigue** is produced when your adrenal glands cannot meet the demands of stress. These glands deal with your body's reaction to stress (physical, emotional, or mental) through hormones that energy production and storage, heart rate, muscle tone, and other processes that help you cope with stress.

You may be suffering from **Adrenal Fatigue** if you regularly experience one or more of the following symptoms: tired for no reason, trouble getting out of bed, feeling rundown or overwhelmed, inability to bounce back from stress or illness, craving for salty or sweet snacks, and feeling best after 6pm.

At The Institute, we can check your stress levels as well as the hormones affected by too much cortisol. To help prevent Adrenal Fatigue, Dr Patel recommends meditation. We will be offering

bacterial, fungal, and viral infections, and also may control blood sugar.

**Holy Basil** is used mostly to help counteract the effects of Cortisol, the powerful hormone released with stress. Too much Cortisol accelerates the aging process, reduces normal hormone production, and adds body fat, especially around the midsection.

You can use **Holy Basil** as a supplement or brew the fresh leaves in your tea.

### Holiday Hours



The summer holiday hours for both offices are listed below.

**Memorial Day Weekend**  
Sat. May 24th: 9am-2pm  
Sun. May 25th: CLOSED  
Mon. May 26th: CLOSED

**July 4th Weekend**  
Fri. July 4th: CLOSED  
Sat. July 5th: CLOSED  
Sun. July 6th: CLOSED

another modern meditation workshop for the summer or you can purchase our easy three step Modern Meditation CD. Supplements that can help are Adrenal Support-minerals to support the adrenal gland as it recovers from stress and Holy Basil, a herb that reduces the damaging effects of Cortisol.

### Supplement Information

#### **Skin Cancer**

With summer vacation right around the corner, it is important to address a very important subject-skin cancer. Skin cancer is the most common form of cancer in the United States. More than 90% of all skin cancers are caused by sun exposure. Getting one blistering sunburn in childhood more than doubles a person's chances of developing melanoma later in life.

Skin tone is another risk factor for skin cancer. People with light skin, light hair, light eyes and who have a tendency to burn, are at the greatest risk for skin cancer. Skin cancer can occur any where but is most often seen around the ears, face, back, chest and shoulders.

To protect yourself from skin cancer, avoid the sun between the hours of 10 and 2pm, wear sun protective clothes, wear a hat, get an annual skin check and use sunblock daily!

Sunblock protects you from both UVA and UVB rays. UVB rays are weaker and can not penetrate through glass. You are protected from UVB when you use SPF of at least 15 or higher. UVA rays are much stronger and can penetrate through windows and are given off by fluorescent office lighting. You are NOT protected from UVA with just SPF. You must use a physical barrier such as zinc or Titanium.

Both UVA and UVB have been associated with skin cancer and both are associated with the age related changes that no one likes such as wrinkles, saggy skin, leathery skin, and freckling.

Dr. Patel recommends a sunblock with an SPF of 15 or higher that contains zinc and titanium for the best protection. The Obagi's Healthy Skin Protection SPF 35 is great protection for your face. For your body, use Aveeno SPF from over the counter. It is the only one approved by the American Academy of Dermatology.

If you have a non healing skin area, a dry patch or an area that is becoming asymmetrical, has changing borders that are rolling up, the color is changing, or the diameter of the area is increasing, have that looked at. Here are images of common skin cancers.

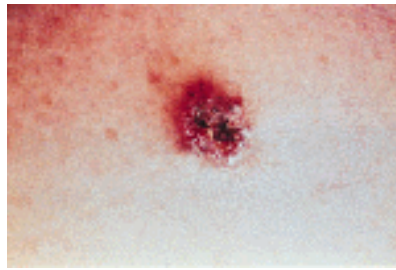
Since the summer months can get you out of your normal routine, make sure to take time for yourself. Don't lose sight of those New Years Resolutions you made a few months ago. This is the perfect time to take your workouts outside.

At The Institute for Optimal Health will be offering another Meditation Seminar during the summer. If you are interested in participating, please email me at [kmiskin@shantimedspa.com](mailto:kmiskin@shantimedspa.com) or call the office at 610.642.2644.

Sincerely,



**Kelly Miskin**  
Marketing Coordinator



Basal Cell Skin Cancer



Squamous cell skin cancer



Melanoma

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