



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

Wellness Newsletter

October 2008

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How to Achieve Optimal Health

Learn Proven Steps to Slow Down the Aging Process

*FREE Health & Wellness Event open to all
Walk-ins Welcome!*

**Date: Saturday
October 4, 2008**

Time: 10am-2pm

Location:

**Rosemont College,
McShaine Hall**

Greetings!

October brings exciting events to The Institute for Optimal Health.

I invite you to attend Dr Patel's book debut and our first Health and Wellness Expo. **It will be held Saturday, October 4th at Rosemont College!** Join the staff of The Institute to learn how to optimize your health, prevent disease and slow down the aging process. There will also be many different wellness practitioners from Aruyveda, Acupuncture, Yoga studios to sleep specialist that can help you achieve Optimal Health. There will be a free meditation class, health screenings and yummy healthy food to snack on. **You can also purchase Dr. Patel's book "The Guide to Optimal Health, Creating Your Personal Wellness Wellness", that will be on sale.**

By popular demand, we have added a meditation workshop to our schedule this month. The details for the session are listed below.

October is also Breast Cancer Awareness Month. There are two great articles about learning to protect yourself and your loved ones from this cancer.

As always, please feel free to email me with any questions or concerns. I look forward to seeing everyone this month for our great events!

Kelly Miskin
Internal Marketing Coordinator
The Institute for Optimal Health

Schedule of

Speakers

10:15am

- Kathleen O'Hara:
"Introduction to
Mindfulness"

10:30am

- Dr. Benjamin Gerson:
"Get more zzzzs to Lose
the Extra Lbs. How
Untreated Sleep Apnea
Affects Weight Loss"

11:00am-

Dr. Lee Kirksey: "What
your Cholesterol Panel
doesn't tell you:
Cutting Edge
Cardiovascular Tests"

11:30am-

Dr. Seema Patel: "How
to Achieve Optimal
Health"

12:45pm-

Kathleen O'Hara:
Free Meditation Session

Participating Complimentary Healthcare Providers

*Aryurvedic Specialist:
Dr Alpa Bhatt

*Acupuncturist:
Peyton Theodore

*Mindfulness Trainer:
Kathleen O'Hara

*Sleep and Weight
Management Specialist:
Dr. Gerson

*Mainline YMCA

Meditation Workshop

Meditation has been used for thousands of years in Eastern tradition and has a powerful effect in reducing stress, improving sleep and general well-being as well as slowing down the aging process.



The workshop will be conducted by Kathleen O'Hara, MA, psychotherapist, published author, and meditation instructor, who has integrated eastern philosophy into her daily life. She has been meditating and teaching for 25 years and has developed an easy three step method, called Modern Meditation. She has been a guest on NPR, CNN, and local and national TV, as well as newspaper and print.

The workshop will be a series of three classes and will cost \$300 for all three sessions and includes a CD to help you develop your practice at home.

Center City Location: 2031 Locust Street, Phila

Date: Tues. October 7th, 14th, and 21st.

Time: 7pm-9pm

To reserve your space, please call 610.642.2644 or email me at kmiskin@shantimedspa.com

Beast Cancer Prevention



When it comes to cancer prevention, some things you cannot control, such as your age and genetic makeup. However, making healthy lifestyle choices can contribute to breast cancer prevention. There is no guarantee that you or a woman you love won't develop this disease, but following these steps will give a head start in prevention. The following are a few basic tips for prevention of breast cancer.

Maintain a healthy body weight: Weight gain in midlife can increase risk in post-menopausal breast cancer.

Minimize or avoid alcohol: Consuming more than one alcoholic drink per day can increase breast cancer risk by 20-25%

Exercise Regularly: 30 minutes or more 5 days a week provides powerful protection against breast cancer.

Eat your fruits and veggies: 7-9 servings per day are recommended. The best choices are cruciferous vegetables dark leafy greens, carrots, tomatoes, citrus fruits, and berries.

*Cardiovascular Testing
Info-
Berkeley Heart Plan

*The Yoga Garden

*Chiropractic Spine
Center

*Jockey Person to Person
Consultant: Julie Hayes

*FitnWell: Jim Beatty

*Skin
consults, threading,
microderms: Shanti Staff

Raffle Prizes (To be
drawn throughout the
event)

*3 hour Wellness
Evaluation w/Dr. Patel
(value \$1,000)

*Pixel Treatment and
post care products
(value: \$755)

*Jockey Robe and
Slippers (value: \$130)

*Obagi CRX Skincare
System (value \$320)

*5 Glycolic Peels (value
\$550)

*3 Salicylic Peels and
Products (value: \$407)

*Salicylic Peel and
Glytone products (value:
\$111)

Eat the right fats: Minimize Omega 6s, which are saturated and trans fats. Maximize Omega 3 fats such as fish, walnuts, soy and flax seed as well as monounsaturated Omega 9 fats, such as olive and canola oil.

Eat the right carbs: Replace high glycemic index carbs, such as white flour, potatoes, and sugar, with whole grains and legumes to minimize abnormal cell growth in breast tissue.

Consume organic soy products: Products such as tofu, edamame, soy milk and miso that is not genetically altered can reduce breast cancer risk.

Avoid xeno estrogens: Lifetime exposure to estrogen can increase breast cancer. Avoid pesticides, buy organic produce, and minimize exposure to hormones found in dairy, meat, and poultry.

Take supplements daily: A multivitamin, pharmaceutical grade fish oil, Vitamin C, Vitamin E, and selenium are the best choices.

Maintain a positive mental outlook: Engage in self nurturing behaviors and get adequate sleep. Mind-body associations with breast cancer are significant.

Omega 3s and Breast Cancer

Omega-3 fatty acids are polyunsaturated fatty acids that cannot be manufactured by the body, so they must be obtained from food. There are three types of omega-3 fatty acids that are ingested in food and used by the body: alpha-linolenic acid (ALA), which come from plant sources and eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), which come from marine sources. When ALA is ingested, it is turned into EPA and DHA.

You can obtain ALA from the following plant sources: leafy green vegetables, nuts (walnuts, hazelnuts, pecans), seeds, oil (canola, flaxseed, linseed), egg yolks, algae, and krill. You can ingest EPA & DHA through salmon, tuna, halibut, mackerel, swordfish, among other fish. If you feel like you are not getting your daily dose of omega-3s, you can also take a fish oil supplement. The proper dosage of supplements should be based on the amount of EPA and DHA in the product, not the amount of fish oil. It is recommended that a healthy person should not consume more than 3 grams of fish oil per day

Consuming Omega-3 fatty acids over many years has been shown to decrease the likelihood of breast cancer development. The risk of dying of breast cancer is also significantly less for those who eat large quantities of omega-3s from fish and brown kelp seaweed. This is particularly true among women who substitute fish for meat.

*Salicylic Peel and Neostata products (value: \$372)

*Facial, Backcial, and Shanti products (value \$308)

*10 \$50 Gift Certificates from the Yoga Garden

**For Reservations call:
610.642.2644 or Email:
kmiskin@shantimedspa.
com**

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The ratio of omega-6 to omega-3 fats in diets is also important. The typical Western diet contains up to 20 times as much omega-6 fats as it does omega-3s. The optimum ratio for health is closer to 4:1. The beneficial omega-3s won't work nearly as well protecting you from cancer if the diet contains lots of omega-6s. Omega-6 fats are found in refined cooking oils such as soy, corn, sunflower, safflower and in margarine, as well as all processed foods.