

The Institute for Advanced Skincare & Optimal Health



Connecting Inner Health & Outer Beauty

Healthy Skin Tips and Monthly Promotions

November 2008

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The Effects of Stress on the Skin

The mind and the skin are connected on many different levels. There are nerve endings connected to the skin, which originate from organs deep inside of you. So emotions are played out neurologically and

can be expressed through the skin just as stress can be expressed through gastrointestinal symptoms, insomnia or high blood pressure. This means that many skin disorders take their roots from or place their roots in the psyche. This new field is called psychodermatology.

Psychodermatology addresses the impact of an individual's emotion as it relates to the skin. It's called the target organ theory, and certain people have different target organs that channel stress. Some people get ulcers, some get migraines, and others get rashes or breakout on their skin. When you are tense, your body releases stress hormones called cortisol, which can cause an increase in oil production, making you prone to acne. It can also cause aggravation of eczema, rosacea, hives, psoriasis, alopecia, or vitiligo.

There is an immediate relationship when people experience stress in life, their skin becomes a reflection of that stress. At the Institute we have always embraced the idea that inner health and outer beauty are connected. Our consultations and advanced skin care treatments incorporate healthy living as part of the treatment. Some of the natural things you can do to help manage stress is

Optimism and Health

I hope everyone is doing well during this time of change in our country. There is a lot of stress in our world due to the global economic crisis, but with the election of a new President, we believe that things will improve. We are Optimists!

During this time, it is very important to learn how to properly manage stress and

take care of yourself mentally, physically, emotionally, and spiritually. It is the time to work on your inner self and develop attributes that will help you in the future.

People that are optimistic enjoy many health benefits. They include superior health, greater achievement, emotional health, increased longevity, and less stress.

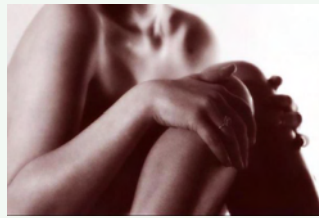
Optimists let negative events roll off their backs and let positive events affirm belief in themselves, the ability to make good things happen now and in the future, and in the goodness of life.

Take the quiz to see if you are an Optimist or a Pessimist! In Dr. Patel's new book, *Your Guide to Optimal Health*, she discusses how you can become more Optimistic. Yes, there is such a thing as Learned Optimism.

If you would like more information or would like to schedule an appointment at The Institute, please feel free to email me or call the office at 610.642.2644. I look forward to seeing you

- **Get enough sleep (see below)**
- **Drink water (about 0.5oz for each pound you weigh)**
- **Use Omega 3 Fish Oil and Co Q 10**
- **Use Holy Basil, an herb to decrease Cortisol**
- **Use our Meditation CD to help you relax**

Managing stress is an important part of having great skin. To learn more, feel free to come in for a consultation or do one of our advanced skin treatments!



Is Laser Hair Removal Cheaper than Waxing?

More and more people are turning to laser hair removal as the most reliable, convenient, and reasonably priced alternative for the removal of unwanted hair. This method of hair removal is relatively pain free and results in permanent hair reduction. This is a huge contrast from other methods of hair removal that can be downright painful, leave rashes and blemishes, irritate the skin, and have to be repeated monthly, if not more frequently.

A study of women's hair removal habits revealed that women will spend an average of \$10,000 over the course of their lifetimes on shaving or depilatory creams AND \$23,000 on waxing. On average, women can save \$7,000 by receiving laser hair removal on the parts of the body that they typically shave. They can save \$20,000 by receiving laser hair removal on the areas that they typically wax.

Now that people are more time and money crunched than ever, it makes sense financially and as a lifestyle decision to choose laser hair removal over shaving and waxing. It is a decision to free yourself from one of the most mundane processes in life-hair removal.

During the month of November, The Institute wants to help you save money and time by doing laser hair removal!. We are offering a great discount on these services and to help decrease the stress on your wallet during this tough economic time! The laser specials are listed below in our specials block. Please click on the link below to learn more about Laser Hair Removal in our office.

Laser Hair Removal

soon!

I also would like to wish all of our patients and their families a Happy Thanksgiving!

Kelly Miskin
Internal Marketing
Coordinator

Quick Links

Visit Our Website
Purchase Dr. Patel's
Book
Threading Info

UPDATES

Threading

Shilpa returns 11/9.
Our regular schedule resumes after that with a few extra days!

Rittenhouse

Tues-Sat
Ardmore
W,Th,Sat, & Sun

Holiday Time

Threading will be available Tuesday 11.25 & Wednesday 11.26 before Thanksgiving in both centers.

Both centers will be closed Thurs 11.27 & Friday 11.28 and will reopen on Saturday.

Watch Dr. Patel on Fox 29 weekly on Wednesday between 7:30-

Natural Sleep Aids

This stressful time may be causing sleep disturbances in some people. Although it is common to have the occasional sleepless night, insomnia is the lack of sleep on a regular basis. Before starting any sleep remedies, consult your doctor. Chronic insomnia can itself be a symptom of another condition, such as depression, heart disease, sleep apnea, lung disease, menopause, or diabetes. Here are some natural sleep remedies you can try.

Valerian: Valerian is an herb that may affect levels of the calming neurotransmitter GABA. It is taken an hour before bedtime, takes 2-3 weeks to work, and shouldn't be used for more than 3 months at a time. It can be used as a pill or found in Sleepy Time Teas.

Melatonin: Melatonin is a hormone found naturally in the body that regulates the body's circadian rhythm. The pineal gland in the brain makes serotonin which is converted to melatonin at night when exposure to light decreases. It is also a powerful anti-oxidant and great for people over 40 to use for sleep.

Kava: Kava is an anti-anxiety herb that may be helpful for anxiety-related insomnia.

Chamomile: Chamomile can reduce anxiety, calm the digestive system, and relieve muscle tension.

Relaxation Techniques: These include visualization, mindfulness, and yoga. These techniques are the most effective ways to increase sleep time, fall asleep faster, and feel more rested in the morning. They require a minimum of 20 minutes prior to going to bed.

Aromatherapy: The scent of lavender has sedative qualities. It has been found to lengthen total sleep time, increase deep sleep, and make people feel refreshed. Try putting a lavender sachet under your pillow or place drops of the essential oil on a handkerchief or in a bath.

Music: Gentle, slow music has been found to improve sleep quality, decrease night awakenings, lengthen sleep time, and increase satisfaction with sleep.

Exercise: Lack of exercise can lead to muscle tension and stress build up in the body which can contribute to poor sleep. However, intense exercise too close to bed can increase adrenaline levels, leading to insomnia.

Getting enough sleep is key to managing stress as well as slowing down the aging process. Deep sleep helps you naturally release

**8:30am speaking
about healthy
living.**

**Human Growth Hormone, the master hormone that keeps us young.
So sleep and sleep deeply!**

Coming Soon!

Our annual Holiday
Gift Guide and the
new Holiday Wish
List!

November Promotions

**Pixel Resurfacing Laser: Take advantage of the Pixel Laser Treatment for only \$500!
(Purchases must be used within 90 days).**

**Accent Laser: Reduce cellulite and sculpt your body in time for that special holiday
event. Purchase 2 5x7 areas and get the third FREE!**

Laser Hair Removal: All treatments and packages are 50% off.

**Fotofacials: Reduce discoloration from sun damage and rosacea. All body areas
are only \$200 each.**

**50% off Select Treatments: This special includes Facials, Backcials, Chemical Peels,
and Microderms!**