

The Institute for Optimal Health & Advanced Skincare



Merry Christmas



December 2008

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**Tips to Save Money
and the
Environment**

Connecting Inner Health & Outer Beauty

Greetings!

The holiday season is quickly approaching. The Institute for Optimal Health & Advanced Skincare wants to help everyone enjoy the holiday season by offering tips to reduce stress and save money by going green!

Also, our long awaited amazing Holiday Gift Guide and 12 days of Christmas holiday specials are available for purchase now. If you don't know what you want, you can purchase a gift card and we will add 10% to the purchase price of any gift card.

Feel free to call our office with any questions or to schedule your next appointment at 610.642.2644. Our entire staff would like to wish you and your family a very happy and safe holiday season!

The Team at The Institute,
Dr. Patel, Kelly, Leida, Dana, Monica, Regina, Kernika, Shilpa,
and Vandana.



In this time of economic hardship, everyone is trying to spend their money wisely. Below are easy ways to save money as well as the planet!

Save Water and Money

- Don't rinse before putting plates in the dishwasher.
- Don't take baths.
- Turn off water when you brush your teeth
- Shorten your shower.
- Go to a car wash. They are more water efficient than washing at home.
- Decreasing water usage decreases your water bills by 10% per month

Save Electricity/ Energy and Money

The Health Benefits of Cinnamon

Cinnamon has a long history of being used as a spice and as a medicine. The cinnamon tree grows in India, Sri Lanka, Indonesia, Brazil, Vietnam, and Egypt. To prepare it, the bark of a cinnamon tree is dried and rolled into sticks, which can be ground into powder. The fragrant, sweet, and warm taste of cinnamon is the perfect spice for winter.



Cinnamon is also thought to have many health benefits. In traditional Chinese medicine, cinnamon is used for colds, flatulence, nausea, diarrhea, and painful menstrual periods. It's also believed to improve energy, vitality, circulation, and useful for people who tend to feel hot in their upper body, but have cold feet.

In Ayurveda, cinnamon is used as a remedy for diabetes, indigestion, and colds. It's a common ingredient in chai tea, and it is believed to improve the digestion of fruit, milk, and other dairy products.

Other important benefits of cinnamon include helping to prevent unwanted clumping of blood platelets, lessening inflammation, and stopping the growth of bacteria as well as fungi. Cinnamon can also help decrease the absorption of sugar and improving our bodies response to insulin. The smell of cinnamon has been shown to boost brain activity and enhance cognitive processing.

At The Institute, Dr Patel strongly recommends using cinnamon daily to help with energy and decrease the absorption of sugar. So this winter, live well and put cinnamon in everything!

Turn computers off at night.

Use cold setting on your washer.

Turn down the thermostat. Every degree you lower it, will save 10% in your energy bill.

Turn off your lights when you are not using them.

Buy local produce. It takes energy to ship products from other countries.

Use green light bulbs

Unplug all cords you are not using.

Small amount of energy is dispersed just being plugged in. The Institute saves \$80 per month by following this!

Save Paper and Money

Use both sides

Holiday Stress

The holidays can be stressful for everyone. People tend to have unrealistic expectations and try to do too much to please other people. Here are some survivalist strategies for this stressful time of year.

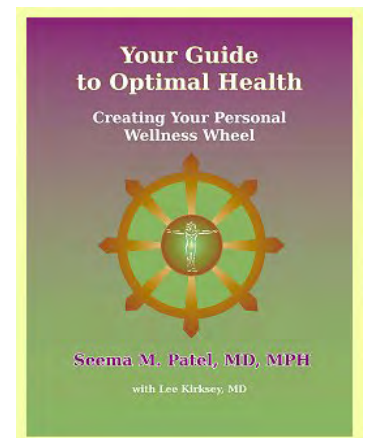


- Think about what's important: Balance caring for others with caring for yourself.
- Get involved: Celebrate with people of your faith
- Socialize: It helps to keep you from getting lonely.
- Gather your support group: Have someone to talk to that is supportive and not judgemental.
- Stay away from alcohol: Alcohol changes your mood and can bring out the worst in people.
- Exercise: It helps boost your spirit and keeps off excess weight
- Don't spend too much: This puts a stress on your bank account and sense of well-being
- Simplify your traditions: Too many places to go, people to see, and gifts to give becomes a burden.
- Do something useful: Give something back to those less fortunate.

Your Guide to Optimal Health: Creating your Personal Wellness Wheel

Learn the secrets to slowing down the aging process with Dr Patel's book, Your Guide to Optimal Health, available in our office and on Amazon.com for only \$15!

Get your weekly health tip with Dr. Patel on Fox 29 each Wednesday morning between 7:40-8:40. To view past shows please visit myfoxphilly.com



If you wish to have Dr Patel speak about health and wellness for your group or organization, please email or call me to arrange this.

of printer paper

Get rid of junk mail

Don't get a paper phone book

Stop paper bank statements

Pay bills online

Other Ways to Save the Environment and Money

Don't buy bottled water. Get a reuseable container.

Do errands in bulk.

Walk or ride your bike to work.

Inflate your tires. Your car will go more miles on less gas.

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Updates at The Institute

Weight Loss Consultations and Evaluations: Dr. Patel will be providing a new weight loss service beginning in January. The initial consultation is 30 minutes in length. The cost is \$50 or it is covered under a Blue Cross or Aetna PPO Insurance Plan. The follow-up evaluation is one hour in length and will be \$250.

Gyneocological Exams: Dr. Patel will begin to offer gyneocological exams and testing in January. This service will be available in the Center City office on Fridays from 9am-1pm only

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