



Skincare Newsletter

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In This Issue

Acupuncture

The Link Between Diet and Acne

The Difference Between Salicylic and Glycolic Acid

Vitamin B12

August Promotions

Quick Links

[Visit Our Website](#)

[Threading Info](#)

[Acne Info](#)

[Cellulite Reduction Info](#)

Greetings!

The Institute for Advanced Skincare & Optimal Health is very excited to be offering new skincare and wellness services. We are offering a new salicylic peel for the treatment of acne, B12 shots for boosting skin health and immune system, and acupuncture treatments for well-being.

We hope everyone enjoys the end of the summer and we look forward to seeing you soon. If you would like to make an appointment for any of our newest treatments, please call the office at 1-800-SKINCARE or email me at kmiskin@shantimedspa.com.



Acupuncture



Acupuncture has been practiced in China and Asian countries for thousands of years. It aims to restore and maintain health through the specific stimulation of points on the body using thin metallic needles. According to this practice, health is achieved by maintaining a "balanced state". Disease is caused by an internal imbalance of qi, or vital energy, along the pathways known as meridians. The qi can be unblocked by using this practice.

Peyton Theodore, LAc, is the owner of Enlightening Souls in Wayne. She offers various services including Cosmetic Acupuncture, Oriental Medicine, Total Cleanse Program, Customized Nutrition, and Soul Colors.

Peyton Theodore's approach to Acupuncture offers a way to live the best life and become enlightened in this New Age. For more information on her services, please click on the link below. If you are interested in making an appointment in our office, please call 1-800-SKINCARE.

[Read More](#)

The Link Between Diet and Acne



In the past, physicians taught that diet is unrelated to acne. Recently, the diet and acne connection has regained popularity. Studies have implicated that people who consume milk, high glucose load diets, and low fiber/high saturated fat diets are more likely to have acne.

Bovine hormones and bioactive agents contained in milk products have effects upon acne. 75%-90% of milk comes from pregnant cows. This milk contains progesterone, other dihydrotestosterone precursors, somatostatin, prolactin, insulin, growth factor releasing hormone, insulinlike growth factors 1 and 2, and other substances that could stimulate sebaceous activity.

High glycemic load diets are rich in processed carbohydrates. Low glycemic load diets may decrease acne severity and insulin sensitivity because they contain nearly 30% more fiber and more polyunsaturated fats, which can decrease androgen levels.

There are a variety of types of milk that are dairy free. Soy milk is made from whole soybeans and the plain, unfortified version is a great source of protein, B vitamins and iron. Rice milk is made from blending brown rice and water and the commercial varieties fortify it with calcium, iron, and B vitamins. Almond milk is made from ground almonds and contains no lactose or cholesterol, but is high in natural fats. Oat milk is blended from cooked oats and water and is high in fiber and low in

protein. Coconut milk is made from the meat of a mature coconut and has a high oil content.

There are also non-dairy foods that contain a high calcium content. Dr. Patel recommends sesame seeds, collard greens, kale, almonds, chickpeas, beans, and tofu as options. **If you think that your diet is affecting your acne, please fill out our acne questionnaire and make an appointment for a consultation.**

Acne Questionnaire

The Difference Between Salicylic and Glycolic Acid



There are two types of acids that are used to exfoliate the skin, salicylic acid and glycolic acid. Salicylic acid is a beta hydroxy acid that is made from the bark of a willow tree. It is lipid soluble and has a large molecular size, which keeps the acid on the skin's surface, allowing it to penetrate and exfoliate the pore. It works by causing the cells of the epidermis to slough off more rapidly, preventing pores from clogging, and allowing room for new cell growth. Topical salicylic acid has anti-inflammatory properties and is a good choice for treating inflamed, acneic, sensitive skin.

Glycolic acid is an alpha hydroxy acid that is made from sugar cane. It is water soluble and has a small molecular size. It works on all skin layers to enhance cell turnover, smooth the surface, even the skin tone, and plump and hydrate the skin. In the epidermis, the dead skin cells are exfoliated to reveal fresher, healthier look with a more even color and texture. These acids are better for treatment of mild acne on non-sensitive skin and for exfoliation and treating fine lines and wrinkles.

At The Institute for Advanced Skincare, we can customize your program using salicylic and glycolic acids. We use a combination of in-office treatments and products to use at home with physician grade salicylic and glycolic acid that is best suited for your skin type and tone. We offer glycolic peels that range from 20%-90% and Neostrata AHA products for use at home. We also now offer a salicylic peel and carry Neostrata's 2% salicylic acid to use at home. **Schedule a consultation with our skincare experts to find out which acid is best for you! You can also purchase Neostrata products at our online store by clicking the link below.**

Neostrata Online Store

Vitamin B12



All B Vitamins help the body to convert carbohydrates into glucose (sugar), which is burned to produce energy. They are essential in the breakdown of fats and protein and play an important role in maintaining muscle tone, lining the digestive tract, and promoting the health of the nervous system, skin, hair, eyes, mouth, and liver.

B12 is very important in maintaining healthy nerve cells and forming of red blood cells to help iron function better in the body. It can also help control blood levels of homocysteine, enhance the immune system and mood, and improve the body's ability to withstand stressful conditions. B12 can be used to treat or prevent anemia,

heart disease, Alzheimer's Disease, depression, burns, osteoporosis, cataracts, HIV, breast cancer, and male infertility.

A deficiency of B12 can cause fatigue, shortness of breath, diarrhea, nervousness, and numbness or tingling sensation in the fingers and toes. People that cannot absorb Vitamin B12 from the digestive system are at risk for a deficiency. Vitamin B12 is found in meat, milk, and other dairy products. Since most people do not get enough B12 in their diet, supplementation is recommended by taking a vitamin or getting injections from a healthcare provider that can assess for any possible interactions.

If you are interested in more information or would like to get a Vitamin B12 shot, please call our office to make your appointment. Injections only cost \$25 and they are recommended monthly in those individuals that do not have any contraindications.

August Promotions

Pixel Special

The Pixel Resurfacing Laser of the face will be only **\$500** every Friday during August (cannot be purchased for use at a later date)

*Ardmore Pixel Dates: Friday August 15th and 22nd

*Center City Pixel Dates: Friday August 8th and 29th

Buy One Get One 50% Special

*Facials

*Backcials

*Chemical Peels

*Microderms

*Fotofacials

*Laser Hair Removal Packages

*Accent Laser 5x7 areas

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