

The Institute for Optimal Health & Advanced Skincare: A Cenegenics Medical Affiliate



Wellness Newsletter

June 2008

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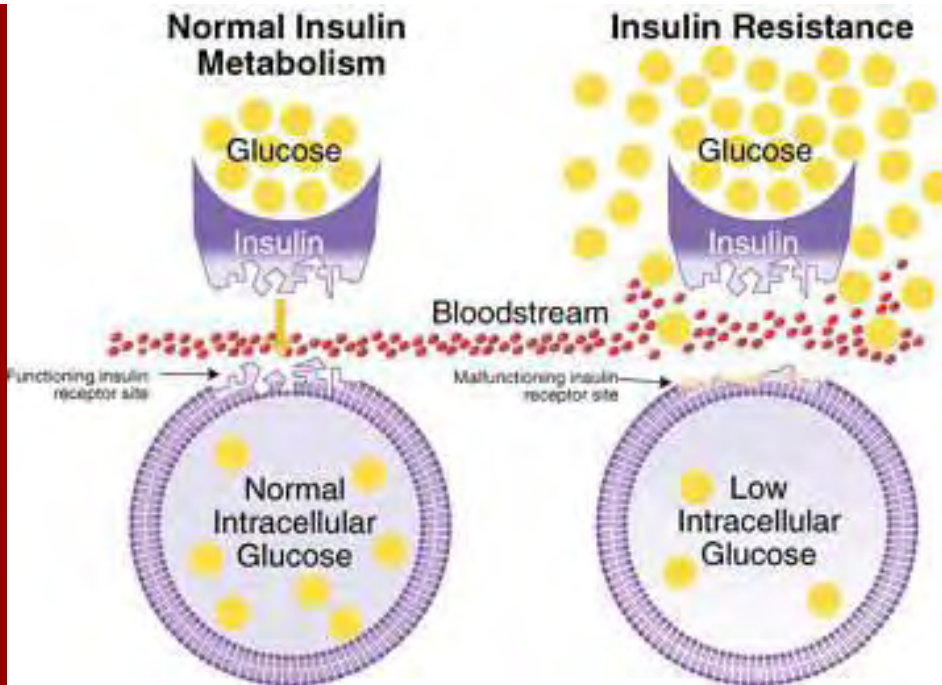
## Greetings!

We hope everyone is enjoying this beautiful time of year! Since it can be stressful managing a new summer schedule, we are happy to announce another Meditation Workshop. This workshop will be held at Bryn Mawr College on July 16th, 23rd, and 30th from 7pm-9pm. It will also feature an optional private session with instructor, Kathleen O'Hara, at the end of the group workshop.

We are now also offering Ayurvedic evaluations and Marma Point Massages in our Ardmore office on Tuesdays. Dr. Alpa Bhatt is an Ayurvedic Holistic Physician that will be providing these natural health services to our patients.

To sign up for the workshop, or to hear about other stress relieving techniques, please email me at [kmiskin@shantimedspa.com](mailto:kmiskin@shantimedspa.com) or call our office at 610.642.2644. Space is limited, so don't wait!

## Insulin Resistance



Insulin is an important hormone that regulates cell growth, metabolism of carbohydrates, proteins, and fats, as well as transfers the glucose in our blood to our muscles where the glucose is used as energy. Insulin resistance is a condition in which the cells in the body no longer respond to insulin. To help overcome this, the pancreas produces more insulin to have the same effects.

When we have high levels of insulin, the message sent to the brain is to begin increasing silent inflammation, which worsens the aging process. High

insulin levels also make us PUT ON FAT. Yes, high levels of insulin actually send a message to the body to produce more fat, which further accelerates the degenerative process and hormonal decline.

Insulin resistance occurs slowly over time. As long as the pancreas continues to make enough insulin to overcome the resistance, blood glucose levels remain lower. When the pancreas cannot make enough insulin to overcome the resistance, the blood glucose levels begin to rise, initially after meals, but eventually in the fasting state, too. At this point, type 2 diabetes is present.

Insulin resistance is seen in conditions including metabolic syndrome, obesity, pregnancy, infection or severe illness, stress, and during the use of steroids. It is associated with the development of heart disease, precedes the development of type 2 diabetes, fatty liver, arteriosclerosis, acanthosis nigricans (darkening of the skin on the neck and underarms due to insulin resistance) and polycystic ovarian syndrome.

You are more likely to have or develop insulin resistance if you are overweight, have a BMI of more than 25, are over 40 years of age, have high blood pressure, high triglycerides, low HDL, polycystic ovary disease, have close family members with type 2 diabetes, have acanthosis nigricans, are Latino, African American, Native American, or Asian American. **At The Institute for Optimal Health, our wellness evaluations include an assessment of insulin resistance, your risk for future chronic disease, and how you can best slow down these age related changes.**

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## Varicose Veins



Varicose veins look like bulging, bluish cords just under the surface of the skin and can be surrounded by flooded capillaries called spider veins or superficial varicose veins. Varicose veins are caused when the valves that push blood through the arteries do not work properly. Blood pools in the vein and makes it difficult for muscles to push the blood uphill.

Any condition that puts pressure on the legs or abdomen can cause varicosity. The most common pressure inducers are pregnancy, obesity, and standing for long periods of time. Also, being sedentary, age, leg injuries, and genetics can play a role in varicose veins.

The symptoms of varicose veins include prominent dark blue blood vessels, especially in the feet and legs. They cause aching, tenderness, or sore legs and can accompany swelling in the ankles or feet after standing for a long time. To help prevent varicose veins, you should exercise regularly, eat a healthy diet, drink plenty of water, quit smoking, and sleep on your side during pregnancy.

**If you have varicose or spider veins, The Institute of Advanced Skincare can help! Spider veins can be removed through laser vein treatments and varicose veins can be treated with sclerotherapy. The vein laser will be in our offices from June 10th to June 16th. To see if you are a candidate for laser vein treatments or sclerotherapy, call to schedule your appointment with Dr. Patel!**

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## **Turmeric**

Turmeric is a spice that comes from the root *Curcuma longa* and is a member of the ginger family. Turmeric has a deep yellow-orange color and has a peppery taste. Turmeric is native to Indonesia and southern India. In Ayurvedic Medicine, it has been used for its medicinal properties for various conditions topically, orally, and by inhalation.

Curcumin is the main component of turmeric. Curcumin has been shown to have many anti-inflammatory effects. It has been shown to aid in cancer prevention, including breast cancer, prostate cancer, pancreatic cancer and melanoma. It can also be used as a treatment for depression and stop the progression of Alzheimer's. It has been shown to aid in fat metabolism and weight management. It can also assist in remodeling damaged skin, treat psoriasis and other inflammatory skin conditions.

Turmeric may be sold in supermarkets, but is more readily available with superior quality from a local spice or ethnic store. Try to select organically grown turmeric to assure it has not been irradiated. Turmeric is best added to egg salad, meat dishes, vegetables, lentils, salad dressing, or brown rice. Dr. Patel recommends adding it to your diet rather than taking it in a pill form.

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The staff at Shanti Medspa at The Institute for Optimal Health is very excited to be celebrating our 3rd Anniversary during the month of June! To help celebrate, we have various special discounts and a 3rd Anniversary Party planned for June 17th.

We also have extended our hours in our Center City office to help better serve our patients. We are now open on Thursday from 11am-7pm in this office. Dr. Patel has changed her office hours to Thursdays beginning Thursday June 5th, instead of Fridays.

If you have any questions or would like to schedule an appointment, please contact me. I hope everyone has a great summer!

Sincerely,  
Kelly Miskin  
Internal Marketing Coordinator  
Shanti Medspa at The Institute for Optimal Health & Advanced Skincare