



Healthy News
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January 2009

Start the New Year with Healthy & Realistic Resolutions



HAPPY New Year. Here we go again, new resolutions, promises and hopes, that we hope we will accomplish. The New Year, always give us time to look back and reflect on the exchanges we would like to make. I prefer to use the word exchange and not change, because we are exchanging unhealthy habits for the right ones. To remain healthy has become a priority in our lives. Why? With the slow economy and more people everyday losing their jobs, we cannot

afford to develop any of the medical conditions associated with an unhealthy lifestyle.

To succeed in your New Year resolutions, we recommend the following:

1. Set realistic expectations.
2. Get help (success comes in couples).
3. Go slowly
4. Do not diet, exchange your eating habits.
5. Set a goal
6. Be active

The National Institute of Aging, recommends 10 ways of slowing down the Aging process:

1. Eat a balanced diet, including 5-7 servings of fruits & vegetables.
2. Exercise regularly.
3. Get regular Health checkups.

4. Do not smoke or quit if you do so.
5. Practice healthy habits, like wearing your seat belt in a moving vehicle.
6. Use sun protection.
7. Stay in touch with family & friends, since a strong social network is known to improve health.
8. If you drink, do it in moderation,, and never drink and drive.
9. Keep personal and financial records in good shape, and plan for long term financial needs.
10. Do things that make you happy, and keep a positive mental attitude.

Healthy Weight Week
January 18th-24th
Come & Get Your Body Analysis & Find out How many pounds of fat you need to lose.

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Group Weight Loss

Consultations

Starting January 2009, we will start offering group consultations for new patients interested in starting our comprehensive weight loss program, at a lower price.

Call us for more details.

Did you Know?

In November 2007 The World Health Organization' International Agency for Research in Cancer reported that after reviewing 7,000 studies concluded:

There is scientific evidence to link diet and other lifestyle factors to the development of various type of cancers, such as: **Breast, Colon, Uterine, Kidney & Esophageous.**

The Aesthetic & Wellness Center introduces



CELLULITE & FAT REDUCTION THERAPY As seen in Dr. Phil & Rachel Ray TV Show

Ready to start getting in shape and work on those unwanted fat deposits before the summer/. The Aesthetic and Wellness Center is now offering cellulite and fat reduction treatments with the FDA cleared medical device: VelaShape. This equipment uses a combination of heat, suction, radiofrequency and infrared light energy features to precisely target and treat

fat deposits. It is safe quick, has no downtime, no needles and it is virtually painless. The results are circumferential reduction of the treated areas and a noticeable reduction of cellulite.

As we age or after losing a significant amount of weight, our skin becomes saggy & loses that firm appearance, mostly in our upper arms, abdomen, buttocks & thighs.

VelaShape penetrates deep enough into the adipose tissue, increasing the metabolism of the fat cells, physically shrinking the cells and the skin and cellulite are smoother as a result.

Call us today for your Free Consultation



AÇAI BERRY



GOJI BERRY

Scientists believe that Aging is the result of several years of oxidative damage.

Aging Process, Free Radical Damage & Antioxidants

Free Radicals are dangerous chemicals in our bodies. They are by-products of normal cellular metabolism, through a process called Oxidation. During the oxidation process, the cells release an unstable dangerous molecule or Free Radicals, which turn out to affect healthy cells. Scientists estimate that between 1 and 3 percent of our daily oxygen intake result in free radical production. The effect of Free Radical damage in our bodies is not felt immediately, but accumulated over time. Scientists believe that Aging is the result of several years of oxidative damage.

What can we do to avoid damage caused by Free Radicals? Widely known author Nicholas Perricone, M.D. says:

“You can help slow aging and disease at the cellular level by increasing your intake of food rich in anti-inflammatories & anti-oxidants. Antioxidants are any organic compounds with the ability to neutralize the damaging effects of free radicals and oxidation. Despite the known effect of anti-oxidants the American diet does not contain even minimum amount of anti-oxidants essential for protection. Two of the most potent natural anti-oxidant supplements on the planet are: Goji and Açai Berry.

What is Goji Berry? It is a small berry from Asia, used in Chinese Medicine for nearly two thousand years. One of few fruits in the world, high in nutrients and

antioxidant qualities.

What is Açai Berry? This fruit originates from the Amazon rain forest. It is considered to have the best nutritional value of any fruit on earth. It has been used for centuries for its ability to provide a sense of strength, energy and a high nutritional content. We invite you to research the wonderful health benefits that you can receive from these 2 berries. Select a Goji or Açai juice that is 100% pure, without added fruit juices, sugar, sweeteners, preservatives or water.

At The Aesthetic & Wellness Center you can find the best quality 100% Açai and Goji juice in the market.

The Aesthetic & Wellness Center Goes Green

We are happy to introduce an organic line of Facials, Peels and Skin care products.

Ormedic from IMAGE Skincare is an FDA approved organic line that works at the cellular level to diminish fine lines, increase hydration and stimulate cellular turnover for more youthful looking skin.

Beautiful skin starts with a healthy skin regimen. Restoring and maintaining optimal skin health cannot be accomplished utilizing over-the-counter products, which only treat the surface of the skin.

The combination of these organic ingredients restore skin's health by integrating highly potent anti-oxidants, without the use of chemicals, acids or parabens. It is designed for all skin types, including post-treatment or irritated skin.

Scheduled your appointment today & enjoy the difference!



Untreated overweight & obesity in childhood is likely to persist into adulthood, and it carries well-documented physical & psychological consequences in both the short & long term.

Childhood Obesity

From Bulletin for the Family Physician (September 2008 -Vol7/

Childhood obesity is increasingly common in the United States. Obesity rates among children and adolescents have more than doubled in the past 25 years. Data from The National Health and Nutrition Examination Survey (NHANES) indicate the overall prevalence of obesity among those 2 to 19 years of age was 13.9 percent in 1999-2000, 15.4 percent in 2001-2002, and 17.1 percent in 2003-2004. The most

recent NHANES study reports an overall obesity prevalence of 15.5 percent among those 2 to 19 years of age in 2005-2006, which indicates that rates may be stabilizing rather than increasing. Untreated overweight and obesity in childhood is likely to persist into adulthood, and obesity carries well-documented physical and psychological consequences in both the short and long term. Family Physicians and

Bariatricians (medical specialty dedicated to the management of obesity and medical conditions associated with obesity) can help you and your family achieve and maintain a healthy weight. Successful prevention and treatment of childhood obesity is essential for good health throughout life.