

NANCY E. BOYDEN, ARNP

LASER COSMETIC AND WELLNESS CENTER

FEBRUARY 2016

HAPPY VALENTINE'S DAY!!

Hope everyone is having a great start to the New Year. We are going to be implementing new weekly specials so be on the lookout on our Facebook page! If you do not have a Facebook page, you are welcome to check in with our office.

Also, Birthday Specials are now offered! The Birthday Special is 50% off Microderm/Laser/Jan Marini/SkinCeuticals chemical peels. This is limited to one treatment and cannot be gifted to anyone. The treatment must be given the month of your birthday! Call our office for more details.

Reminder of New Office Hours

Tuesday 9 am - 4pm

Wednesday—Friday 9 am - 5 pm

Saturday — 9 am - 12 pm



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Birthday Specials: 50% off Microderm/Laser/JanMarini/SkinCeuticals Peels

are found in everything
from plastics to
cosmetics containing
parabens and phthalates,
pesticides, dry
cleaning chemicals,
dairy products



Xenoestrogens

Xenoestrogens

Xenoestrogens are also called endocrine disruptors. This means it interferes with hormone regulation and production. Normally, our endocrine system releases hormones that signal different tissues telling them what to do. When chemicals from the outside get into our bodies, they have the ability to mimic our natural hormones; blocking or binding hormone receptors. This is particularly detrimental to hormone-sensitive organs like the uterus and the breast. It also effects the immune and neurological systems. Buildup of xenoestrogens have been indicated in many conditions including: breast, prostate and testicular cancer, obesity, infertility, endometriosis, early onset puberty, miscarriages, and diabetes.

Here are a few examples of chemicals that are xenoestrogens:

Skincare: 4-Methylbenzylidene camphor (4-MBC) (sunscreens lotions)

Plastics: Bisphenol A (monomer for polycarbonate plastic and epoxy resin;

Phthalates (plasticizers), Polybrominated biphenyl ethers— flame retardants used in plastics, foams, building materials, electronics, furnishings, motor vehicles.

Food: Erythrosine/FD&C Red No. 3, Phenosulfthiazine (a red dye), Butylated hydroxyanisole/BHA (food preservative)

Insecticides: Atrazine (weed killer), DDT (insecticide, banned), Dichlorodiphenyldichloroethylene (one of the breakdown products of DDT).

Try and stay informed as the names tend to change for the same detrimental chemicals.

Try and avoid products with known estrogenic properties. Try and eat organic whenever possible. Reduce the use of plastics whenever possible. NEVER microwave in plastic containers. Buy hormone-free meats (hormones are endocrine disruptors). Use chlorine free products. Use a chlorine filter on shower heads and filter drinking water. Use naturally based fragrances, such as essential oils. Read the labels

REDOX SIGNALING MOLECULES

What if there was a safe way to accelerate the body's natural ability to heal itself; a way to bring about positive changes in health by selectively removing damaged or destroyed cells and protecting already healthy cells; an approach that was native to the body so that it didn't interfere with one's current medication or dietary regimen? There is a product available called ASEÅ. It is the only redox-signaling molecule product on the market at this time. It helps cell efficiency which in turn increases energy and improves athletic performance. Call our office for more information.



Exercise

Corner

For those that belong to the gym:

30-minute Cardio WorkOut

5 min Treadmill

5 min Bike

5 min Stairs

5 min Elliptical

5 min Rowing

5 min Treadmill



Meditation Can Help All Aspects Of Your Life

DO YOU MEDITATE?

Whether you seek weight loss or financial gain, many studies reveal simple, practical and proven mental exercises that can help you develop the focus and the habits you need to take your life to the next level.

The most important element in of any meditation practice is breathing. Breathe in slowly and deeply through your nose and exhale through your mouth. Sit in a comfortable chair with your feet grounded to the floor. Another key element is focus. In the beginning of your meditation practice, don't get discouraged with distraction. It's common when starting and with time your focus will improve. If your mind wanders focus on the breath. If it helps, focus on a still object or object in motion like a waterfall.

Famous celebrities that meditate daily: Ellen, Oprah, and Russell Simmons. Start with 10 minutes in the morning and try to work up to 10 minutes twice a day.

Bioidentical Hormone Therapy

We are one of few offices that will accept insurance for Bioidentical Hormone Therapy. This means that while your insurance may or may not pay for your specialized hormones, your visits and laboratory testing are usually covered. Most offices will only accept cash for visits and will require expensive out-of-pocket testing. Bioidentical Hormones are recognized by the body and so blood levels are monitored for all hormones prescribed. Nutrition is also an important part of hormone therapy and this is addressed as well. If you are interested, come to our monthly discussions on hormone therapy. This month it will be 02/10/16 at 6 pm. Please RSVP.

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Visit us at

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