

# NANCY E. BOYDEN, ARNP

LASER COSMETIC AND WELLNESS CENTER

**NEW OFFICE HOURS: TUESDAY 9AM-4PM  
WED/THURS/FRI 9AM-5PM  
SATURDAY 9AM-NOON  
JANUARY 2016**

## HAPPY NEW YEAR!!!!

Thank you to everyone who made time to come to our Open House this last December. We are always honored to see our lovely patients, during the holiday season which is usually a super busy time for everyone. It's humbling to see all the past and new patients at these gatherings.

We are adding new and exciting cosmetic services this year. We will be adding more aggressive peels as well as Dermaplaning. Also, we are adding back the SkinCeuticals product line to our office. Some of you have been asking for its return and it's now here! Come and experience our SkinCeuticals Antioxidant Bar that's in our waiting area. Using daily antioxidants will complement and increase the effectiveness of lasering. It's absolutely amazing! We also now have an aggressive Pigment Balancing Peel that targets brown spots and also have a more aggressive peel for anti-aging.



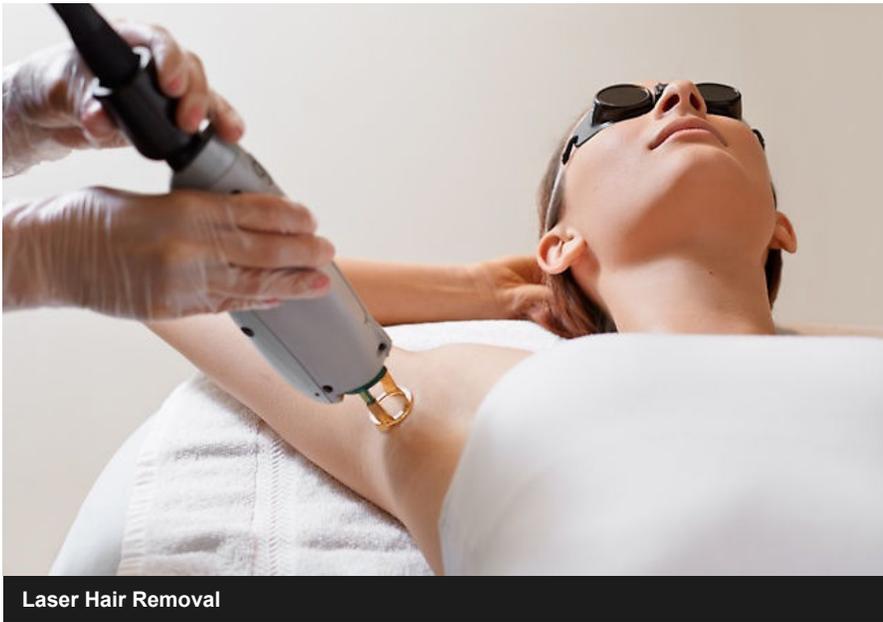
## PLEASE NOTE NEW OFFICE HOURS



SkinCeuticals Skincare Line

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Laser Hair Removal

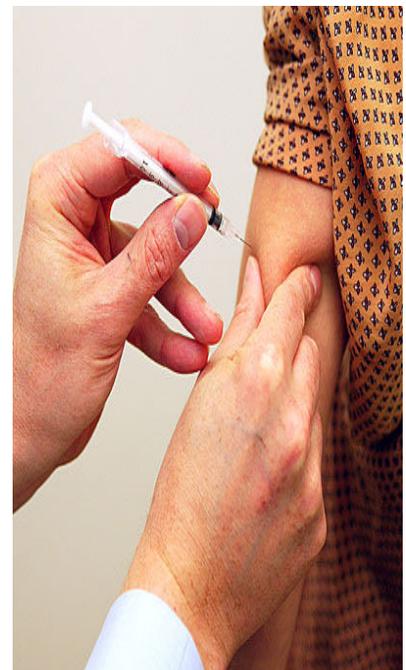
## Laser Hair Removal

Now is the time to start thinking of Laser Hair Removal if you want to be ready for Summer! It can take up to 6-8 treatments on any given area for hair removal. Most people don't know this and feel they can be treated with just 2 or 3 sessions. Sometimes smaller areas like the lip and chin can be treated quickly, but most of the time it takes more treatments.

## PRIMARY CARE MEDICINE

As most of you know, we provide Primary Care services and accept many insurance plans. We are expanding our services in this area as well. We are now set up to provide allergy shots. This is not to be confused with allergy testing. If you travel far for your allergy shots, you will be able to keep your extracts here and we will administer them for you. You will be required to have an EpiPen on hand and there may be a need to pre-medicate before your shots, but that will be discussed individually. You will need to sit for 20 minutes after your shot so that we can monitor you and make sure there are no delayed reactions.

We provide natural hormone therapy for women AND men! Our male patient base has grown exponentially the last year. We have many male patients now who come in for Testosterone treatment. The approach is the same as women in that blood draws are needed to determine beginning levels and then they decide what form of testosterone they can commit to. If you have a male friend, partner, or husband who seems listless, tired, and not enjoying life as he used to tell him about hormone therapy.



## Get Fit

20 Tricep Dips

20 Plank Jacks

20 Sit Ups

20 Jumping Lunge

20 Sumo Squat

3-5 sets.

30 second break



## Getting Ready For The New Year

Mental and physical wellness is on everyone's mind at the beginning of the New Year. It's a time of renewal and commitment. Nutrition is vital to our wellbeing. It's important to eat breakfast. This cannot be stressed enough. Overweight patients sometimes can't understand why they are overweight when they only eat dinner. Skipping meals will place your body in starvation mode. It is impossible to lose weight in starvation mode. Even if an individual was used to skipping meals in their youth, they may not be able to as they get older without consequences. Try and eat within an hour of waking. This will get the metabolism moving in the right direction. Small meals are okay throughout the day. It's important to eat protein throughout the day. Most of our meals as Americans are mostly made up of refined carbohydrates. This is a good start for weight loss.

# E-CIGS DO NOT HELP WHEN QUITTING SMOKING

An analysis by UC San Francisco (UCSF) researchers found that rather than aid in smoking cessation, e-cigarette users were 28% less likely to quit smoking than smokers of traditional cigarettes only. This is the largest review to date. “The irony is that quitting smoking is one of the main reasons both adults and kids use E-cigarettes, but the overall effect is less, not more, quitting”, said co-author Stanton A. Glantz, PhD, professor of medicine at UCSF.

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Office Hours:

Tuesday 9am-4pm

Wed-Fri 9 am-5pm

Saturday 9 am– noon