



*Alvarado Institute of Skin Care*

# SKIN DEEP

*Transform Your Skin*

Autumn 2009



## Cool Autumn Bliss

With autumn rapidly approaching with all its brilliant and beauty it also presence the initial thoughts of the "Holiday Season". A distinctive time of change is always best met with a positive attitude and a game plan. Here at Alvarado Institute of Skin Care we truly take great interest in our patients well being. Treatment of the "whole person" overall produces a much more desirable result.

Much time, effort and collaboration is invested in our patients, to set Alvarado Institute of Skin Care's care service well above the rest. The in-depth design and customization of treatments and products is at the foundation of our program.

Communication is the key!! Watch for us this fall via email to keep you updated on health and skin care issues. Along with our never ending quest to bring you the most current and cutting edge treatments available through the medical market.

In this issue look for the miraculous benefits of Omega 3 fish oil, patient testimony on the "trinity" and our clinician's favorite things. So blessed to have you as patients and look forward to celebrating this autumn's cool bliss with you.



**Carrie Weaver, Asst Clinical Director & Mary Halls, Clinical Director**

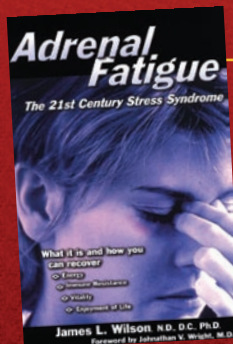
*Be Inspired!  
Mary Halls*

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### **DO YOU HAVE ADRENAL FATIGUE?**

- Tired for "no reason"?
- Having trouble getting up in the morning?
- Need coffee or colas to keep you going?
- Feeling run down or stressed?
- Crave salty or sweet snacks?
- Struggling to keep up with life's daily demands?
- Can't bounce back from stress or illness?
- Decreased sex drive?



If you answered "yes" to any of the above, you need this book!

To get your copy please call Alvarado Institute of Skin Care at (619) 286-0372.

*"Life isn't about finding yourself; life is about creating yourself..."*  
*(anonymous)*

# Omega 3's in Health and Disease

What is the easiest thing you can do to improve your health? Take an omega 3 supplement. There is an avalanche of information in the medical literature in the past few years that supports the value of Omega 3's in the prevention of heart disease, cancer, inflammation, pain, depression and more.

Polysaturated fats come in Omega 3 and Omega 6 varieties. Both are essential fats. We cannot produce Omega 3 in our bodies and like vitamins, & we cannot live without them. The term Omega 3 refers to the position of the double bond in the chemical structure of the fat. This determines the three-dimensional structure of the fat and how it reacts with receptors. Omega 3's come in short chain varieties in plants such as flaxseed and long chain varieties from fish oil. We need the long chain Omega 3's from fish oil for optimal health. We cannot adequately convert the short chain Omega 3's to long chain in our bodies. So flaxseed oil won't do it, we need fish oil.

So why do you need Omega 3's? Omega 3's are the building block of the favorable eicosanoid hormones. These hormones are made by every cell in the body and are paired with a favorable and an unfavorable hormone. The long chain Omega 3's are the building blocks of the good eicosanoids. No matter how you look at it: Omega 3's in the blood, Omega 3 supplements or Omega 3 in diet is vital. Omega 3 intake is one of the most powerful interventions we can take to prevent death from heart disease. There also have been recent studies showing the benefits of Omega 3's in cancer risks, depression, ADHA, bipolar disorder, dementia, multiple sclerosis, seizures, asthma, rheumatoid arthritis. So how much do you need?

<u>Goal</u>	<u>Grams per day</u>
Maintaining good health	2.4
Improved CV health	2.4-4.8
Improved Brain function	4.8-9.6
Inflammation Reduction	4.8-9.6
Optimal Health	4.8-9.6
Treating Neuro Disease	9.6 +



How do you get Omega 3? Of course there is fish, but not too much swordfish or shark should be consumed. Salmon and tuna are fine but not every day. Herring and Mackerel have more than 2 grams of long chain Omega 3 per serving but they are not big movers today. The best way to get adequate Omega 3's is supplementation with pharmaceutical grade Omega 3.

Your grandmother was on the right track when she made you drink cod liver oil. But this is a very crude product and has contaminants. Health-food store grade fish oil should say molecularly distilled or cholesterol free. This has been somewhat refined and would be okay in doses up to 2.4 grams per day. The best way to maximize the benefits from Omega 3's is to supplement with pharmaceutical grade long chain Omega 3's. **Alvarado Institute of Skin Care currently prescribes this pharmaceutical grade fish oil to our patients.** This is refined 100 times more than health food grade!

For a minute of your time, you can improve your heart, brain, cancer risks, pain and inflammation and quality of life with long chain Omega 3 fish oil. This amazing statement is well documented in the medical literature.

## Stress Management Tips for the Holidays

The upcoming Holiday Season can create unwanted STRESS! Practice these simple steps and ease your way into a HEALTHY New Year...

1. Deep Breathing (in through the mouth, out through the nose)
2. Don't take work home (it can make others feel isolated & unworthy of your full attention)
3. Cut out high sugar snacks (try some fruit instead)
4. Make "to do" lists (crossing off something on it will help you feel accomplished, even if it's a small task)
5. Learn to LAUGH! (laughter releases endorphins in your brain... which make you feel HAPPY!!!)

Practice these few simple tips & fall into the holidays with a SMILE on your face.

## A Yummy Fall Snack

### Gluten-Free Flaxseed Muffins

- 1 ¼ cup Non-Wheat Flour (Soy, Rice, Millet or Quinoa- I mix a couple of different flours & I use 1 cup of protein powder and 1 cup of mixed flours)
- 3 Cups Ground Flaxseeds
- 1 Tbsp. Baking Powder
- ¼ Cup Stevia (liquid or powder) you may need to decrease the amount depending on what type of Stevia you use as some are VERY sweet.
- 2¾ Cup Unsweetened Almond Milk (or just regular low fat milk)
- 2 Tbsp Olive Oil or Grape Seed Oil
- 2 Organic Eggs
- 1 Cup Fresh or Frozen Organic Blueberries
- ½ Cup Chopped Raw Nuts

Preheat Oven at 350\* F.

Whisk together flour, flaxseed, and baking powder. In a separate bowl stir together remaining wet ingredients. Stir into dry ingredients until just moistened.

Scoop into 2 ¾ inch muffin pan coated with Olive Oil spray. Bake until done, about 15 minutes. Can be frozen for use as need.

Makes 12 muffins.

# The Staff's Favorite Treatments & Products



## Mary - Refirme

All I can say is REFIRME!! I love this treatment. While many of the other treatments I do are fabulous for resurfacing, nothing leaves my skin feeling tight & firm like the Refirme. It makes all the difference in the world.

## Carrie's obsession this Fall!

I have to say, over the last 5 years my cupboards have been exploding with products that "I have to try". Some I love, some I hate....some work well for me & some are my arch nemesis (they know which ones they are). But after all these years, I have finally found the ultimate treatment product that works for my problematic skin. Epicuren's Acidophilus Probiotic Facial Cream. This lightweight moisturizer is hydrating, controls oil production and introduces healthy bacteria to my skin every time I use it! With constant usage of topical acne medications that can be drying and irritating, I have come to depend on my Acidophilus cream to replenish much needed hydration and to help calm & soothe my skin. I highly recommend this for dry sensitive skin, acne prone or oily skin type. It's a simple addition to any program; and is very cost friendly at \$21 per bottle. Want to know more? Just ask! I love to answer questions & will always be available to help you achieve and maintain healthy vibrant skin.



## Renee - Dermaplane

What is Dermaplane? Dermaplaning is a non-traumatic method of Skin Rejuvenation via manual exfoliation. The procedure involves the removal of dead skin and facial hair by using a sterile surgical blade. Dermaplaning alone can be a great treatment but when you combine it with

a hydrating or deep pore cleansing facial, the results are fantastic. With no down time, dermaplaning is the must have treatment before any vacation, wedding or special night out. Mention you read this and you will receive \$20 off one dermaplane treatment.



## MatrixRF Testimonial

"As a long standing patient with Alvarado Institute of Skin Care, I have done ReFirme skin tightening treatments and IPL fotofacials along with signature facials and peels. I am happy with the changes & improvements in my face, including minimized pigmentation & redness, increased hydration, and firmer tighter feeling skin. But my neck always had texture problems, what my 5 year old nephew would reagards to as, "rumbly skin". The previous treatments i was doing never really did much for that particular area on me, and when Carrie spoke with me about the MatrixRF with its ability to address textural concerns, I decided to try it. I had my first MatrixRF treatment and day or two after, I could tell it made the difference I had not seen from other procedures. I'm about to have my second treatment (of 3) in two days, and my neck looks better than it has for years. I'm looking forward to how much more of an improvement there can be...although this treatment is slightly uncomfortable, it may be what you're looking for to even out the texture of your skin." - CO



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## *Autumn Pumpkin Kits & Signature Pumpkin Facial*

*It's that time of year again... to envelop your senses with the warm & revitalizing scent of pumpkin & clove. This is our best selling travel kit & can double as a gift for loved ones or keep it & pamper yourself! The kit includes one pumpkin cleanser, pumpkin rinse, and pumpkin parfait enzyme mask... a mini facial all in one  
At \$30 (regularly \$50) for the set... it's a price you can't afford to miss!*

*And don't forget to try our Autumn Signature Pumpkin Facial on special for only \$89*