



The Health Source

Ruthie Harper M.D.

Your Source for Health, Wellness, and Looking Your Best

Try Our New Waterless Vitamin C with the added punch of Idebenone



New Anti-Aging Ingredient to be Added to Waterless Vitamin C

For those of you who have seen the recent marketing blitz on a hot, new breakthrough anti-aging skincare product called Prevage- we have good news.

People notice a significant improvement in the firmness, tightness, elasticity, and overall appearance of the skin.

And the story only gets better. Now you can get this revolutionary ingredient at **double the strength** and **half the price** of Prevage.

We have used the same anti-aging active ingredient in Prevage, called Idebenone, in our custom formulations at The Laser and Skin Care Clinic for over a year and are extremely impressed.

That's right; we were so impressed with Idebenone that we decided to add it to our **Waterless Vitamin C** at a concentration that boosts this product to new levels of effectiveness.

Idebenone is a scientific breakthrough ingredient that is the most potent antioxidant in the marketplace.

The hot new anti-aging product called Idebenone is now available in our Waterless Vitamin C

It evens-out skin tone and reduces the appearance of lines and wrinkles better than any other antioxidant available, and has been proven effective through many clinical trials.

The skin care results are superb, and it's at a price everyone can afford.

Call us today at 512-343-9355 and find out about this revolutionary new product. ■

Dr. Ruthie Harper is a Board Certified Internist who has spent many years developing her unique vision for optimal health.

Dr. Harper has been a practicing physician since 1989 and founded her own medical practice - Nutritional Medicine Associates - in 1999. It has since become one of the most successful and innovative of its kind in the United States.

In her medical practice, Dr. Harper uses the latest advancements in science and nutrition to help people become optimally well. Additionally, she made unique discoveries in nutritional science that combined with extensive skincare research allowed her to create The Laser and Skin Care Clinic and a line of skincare products unlike anything else in the cosmeceutical industry.

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Be Beautiful, Radiant, & Healthy

With Customized Mineral Makeup



Mineral makeup has been around since the time of the Egyptians; however, this year it is exploding into the beauty and cosmetics marketplace. This explosion is due in large part to the discovery that mineral makeup not only creates fabulous new looks for the season, but also serves as a treatment to actually **improve** the health and appearance of your skin.

Mineral makeup has reversed the trend of using makeup filled with artificial ingredients that mask irregularities and imperfections in the skin, instead taking its inspiration from minerals and organic pigments that exist in nature.

Benefits of Mineral Makeup

Mineral makeup, when made by quality manufacturers, provides a chemical-free alternative to traditional makeup. Mineral makeup has the unique ability to naturally even out skin tone and perfect the appearance of the skin while still leaving it looking natural. Makeup artists have found that mineral makeup, because of its unique and vibrant color selection, has the ability to create looks that traditional makeup cannot. And the best part about mineral makeup is that it does this while actually improving the health of the skin.

While the aesthetic advantages of mineral cosmetics are clear, the most exciting news relates to the health benefits of our minerals when applied to the skin.

Why Use Our Mineral Makeup?

The Ruthie Harper MD mineral makeup line is free of harmful chemicals, dyes, fragrances and ingredients that can rob your skin of its health and beauty. Because the skin is a highly functioning organ capable of absorbing nearly anything that is applied to it – the consumer should be highly conscious of what they put on their skin on a daily basis.

The “Nutrition for the Skin” skincare line, created by Ruthie Harper MD, capitalizes on this fact by providing a daily skincare line filled with cosmeceutical grade ingredients in concentrations and combinations that change both the health and appearance of the skin. By creating and adding her unique line of mineral

cosmetics, Dr. Harper has ensured that following her quality skincare regimen, clients can choose a makeup line that is both aesthetically superior and healthy for the skin.

The mineral makeup line created by Dr. Harper contains healthy ingredients such as mica, titanium dioxide, zinc oxides, iron oxides, and ultramarine pigments that can be combined to provide a complete line of beautiful cosmetics including foundation, eye shadow, blush, lipstick, lip gloss, and shimmery powders for the body.

The Ruthie Harper, M.D. mineral makeup line is made from naturally occurring minerals that have been used in cosmetics for thousands of years. For her clients, mineral makeup provides a huge upgrade from most commercial makeup, which are filled with harmful ingredients such as artificial dyes and fragrances, synthetic preservatives, oils, and fillers that can wreak havoc on the delicate skin of your face and age your skin prematurely.

The Ruthie Harper, M.D. mineral makeup line even improves upon other commercially available mineral makeup products in the marketplace, which can also contain harmful ingredients. To see a list of ingredients we recommend avoiding in skincare products and other makeup lines including other mineral makeup products, please go to page 3.

At The Laser and Skin Care Clinic, our mineral makeup is fragrance free, oil free, cruelty free and contains no fillers or synthetic dyes or preservatives, making it perfect for sensitive or allergy prone skin. Because it is a powder, there is no risk of spoilage or oxidization. It is very water resistant and much more forgiving than most commercial makeup in that each shade can be used on a wide variety of skin tones.

Because minerals reflect light instead of absorbing it, after use the skin appears healthier, brighter, and more radiant.

Our micronized mineral bases combine powerful ingredients such as antioxidants and UV protection in a delivery system that provides flawless coverage. It is skin-nurturing makeup for beauty with a higher purpose. Our

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minerals have been combined with the science of antioxidant therapy to incorporate Vitamins A, C, E, K, and green tea extract, which are vital to maintaining healthy skin. This antioxidant blend helps protect the skin from harsh environmental elements that can cause free radical damage and advanced aging. These ingredients also help improve the appearance and condition of acne and rosacea-prone skin. Our products also provide UVA and UVB sun protection.

Mineral makeup is ideal for all skin types, including sensitive skin. It is safe for camouflage and sun protection following microdermabrasion, chemical peels, cosmetic surgery, laser resurfacing, and waxing.

Let Us Customize Your Look

Our mineral makeup artists have been specially trained in blending the perfect color for each skin type and skin tone and can create the hottest hues and color favorites for the season.

Our minerals are rich in color which stays put throughout the day, ensuring that you look your best. Our mineral foundations, blushes, eyeshadows, and lip glosses can be custom blended to match and coordinate with your skin color. In fact, it's the ultimate fashion accessory to top off any outfit in any season. We can individualize makeup to match or complement your attire for any occasion, including holidays, weddings, proms, and other special events.

April's Mineral Makeup Special

This month, you can enjoy 20% off of a custom makeup package consisting of one foundation, one blush, and two shadows. Get a fresh, new, customized look for spring and summer. Come in for your custom makeup package today.

Skincare Product Ingredients to Avoid

Cancer Risks from Cosmetic and Personal Care Products

- Diethanolamine - (DEA), TEA (Triethanolamine)
- Bronopol
- 1, 2-Dioxane
- Artificial Colors
- Lanolin
- Talc
- Silica

Endocrine (Hormonal) Disruptors in Cosmetics

- Alkylphenol Ethoxylates
- Benzophenone-3 (Bp-3)
- Butyl Benzyl Phthalate
- Butylated Hydroxyanisole (BHA)
- Butyl-methoxydibenzoylmethane (B-MDM)
- Dibutyl Phthalate
- Diethyl Phthalate
- Homosalate (HMS)
- Methyl-benzylidene Camphor (4-MBC)
- Nitro Musks
- Octyl-dimethyl-PABA (OD-PABA)
- Octyl-methoxycinnamate (OMC)
- Polycyclic Musks

Other Ingredients to Avoid

Alcohol – Isopropyl, Ethyl, Propyl or SD 40 Alcohol
Aluminum
Animal Fat: Tallow
Avobenzone
Butylated hydroxytoluene (BHT)
Collagen
Elastin
Fluorocarbon
Glycerin (Synthetic)
Lye
Mineral Oil
Nitrosamine
Oxybenzone
Para-phenyldiamine
Petroleum/Petrolatum
Phthalate
Polyethylene Glycol
Potassium Hydroxide
Propylene Glycol
Sodium Hydroxide
Sodium Lauryl & Laureth Sulfate
Toluene

Hidden Carcinogens

Contaminants

Organochlorine Pesticides
Dioxane
Crystalline Silica

Nitrosamine Precursors

DEA- Diethanolamine
TEA-Triethanolamine
Bronopol
Padimate O

Formaldehyde Releasers

Bronopol
Quarternium 15
Diazolidinyl Urea
Imidazolidinyl Urea
DMDM Hydantoin

Sunscreen Agents to Avoid

cinnimates
benzophenones
PABA
salicylates

Is Stress Making You Old and Fat?

Cortisol and Stress

People today are under more stress than ever. Adults are working longer hours, the suicide rate for teens is higher, and doctors are writing thousands of prescriptions for antidepressants and anti-anxiety medications.

While questions remain as to precisely how stress contributes to obesity and degenerative diseases, research has shown that chronic stress causes a significant dysfunction of one of the most vital systems of our body—the neuroendocrine system.

The Neuroendocrine Connection

Scientists are just now beginning to unravel the ways in which the mind influences the body. The hypothalamic-pituitary-adrenal (HPA) axis plays a major role in both mind and body health.

It starts with the hypothalamus, a specialized glandular area of the brain that some consider the “master gland” of the neuroendocrine system. The hypothalamus has many functions, such as controlling the body’s temperature, water balance, thirst, and hunger. It also acts as a controller of the pituitary gland, a small, bean-sized structure that sits just below the hypothalamus.

During times of stress, the hypothalamus releases corticotropin-releasing factor, which in turn signals the pituitary gland to release adrenocorticotropic hormone, or ACTH. This hormone then travels through the bloodstream to the adrenals, two small, triangle-shaped glands located on the top of the kidneys. When ACTH reaches the adrenals, it causes them to release a biochemical known as cortisol.

Cortisol: the Stress Hormone

The hormone cortisol is a double-edged sword – not enough and we

cannot adapt to stressful situations, too much and our bodies become overweight, aged and disease-ridden.

Cortisol plays a vital role in helping



graphic by MSNBC at MSN.com

the human body adapt to stress.

However, this naturally occurring hormone is one of the few that increases as we age and is linked to both obesity and diseases such as depression, Alzheimer’s, and other degenerative diseases. Extreme overproduction of cortisol, as occurs in Cushing’s Syndrome, can result in increased body fat, decreased bone density, and severe muscle weakness.

Moderately elevated levels of cortisol over prolonged periods of time produce symptoms similar to Cushing’s Syndrome, just not as dramatic or severe. It is critical to maintain healthy levels of cortisol to keep it from damaging your body.

Cortisol is released during major stressful situations such as divorce, death of a family member, prolonged illness, poverty, and unhappiness in the workplace. It is also released during daily life stresses such as traffic jams, bill-paying, noise, family tension, crowds, sleep disturbance, isolation, hunger, and danger.

Benefits of Cortisol

Cortisol does play an important role in the metabolic and non-metabolic effects of the body including increasing the mobilization of free fatty acids and making them available as an energy source, decreasing glucose use, stimulating protein breakdown so that amino acids can be released for use in repair, and serving as an insulin antagonist by inhibiting glucose uptake and oxidation. Its non-metabolic activities include restraining the immune system’s production of inflammatory cytokines, increasing catecholamine release to improve blood flow, and enhancing mental acuity.

The short-term, anti-inflammatory properties of cortisol were frequently used to treat arthritis in the 1950s. However, the side effects of prolonged use produced hypertension, poor wound healing, bone loss, muscle wasting, thin skin, increased abdominal fat, insulin resistance, and sleep fragmentation.

Effects of Excessive Cortisol

Cortisol increases by five times its normal amount in nearly everyone when they are confronted with stressful situations. When this increase is introduced in someone with depression, the increase is even higher. Just the slightest amount of stress can significantly add to that person’s cortisol level and further elevate their depressive disorder.

Recent research has increased attention about the link between cortisol and weight gain by pointing out the link between high levels of cortisol and excess abdominal fat. Research has shown that higher levels of body fat are associated with weight gain—specifically in the abdominal area.

To complicate matters, dieting produces stress for most of us and increases cortisol levels. And for people who have dieted on and off

throughout life, they may end up looking more like “apples” than “pears” because of bigger waistlines that may be associated with high cortisol levels. The negative effect isn’t all cosmetic, either. Real health risks accompany excess fat in the abdomen—like increased chances of developing diabetes and even heart disease.

Research has shown that cortisol can affect mood and behavior, as well as disrupt memory and recall. Giving cortisol to healthy volunteers has been shown to alter the balancing signals in the brain which create stimulation vs calm in appropriate situations, and helps us with attention, focus and planning. It interferes significantly with neurotransmitters, neuropeptides, and brain circuits that are associated with depressive symptoms.

How Stress Kills

In the 1930s, the renowned endocrinologist Hans Selye discovered that both psychological and biological stress can adversely affect human health through interactions between the mind and the adrenal glands. Selye also observed that if the stressors were continuous, the organism would ultimately “burn out” and die.

Stress, Cortisol, and Illness

Taking their lead from Selye’s original work, scientists have demonstrated that both acute and chronic levels of stress contribute to elevated levels of cortisol. In addition, high levels of stress are now known to be significantly linked to various illnesses, including upper respiratory infections, exacerbation of multiple sclerosis, and gastrointestinal disorders such as Irritable Bowel Syndrome.

Since the mid-1990s, scientists have presented provocative evidence linking cancer, stress, and elevated cortisol levels. In a 1996 case-controlled study, scientists examined hormone levels of the hypothalamic-pituitary-adrenal system in women with both early-stage and metastatic breast cancer. Both groups had statistically higher levels of cortisol compared to women without breast cancer.

Stress also plays a role in heart disease. In a study of 311 men and 70 women conducted at the Mayo Clinic, the authors found that patients with the highest stress levels had markedly higher rates of rehospitalization and reoccurrence of further heart disease-related problems, including heart attacks and cardiac arrest.

Cortisol also plays a role in the progression of Alzheimer’s Disease in that it is associated with the acquisition, retrieval and consolidation of new memories. Excessive amounts have a neurotoxic effect on the hippocampus, which results in atrophy and memory impairment.

While mainstream medicine offers little in the way of reducing chronic stress or high cortisol levels, making behavioral changes and using certain supplements can help you bring your stress load and high cortisol levels safely under control.

Exercise Counters Stress

Humans are designed to be physically active. However, our typical twenty-first century lifestyle—sitting in front of a computer all day—is a far cry from the daily hunting and gathering activities of our ancestors.

While it is common knowledge that exercise can keep our muscles and bones strong and healthy, most people do not know that moderate exercise can also decrease stress and high cortisol levels.

A newly published study in the journal *Psychoneuroendocrinology* examined the effects of aging and fitness on the HPA axis response to stress. The researchers subjected three groups of women to a battery of psychological and physical tests meant to induce stress.

While cortisol levels rose in all three groups of women, those in the older-unfit group had the most significant increase.

Relaxation and Meditation

If you want to decrease stress and lower your cortisol, then taking time out each day to relax and meditate may be just the solution. Considerable

scientific evidence has established that relaxation and meditation techniques are valuable therapeutics for optimal health.

An article in *Psychoneuroendocrinology* highlighted meditation’s effects on levels of various hormones, including cortisol, in otherwise healthy male subjects who were subjected to mental and physical stressors. Those who had practiced meditation had lower average cortisol levels compared to subjects who had not meditated.

Nutrients and Cortisol Reduction

The following nutrients, which can be found in supplements, have proven to be effective in reducing cortisol levels:

- Phosphatidylserine
- 7 Keto DHEA
- Vitamin C
- Fish Oil
- Rhodiola rosea, or rhodiola
- Ginseng
- Ginkgo biloba

How Nutritional Medicine Associates can Help You

Dr. Ruthie Harper and her expert staff can provide an individualized evaluation of your health and how stress is impacting it.

The evaluation includes a thorough assessment of your lifestyle issues and foods as well as complete blood work to evaluate blood parameters that determine how stress impacts your health.

This information then can be used to customize a program to help you optimize your adrenal health by reducing stress.

April's Special

**Get 10% off when you
Buy THREE bottles of
7 keto DHEA or
phosphatidyl serine**