



The Health Source

Ruthie Harper, M.D.

Your Source for Health, Wellness, and Looking Your Best

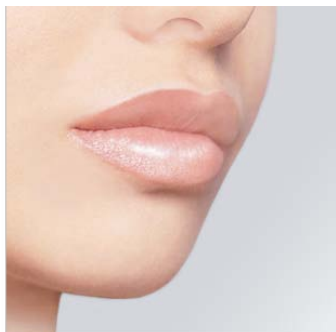
Get Sexy, Full, Pouty Lips With our NEW Lip Volumizing Treatment

Ruthie Harper, M.D., 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, which is 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.



Ruthie Harper, MD is proud to introduce our NEW Lip Volumizing Treatment, the latest innovation in her new line of cutting-edge skincare products. This

unique lip enhancing treatment contains exclusive ingredients such as Oligopeptides that have been clinically proven to provide you with sexy, full, pouty lips. Our lips are one of the first areas of our face to show signs of aging. Full volumized lips are part of looking great and staying young!

Our Lip Volumizing Treatment enhances the appearance of lip contours while adding up to 40 percent more moisture volume and reducing fine lines. In addition, this product is perfect for use in conjunction with professional dermal fillers like restylane which are used to create lip fullness. Our

Lip Volumizing Treatment can enhance both the appearance and length of effectiveness of such fillers.

The key ingredient in this new product is palmitoyl oligopeptide, which has been proven to increase the production of collagen by stimulating the growth of matrix and connective tissue in the lips. This ultimately translates into the moisturized, soft, defined and seductive lips that each of us desire.

Other ingredients include Persea Gratissima (avocado) oil to promote smoothing, Atelocollagen and Sodium Chondroitin Sulfate to help fill in fine lines and wrinkles, and other natural ingredients designed to provide immediate moisturization as well as antioxidant and sun protection benefits.

In a third party clinical study, the ingredients in this product were shown to experience a significant improvement in the appearance of

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their lips including:

- A reduction of furrows by up to 30 percent
- An increase of lip moisture by up to 60 percent
- Lip volume increase by 40 percent on average

How To Use Our Lip Volumizing Treatment

This product will have maximal

effectiveness when used twice daily, once in the morning and again at night as part of a regular skincare regimen. At night, we recommend that you pay special attention to the vermillion border area (where the lips transition to the skin and fine lines develop) to effectively treat this area. In addition, because this product is in an easy to use lip gloss

dispenser, it can be carried with you and used throughout the day to condition you lips and speed the volumizing process.

Get the sexy, full lips you want today by calling 512.343.9355 to get this incredible new product!

Estrogen Imbalance can Cause Cancer in Women and Men, A Simple Test and the Right Phytonutrients can Help

Recent research provides yet another important reason to add vegetables to your diet.

Cruciferous vegetables, such as cabbage, cauliflower, and broccoli, have been found to possess a unique group of phytonutrients capable of helping to metabolize estrogens into their health promoting forms, providing for optimal estrogen balance that has implications for cancer prevention and successful aging in both women and men.

However, in today's sometimes chaotic and fast-paced world, eating enough of these vital vegetables is difficult. Fortunately, for busy people, adding a supplement that contains these unique phytonutrients is an excellent solution.

Phytonutrient Diindolymethane

Adequate intake of specific phytochemicals can increase one's ability to regulate healthy hormone metabolism and cell behavior. Cruciferous vegetables, such as cabbage, cauliflower, and broccoli, possess unique phytochemical constituents able to modify the metabolism of estrogen. The most active of these phytochemicals with regard to estrogen is a specific compound called indole, or diindolymethane (DIM). Supplemental use

of DIM provides nutritional support to enhance the beneficial action and safety of estrogens in our body. An optimal "estrogen balance" has implications for cancer prevention and successful aging in both women and men.

Though discovered over ten years ago, the connection between plant-derived dietary ingredients and estrogen is just beginning to be appreciated. This connection has the power to explain much of the mystery of why people living in developed nations, but lacking dietary "phytonutrients," suffer disproportionately from the major hormone dependent cancers, colon cancer, and coronary heart disease.

H. Leon Bradlow, Ph.D. and his group at the Strang Cancer Prevention Laboratory in New York were the first to establish the link between phytonutrients from cruciferous vegetables and estrogen metabolism. They showed that supplemental use of a single cruciferous phytochemical can act to promote a dramatic and beneficial change in the metabolism of estrogen. This change in metabolism has the power to greatly reduce exposure to unhealthy forms of estrogen which put us at risk for cancer.

Supplementation with DIM provides an innovative approach to reducing the estrogen-related risk

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Hormone Defense Formula Ingredients

Healthy hormone detoxification processes are crucial to overall health and the normal function of the immune system. This synergistic formula provides:

Diindolymethane (DIM) - a molecule recognized for its supportive role in stimulating natural detoxification enzymes and hormonal metabolism.

Curcumin - helps regulate the body's normal response to inflammatory processes and helps maintain a healthy angiogenic balance.

Green Tea - contains catechin, epicatechin, EGC, and EGCG, which acts as antioxidants and supports immune function, cardiovascular health and hormone detoxification.

Wasabia - a member of the cruciferous vegetable family containing long chain isothiocyanates (ITCs) which are believed to be 10-25 times more potent in the detoxification process than most found in other crucifers.

Get 10% off of
Hormone Defense
during August

of breast and prostate cancer. Therefore, DIM supplementation can increase the safety of estrogen replacement therapy in post menopausal women. In addition, aging-related alteration in estrogen metabolism is an under appreciated factor in men's health. DIM use by men promotes the same beneficial estrogen metabolism as seen in women. Improving estrogen balance in men may serve as a basis for enhancing prostate health and protecting against prostate cancer.

DIM and Environmental Estrogens

High fat diets and pesticide residues in food serve as additional sources of elevated estrogen exposure. This inadvertent estrogen exposure is increasing in both men and women throughout the world. In addition, high fat diets, especially those rich in animal fats or Omega 6 fatty acids can shift the metabolic pathways of estrogen towards 16-hydroxy metabolites, or "bad estrogens," which are associated with higher rates of benign breast disease and cancer in both women and men

Testing For Your Estrogen Metabolites

Everyone should know their risk

for estrogen-related cancers. Fortunately, now you can with a simple urine test!

Researchers at Rockefeller University have found that the body metabolizes estrogens into several different metabolites that can impact cancer development. One metabolite, 2-hydroxyestrone (2-OHE1), tends to inhibit cancer growth. Another, 16-a-hydroxyestrone (16-a-OHE1), actually encourages tumor development. A person's "biochemical individuality" determines which of these metabolites predominates.

Studies have shown that measuring the ratio of these two metabolites provides an important indication of risk for future development of estrogen-sensitive cancers. Significantly, the studies also show that this risk is modifiable.

Scientists have recently developed a test for this ratio called Estronex™ 2/16. This test measures the ratio of these two critical estrogen metabolites from a single urine specimen. Estronex™ 2/16 ratios less than 2.0 indicate increasing long-term risk for breast, cervical, prostate and other estrogen-sensitive cancers.

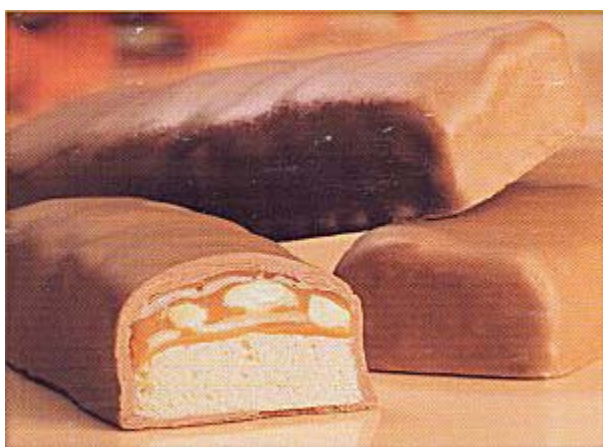
The Estronex™ 2/16 Test:

- Requires only a simple first-morning urine specimen; no blood draw is necessary.
- Economical, so you can retest often to monitor therapy.
- Bone Resorption Test can be added for osteoporosis risk assessment at only a small incremental cost.

How Can We Help You?

At Nutritional Medicine Associates, we can test your estrogen metabolites using Estronex™ 2/16 and discuss the results with you to help protect you from estrogen sensitive cancers. We can also provide nutritional interventions that can help raise Estronex™ 2/16 ratios and decrease long term risk for cancer. Specifically, Dr. Harper has created a high quality synergistic supplement called Hormone Defense that combines diindolylmethane (DIM) with herbs such as curcumin, green tea, and wasabia that are crucial to reducing unhealthy forms of estrogen. Hormone Defense can improve every individuals overall health by improving the normal function of the hormone and immune system.

To set up a consultation for testing and nutritional support, please call our office at 512.343.9355



Craving a Snickers® Bar?

Try our Carmel Nut Bars instead for a yummy, healthy alternative!

**During the month of August
Buy TWO boxes and get ONE box free!
Call Today! 512.343.9355**

Before Kissing Summer Goodbye...

Get Rid of that Excess Body Fat with Lipotherapy!

Summer is almost over – and you may still have some unwanted fat weighing you down. It's not too late to start a program to shed those extra pounds! Ruthie Harper, MD now offers two fabulous methods that combined will help you to shed that excess fat - Laser Fat Reduction and Lipotherapy with Lipodissolve treatments.

Laser Fat Reduction

Dr. Harper's new Laser Fat Reduction utilizes a painless cold red laser for deep tissue warming that enhances microcirculation for the reduction in the appearance of cellulite and rids the body of stubborn body fat.

Both male and female clients have found that those hard to reduce trouble spots, such as love handles, tummy bulge, and saddlebags, are decreased after a series of treatments. Laser Fat Reduction opens the fat cells and allows the fat to escape into the surrounding tissues where the body metabolizes it for permanent reduction in fat.

This procedure takes only 30 to

60 minutes and multiple sessions are recommended for optimal results. Visit our website ruthieharper.com and click on services and Fat Reduction or Laser Fat Reduction to learn about this breakthrough treatment.

Lipotherapy with Lipodissolve

Lipotherapy with Lipodissolve offers a second non-surgical cosmetic approach for reducing localized fat deposits. Because there is no surgery, there is no risk of anesthesia and no post surgical down time. The treatment involves a series of small injections used to sculpt areas where stubborn body fat accumulates and will not easily respond to exercise and diet alone. While lipotherapy is not a weight loss program, people with localized areas of fat accumulation will greatly benefit from this procedure.

What areas of fat can be treated?

Areas of treatment may include fat pads under the eyes, the jaw line, back of the arms, midsection, bra line and parts of the thighs, including inner thighs, saddlebags,

and around the knees. Both women and men can benefit from the treatment. The optimal patient is active, with small areas of fat, rather than overall weight to lose.

To learn more about this breakthrough treatment, visit our website at ruthieharper.com and click on Lipotherapy.

How can The Laser and Skincare Clinic Help?

We offer a viable alternative to women and men who want the latest body shaping technologies, but don't want to undergo surgery. Whether it is losing that belly "pooch," love handles, slimming the bra line bulge, reducing the thighs and/or tightening the under the chin area, our highly trained team of medical professionals can tailor treatments to match individual body types, lifestyles, and desired results. Call us to schedule your free consultation to learn which of these treatments can benefit you 512.343.9355.

Erase the damage caused by too much summer sun!

During August, help put back that radiant, healthy glow in your skin!

Receive an IPL skin treatment for only \$99!

Want To Learn More About Lipotherapy With Lipodissolve?

Learn about this new, breakthrough fat-dissolving technology in a free, one-hour, informational session. Join Ruthie Harper, MD and her expert staff as they explain the procedure and answer your questions

Two Sessions:

Thursday, August 23rd at 6:30 p.m.

Saturday, Sept. 15th at Noon

3901 Medical Parkway, Ste 100

Austin, Tx 78756

512.343.9355

Also, if you are interested in attending a session at a different time, let us know by calling for a consultation at our office.