



The Health Source

Ruthie Harper M.D.

Your Source for Health, Wellness, and Looking Your Best



Ruthie Harper, M.D.

Ruthie Harper M.D. to Offer Safe, Effective Laser Treatments

Each year, millions of Americans resolve to improve their appearance - whether through dieting, exercising or purchasing a new wardrobe - but fewer than half keep their resolution. This year you can fulfill your promise to renew and rejuvenate your looks by turning to

The Laser and Skincare Clinic.
The Laser and Skincare Clinic, created and founded by Ruthie Harper M.D., is Austin's

premiere skin treatment center. She understands your desire to look your best without the "down time" required by most plastic surgery.

Because Dr. Harper has selected state-of-the-art lasers that are capable of treating all skin types including dark and tanned skin, her skincare menu will expand to offer a full range of services for all types of patients.

Services will include aesthetic treatments for wrinkles, fine lines and excess red or brown pigment as well as treatments for unwanted hair and leg veins. [Click here](#) to see a full menu of services.

Additionally, she will be focusing on laser treatments for more serious skin conditions including rosacea, acne, and acne scarring.

Patients, who have experienced physical and social trauma from such

skin conditions, can now find relief through safe, effective, and non-invasive treatments at ***The Laser and Skincare Clinic.***

Dr. Harper is excited to be able to help her patients achieve health and beauty both inside and out - using customized nutritional programs, supplements, skincare products, and laser treatments. No other medical or skincare clinic can offer this!

Dr. Harper now offers laser treatments for all skin types and conditions.

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

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 made unique discoveries in nutritional science and combined them with extensive skincare research to create a line of skincare products unlike anything else in the cosmeceutical industry for helping people achieve health and wellness.

In 2005, Dr. Harper founded The Laser and Skincare Clinic so that she could offer her patients a place to meet all of their skincare needs.

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In This Issue...

What's New	1
Why Take A Multivitamin with Antioxidants?	2
Hormones Create Optimal Health for Men and Women	5
NO Nip & Tuck Program	7
Our Referral Program	7

Resolve to take a Daily Multivitamin

And see a healthier you in the New Year



In 2002, the Journal of the American Medical Association reversed a long-standing anti-vitamin policy and advised all adults to take at least one multivitamin each day.

With a strong desire to start the year with a clean slate and make this year better than the last, more than 60% of us will make New Year's resolutions. A vast majority of those resolutions will relate to health or wellness. Armed with our resolutions to go to the gym everyday, eat only healthy food, or eliminate stress, we charge

into the new year ready to conquer all obstacles. However, after a few weeks, only 10 % of us actually keep our promises because our goals were unrealistic, complicated, or just plain too hard to maintain.

This year, you can make a promise that will be easy to keep – not just for 12 months but for the rest of your life. For your 2006 resolution, make it a goal to take a multivitamin with antioxidants every day. Doing something as simple as swallowing a multivitamin could lead you down a path toward a healthier, more youthful, and potentially prescription or disease-free you.

Why Take Multivitamins?

The increase in chronic illnesses is one of the major health stories of our lifetimes. Today, seven out of ten Americans will die from the complications of a chronic disease such as heart disease, cancer, obesity, diabetes, depression, metabolic and digestive disorders, rheumatoid arthritis, fibroids, osteoporosis, and more. And, if the diseases themselves don't kill you, the side effects from the prescription drugs designed to treat the diseases just might.

With the multitude of prescription drugs available for nearly every disease, many Americans delude themselves into thinking they can just treat a disease when they get it. However, this false pattern of thinking has led to illness, disease, and even death. Consider the recent news about Vioxx. Before it was removed from the market in late 2004, Vioxx had been implicated in about 160,000 cases of heart attack and stroke in the US between 1999 and 2004—the equivalent of 100,000

unnecessary deaths.

While these numbers are alarming, it's nothing new to the drug industry. Studies found that children who used antidepressants such as Prozac and Zoloft were twice as likely to become suicidal. Other drugs with serious side effects include Meridia (for weight loss), Crestor (to lower cholesterol), Accutane (to prevent acne), and Serevent (to treat asthma). Ironically, many diseases treated by drugs can be prevented with good nutrition and vitamin supplementation.

Conventional practitioners continue to treat chronic diseases with an ever-growing array of expensive pharmaceuticals that may temporarily relieve the painful or uncomfortable symptoms, but do nothing to resolve the underlying cause. That's because conventional medicine is focused on disease screening and drug treatment — ignoring the more powerful approach of disease prevention, especially through nutrition and supplementation.

Many of our clients are surprised to learn that their chronic condition or disease can often be traced to a nutritional deficiency. Nutrition affects our immune system, organ function, hormonal balance and cellular metabolism. The nutritional deficiency comes first, followed some years later by symptoms, which leads to disease. To make things worse, the whole downward spiral is accompanied by accelerated aging.

Americans appear to be so well fed, it seems impossible that we aren't getting enough nutrients. However, most of us are substituting quality for quantity and convenience. People eat a lot of fast food, over-processed food, highly refined sugar, carbohydrates, and trans fats. Such foods actually prevent our bodies from properly absorbing vitamins and minerals.

In addition, foods we buy from the grocery store are grown on farms that use pesticides, non-organic fertilizers, and waste-treated water in order to grow food quickly and cheaply. Imported foods are chemically treated and the natural enzymes are virtually non-existent by the time it reaches our kitchen table.

On top of our questionable diet, our bodies have to deal with a lot of external

continued on page 3

continued from page 2

stressors that are beyond our control. Whether environmental or emotional, these stresses are far beyond what our bodies were designed to deal with — and they increase the gap between our bodies' nutritional needs and the vitamins and minerals that are available in our diets.

Because of these factors, many of us crash and burn as we age. Our problems will persist and likely worsen unless and until we consistently get the essential nutrients we need. This is why nutritional supplements can make such a dramatic difference for anyone.

The Role of Multivitamins

Taking multivitamins can help you prevent disease, and look and feel younger. Research has shown that those deficient in essential vitamins and minerals are at a higher risk of developing and dying of chronic diseases. Also, vitamin deficiencies can cause your skin to age prematurely because the vital organs of your body (heart, lungs, and brain) grab the nutrients you eat first to ensure that they have what they need to keep your body running strong. Your skin then receives nutrients only if your nutrition is near perfect.

The Journal of the American Medical Association published recent studies citing the importance of vitamins and how certain vitamins and minerals can help prevent disease and premature aging.

Folate

Many studies have reported an increased risk of coronary heart disease (CHD) or stroke associated with low folate intake or low blood folate levels. Folate deficiency may also contribute certain cancers. Higher dietary folate intake appears to reduce the risk of colon and breast cancer, particularly among moderate consumers of alcohol.

Magnesium

A lack of this essential mineral can lead to fatigue, abnormal heart rhythms, muscle weakness and spasm, depression, loss of appetite, listlessness, and potassium depletion.

Zinc

Statistics show that over 65% of American diets are deficient in Zinc. A low-dose supplement (15 mg per day) can fill in the dietary gaps most people have today. Zinc is considered the most important mineral for proper immune system function.

Vitamin A

Critical in vision (particularly night vision), the immune response, and epithelial cell growth and

repair, among other functions, vitamin A is essential in every diet. Vitamin A deficiency is marked by night blindness and increased disease susceptibility. There also is interest in vitamin A analogues as chemopreventive agents for breast cancer.

Vitamin C

This is a strong antioxidant, which promotes hormone synthesis, wound healing, collagen synthesis for skin and iron absorption. The evidence is strong that diets high in vitamin C are associated with decreased risk of cancers of the oral cavity, esophagus, stomach, and breast. In addition to taking vitamin C internally, it is beneficial for the skin to apply it topically to ensure that this vital organ receives all the antioxidant protection it needs to stay youthful and healthy.

Vitamin D

Inadequate vitamin D levels are more common than previously thought, particularly among housebound and elderly people. The effects of vitamin D on bone mass are strongly supported by studies and literature. Dark-skinned people are at higher risk of deficiency (although at lower risk of fracture overall), as are those with little exposure to sunlight. The addition of calcium may be required to realize the beneficial effects of vitamin D in preventing fracture risk.

Vitamin E

This vitamin is fat soluble and may be associated with prostate cancer reduction. Vitamin E, like other antioxidants, can scavenge free radicals and may, as a result, prevent oxidative damage to lipid membranes and low-density lipoprotein (LDL). It is also needed in immune function, and supplementation enhances cell-mediated immunity in elderly patients.

Vitamin K

This vitamin is critical for normal clotting, and is also necessary for normal bone metabolism. In adults, the most critical role of vitamin K relates to clotting. Patients with poor intake throughout a long period of time are particularly at risk when taking antibiotics, which deplete intestinal bacteria. Other risk factors for

For more information
on the health benefits
of individual nutrients in the
Ruthie Harper, MD multivitamin,
[visit www.nutritionalmed.com/
multivitamin.html](http://www.nutritionalmed.com/multivitamin.html)

continued from page 3

vitamin K deficiency include renal or hepatic disease and malabsorption. There is also newer interest in the role of vitamin K in bone metabolism and prevention of osteoporosis.

For more information on the health benefits of individual nutrients in the Ruthie Harper MD multivitamin with antioxidants, visit

<http://www.nutritionalmed.com/multivitamin.html>

Why Take Our Supplements?

With busy lifestyles and less than perfect nutrition, your internal organs and skin often suffers. In our practice, we ensure that your nutritional needs are met through customized supplement recommendations that feed and nourish your whole body from the inside out, providing optimal nutrition to create the healthy body and radiant skin you desire.

Our Supplements

We manufacture supplements through companies that exceed the standards of the United States Pharmacopoeia (USP) and the proposed FDA Good Manufacturing Practices guidelines. All manufacturing takes place in temperature, humidity, and dust-controlled room. In addition, each piece of equipment is dismantled and sterilized before each production run.

Ingredient Quality and Importance of Vegicaps

Our ingredients are purchased solely based on quality. Each products is reviewed annually by Ruthie Harper MD to ensure that its ingredients support the latest science and advancements in nutritional medicine. You can be assured that Dr. Harper has exhausted the scientific research to bring you the most effective products at the best prices. The ingredients are sourced only from trusted industry leaders, including the finest suppliers from the U.S., France, Japan, Switzerland, Germany, and Italy. Manufacturers of ingredients must pass rigorous pharmaceutical grade analytical tests to qualify as our suppliers.

All ingredients are tested for purity and potency by independent certified laboratories.

We choose the vegetarian capsule technology called “vegicaps” whenever possible because this technology allows greater bioavailability of the nutrients in each capsule. Studies have shown that as we age, our digestion becomes less efficient and therefore our ability to access the nutrients in tablets and gelatin capsules becomes less efficient. Use of vegetarian vegicaps eliminates this issue and ensures that the dollars you pay for your products are contributing to your health and wellness. In addition, use of vegicaps eliminates potential risk of diseases associates with gelatin or cow based technologies such as mad cow disease.

Supplements for Sensitive People

Our supplements are hypoallergenic and do not contain coatings, excipients, binders, fillers, shellacs, artificial colors, or fragrance. We choose products that are free of wheat, yeast, gluten, corn, sugar, starch, soy, preservatives, and hydrogenated oils (unless noted).

Full Disclosure Labeling

We let you know exactly what is in the supplements that are provided for you and always list all ingredients included in our products. Additionally, if an herbal ingredient is listed, our label details the strength of the standardized extract. Our fully reacted minerals are listed with their true elemental weights.

Packaging

Our supplements are protected from tampering with induction seals and full sleeve bottle shrink seals when appropriate. They are produced in small batches to ensure product freshness and effectiveness.

Start the New Year off right by receiving 10% off of your purchase of Multivitamin with Antioxidant when you order three or more bottles. Hurry, this special ends January 31. ■

Sources

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VanZile, J. (2005, Apr). *Inside the Vitoxx Debacl.* Life Extension Magazine.

Know someone else who would benefit from this newsletter?

**Forward this to your friends and family
and start building your way to free products and services!**

Read about our Referral Program on Page 7.

Hormones Create Optimal Health for Men and Women

With so many people focusing on optimal health this year, it's not surprising that many are seeking ways to fight aging. Aging, and the loss of hormones that accompanies aging, can have devastating effects on both men and women. Women often experience weight gain, decreased sex drive, hot flashes, memory loss, irritability, and sleep deprivation. Men can experience loss of stamina, decreased sex drive and energy along with irritability, memory loss and weight gain.

With new research and advances in areas of bioidentical hormones, nutrition, and supplements, men and women can feel young and vital as they get older without accumulating the symptoms of "old age."

The History of Hormone Replacement Drugs

Until the late 1970s, Premarin®, Wyeth's blockbuster estrogen-only, hormone replacement drug, was the treatment of choice for menopause and its dreaded effects. At its peak, Premarin® generated approximately 30 million prescriptions annually. However, scientific studies conducted by the Women's Health Initiative (WHI) study demonstrated that hormone replacement with drugs such as Premarin and Provera was associated with an increased risk of heart attack, stroke and breast cancer among women who used such drugs.

Based on the results of the WHI study, should estrogen be avoided? No, The WHI study used the term "hormone replacement therapy" to describe the administration of substances that were really not hormones, but rather drugs. These drugs, such as Premarin and Provera are synthetically created substances, formulated by drug companies to have hormone like effects in the body. They are not, however, identical to the original hormone that was in the body in the first place and therefore are not

really hormone replacement therapy. This is very significant because drugs always come with a list of side effects and, in this case, these side effects were very significant.

There is a better option for both men and women and this is the choice to use bioidentical hormones when our natural hormone production declines. According to several studies conducted over the years, natural hormones that are properly replaced can provide both men and women with a drastic improvement in their emotional, physical, and sexual well-being without the tragic side effects produced by synthetic hormones.

Unlike synthetic hormones, the molecular structure of bioidentical hormones is identical to the hormones made in the human body. An added advantage of natural hormone therapy is that it can be used by men and women who may be experiencing hormonal decline but have yet to pass into menopause or andropause (male menopause).

Why Is There So Little Emphasis on Bioidentical Hormones?

The reason natural hormones do not have the research to support the claim that they are superior to synthetic ones is because natural substances cannot be patented and therefore pharmaceutical companies cannot make the desired huge profits off of bioidentical hormones. That's right; anything that is innate to the body such as vitamins, nutrients and natural hormones cannot be patented. Therefore, funding for the large-scale trials is impossible to secure. Drug companies are not willing to conduct expensive long term studies on the benefits of bioidentical hormone replacement therapy because the return on their investment is not there. Some studies have shown the bioavailability and overall value of natural HRT, but natural hormone researchers have not had the funding

to compete with the large pharmaceutical company-funded studies. It's as simple as that.

Unfortunately, the term hormone replacement therapy is often used synonymously when prescribing bioidentical hormones vs. prescribing drug-like hormones, and that can be very confusing for the consumer. Because of this confusion, thousands of men and women are now unnecessarily forgoing the many benefits of hormone replacement therapy due to the concern regarding life-threatening side effects of the synthetic versions of hormone replacement drugs.

What Can Natural Hormone Replacement Therapy Do For You?

For men, women, and teenagers who are hormone-deficient, natural hormone replacement therapy can greatly improve their quality of life. Hormones are a critical part of a healthy functioning body. Men and women can maintain their health, vitality, sharpness, and sexual drive as their hormones decline in their 40's and beyond. Getting older can now be associated with quality of life and freedom to do the things that you love.

Natural hormones are useful for many things including maintaining or reviving libido during "the change." Unlike synthetic HRT drugs, natural hormones - more specifically, natural progesterone - appears to help prevent breast cancer. In menopausal or post-menopausal women, progesterone supplementation can stimulate the formation of new bone, and may help to prevent breast cancer. It also enables the body to better utilize thyroid hormone, and protects against coronary artery disease. An added advantage of natural hormone therapy is that it can be used by men and women who have yet to pass into andropause or menopause. Growing numbers of men women in

continued from page 5

against coronary artery disease. An added advantage of natural hormone therapy is that it can be used by men and women who have yet to pass into andropause or menopause. Growing numbers of men and women in Westernized nations begin to experience symptoms related to hormonal decline as early as their 30s and 40s. More often, women experience a decline in their progesterone levels first leaving them estrogen dominant. Estrogen dominance is a risk factor for breast cancer and the evaluation of hormonal levels and the use of natural progesterone can help to prevent breast cancer in estrogen dominant women.

Even younger women, including those in their teens and 20s, can also suffer from estrogen dominance. Their symptoms may include PMS, weight gain, fibrocystic breasts, bloating, troublesome periods, infertility, endometriosis, depression or repeated miscarriage. Natural progesterone works to relieve symptoms in these younger women as well.

In addition, recent research has indicated that estrogen levels and patterns of estrogen metabolism play an important role in the development of breast, endometrial, ovarian, and other human cancers, giving further reason to maintain proper hormonal balance.

Teens or 20 years olds can be evaluated for hormonal imbalance and if they are experiencing any of these symptoms, the quality of their life can be improved.

Natural progesterone has been found to be critical in maintaining a healthy pregnancy as well as protecting against post partum depression. Hormones are a critical part of health at any stage of life.

How Is Hormone-Deficiency Diagnosed?

If you suspect you might have an imbalance of hormones, you should first ask your physician to draw a

blood panel to evaluate the various levels of hormones in your body. Discuss your symptoms and the information from the blood panel with your physician so that he or she can provide you with a prescription for natural hormone replacement therapy through a compounding pharmacy.

For women, this hormone panel test should include levels of lipids, CRP, Lp(a), SHBG (sex hormone binding globulin), DHEA sulfate, total and free testosterone, total estrogens, progesterone, and the free T3, free T4 and thyroid stimulating hormone. Men should be tested for their levels of lipids, CRP, Lp(a) DHEA sulfate, free and total testosterone, estradiol, Free T3, Free T4 and thyroid stimulating hormone.

How Can I Protection Against Hormone Related Cancers?

Because there is now overwhelming evidence indicating that estrogen levels and patterns of estrogen metabolism play an important role in the development of breast, endometrial, ovarian, prostate and other human cancers, your physician should test for estrogen metabolites using a recently developed test called Estronex that measures the ratio of two critical estrogen metabolites from a single urine specimen.

Researchers at Rockefeller University 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. An individual'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- specifically breast and prostate cancer. Significantly, the studies also show that this risk is

modifiable through natural hormone replacement therapy, nutrition, and supplements.

Estronex 2/16 ratios less than 2.0 indicate increasing long-term risk for breast, prostate, cervical, and other estrogen-sensitive cancers. Nutritional interventions can help raise Estronex 2/16 ratios and decrease long term risk.

What Can Nutritional Medicine Associates Do For You?

At Nutritional Medicine Associates, Ruthie Harper, M.D., can get you back on the road to optimal health. After making an appointment with Dr. Harper, you will spend 45 minutes to an hour going over your health concerns and issues. She and her staff will conduct tests to determine your hormone levels as well as your estrogen metabolites ratio. For a list of laboratory blood tests conducted at Nutritional Medicine Associates, go to www.nutritionalmed.com/labtest.html

Using information from the test results, Dr. Harper will customize a program for you based on your individual needs – from prescribing natural, bioidentical hormone replacements and supplements to providing you with a nutritional plan that is right for you.

If you are an already established patient, make sure you have your hormone levels checked at least annually to ensure that you are in hormonal balance and that you are receiving the full benefits that hormone replacement therapy can provide. Most importantly, if you have never had an Estronex test to evaluate how you metabolize hormones make this the year where you resolve to do the very best for your health and get this done.

During all of January, receive a 10% discount off Estronex testing and ring in the New Year with hormonal health and balance! Call to ask how you can get this important test done today at 512-343-9355. ■

Want to Learn About Alternatives to Plastic Surgery? Attend our NO Nip & Tuck Night

**January's
NO Nip and Tuck Night**
January 31st
(The Last Tuesday of Each Month)
5:30 to 6:30 PM
at The Laser and Skincare Clinic
3410 Far West Blvd., Ste 305
Austin, Texas 78731

The start of the New Year is a time for rejuvenation and renewal, and many people look to renew and refresh their skin as well. Aging causes changes in collagen and elastin, which tends to make skin drier and thinner. With the loss of support by connective tissues and the fat layer, the skin begins to droop and sag

and wrinkles begin to form. That's when some people start to consider plastic surgery. However, while plastic surgery can bring positive results, we feel it's important to inform our clients of alternatives or additions to cosmetic surgery to look your best.

"We are not against plastic surgery. In fact, many of you have received referrals from me to plastic surgeons that can enhance your looks," said Dr. Harper, "However, you also know that plastic surgery cannot do it all – and that's where the alternatives to plastic surgery come in."

If you want to learn about the latest breakthroughs and alternatives to plastic surgery, then it's an absolute **must** for you to attend our monthly NO Nip and Tuck Night

held the last Tuesday of each month from 5:30 to 6:30 pm. It's designed for those seeking the latest information on advancements in non-surgical options that can help you look your best. During this special hour, Dr. Harper and her skincare specialists will be on hand to discuss the latest advancements in health and beauty, address your concerns, and answer your questions.

In addition to hearing experts discuss timely topics on non-surgical options to looking your best, you'll have the opportunity to:

- Hear about breakthroughs in skin rejuvenation by combining microdermabrasion with a new, innovative waterless form of Vitamin C. Special offers for these treatments and our featured skincare products that aid your skin before and after microdermabrasion (including waterless vitamin C) will be available during the event.
- Win special giveaways and door prizes.
- Earn a free treatment or a bottle of a supplement of your choice by bringing your friends/family and participating in our referral program. (*See our article on our referral program below*)

Don't miss out on the informative discussions, fun giveaways, and special promotions. Come to our office January 31st (the last Tuesday of each month) from 5:30 to 6:30 pm. We look forward to seeing you! ■

Our Referral Program

We want to thank you for believing in us!

Each time you forward this newsletter to your friends and family or tell people about Nutritional Medicine Associates and The Laser and Skincare Clinic; you are on your way to earning free services or products!

Let us know when your friends or family use our services. After you send us 5 referrals, we will reward you with a special gift.

- For every five people you refer who use our services at Nutritional Medicine Associates, you will receive one free bottle of the supplement of your choice.
- For every five people you refer who use our services at The Laser and Skincare Clinic, you will receive one free laser or skincare treatment in one area of your choice.

Start building toward a free gift today by emailing everyone you know this newsletter – and let us know each time someone you refer uses our services.