



The Health Source

Ruthie Harper M.D.

Your Source for Health, Wellness, and Looking Your Best



Dr. Harper Creates Refreshing Weight Loss Lemon Ade

Summer is here and you've worked hard over the last several months to have the body you want for your summer time fun and activities.

If you're like most of us, however, you may still have a few extra pounds you would still like to shed.

Well, we have good news for you. Dr. Harper has created a special weight loss Lemon Ade drink that you can sip throughout the summer and watch those remaining pounds shed their way off your body.

Oh, and by the way, this drink will also help increase your energy,

stop sugar and carbohydrate cravings, and help you stay full longer after each meal.

On top of all this, the Lemon Ade is a cool, refreshing, and delicious way to beat the summer

heat and shed that excess weight, and best of all, no one will know that you are drinking a weight loss beverage.

Want to know more? Call us at the office, 512-343-9355, for this special summer product or stop by anytime during

business hours and enjoy a sample!

During the months of June and July get a 10% discount

when you buy our Weight Loss Lemon Ade! Don't "weight" - get yours today!

Weight Loss Lemon Ade Recipe:

64 oz water

1 ¼ cup of organic lemon juice

½ cup of xylitol

¼ cup of glycine

¾ teaspoon carnitine

Mix together

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 a Laser and Skin Care Clinic and a line of skincare products unlike anything else in the cosmeceutical industry.

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Got Skincare Overload?

Get it Right with Custom Formulations



There is an endless stream of breakthrough skincare ingredients available, with each focusing on solving a different problem including wrinkling, aging, hyperpigmentation, rosacea, and acne. Of course, we want the benefits of each and every one of these ingredients, but purchasing a separate product for every skin care goal may do more harm than good.

Applying numerous different products at the same time, each with multiple ingredients can cause a phenomenon call “skincare overload,” which can cause the skin to respond poorly to any skincare product because the benefits of the ingredients begin to cancel themselves out.

Too many products used at once can cause skincare products to lose both their potency and effectiveness. Also, adding multiple products to your skin – layer by layer – can build up on your skin, making it appear dull and old.

What’s the solution?

Enter the world of custom formulations. At The Laser and Skin Care Clinic, we have designed a custom skincare program where specifically selected skincare ingredients are chosen for you month by month to meet your skin care needs. These ingredients are combined into your daily active products, Nourish and Replenish, to keep your skincare regimen simple, thereby preventing “skincare overload”.

After ingredients are selected for your specific skincare goals, they are mixed into your daily active products through our specialty skincare pharmacy. The effectiveness of the products is ensured by mixing ingredients through this specialty pharmacy with careful attention to pH, concentration, and ingredient-combining. The result is a simple skincare regimen with purposeful ingredients that work. By using our custom formulation program, your skin will benefit from the most scientifically effective ingredients in the skincare world and not experience “skincare overload”.

Skin care Ingredients and Highlights of our Custom Formulations Program

Custom formulation products are designed after a careful analysis of your skin by your skincare specialist and after a thorough discussion of your skincare goals. Each prescription is reviewed with Ruthie Harper, M.D. prior to it being sent to our specialty skincare pharmacy to create a product designed to meet your needs.

We recommend that you meet with your skincare specialist on a monthly basis as your products run out to evaluate the improvements in your skin. Monthly evaluations allow us to continue to change or add to your custom formulation on a regular basis so that you get the very best results. In addition, Dr. Harper is available through your skincare specialist to make nutrient recommendations to improve the health of your skin through supplementation.

Our clients are excited by the results they have been able to achieve in a very short period of time using our custom skincare program. Some of the ingredients we can add to your skincare regimen are listed below.

Wrinkles and Age Spots

Wrinkles and Age spots or hyperpigmentation are a common issue with the aging population – especially for those who have spent too much time in the sun. A powerful weapon that can reduce wrinkles and eliminate age spots is DMAE (dimethylaminoethanol) taken orally or applied topically.

A powerful anti-inflammatory, DMAE is a precursor of the neurotransmitter acetylcholine. Although acetylcholine is usually associated with brain health, the skin is an active site of acetylcholine synthesis, storage, secretion, metabolism, and receptivity. In our custom formulations, we are able to use this ingredient at prescription strength for powerful effectiveness. DMAE is also present in our multivitamin for the skin.

Retinoic Acid (the active ingredient in Retin-A) significantly improves the skin giving it a healthier, rosier looking tone, an apparent smoothing of the skin, and diminished lines, wrinkles and age spots. Studies also show an increase in skin tightness, along with increased hydration. It has been estimated in these studies that the improved skin appearance resulted in

an apparent decreased age by ten years or more in older patients (those over 70). Retinoic Acid is available through our custom formulation program.

The aging of connective tissues also involves modifications of collagen.

Collagen is the protein that forms connective fibers in tissues such as skin, ligaments, cartilage, bones and teeth, acting as a kind of intracellular glue.

Therefore, strengthening collagen is an important aspect of improving skin health. One of the most effective supplements in this regard is vitamin C, which helps prevent collagen

breakdown. Vitamin C needs are met through our breakthrough Waterless

Vitamin C product now with

Idebenone and through our multivitamin for the skin.

Alpha Lipoic Acid and estriol pack a powerful punch as antioxidants and skin plumpers that improve the look and moisturization of the skin when added to your custom skin care product. Alpha Lipoic Acid is present in our multivitamin for the skin.

Rosacea

A common condition treated by dermatologists, rosacea is a chronic skin disease that usually begins between the ages of 30 and 50 and affects an estimated 13 million Americans. It is characterized by acne, redness of the face and, especially in men, of nodular swelling of the nose called rhinophyma.

Lipoic Acid, progesterone (for women) and MSM used in skin care products and taken internally through supplements or by prescription can play a significant role in reducing rosacea.

A large number of studies implicate supplement mastic gum has been shown to eradicate h. pylori from the gut and helps support the skin health of rosacea patients. Ceasefire, a supplement available through our office, has mastic gum as one of its ingredients..

Acne

Acne, one of the most frustrating skin disorders, afflicts 79 to 95 percent of the adolescent population. In men and women older than 25 years, 40 to 54 percent have some degree of facial acne, and clinical facial acne persists into

middle age in 12 percent of women and 3 percent of men. Epidemiological evidence suggests that acne incidence rates are considerably lower in non-westernized societies due to lower consumption of sugar or refined carbohydrates.

Another group of researchers suggested that the low intake of omega-3 fatty acids in the typical western diet and the high intake of proinflammatory omega-6 and trans fatty acids may be one factor accounting for the high acne prevalence.

In addition, the poor quality of the average American diet leads to other nutrient deficiencies that have been linked to acne. Consequently, taking our multivitamin/mineral supplement for the skin containing selenium, vitamins A and E, pantothenic acid (vitamin B5), and zinc (all of which have been found to dramatically improve skin health in acne patients) should be considered.

Zinc is especially important as it inhibits Propionibacterium acnes, a bacterium located on the skin that may be responsible for acne.

Nutrients like niacinamide, pantothenic acid, MSM and calendula have powerful calming and healing properties for acne prone skin when applied topically through our custom skin care program. The overnight results can be astounding.

Psoriasis

Psoriasis is a chronic skin disease that manifests as red papules that join to form plaques with distinct borders. It can range from a minimal cosmetic problem to a life-threatening condition. For more than 30 years, Germany and the Netherlands have used fumaric acid as a psoriasis treatment. Normally, fumaric acid is formed in the skin after sunlight exposure, but in psoriasis patients this process is defective and prolonged exposure to ultraviolet light is necessary in order to produce fumaric acid.

Also, as with other skin disorders, proinflammatory compounds are elevated in psoriasis lesions. EPA (eicosapentanoic acid), a major polyunsaturated fatty acid in fish oil, and gamma-linolenic acid (GLA), stop

arachidonic acid from being converted into proinflammatory compounds and cause it to be metabolized into less inflammatory compound. In addition, many psoriasis patients experienced a remission after using topical natural progesterone cream and MSM.

Eczema and Dermatitis

Eczema is an inflammatory condition of the skin with redness, pimples, scales, crusts, or scabs. Dermatitis is a similar inflammatory skin condition marked by itching, redness, and skin lesions.

Along with avoiding skin irritants such as harsh laundry detergents, and extreme temperatures and emotional stress, nutritional support should be included in your supplementation with probiotics (especially Lactobacillus GG), which has improved dermatitis in infants. When added with GLA-rich evening primrose oil, children and adults with eczema or dermatitis dramatically improved their condition in as little as four weeks.

Customized Skin Care

Because everyone's skin is different and people desire specific skin care goals, Ruthie Harper, M.D. and **The Laser and Skincare Clinic** are focused on creating individualized treatments and custom-formulations to meet your skincare needs.

Whether you suffer from acne, rosacea, eczema, psoriasis or simply want to turn back the years for your skin, we can provide you with the customized skin care products you need to achieve optimally healthy and beautiful skin and prevent "skincare overload."

During June and July, receive a 10% discount when you purchase our custom formulations.



Nutritional Bankruptcy: The Real Health Crisis

Our nation prides itself on the fact that twenty first century people are living longer than ever. While it is true that people are living longer, they are also living sicker. Because of this, people often see illness as an expected and inevitable part of the aging process. If you ask your doctor, low energy, lack of mental clarity, gaining weight, aches and pains and degenerative diseases are what each of us can expect as we get older. However, I encourage you to look at your health and the aging process in a different way.

Your Health Bank Account

At Nutritional Medicine Associates, we teach people that their health is a reflection of the number of “health dollars” each person has in their “health bank account.” Usually, when we are born our health bank account is rich in health dollars. However, health dollars are spent on a daily basis just by doing things that keep us alive. Turning the food we eat into fuel, converting the air we breathe into energy, dealing with life stresses, and combating environmental stressors such as bacteria, toxins, and chemicals deplete our health dollar reserve.

Even exercise, which is good for us, costs us “health dollars” as our body works harder with an increase in our breathing and heart rate under the exertion of exercise.

If we desire to keep our “health bank accounts” full and our health rich, we must contribute to our health bank account on a daily basis through quality food, adequate quality sleep, optimally

balanced hormones and brain neurotransmitters, and stress reduction.

Unfortunately, with our fast paced, extreme lifestyles, our spending often outpaces the deposits we make leading to health bankruptcy.

Doctors may tell us that aging is inevitable. I disagree. As we get older, the capacity of our body for health does not change. Rather, our body begins to fail us as we become overdrawn in our health bank account. Our health dollars become scarce and eventually absent, and as a result our health bank accounts become depleted and our bodies become old and sick. And because the symptoms of health bankruptcy have become synonymous with aging, we have become desensitized to the health crisis at hand, rather seeing it as the norm.

Modern Quick Fixes

People are trained to believe that the drugs and technology of our modern medical system will always provide quick fixes to our health issues. Some classic examples of this include antibiotics, blood pressure medicine, and cholesterol lowering medication. Unfortunately, treating such problems with drugs leads to a philosophy of waiting for the body to break and then treating it instead of living in health.

Drugs do not resolve underlying health issues, but instead they serve as bandages for the symptoms. High cholesterol, infections, or high blood pressure are signs of health bankruptcy.

In order to have real health, we must focus on determining where our health is rich where it is deficient, then we will have the opportunity to live in health.

Being Overweight is a Sign of Cellular Disease

One of the most classic signs of an overdrawn health bank account is a body that begins to store excess body fat which, at an extreme, may lead to obesity. Being overweight is a national health crisis that affects up to 196 million Americans.

Why People are Unsuccessful at Losing Weight

Most people are unsuccessful at losing weight because the general public, including medical professionals, are trained to believe that all weight problems can be solved by decreasing calories and increasing exercise. However, if you measure the number of calories caused by overeating and add to this the number of calories gained through lack of exercise – these calories do not equate with the gain in weight we see in the average American – meaning that there must be other contributing factors.

Weight gain is a much more complex phenomenon than calories in and calories out. Continuing to look at it in this overly simplistic way can lead to chronic dieting, which slowly erodes away at your health bank account. The real cause of weight gain in America is “health bankruptcy” and like drugs, dieting is not a solution. When a person begins to store more fuel than they burn, a determination of where their machinery has gone awry is an intelligent approach in order to discover why their health bank account is overdrawn. Diets are a band-aid – a temporary quick fix.

The Real Causes of Obesity

Poor lifestyle choices leading to health bankruptcy and malfunctioning of our cells is the real cause of weight

gain in America. As people continue to diet without addressing their health bankruptcy, they develop an inability to lose weight, which is called “weight loss resistance.”

Weight loss resistance now affects the majority of people trying to lose weight in America, leaving them hopeless and helpless. This phenomenon occurs through extreme living where a fast-paced lifestyle with little time for health deposits depletes one’s health bank account.

Extreme living leaves little time for the life choices that deposit to health bank accounts. For the individual in health bankruptcy, weight loss will always be followed by weight gain. Each weight loss attempt leads to putting the person further and further into health bankruptcy. This individual needs a back to basics approach to rebuild their health bank account. This approach will not only resolve their weight loss issues but will also rebuild their health.

Send the Right Message to Your Body

Everything you do to and for your body on a daily basis sends a message to your body which either contributes to or takes away from your health. The goal in maintaining or rebuilding ones health is to deliver positive messages that make health deposits at a faster pace than your health withdrawals. Health deposits include quality food, exercise, sleep, taking vitamins, and stress reduction. In order to be optimally lean, our bank account must be full so that your body will burn body fat, create energy, and maintain optimal health by preventing cancer, Alzheimer’s disease, heart disease, and other degenerative diseases.

Getting old doesn’t mean getting fat, sick, and debilitated. Sickness and symptoms of disease are a result of a lack of cellular function. The good news is that cellular function can be regained if we know what makes it function, and how to measure these various aspects of cellular function so

we can determine where we are and keep doing the things we need to do. Fortunately, our cellular machinery doesn’t change as we age. What changes is the amount of health dollars that our cellular machinery has to draw from to create health. If we live in health bankruptcy, we cannot expect to have a reserve of health dollars to support our health when we need it.

Addressing the Real Issue

People cannot fix a problem if the real issue is not addressed. You can’t fix a plumbing problem by replacing the roof. You cannot fix a carburetor problem by fixing the exhaust. Obesity is a disease that is preventable and treatable through lifestyle choices – it is not an inevitable part of the aging process.

Over the next months, a section of **The Health Source** will detail major areas that you can focus on to be optimally lean and lose weight. The focus of this information is to help people to understand what the real issues are for weight loss so that they move away from a quick fix solution and begin to implement ways to rebuild their health bank account and pave the way toward optimal health. The areas of nutritional health that will be discussed include:

- Stress
- Lack of Sleep
- Nutrition
- Hormonal balance
- Adrenal health
- Exercising
- Insulin Resistance
- Low metabolism
- Food allergies
- Toxins
- Brain neurochemistry imbalance (food cravings)
- Thyroid and metabolic rate

To learn how to avoid nutritional bankruptcy and gain optimal health through health deposits, be sure to continue reading **The Health Source**.

Does Your Food Choose You?

Determining how much carbohydrate and protein you should eat at each meal is important when striving for stable blood sugar levels, which is critical because it allows us to choose food instead of food choosing us.

To discover the right balance of carbohydrates and proteins that you need in your diet, Dr. Harper recommends getting a health assessment through an evaluation at Nutritional Medicine Associates as well as specific blood work we perform. Specifically we recommend:

- **HgA1c** – this is a 3-month snapshot of your carbohydrate intake and determines how well you have processed these carbohydrates.
- **Fasting Insulin**- determines whether your body processes carbohydrates easily and quickly or has resistance to using carbohydrates as an energy source.
- **VAP** – tests your triglycerides level. High triglycerides levels indicate an over consumption of carbohydrates which are then stored as fat and drive the triglyceride level up on a cholesterol panel..