



The Health Source

Ruthie Harper, M.D.

Your Source for Health, Wellness, and Looking Your Best

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 she founded her own medical practice—Nutritional Medicine Associates—in 1999. The practice has blossomed into 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 achieve optimal health and wellness.

Additionally, her unique discoveries in nutritional science, combined with her extensive skincare research, enabled Dr. Harper to create The Laser and Skin Care Clinic and a line of organic skincare products unlike anything else in the cosmeceutical industry.

Free Seminar Series

Want to learn more about the causes of weight loss resistance, the critical connection between your health and losing weight, and how you can achieve optimal health? Join Dr. Harper and her Health Educators for any or all of our free 30-minute Health Mastery & Weight Loss Resistance seminars:

Do You Have Weight Loss Resistance?	March 25, 6:00 PM
Ten Things You MUST Do to Lose Weight & Be Healthy	March 26, 6:00 PM
Are Hormones Making You Old & Fat?	April 1, 6:00 PM
Too Tired to Lose Weight?	April 2, 6:00 PM
Is Exercise MAKING You Fat?	April 8, 6:00 PM
How Many Calories Should I Eat to Lose Weight?	April 9, 6:00 PM

Call 512.343.9355 for more information or come to our office located in Austin at 3901 Medical Parkway, Suite 100, to attend the topic or topics of your choosing.

Can't Lose Weight and Keep It Off?

You may have **weight loss resistance**, a medical condition that makes it difficult or impossible to lose weight due to underlying factors such as stress, chronic dieting, elevated insulin, hormonal imbalance, thyroid, and adrenal issues. Although we all have the same nutrient requirements to fuel basic functions like breathing, we are physically unique and our bodies process food differently. Getting the right balance of nutrients for your particular body composition and metabolism is critical to losing body fat. That's why the traditional model of eating right and exercising isn't always enough, and one-size-fits-all diets don't work.



Just like having an infection, being overweight is a symptom of cellular dysfunction and an indication that something's not working right in the body. To lose weight

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you have to take a look inside and fix the underlying health issues first. In other words, you can't lose weight to get healthy—you have to **get healthy to lose weight**. Additionally, the same underlying causes of weight loss resistance are also responsible for a host of chronic medical con-

ditions such as high cholesterol, high blood pressure, diabetes, gastrointestinal distress, heart disease, cancer and more.

The good news is Dr. Harper has helped hundreds of patients achieve their weight loss goals while transforming their physical health. Based on more than nine years of successful clinical experience, Dr. Harper has developed a medically based weight loss program that is customized to meet your individual health and weight loss needs.

This program, called Health Mastery & Weight Loss Resistance, is designed to address your specific resistance factors and help you make the appropriate changes necessary to start losing weight today and keep it off!

MARCH MADNESS



Have we gone Mad?

20% off any service

OR

We will honor any of our competitors' special pricing* during the month of March!

**Offer only available on matching services that we offer.*

Jump-Start Your Weight Loss with Phentermine

If you've ever tried losing weight, you know first-hand how difficult it can be to curb cravings and hold back hunger. While appetite suppressants don't often translate into long-term weight loss solutions, used in conjunction with our comprehensive Health Mastery & Weight Loss Resistance program, they can provide a successful jump-start for some patients.

At Nutritional Medicine Associates, Dr. Harper now offers the FDA-approved prescription Phentermine as a short-term option to help patients control cravings and abate appetite during the first weeks of our weight loss program.

How Does Phentermine Work?

Phentermine is an appetite suppressant available only by prescription. It works by stimulating neuron bundles in the brain to release the neurochemicals that control appetite. Length of treatment—typically 3 to 8 weeks—depends on how a patient responds to the medication. Most people experience minimal or no side effects.

Is Phentermine Right for Me?

Losing weight is a much more complex phenomenon than calories in and calories out. Although Phentermine may help you eat fewer calories for a short period of time, to achieve long-term success you must also make the appropriate changes in your diet, exercise regimen, eating behavior, and lifestyle choices.

That's why Dr. Harper has combined the Phentermine protocol with the Health Mastery & Weight Loss Resistance program. Patients begin the program with an initial 30-minute office visit with Dr. Harper for a medical exam, EKG, and one-month supply of medication. Patients must also attend weekly Health Mastery sessions with one of our Health Educators, as well as monthly follow-up visits with Dr. Harper. Call us at 512.343.9355 and get a jump-start on weight loss today!



Look Younger Without Surgery or Downtime

Want to tighten your skin, diminish wrinkles, and recapture that youthful glow without surgery or downtime? The Candela GentleYAG laser treatment has proven to be a fast, effective, and safe option for tightening and improving laxity of the skin on the face, neck, abdomen, arms, and legs.

Youthful skin is taut, smooth, and firm, but with aging, gravity, and other factors including pregnancy and weight loss, the skin loses its tight, plump, and fresh appearance. The GentleYAG laser treatment tightens your skin by transferring energy in the form of high-intensity light to the deepest layers of the skin. This controlled heating and contracting stimulates the production of collagen, elastin, and other proteins to create a tightening effect. The end result? A refreshed look with smoother, younger-looking skin.



Need a FRESH LOOK for Spring?

- Fine lines or wrinkles
- Rosacea, inflammation
- Age spots or skin dullness
- Enlarged pores
- Acne or acne scars
- Loss of tone or elasticity

Schedule your Skin Rejuvenation appointment today!

Did You Know?

Recent health news is buzzing about the merits of Vitamin D well beyond its bone boosting abilities. Current research shows that vitamin D has a host of other health benefits, such as warding off Parkinson's disease, preventing cancer, and reducing rates of inflammatory conditions associated with heart disease and stroke.



Research also links vitamin D deficiency to a weakened immune system, which can decrease your body's ability to fight off colds and flu,

and worse, increase your risk of autoimmune diseases. Based on the mounting evidence that **Vitamin D is a critical nutrient for health and fighting disease**, we recommend you test your levels each year. Call our office today at 512.343.9355 to get more information about this important nutrient.

By boosting collagen production, wrinkles and sagging skin can diminish within weeks after treatment. Patients find this a fantastic alternative to surgery, and also a great adjunct to surgical face or body lifts. While some patients report seeing results in just a few days after treatment, most patients see results anywhere from four to six weeks after treatment.

A GentleYAG treatment only takes minutes to perform, involves little or no pain with the use of a topical anesthetic, and there is no cutting, downtime, or risk for serious side effects as with surgery. To achieve optimal results, three to four treatments are recommended with one-month intervals. With proven results for a more youthful appearance in half the time of other technologies and at half the cost, what are you waiting for? Call today at 512.343.9355 and look younger without surgery or downtime!

Get Rid of Excess Body Fat with Lipodissolve!

With the incredible success of our Lipotherapy program, we receive calls daily with frequently asked questions. Here are some of the most common inquiries about Lipotherapy and Lipodissolve.

How many treatments are required?

Generally, patients require eight to ten treatments. However, some may require fewer or more treatments. People generally begin to see changes in the treated area after four treatments. Often the patient's clothing will become looser and friends and family will tell the patient they appear thinner after several treatments.

Can I go back to work after the treatment? Are the treatments painful?

Yes. The procedure generally takes 30 minutes or less and requires no preparation or recovery time. Most patients experience minimal discomfort, however Tylenol or other pain medication can be used.

How is this procedure different from liposuction?

Besides involving no anesthesia and surgical risk, lipotherapy requires no recovery time. The gradual effects of the treatment allow the skin to retract and tighten as fat is removed. Lipotherapy also can be used post liposuction.

Do my hormones have any effect on this procedure?

Hormone imbalances are often part of the core problem leading to weight gain and excess body fat and need to be corrected to have maximum benefits. If the underlying physiology is corrected and maintained, then Lipotherapy is done in an initial series. If it recurs, then the process will need to be repeated.

Is this procedure FDA approved?

All components are FDA approved for specific conditions. In Lipotherapy, we use the medications/ingredients "off-label," which is every physician's prerogative. This is similar to initial use of Botox for cosmetic reasons.

Are there any side effects?

There is a potential for transient rapid heart beat, dizziness, nausea, and sweatiness. This is more likely to occur if the patient has not eaten prior to the treatments. Patients can expect signs of inflammation, including redness, swelling, itching, and tenderness. With Lipotherapy with lipodissolve, there is a chance that there will be a lowering of the cholesterol level.



At Nutritional Medicine Associates & The Laser and Skincare Clinic, 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 under the chin, our highly trained team of medical professionals can tailor treatments to match your individual body type, lifestyle, and desired results.

Don't Miss MARCH MADNESS! Call today to schedule your appointment and receive 20% off any service!