



The Health Source

Ruthie Harper M.D.

Your Source for Health, Wellness, and Looking Your Best



Before and after photos of a woman who has undergone a GentleYAG skin tightening treatment.

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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Summertime is Here - Time for Skin Tightening Laser Treatments

Summer is almost upon us, and now is the perfect time to schedule your skin firming treatments so that you can look your very best. Ruthie Harper, MD and her staff use state-of-the-art laser equipment including the GentleYAG from Candela Lasers, which has been proven effective for not only skin tightening but also a host of other antiaging improvements .

In a recent study published by Mark Taylor MD in the *Journal of Cosmetic and Laser Therapy*, the GentleYag was found to significantly improve the texture

and laxity of skin and reduce wrinkles and excess brown (age spots and freckling) and red pigment (flat or raised red spots)

Dr. Taylor reports that a single GentleYAG treatment provides equal skin tightening effects as to a single Thermage treatment. Given the superior speed, safety, cost, versatility, and comfort of the GentleYAG versus Thermage, it is no contest which one is the better choice for clients.

Call us at 512 343-9355 to schedule your

skin tightening laser treatment today - your skin will thank you! ■

With Summer fast approaching, now is the time to schedule your laser skin firming treatments

**Don't Forget NO Nip/Tuck Night
Tuesday, May 30th, 5:30 to 6:30 PM
3901 Medical Parkway, Ste. 100
512-343-9355**

In This Issue...

What's New	1
Idebenone - Can it Really Heal Damaged Skin?	2
Oregacilan: Nature's Most Potent Germ Killer.....	4



Idebenone: Can It Really Heal Damaged Skin?

Last month, Ruthie Harper, M.D. announced that she has added the anti-aging ingredient called Idebenone to her best selling product **Waterless Vitamin C Cream** at an unprecedented strength of 2 percent.

Idebenone, one of the hottest anti-aging ingredients in the market today, is a breakthrough antioxidant that provides a number of benefits to make your skin healthy and fabulous.

Why Idebenone?

Idebenone is closely related to Coenzyme Q10 (CoQ10) in its structure and is an even more powerful antioxidant than CoQ10 in its ability to counter the effects of free radicals. Free radicals are highly reactive molecules that can attack cells and damage collagen and elastin, causing aging of the skin. Free radicals accumulate in your skin, not only from the effects of environmental stressors such as UV light, air pollution, ozone, and cigarette smoke, but also from the aging process itself.

There are some important distinctions that give Idebenone its powerful ability to protect your skin. Most notably is that Idebenone is available to exert its powerful effects in both the inner and outer portions of cells, allowing it to work better than other antioxidants whose effects are limited to only one of these regions.

This availability is a critical first step in allowing an ingredient to benefit your skin and ultimately makes Idebenone superior to CoQ10 in neutralizing free radicals that damage your skin and cause you to age.

Free radical protection has become a critical part of an effective antiaging skin care regimen because free radicals cannot be combated with simple cleansing and moisturizing the skin. To remove them, you need topical antioxidant protection

with ingredients such as Idebenone and Vitamin C. These two ingredients can effectively correct the skin damage that you already have and also protect your skin from future damage. The benefits of combining them in an antiaging formulation are superb.

Causes of Skin Aging

Skin aging is a dual process, with both genetic and environmental causes. The visible signs of aging are loss of firmness and smoothness, the appearance of dark spots and discolorations, and the formation of lines and wrinkles.

On a cellular level, metabolism decreases, causing cells to produce less of the essential proteins needed to maintain skin's structure. DNA can be damaged causing premature cell death or alterations in the ability of cells to produce needed components for healthy looking skin.

Environmental Aging

The aging process can be accelerated by environmental factors such as exposure to the sun. Researchers have studied how the formation of free radicals can set off a chain of events that can cause damage resulting in premature aging of the skin.

Why Choose Waterless Vitamin C with Idebenone?

Our **Waterless Vitamin C with Idebenone** is a breakthrough product from Ruthie Harper, M.D., which contains a high concentration and potency of pure Vitamin C in a waterless form that preserves the potency and effectiveness of Vitamin C and a 2% concentration of Idebenone. Several new products with Idebenone as a key ingredient have entered the marketplace within the last several months (Prevage), but only at strength of 0.5-1%. We are excited to provide this product to our clients at **"Double the Strength and Half the Price."**

This product has been clinically tested in Dr Harper's medical practice and provides you with the maximum benefits and results of both Vitamin C and Idebenone.

Waterless Vitamin C with Idebenone is perfect for the individual who desires a maximally effective anti-aging skincare program that improves skin clarity, diminishes fine lines and wrinkles, reduces hyper pigmentation and photo damage and improves acne, leaving the individual with radiant skin.

It is superb for environmentally damaged skin and with regular use creates an instant improvement in skin hydration and firmness. Pure Vitamin C is a different form of Vitamin C than Dr. Harper has created in her other products (ester Vitamin C). Because of the breakthrough "waterless" technology that she used, she was able to preserve the full potency and effectiveness of the ingredients in this product.

Why is "Waterless" so Important?

Vitamin C is easily inactivated or "oxidized" by oxygen in the air when used in skincare products that contain water. This "oxidation" of Vitamin C renders it useless and ineffective at creating skin care changes. You can tell when Vitamin C oxidizes and loses effectiveness because the product turns yellow and then brown. Many of the Vitamin C products currently in the marketplace contain water and will do this as they are exposed to air over time.

Each time you open the bottle, the product appears a little darker in color until it finally turns brown and is totally inactive. "Oxidation" causes Vitamin C to lose its ability to heal and rejuvenate the skin. For this reason, having the ability to keep Vitamin C in its most powerful form or "reduced" state is highly valuable. Several years ago, Dr Harper created a breakthrough

waterless technology to do just this. She used a high concentration of "reduced" Vitamin C and put it into a waterless technology to preserve maximum potency and effectiveness. This "reduced" state ensures that the Vitamin C will produce the greatest benefits for the skin.

This break through Waterless Vitamin C technology created a huge upgrade from other Vitamin C products in the marketplace and ensured that the Vitamin C that you are paying for remains fully effective throughout the life of the product. Adding Idebenone to this technology boosted the effectiveness of Vitamin C and created a product unlike anything else in the marketplace.

Benefits of Our Product

Waterless Vitamin C with Idebenone:

- improves skin clarity
- diminishes fine lines and wrinkles
- reduces hyper pigmentation and photo damage
- improves skin acne
- is superb for environmentally damaged skin
- creates instant improvement in skin hydration and firmness with regular use
- brightens the look of your skin
- maintains vital collagen levels in your skin

We recommend you use Waterless Vitamin C with Idebenone at least once daily in the morning, after your active product (Nourish or Replenish) and before Protect. Some people may obtain faster improvements in their skin if they use it a second time each day (for instance, in the evening after your active product). ■



This Month's Special on

Waterless Vitamin C Cream with Idebenone

10% off when you buy one
15% off when you buy two
20% off when you buy three or more



Oregacillin: Nature's Most Potent Germ Killer

Ah, summertime! A time for travel, fun, and creating memories with people we love. However, this special time with family and friends can be spoiled instantly if you or a family member becomes ill. Or worse still, becoming ill while on vacation can force you to rely on medical care in a foreign place where you don't speak the native language or the quality of the medical care may be vastly different than to what you are accustomed.

While you don't plan on becoming sick during your travels, it happens more commonly than you might think. Unfortunately, traveling exposes us to infectious agents which are rampant in closed spaces (airplanes or cruise lines) and are an every day reality in foreign countries with different levels of sanitation. As we travel, we are inundated with infectious organisms that can cause disease.

With so much to lose, it's important to be prepared to prevent these special moments from turning into a disaster.

Pack a Care Package

There are several natural agents which every "care package" should include in order to prevent illness while traveling away from home.

These include natural antibacterial and antiviral herbs and probiotics. Natural herbs are today's most powerful weapon against most diseases. With the use of natural herbs, you can protect against the effects of germs that can make you sick, ruin a vacation or cause serious debilitating disease or even death. These powerful agents have the ability to immobilize and kill germs on contact, protecting you and your loved ones.

According to Dr. Cass Ingram, author of *Natural Cures for Killer Germs*, the world is actually more dangerous now than ever before from an infectious disease perspective. Germs can not only make you sick, but can



even kill quickly and without warning.

With epidemics like SARS, we have learned that certain infectious agents can destroy cells and organs in seconds, and can kill despite the best technologies and medicines.

Infectious germs are here to stay and neither modern technology nor antibiotics are stopping them. On the contrary, modern medicine and technology may be contributing to resistant strains of infections. Living a stressful life, overeating processed foods, overusing antibiotics, and over-prescribing drugs all contribute to susceptibility to infections killing people.

What is Oregacillin?

Nutritional Medicine Associates has found and clinically tested a product called Oregacillin which contains a proprietary wild high mountain Oregano herb blend (P73) along with spice extract for boosting immunity. It

is all natural and no chemicals or solvents are used in producing the supplement. Oregacillin is different from the "oregano" used in Italian cooking. The oregano available from the grocery store is not oregano, but Marjoram and Thyme.

What does Oregacillin do?

All germs secrete poisons and such poisons intoxicate the tissues, ultimately leading to disease. Long recognized in traditional botanical medicine as an ally in preventing and treating infectious diseases, especially common colds and respiratory infections, wild oregano inhibits and eradicates a number of human viruses.

Lab tests prove that it kills all types of germs, including bacteria, viruses, fungi, yeasts, molds, and parasites. No drug offers such a wide killing range. With the exception of anthrax, every germ known to mankind is suppressed by it.

What Do Probiotics Do?

The gastrointestinal track is the largest immune organ in the body and often overlooked for protection and support in warding off infections. Having a healthy gastrointestinal track is critical for keeping us healthy and giving an extra boost to our immune system. This is especially important when we travel because often time the source of infection while we are away from home is the food or water that we consume.

Should I Take These Products Every Time I Travel?

Oregacillin and Probiotic products are highly valuable for the professional traveler who travels for business on a monthly or weekly basis. These products help ensure that such travelers do not experience travel-related illnesses brought on by crowded and

enclosed spaces such as airlines and the stress associated with travel lifestyles.

Many of our clients report they have been able to successfully close business deals while traveling because they were able to nip an illness in the bud simply by packing a bottle of Oregacillin and Probiotic that they took at the onset of symptoms.

Other Lifestyle Changes

In addition to adding Oregacillin and Probiotics to your arsenal of supplements for protection against infection, it is also advisable to make some dietary and lifestyle changes.

We recommend **avoidance** of the following:

Nitrates – This chemical greatly suppresses the immune system and can cause a wide range of disorders and diseases including cancer, mental disease, infections, and heart disease. Meats known to contain nitrates include ham, bacon, sausage, bologna, hot dogs, pastrami, salami, and pepperoni.

Hydrogenated oils – Hydrogenated oils are a known carcinogen and depress the immune system. They are plasticized “frankenfats” that negatively affect every cell and organ in our body. Research has proven that hydrogenated fats fully damage human cells by distorting their membranes.

Refined vegetable oils – These oils include commercial corn, safflower, sunflower seed, peanut, and canola oils. These oils are heated excessively, causing their structure to be distorted and making them toxic. In contrast, pure butter and extra virgin olive oil, if not heated excessively, aid immune health. Pure coconut oil also aids the immune system.

Refined sugar – This is the most commonly consumed immune disrupting agent known, especially in the western civilizations. It causes organ failure, diabetes, heart disease, stroke, and high blood pressure. There is no nutritional value in refined sugar, in fact it destroys nutrients.

Synthetic Iron – inorganic, or synthetic iron is added to many products and causes iron toxicity. This disrupts the immune function and contaminates the internal organs. While natural sources of iron are healthy, synthetic iron should never be consumed.

White bread and flour products – These products contain no nutritional value because all of the vitality factors needed for strong immunity are removed or destroyed through a bleaching process.

Artificial flavors and colors – These synthetic additives are mostly made from coal tar or petroleum residue, which are known carcinogens. These are purely synthetic and toxic and should never be consumed.

Nutritional Changes

Among all the foods, the following should be **added to your diet** because they are your best source for fighting disease:

Onions – Raw onions help build physical and immune power when dealing with life-threatening infections. Onions kill germs outright and are high in vitamin C and potassium, when eaten raw.

Garlic – This spice is a true microbe antagonist killing germs and inhibiting their growth. It also strengthens the immune system.

Ginger – This spice is a universal tonic and provides aid in proper digestion and metabolism as well as a strong immunity. It also has powerful anti-infective, anti-parasitic, and anti-inflammatory properties.

Vinegar – Fresh vinegar has a tonic effect on the gut and greatly strengthens the intestinal and stomach membranes, while enhancing the secretion of digestive juices. It is also a mild antiseptic that inhibits the growth of a wide range of germs, including yeasts.

Crude raw honey – If eaten raw (directly from the hive without processing), it acts as a potent cure against digestive complaints, irritable bowel, and other stomach disorders.

When applied to the skin, it has been shown to kill germs and speed healing, especially when applied to burns.

Papaya – Organically grown papaya is the only fruit powerful enough to make the list of germ-killing foods. It is actually an enzyme within the fruit, specifically within the seeds, that is the germ-killer.

Radishes – This vegetable is good for both the prevention of disease and to maintain strong immunity. Due to their sulfur compounds, these vegetables are great antiseptics. They are also a great source of selenium and well known for their tonic effects upon the gut.

Egg yolks – Egg yolks are rich in nutrients including a kind of germicide called lecithin. Lecithin is an emulsifying agent, which means it mobilizes fat. This function is critical in severe viral infections.

Yogurt – When taken regularly, it is a major aid to immune health and provides highly digestible proteins.

How Can We Help You?

At Nutritional Medicine Associates, Dr. Ruthie Harper and her staff can help you achieve optimal health and wellness and avoid infections that can ruin your vacation or even threaten your life through expert nutritional programs and natural supplements.

Whether you want to learn more about what supplements you need for your summer travel "care package" or you want Dr. Harper to design an aggressive preventive care program to optimize your health and prevent disease, Nutritional Medicine Associates is here to help you achieve your health and wellness goals. **To read why our supplements are superior to others on the market, [click here](#).**

May's Specials

During May, we are offering 10% off of Oregacillin and Probiotics to help you create a travel "care package" for every member of your family. Remember, an ounce of prevention and planning can ensure that your travels, whether for work or pleasure, are always positive ones. ■