

Josie Tenore, M.D., MSc | Ryan Lombardo, DAOM, ABAHP, BCIM, L.Ac. | JANUARY 2018



Welcome to 2018! Will this be your year? The year you take a real assessment of where you want to make changes and create resolutions that stick – be healthier, feel better, look better, more time for play and laughter, less energy to activities and things that do not serve you well.

Don't let another year pass by, so take charge of your life! We all have the power of choice, and you have the strength to make it happen. Surround yourself with people that will support you. When you know where you want to make changes, we can help you map out the steps to get you there. Read on for a couple of upcoming events that we hope will motivate you to get started.

MEDICAL SPA

**AQUAGOLD® fine touch™ | Advanced Microneedling Treatment**

Create healthier skin. Great for improving skin texture and reducing fine lines, pore size and scars.

The introduction of AQUAGOLD has taken traditional microneedling to the next level.

Traditional microneedling is a popular in-office procedure that helps revitalize skin with a series of very tiny punctures in the skin to induce collagen and elastin production, and generally requires anesthetic. Topical serums are then applied after the procedure. **Now, this process has improved to offer a more comfortable experience and better results.**

**AquaGold fine touch delivers:**

- A refined cocktail of Botox, dermal filler and stem cells infused directly into the skin during the procedure.
- Treatment with no anesthetic needed.
- Less to no downtime.
- The ability to treat the delicate eye area and lips.

**Aquagold series of 3 treatments | ONLY \$1,799\*** (Reg \$2,397)

\*Offer expires January 31, 2018. Cannot be combined with other offers. Other restrictions may apply.



EVENT



**REFRESH WITH FRESHKIN COCKTAIL HOUR | JANUARY 31st | 6PM**

Look your best in 2018. Learn about the latest anti-aging advancements, *with exclusive promotions available to event guests only.*

**ALASTIN Skincare | Get Your Snap Back!**

The newest anti-aging product line that will transform your skin. Backed by science, each product is formulated to regenerate collagen and elastin. Learn about how ALASTIN works for you and see images of before and after results.

**The Top Non-Invasive Services to get your Skin Back to Healthy**

Your skin is your largest organ ... be kind to it! Whether you are new to cosmetic treatments or are already into maintaining your natural glow, learn which enhancements are best for you.

**RSVP Required. Limited space. Call to reserve at 847-681-8821.**

## We hope this client testimonial inspires you to make 2018 your best year yet.

"By my late 30s I had started a family, and work at that time required me to travel extensively which continued over a multi-year period. These circumstances contributed to a lifestyle of bad eating habits and a lack of exercise. When the travel abated, unfortunately the behavior did not and my weight increased by over 30% during my 40s. Making the situation worse, I was pre-disposed to certain genetic challenges of which I was aware based on family history and results from regular medical exams. I subscribed to standard medical protocols of statins and other medications, but not always as dutifully as required, to keep my numbers in check - namely adverse triglyceride and cholesterol levels and hypertension. Although I knew these risk factors were acute, simply trying to eat "healthier" or reintroducing exercise wasn't having any meaningful impact. That's when I was introduced to Dr. Ryan Lombardo. We started with an in depth analysis and explanation of my genetic risk factors and how those correlate to specific challenges with my body's ability to regulate insulin and fat production. Based on my profile, Dr. Lombardo explained how different types and combinations of calories affect my energy level, mood and mental sharpness. Dr. Lombardo laid out a straight forward plan to address my specific challenges through a combination of supplements, hormone therapy and dietary modifications to promote weight loss and physical wellness. In just a few weeks I had reduced my weight by over 20% which enabled me to start to exercise in a meaningful way again, which further contributed to having more energy, more stamina and a better state of mind. In just a few months my calorie consumption changed such that it's not difficult to avoid those foods that have the most detrimental impact, many of which were staples in my diet previously. My body "reset" in a way that I am able to maintain the weight loss without severe caloric restrictions and am on a path that is 180 degrees from where I was just a few months previously." - Jeff B. (age 51)

Thank you Jeff, for allowing us to share your wellness journey with our readers.

**EVENT**

## TOP 10 WAYS TO WEIGHT LOSS & WELLNESS IN 2018

**LOSE THE WEIGHT AND KEEP IT OFF.  
GAIN MORE VITALITY. FEEL BETTER.  
BE HEALTHY.**

**WEDNESDAY, JANUARY 17  
6:30PM**

**LEARN AND MINGLE. SPACE IS LIMITED.  
RSVP REQUIRED. CALL 847-681-8821**

**ONE-NIGHT ONLY | wellness promotions available to all attendees**

### **CREATE YOUR OWN FITNESS PATH, AND MAKE YOUR NEW YEAR'S RESOLUTION COUNT.**

Join Ryan Lombardo, DAOM and Dr. Josie as they share weight loss and wellness tips. Discover tools that can help you achieve success on your journey.

**If any of the following conditions or symptoms resonate, then this event is for you.**

- Chronic disease, autoimmune issues, hormonal imbalance, inflammation, dermatologic concerns, itching, bloating, indigestion, hypo/hyperglycemia, reflux, sinus congestion.
- Lack of motivation, increased belly fat, low T symptoms, difficulty building muscle.
- Family history of cardiovascular disease, diabetes, or thyroid disease.
- Fatigue, menopausal symptoms, new fat deposits, pain, disrupted sleep, low libido.
- Tried everything and nothing works, chronic fad dieter or needing a metabolic "reset".
- Hunger issues and food addiction.

**BE INFORMED. WHEN YOU KNOW BETTER, YOU DO BETTER.**