

Women's Wellness Center

Comprehensive Primary
Care for Women



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Parker, CO 80134
303-841-5266
<http://mywomenswellness.net/>

Hours:
M/W 8-5
T/Th 8-8
Fri 8-4:30
Sat 9-1

WE ARE ACCEPTING
NEW PATIENTS,
PLEASE FEEL FREE TO
FORWARD THIS NEWSLETTER
TO FRIENDS & FAMILY.



The Best Foods for Complexion

Many of us were told during our teenage years that chocolate causes acne (right after we were told that acne was a teenage thing). It turns out, neither are 100 percent accurate.

The Case for Chocolate

Some studies suggest that consuming chocolate does in fact lead to more pimples, while other studies refute this. But, while the jury may still be out on the cocoa acne connection, the flavonols of dark chocolate may do your complexion a favor. Flavonols are potent antioxidants, which can help to improve luminosity.

Youthful Yogurt

Yogurt is full of protein, which helps your skin become firmer and more resistant to lines and wrinkles. Still, not all yogurt has the same health benefits. Greek yogurt has the most, since the protein content is particularly high (often double the amount found in regular yogurt).

Walnuts and Softness

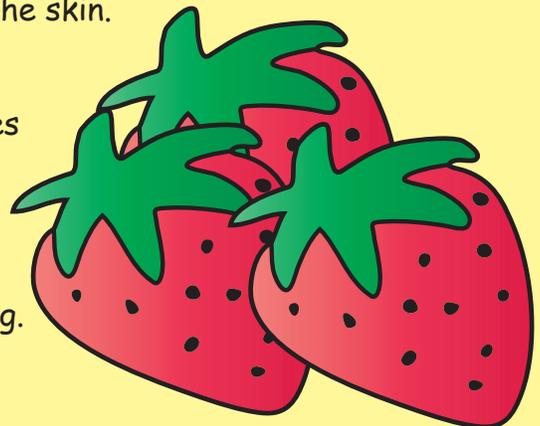
Walnuts may have a tough exterior shell, but they can actually help soften yours - they have lots of omega-3 essential fatty acids (elements that help improve the elasticity of skin) and are packed full of copper (which can help your body's collagen protection). Both of these things can add softness to your skin.

The Power of Pomegranates

Pomegranates have a ton of polyphenol antioxidants, which fight free radicals that can make you look older than your years. Polyphenols also increase circulation, giving your complexion a healthy, rosy appearance. Pomegranates can be eaten or applied directly to the skin.

The Strength of Strawberries

While oranges are often the fruit people think of when it comes to Vitamin C, strawberries are actually a more potent choice. Vitamin C is healthy for all kinds of reasons, including your complexion. Consuming foods with Vitamin C can help combat signs of aging and the effects of sun exposure. Vitamin C can also help keep skin elastic, making it appear fresh and young.



Best Exercises for Weight Loss

Some people work out for the love of it (we'll pause for your laughter), but the majority of us exercise for health. Often, the most popular reason to hit the gym is to burn calories.

However, when it comes to beating the bulge not all workouts get the same results. Some are better suited than others.

Overall, the best exercises for weight loss include:

Walking: No fancy fitness membership required, you can walk anywhere. For best results, make sure your walk is lengthy (around three or four miles) and brisk.

Kettlebells: Kettlebells are different from regular hand-held weights because they force your body into balance mode, ultimately causing it to work harder. A hard-core workout can burn around 400 calories for only twenty minutes.

Swimming: You might not work up a sweat swimming, but you will get a full body workout. Vigorous swimming can burn around 700 calories an hour.

Tennis: With the ability to burn up to 600 calories for a sixty minute game, tennis is a great way to keep in shape and lose weight. As an added bonus, tennis requires a partner, which can increase its enjoyment while upping the odds that you'll stick to your exercise routine.

Interval training: Interval training has been proven to burn far more calories than steady exercise performed in the same amount of time. And, it's pretty simple to do. Whether you're swimming, biking, running, or doing another type of cardiovascular exercise, interval training involves measured intervals where you push yourself further. For example, if you are biking at a twelve miles per hour pace, interval training would involve increasing your pace every five or six minutes for approximately one minute. In other words, you would bike normally for six minutes, bike as fast as you can for one minute, then return to biking normally. This pattern is repeated throughout your workout.

Running: Like walking, running can be done everywhere - it's also an excellent calorie burner. The downside is that running can be quite strenuous, leading some people to only do it when they're being chased.

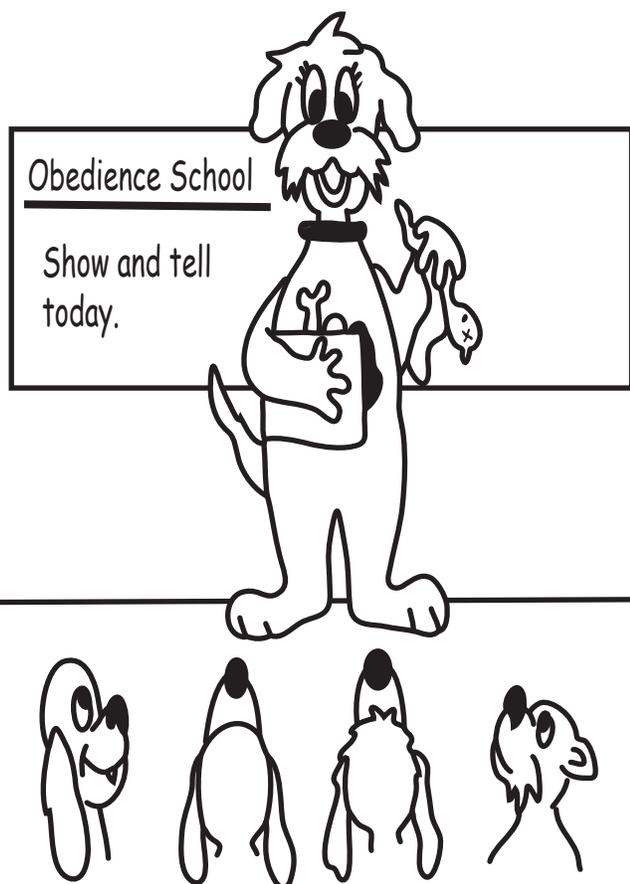
DISCOUNT OFFERS

Free obagi "radiance" peel with purchase of ogabi nu derm skin care system (\$85 value).

For even better results, get a head start on control of fine lines and pigmentation with the Radiance peel before starting the corrective system.

Offer good while supplies last.

Laughter is the Best Medicine



"And this is the half of a squirrel that I found at the park last week."