

Balancing Hormones With Bioidentical Hormone Therapy

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MEDICAL DIRECTOR, LONGEVITY WELLNESS CENTER & SPA



Just What Are Bioidentical Hormones?

Bioidentical hormones are custom-mixed formulas containing various hormones that are biochemically identical to those naturally made by your body. By contrast, synthetic hormones are intentionally different. The more common hormones are probably

recognizable to you: estradiol, progesterone, and testosterone. Other commonly used bioidentical hormones include dehydroepiandrosterone (DHEA), Pregnenolone, Thyroid and melatonin.

Symptoms of Deficiency

For women: Hot flashes, night sweats, trouble sleeping and weight gain are the most common symptoms of hormonal imbalance as a woman ages.

Perimenopause weight gain is often times one of the first signs of hormonal imbalance. Other common symptoms are vaginal dryness, loss of sex drive, urinary incontinence, irritability, depression, and mood swings.

For men: Symptoms are more gradual and include overall loss of energy, thinning bones and muscles, increased body fat, depression, and impaired sexual function. Testosterone deficiency has been linked to hypertension, obesity and increased risk of heart disease.

Our Approach

Our approach to BHRT can best be described as "Precision Medicine." Each patient receives a comprehensive evaluation and an individually-tailored treatment regimen that is continually optimized. We don't subscribe to the "one size fits all" philosophy followed by most physicians when treating hormonal imbalance. Every patient is different and every body responds differently to the different dosages and blends.

To determine your hormonal needs, a comprehensive consultation and laboratory work will thoroughly evaluate your hormone deficiency symptoms by testing your hormone levels and your unique bioidentical hormonal needs. After starting bioidentical hormone therapy, our practice will monitor and reevaluate your hormone levels to insure that they are maintained at their optimum balance. Natural bioidentical hormone therapy will help you overcome the symptoms of menopause, perimenopause and andropause that occur with this stage in life. There is no longer any reason to suffer the symptoms of hormonal imbalance. With the right approach, they can be eliminated in a very short time.

What are the Benefits of Bioidentical Hormone Replacement Therapy (BHRT)?

Our BHRT program provides many benefits for patients with hormonal imbalances including:

- Restored hormone balance and relief of related symptoms
- Improved heart health
- Increased bone production and prevention of osteoporosis
- Enhanced energy and sex drive
- Reduced wrinkles and improved skin tone
- improved mental sharpness and better memory

Aging is inevitable, but how you age is not. **Longevity Wellness Center & Spa** is your gateway to next-generation medical science... a comprehensive, evidenced-based approach to managing your aging process.

Why settle for second best?

Physician Owned and Operated
Wellness Center & Medical Spa Offering:

- Preventive Aging Programs
- Weight Loss
- Hormone Optimization
- Massage
- Facials
- Ultrasonic Microdermabrasion
- Aesthetics (Botox, Dermal Fillers)
- Laser Hair removal
- IPL Skin Rejuvenation
- Acne, Rosacea & Vein Laser Therapies
- Customized Organic Skin Care

Recommended by
Suzanne Somers
For Your Bioidentical
Hormone Solution!



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Longevity Wellness Center & Spa



Dr. Patricia Petitt, DO, MPH, is an Anti-Aging and Preventive Medicine Physician, and is also the Medical Director of Longevity Wellness Center & Spa. Dr. Petitt received her Medical Degree from South Eastern University of Health Sciences in North Miami Beach, Florida in 1994. She is Board Certified in Preventive & Occupational Medicine by the American Osteopathic Board of Preventive Medicine and Board Certified in Anti-Aging and Regenerative Medicine by the American Board of Anti-Aging Medicine (ABAARM) and is a Diplomat of ABAARM. Dr. Petitt has practiced

Preventive Medicine for 18 years in Maryland and Virginia where she learned to focus on strategies to promote health and wellness as well as disease prevention. She has been an aesthetics physician for the past 6 years in several medical spas in Virginia and New York City performing liposuction, laser therapies, Botox & Dermal Fillers, and much more.

Spa Signature Facial

BY DAGMAR KERN
INTERNATIONAL MASTER AESTHETICIAN AND INSTRUCTOR

At Longevity Wellness Center & Spa we are proud to offer our unique approach to holistic, European skin therapy. We designed the Spa Signature Facial to be able to evaluate your skin and determine the exact procedure necessary for your skin's health and long lasting beauty.

We are proud to offer only the most natural, organic ingredients available to date in our Prescription Skin Care Line which is customized to each patient's individual needs. The following is an approximate outline of our treatment protocol:

- Cleansing to evaluate skin type and condition, followed by surface exfoliation and a deep cleansing masque.
- Utilizing one of the most innovative tools, the ULTRASONIC MICRO DERMABRASION DEVICE, the newest technique available to achieve deeper exfoliation with a frequency of 28000 times per second without irritation and redness.
- Hi-Frequency for disinfection and to restore cell activity
- Application of appropriate serum, utilizing the ULTRASONIC MASSAGE DEVICE to penetrate the top skin layer.
- Masque applied to face, neck and décolleté to encapsulate, followed by the finishing massage; either using traditional modalities or Manual Lymph Drainage, followed by our signature Aroma Therapy to rebalance and energize your entire system.

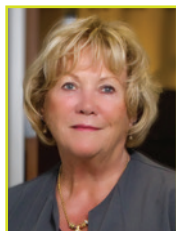
You will love the result - YOUR healthy, glowing, beautiful skin and a relaxed NEW YOU!

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TEEN ACNE THERAPY

Nearly 100% of all teens have at least the occasional breakout.

Hormones stimulate the oil glands, stress often also plays a role in breakouts to start on the nose, spreading to the forehead, chin and cheeks. In more severe cases it can affect the neck, shoulders, chest and back of the arms.

Parents need understand that even mild ACNE may have a profound impact on the way their teen feels about her/himself; especially boys. Unlike girls, who may be used to talking about their skin more openly, boys might be much more conscious or embarrassed about their condition and may not want to talk about it, sometimes to the point of depression.

We at Longevity Wellness Center & Spa specialize in TEEN ACNE. Following is an outline of our protocol to get your teen's acne problem under control (ages 12 and up):

The first step is to cleanse and evaluate the condition. Next we exfoliate, using steam or warm compressions to prepare for the careful removal of Milia and Comedones. We perform a deep detoxification to stop further contamination and breakouts. Lastly a calming masque is applied and we finish with manual lymph drainage to accelerate the healing process.

Summer is the ideal time to get your teen treated; help them start the new school year with clearer looking skin and the confidence they need to succeed.

Longevity Wellness Center & Spa is pleased to offer **\$20 OFF** of first acne treatment starting **July 5 – August 15, 2013**. Regularly priced at **\$95** take **\$20 OFF** the first treatment by mentioning this article.



Dagmar Kern, Aesthetician at Longevity Wellness Center & Spa performing a spa signature facial.



Dagmar Kern, is a graduate of the Akademie fur Kosmetikerinnen (Academy of Cosmetology) in Frankfurt, Germany. Board certified and licensed in both the United States and Germany, Dagmar employs the Vodder method of lymph drainage, Ingram method of reflexology, and the Prof. H. Baum method of Manual Lifting Massage. Dagmar is also an expert in the field of paramedical camouflage make-up and instructs in advanced esthetics.

Since moving to the United States in 1973, Dagmar has shared her knowledge by inventing the Derma Peel Procedure which has been met with phenomenal success and is distributed world-wide to doctors as well as licensed estheticians. She also invented the electronic face lifting machine and a technique called the Electro-Cosme- Lift. Additionally, Dagmar invented the Footvergnügen which is the new revolutionary tool that truly removes rough and calloused skin without prior soaking or cutting. (See our website for You-tube Video).