



*JULY 2015*

**8 Steps to follow for  
'Don't Fry Days'**



The Friday before Memorial Day, is officially "Don't Fry Day," designated by the National Council on Skin Cancer Prevention. But every day during the summer should be a Don't Fry Day!

The campaign's goal is to encourage people to be wise about sun safety.

The Council shares eight steps to follow in order to reduce your risk of skin cancer. Don't forget to share with your skin care clients!

1. Do NOT burn.

A study published last year found that those who had at least five blistering sunburns from the age of 15 to 20-years-old had a 68% increased risk for basal cell carcinoma and squamous cell carcinoma, and an 80% risk for melanoma.

2. Avoid sun tanning and tanning beds.

Not only does UV rays cause accelerate aging, but it also greatly increases the risk for skin cancer. The US Food and Drug Administration has recently raised indoor tanning devices classification from Class I level-the category for items that have minimal potential to cause harm to individuals, such as adhesive bandages and tongue depressors-to a Class II level.

3. Generously apply sunscreen. Sunscreen should have an SPF of at least 30 and provide broad-spectrum protection from ultraviolet A (UVA) and ultraviolet B (UVB) rays.

Happy July. Hard to believe we are mid way through 2015. So many things have happened this year so far and we are very excited about some new things that are still on the horizon for us. We are bringing in new services and treatments, we have added some great new team members, and we are moving! Total Nutrition and Therapeutics will be moving to our new home sometime mid-July. *(see the flyer below for more information).* We can't wait to show you our new home and to share with you what Total Nutrition and Vitality has in store for our clients and patients. Read on to see a little preview.

**We're Moving...just down the road!**

Total Nutrition and Therapeutics is moving in July!

We will begin seeing patients at 510 CR 466 Suite 104B in the Sabal Palms Plaza some time mid-July.

We have already been packing and as soon as we have our move in date we will let you know.

We are so excited about our new home and we know you will be too!



*Directions from our current location (1385 Santa Barbara Blvd)  
Head South on 441 to the red light at Rolling Acres Road  
Turn right onto Rolling Acres Road.  
Follow it to intersection of Rolling Acres Road and County Road 466  
Turn Left onto Country Road 466  
Turn Right into Sabal Palm Plaza. We are suite 104B-downstairs  
New Address: 510 CR 466 Suite 104B Lady Lake, Florida 32159*



**Our contact information will remain  
the same including our phone number  
859-259-5190.**



## Cool Fruit Summer Salad

It's not always easy cooking for just one person - there's always the temptation to just eat leftovers out of the container because it's so much work to actually pull together a meal. But that's where salads come in so handy: they're quick and easy, and easy to customize so you don't have to be eating the same thing day after day. In this one, for example, using fresh cilantro in the dressing keeps it fresh and interesting, perfect for drizzling over a basic bowl of greens and berries. It's a great salad to try out while the berries are at their most delicious.

If you're going to bring this one to work, just keep the dressing in a separate container so you won't have to worry about it making your lettuce soggy before you have the chance to dig in.

You could add some leftover chicken or turkey to the salad for some protein, or just serve it as a side for whatever else you're eating. Since it's a sweeter salad, it would go really well with anything spicy, like a nice sirloin steak. And of course, you can always size it up for more than one person; just double (or triple, or quadruple) the ingredients as necessary. After all, there's no rule that the food you serve anyone else has to be more complicated than the food you'd make for yourself, especially when it's this good

### *Ingredients:*

- 2 cups mixed greens;
- 2 whole strawberries, sliced;
- ¼ cup blueberries;
- ½ avocado , sliced;

### *Ingredients for Dressing:*

3 tbsp. extra-virgin olive oil;  
 1 tsp Italian seasoning  
 1 tbsp. fresh cilantro  
 sea salt and fresh pepper to taste

### *Preparation:*

Reapply every two hours, even when it's cloudy, and after swimming or sweating.

4. Wear protective clothing. When possible, wear protective clothing, a wide-brimmed hat and sunglasses.

5. Seek shade. Seek shade as often as possible, especially during the hours of 10AM and 4PM.

6. Use extra caution near water, snow and sand.

Water, snow and sand reflect the damaging rays of the sun, increasing your risk for sunburn.

7. Check the UV Index.

The UV Index forecast is issued daily by the National Weather Service and EPA.

8. Get vitamin D safely. Instead of relying on the sun for vitamin D, seek it safely through a diet and supplements.

## Great Summertime Songs:



1. SUMMER IN THE CITY - The Lovin' Spoonful
2. A SUMMER SONG - Chad and Jeremy
3. HOT FUN IN THE SUMMERTIME - Sly and the Family Stone
4. ALL SUMMER LONG - The Beach Boys
5. IN THE SUMMERTIME - Mungo Jerry
6. THEME FROM "A SUMMER PLACE" - Percy Faith

combine all ingredients for the dressing in the bowl and mix well. Assemble salad in a bowl and drizzle with dressing. ENJOY!

## Supplement Sale- Hurry, it's while supplies last!

TOTAL NUTRITION AND THERAPEUTICS



### Supplement Sale

**20% off select Supplements**  
(While Supplies Last)

Total Nutrition and Therapeutics



**JOINT REPAIR**

- **Arthroben** – For the management of the metabolic Processes of Osteoarthritis. <http://catalog.designofhealth.com/Arthroben-Unflavored-1000-gram>
- **ProteoXyme**-promotes joint comfort, and supports the body's ability to maintain tissue integrity. <https://www.xymogen.com/products/product-detail/290/ProteoXyme>
- **SynovX Performance**– Joint Mobility Support <https://www.xymogen.com/products/product-detail/407/SynovX%20Performance>

**OVERALL HEALTH**

- **Methy CPG**- is a comprehensive formula that includes targeted amounts of five key nutrients designed to support methylation and homocysteine balance in the body. [http://www.orthomolecularproducts.com/methyl-cpg/27\\_Keyword-Methy%20CPG](http://www.orthomolecularproducts.com/methyl-cpg/27_Keyword-Methy%20CPG)

**CIRCULATION**

- **DioVasc**– Natural support for healthy veins and microcirculation " <https://www.xymogen.com/products/product-detail/346/DioVasc>

**GUT HEALTH**

- **Yeastonil**-is intended to support a healthy intestinal environment. <http://apexenergetics.com/products/358>
- **Saccharomyces DF**- Natural Support for Healthy Veins and Microcirculation" <https://www.xymogen.com/products/product-detail/196/Saccharomyces%20DF>

**ADRENALS AND BRAIN HEALTH**

- **Gaba L-Theanine**-Has proved to help relieve anxiety and depression
- **Adrenal PX Balance Syrup**– Gently supports adrenal function to promote physical vitality and mental sharpness. Calming to the nervous system, supports blood vessel integrity [http://www.nestorahelformulations.com/Our-Products/PX-Adrenal-Metabolism/AdrenalPXBalance-4oz\\_US](http://www.nestorahelformulations.com/Our-Products/PX-Adrenal-Metabolism/AdrenalPXBalance-4oz_US)
- **NeuroFlam NF**-is intended to support the brain-immune system with phenols and flavonoids <http://apexenergetics.com/products/377>

Phone: 352-288-5190  
Fax: 352-258-4873  
1585 Santa Barbara Blvd, suite B  
The Villages FL 32139

7. SUMMERTIME - Billy Stewart

8. SUMMERTIME BLUES - Eddie Cochran

9. CALIFORNIA GIRLS - The Beach Boys

10. SUMMERTIME - The Jamies

How many can you sing along to? Summer always has great music to sit back in a lounge chair and enjoy the warm breeze to.

## 8 Tips for Exercising in the summer heat:



- The time of day is important. Unless you are training for an event that takes place in the daytime heat, avoid exercising from 10 a.m. to 3 p.m. It's the hottest part of day. Generally, the early morning is the best time to workout, especially if it's going to be scorching that day.

# Light Therapy

Effective \* Non-abrasive \* Non-invasive \* Restorative

Vitality Wellness's Light Therapy Treatments are designed to increase your circulation in your body by increasing a natural chemical produced by the body called nitric oxide. This helps open up blood vessels, carry nutrition to the cells,

- Wear loose, light-colored. The lighter color will help reflect heat, and cotton material will help the evaporation of sweat. You may also want to try specially designed, "hi-tech" running shirts

balance out the immune system and increase your oxygen and energy supply. This is why athletes notice better performance and most people feel their energy and endurance surge after a treatment. It also is designed to carry waste products out of the body so your elimination may increase from treatments. Which is a good thing!

These treatments are designed to help your body with increasing collagen production, which helps not only with your skin but also strengthens vascular structure and muscular tissue.

Collagen is the building block (protein) of EVERY tissue in the body, which is the building block of all bones, muscles, soft tissue and skin.

These treatments incorporated with proper diet and exercise can help bring your body to optimum health.

#### WHAT IS NITRIC OXIDE:

Nitric Oxide increases blood flow to injured or damaged tissue. It dilates vessels, which are already present at the sight of the Light Therapy treatment, and increases the formation of new capillaries. These additional blood vessels replace damaged ones. New capillaries speed up the healing process by carrying more oxygen and nutrients needed for healing and they help to remove waste products.

Nitric Oxide also stimulates the production of collagen. Collagen is the most important protein found in the body. Collagen is the essential protein used to repair damaged tissue and to replace old tissue. It is the substance that holds cells together and has a high degree of elasticity. By increasing this form of collagen, less scar tissue is formed at the damaged area.

Nitric Oxide stimulates the production of adenosine triphosphate (ATP). ATP is the major source of energy produced by cells. Increase ATP allows cells to accept nutrients faster and get rid of waste products faster. Increased delivery of oxygen and nutrients to cells enhances cell ATP production thereby providing the chemical energy that maximizes cell function.

#### TYPICAL USES FOR LIGHT THERAPY:

Pain Management  
Lymphatic  
Management  
Detox/Anti  
Inflammatory  
Viral Treatments  
Stress Reduction  
Scar Reduction  
Hair Rejuvenation  
Hormone Balancing  
Circulation Problems

Hyperpigmentation  
Collagen Regeneration  
Scar Tissue Reduction  
Cellulite Reduction  
Bruises, Sprains, Strains  
Tendon Problems  
Neuralgia  
Arthritis Pain

and shorts. They are often made from material meant to keep you cool.

- Sunscreen is a must. I use SPF 45 just to be safe. It's important to protect your skin. You can get burned and suffer sun damage to your skin even on cloudy days.
- Stay hydrated. Before you go out, drink a glass or two of water. Carry a bottle of water or even a hydration pack such as the CamelBak. Take a drink every 15 minutes, even when you're not thirsty. When you're done with your workout, have a few more glasses of water.
- Replenish your electrolyte and salt intake while exercising. I like to use SUCCEED capsules--small, simple packs of sodium and electrolytes that keep my system in check.
- If you can, choose shaded trails or pathways that keep you out of the sun.
- Check the weather forecast before you start your workout. If

Vitality has a full light therapy body treatment and an add-on light therapy treatment that you can receive at the same time you are getting a facial, or pedicure.

**What you might experience:**

Observe your body over the next 24-72 hours for both subtle and dramatic differences. You may feel yourself more alert and ready to take on the world. Keep in mind the body heals when it is in a relaxed state. You may feel a decreased elimination of pain in a specific body area. These treatments are designed to decrease inflammation and relieve pain. Drink water before and after each session. Most people will experience some form of change in their body after the first to third session.

there's a heat advisory, meaning high ozone and air pollution, you might want to take your workout indoors. These pollutants can damage your lungs.

- Most importantly, listen to your body. Stop immediately if you're feeling dizzy, faint or nauseous.

**It's Summertime...**  
**We are heating things up and cooling things down!**

**Light Therapy Treatment**  
 Light Therapy treatments are designed to help your body with increasing collagen production and strengthen vascular structure.  
**body only: \$35.00 for add-on \$65.00 for full-body**

**Get The Red Out Facial**  
 Our Red-Out Facial utilizes the latest research, in calming your skin!  
**body only: \$80.00**

**Knead a Break from the hot sun?**  
 Come out of the sun for a relaxing one-hour Therapeutic Massage  
**body only: \$65.00**

**Toes in the Sand...Body in the Sauna!**  
 Purchase our Vitality Pedicure to get your toes 'sand ready' and receive a 15 minute Infrared Sauna session for FREE!  
**a value of: \$15.00**



757 CR 466 Lady Lake, FL [vitalitywellnessandaesthetics.com](http://vitalitywellnessandaesthetics.com) 352-633-2948 MM2008

**8 Tips to Have Toxin Free Fun this Summer:**



Summer! How long did we wait for this exact moment? If you haven't had a moment to catch fireflies yet, chances are you soon will. To wish you a happy hot and hazy season, we've compiled our favorite Healthy Child Healthy World nontoxic summer fun tips to help you enjoy to the fullest.

**1. Repel bugs without DEET.**

The pesticides used in insect repellent can be harmful for children as well as adults! Another option is picaridin, a chemical based on pepper. Or try a botanical spray; they work!

**2. Grow a pesticide-free lawn.**

Extensive use of pesticides has led to resistance in many insects and weed species. As a result, many resort to even stronger chemical pesticides, which may have greater consequences for human and environmental health. Opting for a pesticide-free lawn means playing happily (and safely!) in the grass all summer.

**3. Avoid GMOs when**

Hair Today, Gone Tomorrow  
 Vitality Wellness and Total Nutrition and Therapeutics are excited to announce the purchase of our state-of-the-art Cutera Laser Machine. With this machine, we can now offer hair removal, veins, and pigment treatments. This is a medical grade laser so it can only be used by a practitioner.



The Cutera Laser offers comfort before, during and after with its contact cooling device that gives continuous cooling before, during and after each laser pulse maximizing patient comfort and the risk of under-cooled and over-treated areas- the epidermis is protected with each and every pulse.

For those seeking hair removal, the laser effectively targets deep follicular structures and delivers energy more effectively, giving enhanced hair reduction with improved patient comfort.

Our new laser can also work on vascular conditions- such as leg veins, venous lakes, and periorbital veins - and pigment issues - such as telangiectasias, cherry angiomas, diffuse erythema, port wine stains, and benign pigmented lesions.

For more information on our new Laser and the treatments available to you please contact Vitality at 352-633-2948. We also offer a consultation for only \$20 where our medical esthetician can consult you to make sure you are a candidate for the specific treatment you are interested in. If you decide to have a treatment your \$20 consultation fee will be applied toward that treatment.

***celebrating out with friends and family!***

Going out for a nice summer meal at your favorite restaurant? Consider making your restaurant food choices with GMOs in mind by avoiding high-risk ingredients like corn and soy.

***4. Be careful about chlorine in pools.***

High levels of chlorine in pools has been linked to asthma in small children. Children under the age of 7 who swam frequently in indoor chlorine pools may be at an increased risk for developing asthma, according to a 2006 study. Adults are just bigger kids.

***5. Wade in a safe pool.***

No matter how old you are, this is the time of year we fill up "kiddie" pools to cool off. Many of these wading pools are made out of PVC - the plastic known as the "poison plastic" thanks to its remarkably toxic production and disposal processes. PVC also contaminates both people and the environment with endocrine-disrupting phthalates.

***6. Learn your sunscreening safety facts!***

Need a new tube of sunscreen? Shop for one formulated with zinc and titanium. These two nontoxic minerals provide safer and more effective sunscreening than chemical blocks.

***7. Avoid toxic nail polish.***

Many nail polishes contain chemicals known as the toxic trio: dibutyl phthalate, toluene, and formaldehyde. Choose safer nail polish - or dare to go bare!

***8. Don't be fooled by "natural" gardening products.***

When you're planning your summer garden, be cautious about fertilizers. Some sold as "natural" or "organic" are made from so-called biosolids,

## Be Perfectly Suited This Summer...

### Laser Hair Reduction

**BOGO:** Buy one package and get one of the following areas for FREE:  
chin, lip, eyebrow, feet, or hands

#### Summer Is Here

That means summer vacation, weekend parties, and other fun in the sun activities.

Now is the **perfect time** to get your skin ready for show from head to toe by removing unwanted hair. Our new Cutera Laser is a state of the art machine with the ability to treat a broad range of aesthetic indications covering virtually any skin type and body location from large body areas (like the legs) to delicate facial areas (like the brows). Each treatment is designed to deliver the efficacy and safety our clients need with the speed and comfort they deserve.

*Vitality Wellness*  
& Aesthetics

510 CR 466  
Suite 104-B  
Lady Lake, Florida 32159

\* Offer good through July 31st. Call 352-633-2948 for more information and to schedule



otherwise known as sewage sludge. Yuck!

## Save

## Wellness Works Members Only

## \$5.00

Skin  
with

Vitality Wellness is offering 20% OFF their entire Dermalliance Care Line through July! Receive an additional \$5.00 your Wellness Works Membership card.

Total Nutrition and Therapeutics: ATP Ignite (Designed to support a Healthy Energy Level)

Offer Expires: July 31, 2015