

Josie Tenore, M.D., MSc | Ryan Lombardo, DAOM, ABAAHF, BCIM, L.Ac. | FEBRUARY 2019

begin your JOURNEY TO WELLNESS



The journey to wellness is not a quick fix. It's a lifelong commitment, and it should be. It's your life. All the decisions you make affect how you are living day to day.

An important concept to understand is that **wellness is NOT a one size fits all process**. Too often we see men and women jump on the bandwagon of a new wellness trend (diet, supplement, treatment) or follow what someone they know did because that person got massive benefits. Most of the time, the end result is far from what was expected, and they are left with disappointment.

We can be your coach, your expert in choosing the best programs for you. We have the experience and diagnostic tools to simplify the process, educate you, and put you on the right path. Commit to yourself, take the first step, and put your trust in us. We have great things in store for you!

- READ ON -

Happy Anniversary to Us!



GET \$75*

YOUR SERVICE
DURING THE MONTH
OF FEBRUARY

*Valid on a service of \$250 or more. One time use only in the month of February. One per client. Cannot be combined with any other offer. Other restrictions may apply. Expires February 28, 2019.

FEEL BETTER. GET STARTED WITH A WELLNESS CONSULTATION.

REASONS TO SCHEDULE A WELLNESS CONSULTATION

YOU FEEL TIRED, ANXIOUS, ACHY, UNMOTIVATED AND NOT YOURSELF.

WE CAN **TREAT** YOUR SYMPTOMS WHEN YOU DON'T FEEL WELL.

YOU ARE STRUGGLING TO LOSE WEIGHT AND KEEP IT OFF.

OUR PROTOCOLS WILL HELP **CORRECT** YOUR DIET, LIFESTYLE AND METABOLIC RESPONSE.

YOU EXPERIENCE STOMACH PAINS, UNUSUAL BOWEL MOVEMENTS, BLOATING OR SKIN ITCHING.

SCIENTIFIC TESTS WILL HELP US **DISCOVER** YOUR FOOD SENSITIVITIES.

YOU LEAD A HEALTHY LIFESTYLE, EAT RIGHT AND EXERCISE BUT AREN'T GETTING RESULTS.

LET US OPTIMIZE YOUR RESPONSE AND HELP YOU **PREVENT** FUTURE HEALTH CONCERNS.

SCHEDULE YOUR WELLNESS CONSULTATION &
RECEIVE A **COMPLIMENTARY** IN-BODY COMPOSITION
ANALYSIS & MAXIMUM VITALITY SUPPLEMENT
(\$145 VALUE)

*Offer expires 2/28/2019. Other restrictions may apply.

ALL SUPPLEMENTS ARE NOT CREATED EQUAL

By Ryan Lombardo

With the New Year at hand and health resolutions in full swing, there has been a surge in supplement use and sales promotions at every vitamin and health food store. Before you rush to get the next great nutritional supplement your friend or trainer told you about, be sure to do your research about the ingredients and the manufacturer.

Ingredient quality matters. With so much hype in the industry, many manufacturers are producing products quickly and carelessly just to get a piece of the market share. Did you know there are third-party independent analyses available comparing nutrient potency, vitamin and mineral forms, absorption and bioavailability, and more? More importantly, did you know that most of the popular products available at the chain stores and pharmacies rank the lowest in these studies? (continue next page)



Schedule a WELLNESS
CONSULTATION with
Ryan Lombardo
DAOM, ABAHP, BCIM, L.Ac

ALL SUPPLEMENTS ARE NOT CREATED EQUAL By Ryan Lombardo

(continued)

It can be a daunting task to sort through the literature. Thankfully for our patients, we continually review the data before recommending nutritional supplement products and brands so you don't have to. Going a step further, if we don't find what we like, we use best-in-class manufacturers to produce our own private-labeled products so we can ensure bioavailability and efficacy.

Personal differences between people, including age, weight, gender, diet, lifestyle, genetics, medication, stress, and more all affect the body's state of wellness and specific nutritional needs. Those same factors also affect the potential for chronic disease and quality of life. With all of these variables, you should do your best to optimize your nutritional profile.



Don't waste your time or money on products without documented efficacy; and certainly don't risk your health using products that don't work. Ask us for help, we've already done the homework. If you understand the concept of optimal wellness and you are making efforts to improve the quality of your life, I commend you. Make it count.

Pictured: Maximum Vitality \$45
Available at FreshSkin

SAVE THE DATE

Your journey to WELLNESS begins at FreshSkin. Join us for an evening of discovery as we educate you on treatments and products to improve and enhance the health and life you love...YOUR LIFE.

begin your JOURNEY TO WELLNESS

Wednesday, February 20th
6 PM - 8 PM

FreshSkin Medical Spa & Wellness Center

RSVP by February 15th

WELLNESS PROGRAMS & PRODUCTS

BIOTE ADVANCED HORMONE PELLET THERAPY

CUSTOM SUPPLEMENTS & CBD OIL

INTERMITTENT FASTING

KETOGENIC PROGRAM

HCG DIET

BOOT CAMP FOR YOUR BODY

COMPREHENSIVE BLOOD TEST WITH FOCUS ON HORMONES, CARDIOVASCULAR, AND METABOLIC HEALTH

FOOD SENSITIVITY TESTS

HEALTHY WEIGHT DNA INSIGHT

GET THE PERFECT POUT THIS VALENTINE'S DAY

Experience Dr. Josie's popular Lip-Glossing technique utilizing dermal filler to create the custom pout you desire!

CUSTOM LIP GLOSSING TREATMENTS START AT \$695.

Ask about our dermal filler rewards program.

Call 847-681-8821 to learn more or schedule your appointment.



BOTOX COSMETIC

Have you had a BOTOX® treatment with Dr. Josie Tenore? She will study your expressions and your facial features and explain where she will inject and why.

Immediately after your treatment **ALASTIN Regenerating Skin Nectar with TriHex Technology®** will be applied and you will leave looking like you have not been injected at all. Also, you will probably want to take this product home, many patients do! Why? It produces new, healthy elastin and collagen and calms the skin to reduce the appearance of redness.

BOTOX® cosmetic is offering you a special gift for a limited time, while supplies last! **Purchase a \$100 voucher for only \$75.**
Visit <https://bit.ly/2FBUYqB>

Call 847-681-8821 to learn more or schedule your appointment.



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STAY CONNECTED WITH US!



Beauty begins with Beautiful Skin. and Beautiful Skin begins with a Healthy Body.™