



A Dream is a Wish your heart makes...



**Hurry and get your Cinderella look
this season before it is too late...**

My Dear Patients,

Here where we are, once again, at the start of the holiday season. This year I'm making my first resolution early. My first resolution is I will not

procrastinate in purchasing my holiday gifts, and I will plan early so I can really, truly, enjoy, to the core, all of my dear family, friends, and all of you during these very busy two months. I will work hard to place the emphasis where it should be.

So here are some tips that will help you to get the most out of the last two months of 2015:

AESTHETIC

1. For all of you who want to look their best for those holiday parties, November 10th, this Tuesday, is our Botox Special Day -- \$10 per unit for Botox or Xeomin on the 10th of the month. We might be able to squeeze a couple more patients in, or you can sign up for the December 10th date so you're all set for the New Year celebration.
2. You might still have a little time to sneak in the famous Dr. Holy Signature Acid Peel, that has both healthful and aesthetic results, to optimize the surface of your skin for the holiday season. Otherwise you'll wait until January.
3. More and more patients are enjoying the results of the Magical 6, our Liquid Facelift that takes off 10 years in 1- 2 hours! As a holiday special, add an overlay of PRP (Platelet Rich Plasma) to lengthen the duration of your results, improve the radiance of your skin, and stimulate your own collagen production, all for 50% off the price of PRP. This special is available through December 31 with purchase of a regular price package. Call Linda for details.
4. Shhhh..... We have a special holiday surprise that we will release over the next couple of weeks.....
5. Great gift ideas include a **Gift Certificate** for products or services from our office. They are beautifully wrapped with a gold bow. Or, if not a Gift Certificate, choose a gift of beauty: we have a full price range of anti-aging products including sunscreen lip balm that are just \$10 to anti-acne skin care or anti-aging products, like the Tensage 50% ampules, my current personal favorite.

MEDICAL

1. To all of my medical patients: the insurance climate is crazy now. Many patients have high deductible plans, much to their surprise. Arrange to have all of your medical treatments taken care of before the end of the year. Megan, our Physician Assistant is ready and willing to help you get body checks and biopsies done, and acne prescriptions refilled before the end of the year.
2. Give the gift of health to the ones you love. Sunscreen with an SPF between 30 and 50 and zinc oxide is a must for everyone on a daily basis.

Daily usage has been shown to be associated with a decreased number of precancerous spots, as well as dramatic aesthetic improvement compared intermittent or lack of use of sunscreen. We have a broad selection of price points for sunscreen, as well.

HOLISTIC

Here is a quiz. We have been rehearsing these concepts over the past year so you should get all the questions right.

1. People get sick with cough, colds, and the flu during the holidays because

- A. The weather has turned cold and they are more susceptible to developing an illness.
- B. They are around lots of people indoors, with lots of kissing and hugging during the holidays and therefore people are more likely to catch bad germs.
- C. They eat too many cookies and sweets.
- D. They didn't get a flu shot.
- E. All of the above.

2. Supplements available to help minimize the risk of catching the flu or getting sick are:

- A. Xeno Bioforce
- B. Alkalize C, an alkalized and sugar free powder form of Vitamin C.
- C. Zinc
- D. Wild Oregano Oil
- E. Flu shot

3. You should keep your child home from school when:

- A. They complain of a sore throat.
- B. They have a test in their weakest subject and are not prepared.
- C. They have a temperature of greater than 99°F.
- D. They complain of a stomach ache.
- E. They went to the Imagine Dragons concert on a school night and are tired.

ANSWERS

The answer to question number 1 depends on which camp you are in. In conventional medicine, that is, the pharmaceutical companies, have shown the flu vaccine to be effective in reducing the incidence of the flu, and it is recommended for high-risk population like senior citizens and

immunosuppressed individuals. But are there risks? Do the vaccine manufacturers create a vaccine effective against the current strains of flu? I know is one anecdotal case report of one person (me): the only two years I received a flu vaccine are the only two years I've ever had the flu and both times I was very, very sick.

However, it is a little known fact that sugar suppresses the immune system dramatically; in fact, one teaspoon of sugar suppresses the immune system for 6 hours. Americans, on the average, consume over 160 pounds of sugar per year, a disproportionate amount of that during the holiday season.

I would recommend that you minimize your sugar intake, practice good hygiene with hand washing (I prefer soap, by the way), and talk to your doctor regarding your need for the flu vaccine.

The answer to question number 2 may be the same as for question number 1. It depends which camp you are in. I take the Alkalize C, a powdered form of vitamin C with alkalizing minerals, as well as the Xeno Bioforce and Bio Omega on a daily basis. If one of my family members is sick, I take two Wild Oregano Oil capsules several times during the day, and the Flu Milieu, if I have it, and rarely become sick myself. I also periodically test my zinc level using the taste test in our office, and I supplement Aqueous Zinc as needed. Most people are aware of the importance of zinc in immune function as demonstrated by the popularity over the counter remedy Zicam.

Question number 3 should make you smile. The first thing I do is take my child's temperature whenever she complains she is sick and doesn't want to go to school. If she has a fever over 99.0 Fahrenheit, I always keep her home. She is contagious and clearly not well. I feed the kids lots of chicken soup and love as well as some vitamin C and wild oregano oil and try to get them back to class as soon as possible. I emphasize the importance of a diet rich in vegetables and fruits and the importance of enough sleep. Sleep is also very important in the functioning of your immune system, digestive system, and hypothalamus - pituitary - adrenal axis.

My take home message is eat a diet rich in vegetables and fruit, get enough sleep for your body -- a minimum of five and a half hours is essential, and practice hand washing and good hygiene.

Also, do your holiday shopping early and make it easy for yourself. This will allow you to be less stressed and you will have more opportunity to enjoy the fun holiday events and the people you love.

Warmly,

Dr. Holy



Adriana K. Holy, MD

Like us on Facebook 

Follow us on  twitter



4530 East Shea Boulevard, Suite 101
Phoenix, AZ 85028
602.867.7546

[Forward this email](#)



This email was sent to aholymd@yahoo.com by aholymd@yahoo.com | [Update Profile/Email Address](#) | Rapid removal with [SafeUnsubscribe™](#) | [About our service provider.](#)



Try it FREE today.

Adriana K. Holy, M.D. | 4530 East Shea Boulevard | Suite 101 | Phoenix | AZ | 85028