



# Catalyst Connection

*Inner Health. Outer Beauty. Positive Change.*

## SLEEP ON IT

**D**o you ever wake up groggy, and stay that way for the rest of the day? Well, according to the National Sleep Foundation it's not uncommon. Approximately 7 out of 10 Americans are affected by a sleep problem, and most remain untreated.

These odds are not good news as the human body needs sleep just as it needs food, water and oxygen. Being sleep deprived makes you less alert and decreases your attention span, causing irritability and stress. This can cause relationships to suffer, productivity to decline, and increase risk for developing more serious medical conditions.

Danger levels rise when sleep time falls, contributing to more than 100,000 automobile accidents each year, as well as triggering workplace injuries.

### **From A to ZZZs**

If getting sleep is a nightly battle, try these tips.

- Go to bed at the same time each night and wake up at the same time each morning, including weekends.
- Take a warm bath, drink a cup of warm milk or read a book before bedtime to help you relax.



- Leave worries at the bedroom door. If you're concerned about something, make a list of the steps you'll take to solve the problem before going to bed.
- Don't take naps longer than 20 minutes on a regular basis, and avoid naps after 5 p.m.
- Create an environment that is conducive to sleep—quiet, dark and comfortable.
- Don't read, watch T.V. or do work in bed for an extended period of time.
- Finish eating at least 2-3 hours before your regular bedtime.
- Exercise regularly. Finish at least 3 hours before bedtime.
- Avoid caffeine, nicotine and alcohol close to bedtime.

### **S.O.S**

Sleep loss can be a sign of anxiety, depression or other medical disorders. Although, most sleep problems are treatable. Get help if:

1. You've been sleeping poorly for a month or more.
2. Drowsiness prevents you from carrying out your daily routine.
3. You're unusually tired during the day.

*Researchers from the Université of Montreal found that 26% of sleepless children become overweight. Read the entire article at [www.sleepreview.org](http://www.sleepreview.org).*

## THINK LESS INK

**I**n our Fall 08 newsletter, we introduced a laser to you and are elated to say we've been seeing results on our patients. Maybe you have a tattoo you regret or one that needs the color reduced prior to having it redone. Either way, give this laser a shot.

We provide tattoo ink reduction with the MedLite™ Laser.

The MedLite Laser can also treat and help with:

- Acne and other scarring
- Skin resurfacing (age spots/sun damage)
- Vascular lesions
- Wrinkle reduction

Downtime varies, and is dependent upon treatment focus.

Bring in your copy of this newsletter and get **\$25 OFF** your first tattoo treatment. Expires 4.15.09. Call 365.8700 to schedule your consult today.



Before  
(10-yr old tattoo on chest)



After 2 treatments

\*Average number treatments needed is 10+.

*A positive attitude causes a chain reaction of positive outcomes. It is a catalyst... a spark that creates extraordinary results.*

# Beauty Boot Camp: Season 2

All about skin fitness? Us too! Let us be your skin's personal trainer. We have three packages to choose from.

## SILVER

- 30 units of Botox® Cosmetic
- 1 syringe of filler
- 1 Fotofacial treatment
- 2 upper lip/chin or underarm/bikini laser hair removal treatments

***Yours for only \$1800 (Over \$275 in savings)!***

## PLATINUM

- 30 units of Botox® Cosmetic
- 2 syringes of filler
- 3 Fotofacial treatments
- 3 Microderms
- 4 upper lip/chin or underarm/bikini laser hair removal treatments

***Yours for only \$3800 (Over \$675 in savings)!***

## DIAMOND

- 45 units of Botox® Cosmetic
- 3 syringes of filler
- 5 Fotofacial treatments
- 6 Microderms w/ complimentary upgrade for facial
- 6 upper lip/chin or underarm/bikini laser hair removal treatments

***Yours for only \$5800 (Over \$1425 in savings)!***

Get your skin fit and become boot camp beautiful!

\*Because of the great value of these packages, substitutions are not allowed. Must purchase package before 4.30.09.

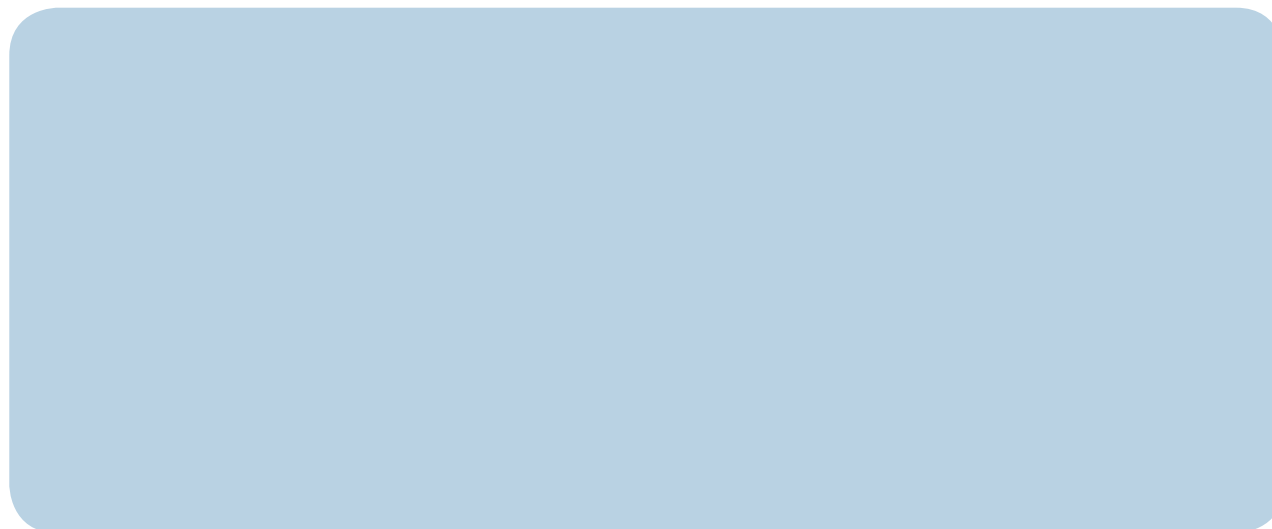
*Financing available through CareCredit.*



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RETURN SERVICE REQUESTED



## Up In Smoke

You've heard of second-hand smoke, but now there's more: toxic dust. In addition to significantly heightened heart risk and cancer, tobacco smoke has reached a new level in impairing health: third-hand smoke. The residual contamination lingering after a cigarette is extinguished produces "toxic dust" that stays on surfaces, including hair and clothing. The insidious, invisible concoction also includes volatile compounds that permeate the air—such as in an elevator after someone smoked a cigarette.

Turning on a fan or cracking a window while someone is smoking doesn't diminish the harmful effects of third-hand smoke, which is especially hazardous to children, but a cancer risk for anyone regardless of their age.

Third-hand smoke includes:

- Hydrogen cyanide
- Butane
- Toluene (substance in paint thinner)
- Arsenic
- Lead
- Carbon monoxide
- Polonium-210 (radioactive carcinogen)

*Provided by the National Cancer Institute.*

### North Dakota Tobacco Quitline

[www.health.state.nd.us/tobacco/quitline.htm](http://www.health.state.nd.us/tobacco/quitline.htm)

The North Dakota Tobacco Quitline is a free telephone-based service available to help smokers and spit-tobacco users quit.



**"If we see you smoking we will assume you are on fire and take appropriate action."**

• Douglas Adams