

Catalyst Connection

Inner Health. Outer Beauty. Positive Change.

THE SUMMER SNEEZE

One may think that summer time would offer relief of allergies, as tree and grass pollen season is over for this area. However, ragweed season typically shows up in mid-August and lasts until the first frost. Ragweed releases a significant amount of pollen into the air, so if you start to get that summer sneeze, you may have allergies.

Here are 6 Tips to prepare for ragweed season from the American Academy of Allergy Asthma and Immunology (AAAAI):

- Familiarize yourself with the ragweed pollen cycle in your area of the country.
- Talk to your family doctor or allergist about the best medication to take for treating seasonal allergy.
- Allergy medications which include antihistamines and nasal steroid sprays are more effective when started 10-14 days before the beginning of the pollen season (for most of the Midwest this is the first week of August). Don't stop them too soon!
- Follow pollen counts in your area. Limit outdoor exposure when ragweed counts remain high. This website provides pollen counts—www.aaaai.org/nab/index.cfm?p=pollen.
- Keep your home windows closed and run your air conditioning, air purifier and dehumidifier in order to

keep your indoor environment cool, dry and as clean as possible.

- If yard work cannot be avoided, wear a dust mask and sunglasses. Rinse your nose out with a saline spray or solution immediately after coming back in. Ragweed may stick to your hair and clothing, so remove your clothes and take a shower after the yard work.
- Try to avoid exposure to other allergy triggers (cats, dogs and mold spores) in order to reduce the impact of cumulative allergens. Multiple allergen exposure may amplify your nasal and eye symptoms.

If you think ragweed is your runny nose, sneezing and watery eyes culprit, high potency allergy drops may be what you need for relief. Call us to get tested for allergies.



MAGIC ERASER

Experience relaxation, hydration and erasin'—erasin' facial lines that is! We now offer the HydraInfusion Facial, an ultrasonic infusion of a super hydrating gel, giving you a fresh face.



Ready? We are, and here's what our fabulous team of aestheticians will do for you:

- Cleanse
- Exfoliate with the Clarisonic
- Perform extractions (if needed)
- Facial, neck, décolleté and shoulder massage
- Paraffin mask with arm and hand massage during application

It's all about the benefits baby! The use of Paraffin has a very soothing and therapeutic effect. The warmth of the mask makes the blood vessels expand and promotes circulation, bringing healing nutrients to the surface, while flushing toxins out of the skin. The overall effect of the paraffin mask is a softer, firmer complexion that is more hydrated. It leaves you feeling and looking younger.

Then, they infuse your skin with an anti-aging sea serum using the Clarisonic Opal. The Opal gently infuses the serum into the epidermis to help refresh and renew the appearance of the delicate skin around the eyes. Because of its powerful antioxidant ingredients, the anti-aging sea serum not only helps hydrate, firm, smooth and tighten the epidermis, it also protects the skin. Throughout the entire treatment, steam is released.

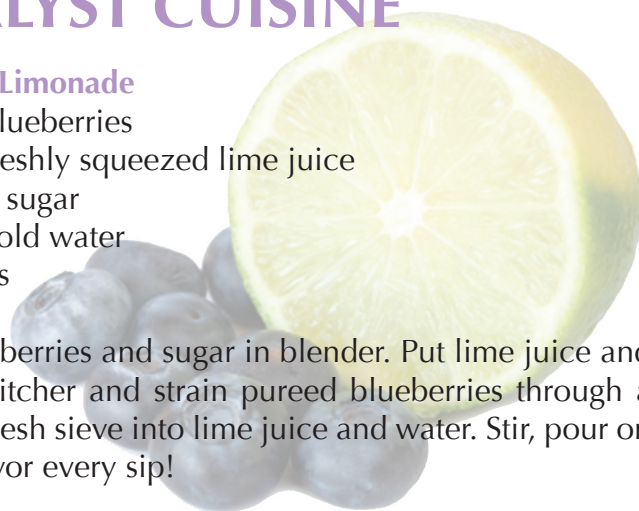
For the finishing touch, our skincare geniuses apply SPF and Jane Iredale mineral make-up. Abracadabra! Magically, your lines start to disappear.

CATALYST CUISINE

Blueberry Limonade

- 3 cups blueberries
- 2 cups freshly squeezed lime juice
- 3/4 cups sugar
- 3 cups cold water
- Ice cubes

Puree blueberries and sugar in blender. Put lime juice and water in pitcher and strain pureed blueberries through a medium mesh sieve into lime juice and water. Stir, pour on ice and savor every sip!



LIP SERVICE

We put sunscreen on our arms, our elbows, our feet and our hips, but what we often forget about is our lovely lips! Make sure your lip balms or lipsticks have the SPF you need for daily protection.

A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing and the lawn mower is broken.

—quotegarden.com

Caring for you in all we do

Ear, Nose & Throat
Allergies
Hearing
Plastic Surgery
Skincare & Lasers

Our providers

Susan Mathison, MD
Lesley Soine, MD
Megan Bolda, AuD

Our contact info

1800 21st Ave. South
Fargo, ND 58103
701.365.8700

PROS ON HEALTH

Health Pros, owned by Stacey Allard and Kate Frappier, has moved to the lower level of Catalyst Medical Center.



HEALTH PROS Personal Training Center, Inc.

Health Pros team, which also includes Bonnie Siverson (Yoga & Pilates Director) and Kim Brandt (Zumba Instructor), offers all the programs you need to meet your fitness goals. Visit healthprosfargo.com for info.

They have all the amenities of a large scale health club without the crowd, offering one-on-one and small group personal training, with no membership, orientation or consultation fees. All you pay for is your personal training. They also offer yoga and pilates as well as Zumba classes. The Health

ZUMBATHON

We are going to be lovin' our bodies and groovin' to the music when we hold our first Zumbathon! Join us in our parking lot on July 14 from 6-7 p.m. The Zumba program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. So, come get your Zumba on with us.

BALANCE TO BLISS

Cindy Schwab recently moved her practice to Catalyst Medical Center and is ecstatic! What does she offer? Energy work. What does that mean? Well, she balances bodies, homes and/or businesses to bliss. Working in several modalities, she has practiced energy work on a wide variety of people, including expectant moms, women trying to get pregnant, those in Hospice care, along with allergy, migraine and fibromyalgia sufferers, and more. Energy work helps:

- Relieve pain and speed healing
- Decrease anxiety
- Remove blocks to healing
- Improve immunity
- Calm, relax and reduce stress
- Improve sleep
- Maintain/raise energy levels
- Minimize the side effects of chemotherapy

As a thank you, she is offering a July special. New clients will receive 50% off their first session; at \$36, this is a great deal! Please contact Cindy directly at 701-261-4035 or ladyschwab@msn.com to schedule an appointment. Be sure to mention the July newsletter special. You'll love what energy work can do for you.



Find us on
Facebook

For blog updates, health tips, cutting-edge comments, *Facebook Only* specials and contests!



1800 21st Avenue South
Fargo, North Dakota 58103

RETURN SERVICE REQUESTED

Catalyst Connection

MIDSUMMER NIGHT'S DREAM "The Eyes Have it"

Indulge in canapes, cocktails and conversation. Join us July 13 from 6-8 p.m., for a magical evening!

The Doctor Is In

Our very own Dr. Lesley Soine will be here to enlighten you on cosmetic surgery for the eyes. Whether you need a little lift or those big bags taken care of, she's got the 4-1-1 on eyes.

Lash Out & Lose Your Lines

Allergan, the makers of Latisse (your key to longer, thicker, darker lashes) and Botox (your anti-wrinkle agent) have sent us two of their aficionados. Ask them questions and get answers—all night long.

Increase Your EYE Q

An iS Clinical expert will share the benefits of their newest product, Youth Eye Complex. You'll also get a chance to win a full-size sample and **20% OFF** all iS Clinical products!

Get That Glam

Our dynamic duo Maggie and Savanna will be doing eye makeovers. Be sure to plan a night out with the girls after you join us. You'll want to show your eyes off.

Eye Appeal

McCulley Optix Gallery is bringing an array of sunglasses, so you can get *that* look.

Plus, get a certificate for a complimentary brow-shaping and enter for door prizes. Bring a new friend for extra entries.

We're calling it Midsummer Night's Dream, but beautiful eyes will be your *reality* when you join us.