

# Catalyst Connection

Inner Health. Outer Beauty. Positive Change.

## A MESSAGE ON MASSAGE

Because we want to take care of the whole you, we've added massage to our list of services. And, to make sure you try it out, we're offering \$15 off your first massage treatment. For those of you who have already experienced the magic of our massage, during the month of November, you get \$10 off.

### Getting deep

Patient assisted deep tissue massage provides a deeper, more beneficial treatment. Our massage therapist concentrates on areas of pain or discomfort, helping to break down toxins that might be blocking the flow of fresh blood, which has healing agents many areas of the body needs.

### The need for Swede

Everyone needs a dose of R & R. Swedish massage is considered the most common form of massage. Our therapist uses firm pressure to offer relaxation, relief of muscle aches and improved circulation.



## PUMPED ABOUT ALLERGIES

We are excited to announce a new size of allergy drop bottle that's available at Catalyst. Not only is it bigger, it's more kid-friendly as it comes with a pump!

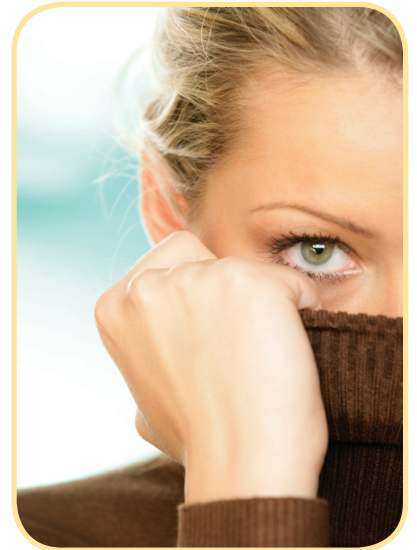
## DISTINCTIVELY BRILLIANT

Love Botox®, Juvéderm™, Latisse® and new on our shelves, the Vivité® skincare line? Us too! Would you love them even more if you could save money every time you buy? Us too! It's simple. Go to [brilliantdistinctionsprogram.com](http://brilliantdistinctionsprogram.com) and sign up to receive:

- Exclusive offers and invitations
- Insider access to special events
- Treatment reminders, newsletters and special offers
- Latest information, tips and news from the Brilliant Distinctions® Program

## SAVING FACE

We know what a good tweeze can do, or how the mix of the right color combination can make your eyes pop. Now, we know even more. Maggie and Jeramie, our aesthetic duo, recently went to Minneapolis, where they attended a class at the Jane Iredale University. Advanced Artistry 301: Expert Eyes, was a hands-on clinic that covered color theory, application techniques for specific eye shapes, dramatic eye makeup, application of various types of eye liner and the importance of brow shaping.



Although the eyes are important, don't forget where it all starts—the foundation. Are you the type of person who strolls the cosmetic aisles searching among brands and color options, wondering whether you're a cool or a warm tone? Hoping you made the right choice, you get ready to head to work the next day, only to look up at the infamous orange face! Not only does your skin color now resemble that of Tony the Tiger, you wasted time and money by not being able to color match your makeup. We find this happens with blushes, lip colors and eye shadows too. Save time and money, and save your face. Come in for a makeup consult and find your match. Your drawer full of misfit makeup will thank you.

## THE EAR DIET

It's obvious that our diets affect our waistlines, but what about our ears? A study done by the *American Journal of Clinical Nutrition* in August 2010, researched the relationship between omega-3 intake and age-related hearing loss.

The findings: Participants who had two or more weekly servings of fish that contained omega-3s had a 42 percent lower risk of developing age-related hearing loss than those who consumed one or fewer servings of fish per week.

Omega-3s that come from fish like salmon and tuna, as well as other animal-based foods contain DHA and EPA (docosahexaenoic acid and eicosapentaenoic acid) and ALA (alpha-linolenic acid) from various plant foods. You often hear about flaxseeds, beans and spinach being "power foods." They fall into the omega-3s, and also have many health benefits known, and surely some unknown.

The point: A healthy diet is important for numerous reasons. Whether you're trying to prevent cancer, arthritis, and now, hearing loss, well-balanced meals and snacks can get you on track. Additionally, avoid large amounts of alcohol, caffeine and salt as they can be harmful to your ears.

*The only people with whom you should try to get even are those who have helped you.*

quotegarden.com

### CARING FOR YOU IN ALL WE DO

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

### OUR PROVIDERS

- Susan Mathison, MD
- Lesley Soine, MD
- Megan Bolda, AuD
- Maggie Eppler (Aesthetics)
- Jeramie Peterson (Aesthetics & Massage)

### CONTACT US

1800 21st Ave. S  
Fargo, ND 58103  
701.365.8700  
catalystmedicalcenter.com  
facebook.com/catalystmedicalcenter



## DID YOU KNOW?

1 in 5 children between 12 and 19 years of age have permanent hearing loss from noise exposure. Shocked? We are too! This is a whopping 30% more than 15 years ago!

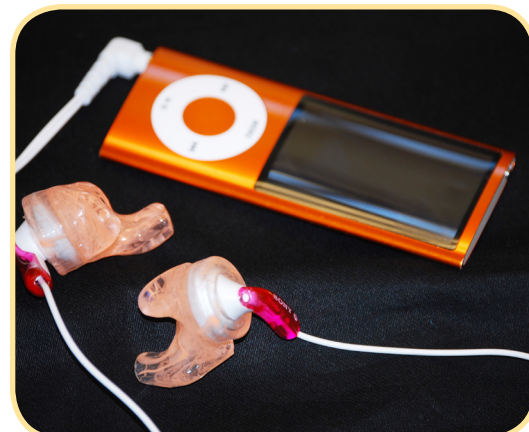
Recently, a study measured the level of hearing loss in the Journal of the American Medical Association. With the increase in technology, sound quality and music portability, children have constant access to damaging sound levels. Noise exposure includes everything from lawn mowers to car stereos to iPods. It is rare to not see someone walking down the street with some form of sound up to their ear, be it a phone

or an iPod. These electronics are capable of outputting over 120 dB, which is equivalent to standing next to a jet engine!

We care about your and your family's ears and have great solutions to keep ears safe and healthy for years to come. For adults and older children, we offer custom ear buds that create a great seal on the ear and block out background noise, allowing an iPod to be turned down to a safe level. For younger children and smaller ears, we have output-limiting headphones in cool pink, blue and green. These headphones do not output louder than 85 dB, no matter how loud the input.

Please remember—noise-induced hearing loss is 100% preventable! Turn it down, walk away or put in hearing protection. Please call to make an appointment to discuss the fun and exciting options for hearing protection for your entire family.

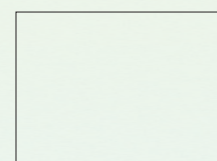
*Right: custom fit ear buds (iPod not included)*



Get **\$30 OFF** custom ear buds now through December!



1800 21st Avenue South  
Fargo, North Dakota 58103



RETURN SERVICE REQUESTED

## D/C Catalyst Connection

### HAPPY BIRTHDAY TO YOU!



Year after year, we want you to know how special you are to us. So, we are reminding you, that as a gift, we give you **\$25 OFF** any cosmetic service during the month of your birthday.

Here's to you, and all your birthday wishes coming true.

*Age is an issue of mind over matter. If you don't mind, it doesn't matter.*

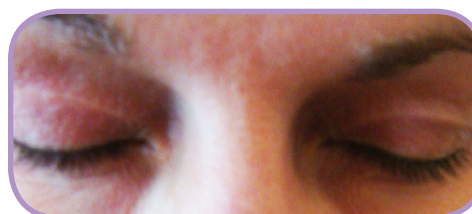
—Mark Twain

### LASHTASTIC

Stop caking and coating on the mascara to add volume and length to your lashes. Lash out with Latisse®! Some of the best things are created by accident, like Latisse. It was once a glaucoma treatment, but now it's the first and only FDA approved treatment to grow thicker, fuller and even darker lashes. Check out the before and after pictures of one of our very own. Ask about our lashtastic rebates and get up to \$100 off.

*Before: May, 2010*

*After: August, 2010*



 "Like" us on  
**Facebook**

[facebook.com/catalystmedicalcenter](https://facebook.com/catalystmedicalcenter)

For health tips, Facebook-only specials, contests and MORE!