



Fit Bits

Winter, 2001

A Publication of Body Design to Promote Health & Well Being (949) 722-3555

HOMEOPATHY

an alternative to HRT

Menopause is a period of change of life. This transition can be gentle and smooth, however, most women will experience at least one of the following symptoms:

- * hot flashes
- * fatigue
- * migraine headaches
- * constipation
- * irritability
- * sleeplessness
- * calcium deficiency
- * loss of libido
- * mood swings
- * anxiety
- * depression
- * night sweats
- * vaginal dryness
- * itching

Hormonal replacement therapy can be effective in eradicating some symptoms. For women who feel reluctant to use HRT (hormone replacement therapy) or have symptoms which do not subside after HRT, Homeopathy can be the modality of choice.

Homeopathy is a scientific method of medical treatment which stimulates the body's innate powers to cure itself. For over two hundred years people all over the world have found the solution to their health problems through Homeopathy. Remedies are derived from natural substances. These remedies are completely safe, FDA approved, and cause no side effects. As human beings we are all unique and the remedies are specialized for each person's needs.

Homeopathy treats the cause and not the effects of illness. Therefore, one remedy is all that is needed to treat a variety of symptoms. Homeopathy not only removes the menopausal symptoms, but by bringing the body to a state of balance, one can feel more energetic and enthusiastic about life after menopause.

Dahlia Shemtob holds a Masters degree from Hahneman College of Homeopathy and a Doctoral degree from Curentur University. She has been practicing since 1992 and has offices in Newport Beach and Beverly Hills, California.



For more information on menopause, please join us on

**Thursday January 26, 2001
from 7:00 - 8:30 PM
for a health seminar at Body Design.**

Call by January 19, 2001 to reserve your seat.
(949) 722-3555

SWEET SUCCESS



This is my 49th year. A year of transition.

On August 25th, 2001, I will be 50 and begin the second half of my life. I am very excited about entering a phase of life dedicated to wisdom and contribution and have known for some time

I wanted to live this year leading into it as a sacred journey. I want to pay attention in many ways.

As an organizational design consultant and broker of change, I am aware that one way to change one's life is to change the questions that we ask ourselves. I chose two new questions for my 49th year; "What attitudes, actions and items do I want to take with me into the second half of life and which ones do I want to leave behind?" and "What's missing, that if I were present would make my life lushly more satisfying?" The first question is an ongoing discovery as I move through this year. The second uncovered two very specific desires, physical and financial wellbeing.

My health and wealth were in good shape and I recognized these days that there are a lot of years in the second half of life and I wanted them to be great!

I had taken on a rather sedentary life and put on a good deal of extra weight. That's when Body Design and Caren Sheffer entered my life. *Oh my gosh has it been wonderful! Caren's tremendous depth of knowledge and commitment to my success, coupled with the warm and ultra supportive environment at Body Design have been a winning formula for me.* I've dropped about 30 lbs., moved from only being able to walk 1/2 mile to doing 3 to 6 miles five times a week, and located parts of my body and muscles I'd long since lost track of. If who we hang out with is a reflection of what we value, Caren and the women of Body Design, are clearly people I want in my life.

Liz Lafferty

BODY DESIGN
The Womens' Athletic, Rehabilitation and Pilates Center of Newport Beach

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100 Newport Center Drive
Newport Beach, CA 92660
949-722-3555

**Start the New Year
right. Get fit at
Body Design.
Call today for a FREE
workout session!**

QUALIFIED motivated train with the best of Orange County

THE WOMEN OF BODY DESIGN



Kristi joined the Body Design team as a personal trainer. She is certified through the National Academy of Sports Medicine and is also a certified Pilates instructor. Kristi has been involved in the fitness industry for the past twenty five years. She started as a competitive gymnast. As the mother of a five year old, Kristi knows that making time for exercise can be difficult. "Remember, fitness is more than a pastime, it's a way of life."



Abigail danced ballet for ten years from age six to sixteen. She also did tap, jazz, modern dance and gymnastics. Abby performed in dance and theater productions at the high school level. As her interest in aerobics and fitness increased, she took classes whenever they were offered. Abby is a certified fitness trainer and completed her certification for personal training with N.A.S.M., 24 Hour Fitness, APEX Nutrition, Yogafit and most recently Pilates Mat through Physical Mind.



Lorraine is the operations manager and a partner at Body Design. She brings with her over ten years of corporate experience at Resorts International, Del Monte and Comcast Cable. Fitness is a priority in her life, as well as keeping Body Design in smooth and gentle order.



Pippi is originally from Oregon. She received her B.S. in Exercise and Sport Science from Oregon State University. Pippi holds a personal training certification from the National Academy of Sports Medicine and is a certified Polestar Pilates instructor.

Her motto is: Attitude is everything.
Positive attitude = Positive results.

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SPA BODY DESIGN *offering world class products & services*

Skin Care

Every facial begins with a dermal-analysis to determine the proper treatment for your skins particular needs. You will then experience a deep and reviving cleanse. This includes, a gentle exfoliation to remove dull surface cells, and a luxurious massage incorporating rejuvenating aromatherapy. The cleansing is followed by a corrective treatment mask and a botanical hydrating cream to nourish and protect. A heated hand treatment and extractions are included in all facials.

Refresher Facial	1/2 Hour	\$45.00
Deep Cleaning Facial	1 Hour	\$70.00
Antioxidant Facial	1 Hour	\$70.00
Aromatherapy Facial	1 Hour	\$70.00
Back Facial	1 Hour	\$70.00
Teen Facial	1 Hour	\$55.00
Rejuvenating Facial	1 1/2 Hour	\$100.00

Treatment Add-Ons

Glycolic Peel	Algae-C-Treatment
Collagen Sheet	Intensive Ampoule
Paraffin Hand Dips	Reflexology Foot Massage

Therapeutic Body Treatments

A good fitness regime is made all the more complete by incorporating the extra edge that total body care treatments provide. Our botanical body treatments smooth, soften, hydrate and tone the skin leaving you feeling relaxed and renewed.

Body Silk- <i>scrub and loofah</i>	\$70.00
Turkish Salt Glow- <i>mineral salt scrub</i>	\$70.00
Body Detox- <i>herbal heat wrap</i>	\$70.00
Essential Oil Wrap- <i>hydrating aroma wrap</i>	\$70.00
Aloe Wrap- <i>soothing wrap</i>	\$70.00

Waxing

Brow	\$15.00	Lip	\$10.00
Chin	\$10.00	Underarm	\$20.00
Bikini	\$20.00	1/2 Arm	\$30.00
Full Leg	\$70.00	1/2 Leg	\$35.00
Lash Tint	\$25.00	Brow Tint	\$10.00
Massage	1 Hour	\$70.00	
	1 1/2 Hour	\$105.00	

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