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"Healthy" Food Misconceptions

By: Jacqueline Wojciechowski, R.D., LDN

Most consumers associate certain foods with being "healthy" or "good for you," but do not realize that even the healthiest foods can be unhealthy if the portion size is too large or it's prepared with added sugars. We continue to eat and drink these foods and beverages because they are associated with being "healthy," but never glance at the nutrition label. These misconceptions are common since we are exposed everyday to mixed messages through advertising campaigns and nutritional trends in the news telling us what's "healthy" and "good for us."



Here are a few of the most common misconceptions that I've come across when working with patients on healthy eating, weight loss and increasing energy.

"If I have a 16oz glass of orange juice for breakfast, I'm getting Vitamin C and it counts as a fruit serving."

It's true that food manufacturers pump orange juice with added vitamins, however, even 100% fruit juice can be very high in calories (due to natural sugar). Of course it's important to get your fruit servings in each day, but it's much better to eat a variety of fresh or frozen fruit. If one of your fruit servings needs to come from fruit juice, it should be 100% fruit juice and only about 4-ounces (a half cup). One suggestion is to use a small juice glass to be sure to get the correct serving size.

"Low fat dairy products are associated with weight loss, so I can choose any low fat yogurt for a healthy snack."

Low fat yogurts are not all their cracked up to be. When manufacturers take the fat out of yogurt so they can label it "low fat," sugar is added for flavor. This added sugar, if not burned off through exercise, is stored as fat. Yogurt is an excellent source of protein and calcium, but there is no need for the added sugar, especially when there are many delicious low-sugar options to choose from. When looking at the nutrition label, the "Total Carbohydrates" line should read < 20 grams per serving. Dannon Lit 'n Fit and Stoneyfield Probiotic are great examples of low sugar yogurts.

Greek yogurt is an even better way to get a healthy serving of protein and calcium. The 0% fat Greek yogurt is great as a snack or for breakfast. Add in a serving of fresh fruit or nuts (for healthy fats and extra fiber) for an even healthier and filling option.

"Dried fruit has too much sugar; I was trying to stay away from it."

Another common misconception is that dried fruit is loaded with sugar should be avoided for weight control. The opposite is true. Dried fruit – in the correct portion size (about 1oz or the inside of the palm of your hand) – is a great source of vitamins, minerals and fiber. Fiber helps to keep you feeling full by helping to control your blood sugar and preventing overeating. Try adding dried fruit to your morning oatmeal or as a snack with mixed nuts. You'll feel full and energized from these healthy choices.

"Granola/trail mix is high fiber and all the ingredients are healthy, so I can eat as much as I want."

Granola/trail mix can be high in fiber; however some of their major ingredient – carbohydrates, sugar, salty nuts and chocolate pieces – can make them a very calorie dense food choice. Trail mix should be unsalted, with no candy mixed in, and contain dried fruit. Appropriate serving size of granola is

typically 1/4 - 1/2 cup, and trail mix is 1/2 cup. If in doubt, simply refer to the nutrition label and look at the 'serving size.' Mix the correct portion with yogurt or milk as a great breakfast or snack and use trail mix as an afternoon snack in the office.

Jacqueline Wojciechowski is a registered dietician for Rittenhouse Women's Wellness Center. She has extensive experience in individual nutrition counseling with a special focus on weight management and diabetes patients.

Managing Springtime Allergies



By: Dr. Jillan Rowbotham, Internal Medicine

Spring is on its way! Along with budding trees and flowers comes pollen - a common trigger for allergies. Limiting the frequency and duration of your exposure to pollen can prevent or decrease symptoms and reduce your need for medications. For those who suffer from spring allergies here are a few tips to make the season more enjoyable.

Limit outdoor activities when pollen counts are the highest, between 5am and 10am.

Pay attention to pollen reports, available with the daily weather report and online, and stay indoors when counts are high. Dry, windy days are more likely to have large amounts of pollen in the air than damp, rainy days when most pollen is washed to the ground.

Keep windows and doors closed to keep pollen from drifting into your house. Likewise, keep your car windows rolled up and sunroof closed when you drive and adjust your ventilation system to re-circulate inter-compartment air instead of drawing air from outside.

Pollen can accumulate on your clothes and hair while you are outdoors. Remove your shoes at the door and change out of clothes you've worn outside. Shower to rinse pollen from your skin and hair. Your pet's fur presents a similar problem. Though it is certainly not practical to bathe your dog every night, try to keep pets off of the furniture and out of your bed so that you will limit your exposure.

Wash bedding often and always machine dry. Pollen may collect on laundry if it is hung outside.

Rinse out your nasal passages once you are inside for the day or before you go to bed. If you can't get the hang of a neti pot, pick up a reusable nasal irrigation kit available at most pharmacies.

Dr. Rowbotham is a board certified internist who earned her medical degree from Philadelphia College of Physician and was one of the top residents at Main Line Health's Lankenau Hospital. Dr. Rowbotham is the co-founder of Physicians for Humanity and is also an active member of the American Medical Association, American College of Physicians, The Obesity Society and has been awarded the William Dickerson Memorial Award

You're Invited! Botox Party at DermaCenter Med Spa

You're invited! The first 30 people to RSVP will receive 10* units of Botox at no charge.

*There is a minimum purchase of 15 units.

Event Info

Wednesday, March 23, 2011
3pm - 8pm
1632 Pine Street
Philadelphia, PA 19103

Please call (215) 735-7990 to RSVP and schedule your appointment time.



Jillian's Weight Loss Journey II



By: Jillian Necky, Weight Management Program Coordinator

Sadly, losing weight does not happen in a vacuum. Life gets in the way sometimes...okay, a lot of the time. For me, the last month has been particularly stressful, and often inhibitive of my staying on the program, but I managed to find ways to cope. Being out of my normal habitat and my normal routine was tough, but even harder was having to eat almost every meal out. Here are some things that I learned along the way about eating under extreme circumstances:

1. Salads are not always the best answer – While lettuce is full of vitamins, minerals, and fiber, salads are not always the best option. What is on the salad is what counts. A salad with fried chicken, cheese, and bacon, smothered in dressing – more calories than you ever want to know. Sometimes a simple bowl of soup or even a sandwich has fewer calories than a salad. I know when I am really stressed out the last thing I want to do is take the effort to chew something.
2. Make the best choices that you can, but also let yourself have something you want. Don't force yourself to eat something just because it is "healthy" if it is not something that you want to eat. Compromise. Find something that sounds appealing, but doesn't decimate your calories. For example, I went out one day and the thing I really wanted from the menu was a fried chicken sandwich topped with cheese, bacon, onions, and smothered in barbeque sauce. So here is what I ordered: a grilled chicken breast sandwich with cheese and yes- the bacon, with barbeque sauce on the side. I admit that I could have done better, but I also could have done a whole lot worse.
3. We all have cravings from time to time, and I have found that the best way to fill those cravings is to eat the thing that you crave – in moderation and in a way that fits into your diet plan. I have tried many times to "fake out" a craving by eating something else - it doesn't work. Sometimes, I crave a slice of pizza. What do I do? I budget out my calories and figure out how to fit it in. Then, I get a small slice from my local pizzeria (WARNING: this does not mean order a whole pie and throw the leftovers in the freezer!) To fill up, I eat a big salad or pile of veggies with it. While it may not be considered the "healthiest" option, it quells my cravings and lets me move on.

With all of this said, I will make the disclaimer that you should not (and I do not) eat like this every day. It is not part of a well-balanced diet plan by any stretch of the imagination. What I am trying to say is that every once in awhile we have to make trade-offs. I've actually found that after a week of eating out, I am really looking forward to eating at home!

Jillian Necky is an intern at RWWC, serving as the Weight Management Program Coordinator. She recently received her Masters of Public Health from the Thomas Jefferson University School of Population Health.

Setting Goals - Staying Motivated

By: Eve Gordon, Certified Personal Trainer and Exercise Specialist

Let's face it – many people forget about their New Year's fitness resolutions by February. Perhaps results did not come quickly enough, or the "daily grind" has sidetracked them from their goals. However, goals don't happen overnight. Working to create a healthy lifestyle that includes a fitness routine is an ongoing process for everyone – it doesn't have to be an "all-or-none" situation.



Here are some tips for getting started and staying motivated...

Plan Ahead - The best results come from a well-planned strategy.

- Discover 20-30 minutes 3-5x a week when you know that you can make time for yourself. Stick to your schedule, but also allow for a little wiggle room or variation. If you can't make it to the gym on a certain day, look up some exercises online and work with what you have at home. Something, even 10 minutes, is better than nothing.
- If you're a morning person, lay out your exercise clothes and gym bag the night before. If you plan on going after work, pack your gym bag the night before and leave it by the door so you don't forget it.
- Think about how good you will feel after only 30 minutes of exercise.

Get Psyched - Visualize how you will look and feel as you become more physically fit.

- Take measurements. The scale is only one way to measure progress. Make sure to measure your chest, waist, and hips every month or so, as these will show the most amount of change as you build muscle.
- Stay realistic. There is no quick fix or magic pill for fitness! Getting into shape is a science – if you complete the formula (consistent exercise + healthy eating) you will get steady results. Just be patient and remember that every healthy decision you make will lead you closer to your goal.

Hire a Trainer - If you know that you have someone who is waiting for you at the gym you will most likely show up.

- A trainer can show you the best routines for the fastest results and push you in ways that you cannot push yourself.
- A trainer will show you the best routines for YOU, which you will be able to carry with you for the rest of your life.

Always dig deep and train hard and realize that your goals ARE attainable. Stick with your plan and before you know it, you'll be exactly where you want to be.

Eve Gordon has over twenty years of experience in health and fitness. As an exercise specialist at Rittenhouse Women's Wellness Center, Ms. Gordon hopes to encourage clients to incorporate exercise into their daily routines more often. She would also like to help women make healthier choices and to improve their lives.

Introducing Massage Therapy!

The Rittenhouse Women's Wellness Center is excited to introduce massage therapy to our practice. Massage Therapy is the manipulation of the body's soft tissues to prevent or address minor aches and pain while promoting a state of well-being. We believe it's the perfect addition to our integrated approach to wellness and are looking forward to seeing the health benefits it brings to our patients.



1. **Swedish Massage** – This method includes series of long, gliding strokes which manipulate superficial layers of muscles to encourage relaxation.
2. **Trigger Point Therapy** – Trigger points are painful spots that are located in bands of muscle and can have a twitch response when pressure is applied. This therapy is usually incorporated into massage to alleviate pain in tender areas.

Massage Therapy offers a variety of health benefits, both mental and physical.

Some benefits include:

1. Muscle manipulation stimulates lymphatic circulation and brings oxygen-rich blood to the soft tissue.
2. Therapeutic massage can help melt away tension in areas such as neck, shoulders, and back which can be caused by every day stress.
3. Massage can help relief minor muscle aches and tension headaches.
4. High quality massage creams and oils are nourishing to the skin.

About Us

The Rittenhouse Women's Wellness Center provides Internal Medicine, Nutrition, Fitness, Emotional Well-Being and Skin Care Services for women. Our goal is to provide our patients with an integrated approach to health and well-being.

