



The Rittenhouse Women's Wellness Center

Eating Right - Staying Fit - Embracing Wellness

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Patient Portal Now Available!

COMING FEBRUARY 2013 Rittenhouse Women's Wellness Center: Main Line



Previously The ROYAL Bank Building

The Rittenhouse Women's Wellness Center will be opening a second location on the Main Line. Our office will be located at 915 Montgomery Avenue in Narberth, PA and have plans for a grand opening to take place in February 2013. If you would like to learn more about the Main Line location and read about our Main Line Board Certified Physicians, please visit our Wellness Blog at www.rwwc.com.

If you are interested in submitting your information in order to be contacted in the future regarding scheduling an appointment on the Main Line, you may do so through the Request An Appointment Link on the Homepage of www.rwwc.com.

The Facts about Neti Pots

By: Jillan Rowbotham, D.O.
at the Rittenhouse Women's Wellness Center

As we transition from fall allergy season to the winter cold and flu season many people are looking to alternative solutions for relief from mucus and nasal congestion. Nasal saline irrigation, often administered with a neti pot, has become a popular adjunct therapy. Reports of deaths from amebic brain infections linked to neti pot use were widely publicized in the media and raised some concern about this therapy. Before you take the plunge it is worth asking - are neti pots effective and are they safe?



To read more about net pots, please visit our Wellness Blog at www.rwwc.com.

Food Cravings 101

By: Christina Ushler, RD
Registered Dietitian at the Rittenhouse Women's Wellness Center



Food cravings are a natural part of our everyday life. Many people confuse cravings to be a sign of weakness and subsequently get discouraged with their health and nutrition goals. However, most people should realize that food cravings are an indication of what the body may need or be lacking. Individuals are more likely to have stronger swings in cravings if the body's

messages are ignored for a longer period of time. Instead of feeling like a failure or getting upset regarding a particular craving, it is recommended to discover if there is a way to choose a healthier alternative as an option.

To read more about food cravings and their meanings, please visit our Wellness Blog at www.rwwc.com, or you may visit the Nutrition tab of our Home Page..

No Time for the Gym? No Problem! Quick and Easy at Home Workout

As we know, the next few months are usually hectic with the holidays approaching. There is much preparation and stress that goes into our family functions and traditions. In order to keep fit during the holiday season, you can workout at home and burn lots of calories with this quick workout when you do not have time to hit the gym.

To read more about your home



workouts, please visit our Wellness Blog at www.rwwc.com.

Great Skin for The Thanksgiving Holiday

\$35 Chemical Peel Day: November 14th 9:00am-5:00pm

Relax with an exfoliating skin care treatment from DermaCenter Medical Spa. One \$35 chemical peel exclusively offered for our patients on November 14th. Our signature line of services has been designed to give you the most effective results. Call now - Space is limited!



Microplaning Session or Signature Facial \$65* (originally \$100-\$150 each)

MicroPlaning™ is a type of "skin blading" that can help treat a variety of skin conditions. This is a full one hour procedure that typically follows a four step process. The skin will be left with a soft, smooth and supple appearance. To read more about microplaning, please visit www.dermacenter.com for our Skin Services information page.


DermaCenter's Signature Facial is sure to help you relax and rejuvenate. This calming facial is customized to your personal skin type. Includes light exfoliation and facial massage. - 60 minutes.

To schedule an appointment for any of these services, please phone our office or you may submit a request for an appointment at the bottom of www.dermacenter.com's home page .

*one treatment per customer at this price.

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All of our social media accounts provide information about our physicians, facility, healthy recipe ideas and more!!

Follow RWWC on  or 

Follow DermaCenter Medical Spa on  or 

Like RWWC on 

Like DermaCenter on 

**Patient Portal now available for:
secure emails, referral and
Rx refill requests.**



Please email info@rwwc.com to request your patient portal user name and password.

About Us

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

