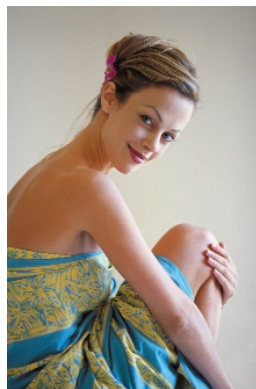




Recipe for Health and Happiness



The art of staying healthy and feeling good everyday can be difficult to maintain without the right “recipe”. Achieving happiness and satisfaction with your health is a life-long goal. The “recipe” is the proper balance between physical, mental and psychological well being.

With proper medical preventative care, which includes yearly screenings, physical examinations and compliance with medical advice, you can begin to feel comfortable with your body and assured that your physical health is optimized. Throw in a healthy, well-rounded diet and enjoyable daily exercise, and you’re on your way to achieving the proper “recipe”.

The best motivator for feeling good about yourself can be accomplished by loving the skin you’re in – everyday! With today’s latest technology, the medical community is able to provide optimal levels of non-surgical treatments to obtain this ingredient of the recipe.

Taking advantage of available non-invasive laser treatments will help alleviate the task of shaving, waxing, threading, bleaching, and depilation.


Laser technology works by focusing a beam of concentrated laser light on the problem area. Laser hair removal causes the thermal destruction of the hair follicles and disrupts their ability to regenerate,

resulting in permanent hair reduction. After destroying the blood flow at the base of the hair follicle, the follicle and its active parts will simply evacuate from the skin altogether. It is during the anagen phase (active hair growth) that blood flow is prevalent and the hair bulb is intact and closest to the surface of the skin.

During this stage the hair is most susceptible to laser treatment. The remaining two phases in the cycle, catogen and telogen are early growth and resting phases. Laser treatments during these phases are ineffective. It is because of this that the laser hair removal process is completed in a variable number of sessions, spaced out in weeks or months according to the area treated.

Laser technology also offers the ability to fade, reduce or eliminate the appearance of spider veins on the face and body. Laser vein therapy is a revolutionary medical technique, which uses patented technology to eliminate benign vascular and pigmented lesions non-invasively. Laser penetrates the skin to raise the temperature of a blood vessel and safely coagulate it. Overtime, the vessel fades and slowly disappears. Often one treatment with the laser can accomplish what four or five sclerotherapy sessions can achieve and with significantly less pain.

With the right recipe, you will achieve the perfect balance. Balance gives you the ability to appreciate and understand that your age should not define who you are.

Being ageless means looking as good as you feel, regardless of your age. To be Ageless.... 

*Ageless Health
Helise Bichefsky, DO
419 North Franklin St., Suite 1
West Chester, PA 19380
610-436-0477*

“Connections Tidbit”

Centerpiece

Start with a glass cake plate (you probably already have one in your cupboard) and place a 12-inch wreath form on top of the cake plate. You can use dried honeysuckle vine, grapevine or even preserved ivy. Dried flowers such as gold yarrow, brown wood roses, burgundy celosia and bronzed bits of strawflowers and grasses can then be gently tucked into the wreath. Find a clear glass lampshade – the kind often used with ceiling fans – and place the large opening facing up in the center of the cake plate, inside the wreath. Then, place a 2x4-inch rust-colored (or other fall hue) candle inside the glass shade.

