



PURE

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MEDICINE MONTHLY

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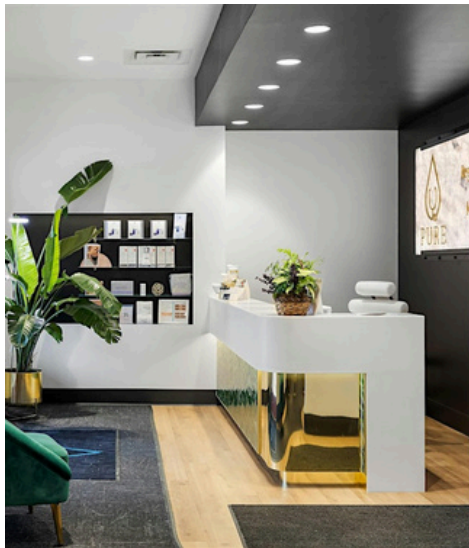


WELCOME TO OUR

Monthly Newsletter



PURE Regenerative Medicine



PURE is a growing practice with lots of new and exciting things happening all the time! We want to ensure you are informed of any updates, events, new team members, special promotions and general information about our products and services.

Each month we will feature new information to keep you up to date on the latest in Aesthetics and Regenerative Medicine. Hear directly from our doctors on topics related to your health, longevity, and overall self care. This is PURE Medicine Monthly and we're excited to share with you all!



In this newsletter you will find:

Practice updates, featured products and services, notes from the docs



Refer a Friend!

YOU GET \$25 OFF AND THEY GET \$25 OFF!

We are grateful for your referrals! Now when you refer a new client to PURE, both you and your friend get rewarded! Be sure your friend mentions your name when they create their account with PURE or check-in for the first time. After their first visit, a \$25 gift card will automatically be added to both your account and theirs



Gift with Purchase!

EVERYDAY ESSENTIALS + THE RADIANCE COLLECTION - \$399

Don't miss this incredible deal on the SkinMedica! Get a full sized, TNS Advanced+ HA 5, Retinol and SPF plus a FREE Radiance kit filled with Instant Eye Bright, Aha/Bha, mini HA and ice globes. Perfect for a holiday gift - a \$600 value only \$399!

Have you joined our Membership?

SAVE ON RETAIL PRODUCTS AND AESTHETIC SERVICES

classic Membership



- \$50/month (goes directly into your client bank)
- \$99 Annual membership fee
- 10% off all services
- 10% off all retail products

*discount excludes Regenerative Medicine services

PLUS: invitations to member only events, samples, priority appointments on new services

VIP Membership



- \$100/month (goes directly into your client bank)
- \$199 Annual membership fee
- 10% off all services
- 15% off all retail products
- one annual Diamond Glow

*discount excludes Regenerative Medicine services

PLUS: invitations to member only events, samples, priority appointments on new services

CALL US TODAY TO JOIN 765-650-7873

A note from the Docs

Welcome to the 1st edition of the doctor's note. Here the physicians will share with you brief but helpful tidbits of medical information you can add into your daily life to help you achieve the goal feeling better, looking better and living a longer, healthier life.



A good place to start is this concept of longevity medicine. In every person's life there's what we call the marginal decade. This is the decade in which you can still do whatever you want to do in your life whether that's travel, play with your grandkids, or do yard work and it is the last truly good functional decade you have in your life. The challenging part is we as humans never know when we enter our marginal decade but on average it's somewhere between the age of 65 and 75 for most Americans. The goal at pure is how can we try to move that marginal decade 1 to the right. How can we make that last good decade on average 75 to 85 for people. This is the real definition of longevity medicine.

There are four factors that most impact how long a human will live.

- 1) Exercise is by far the most important (4)
- 2) Sleep and sleep quality and this is the second most important factor (1.8)
- 3) Not smoking (1.6)
- 4) Good diet choices, not overeating (1.4)

When we talk about actual impacts we talk about something called hazard ratios for example if there's a hazard ratio of two then that means there is 100% greater likelihood of an event occurring. For example, the effect of smoking has a hazard ratio of 1.5 to 1.6. This means that somebody who smokes is 60% more likely to die of any cause than somebody who doesn't smoke in any given year of life. So now that we understand hazard ratios the hazard ratios above for these four items listed are noted in parentheses on the right. With respect to number one in exercise this means that somebody who exercises and has a high VO2 Max is 400% less likely to die than somebody who doesn't and has a low VO2 Max in the same age group.

Was this helpful? Share your feedback and suggested topics here

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