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Dear Amanda ,

## Which Over the Counter Medication Best Suits Your Needs?

By: [Dr. Jillan Rowbotham](#)  
[Board Certified Internist at the Rittenhouse Women's Wellness Center](#)

It is never a good time to get sick but unfortunately the cold and flu season is once again squarely upon us. The common cold lasts an average of seven to ten days and usually starts with a sore throat and possibly low grade fever, then progresses to nasal and sinus congestion. Finally, a cough, sometimes productive of mucus, is usually the last symptom to develop and the last to resolve. There is not yet a cure for the common cold and antibiotics not only won't help but increase the risk of allergic reactions, side effects, and development of resistant bacteria. Plenty of rest and fluids is a mainstay of treatment but there are also many medicines available over-the-counter that can help make things a little more manageable - the key is picking the right medicines for the symptoms you are having.



To read more about which over the counter medication best suits your needs, please visit our blog at [rwwc.com](http://rwwc.com).

# Navigating the Nutrition Facts Label

By: [Amalia Krantz](#)  
Registered Dietitian at the Rittenhouse Women's Wellness Center

Understanding how to read a food label is one of the most important tools we, as consumers, can have under our belts. With a barrage of statements such as "low fat," "healthy choice," "natural," "organic," or "no sugar added" messages on labels, deciphering which choice is the best can be a difficult one. The nutrition facts label can help you make a more informed choice about the foods you choose to eat. You can use this label to determine whether a food is a good source of fiber, calcium, iron or vitamins A & C, whether or not a food is high in fat, sodium and cholesterol or to compare similar foods to see which one is lower in total calories and fat.

To learn more about Navigating Nutrition labels, please visit our blog at [rwwc.com](#).

## Nutrition Facts

Serving Size 1 cup (228g)  
Serving Per Container 2

Amount Per Serving  
Calories 250      Calories from Fat 110

	% Daily Value*
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 1.5g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 470mg	<b>20%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 5g	
<b>Protein</b> 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

# Spot Training - Is there such a thing?

By: [Shannon Feck](#)  
Personal Trainer at the Rittenhouse Women's Wellness Center



With the surging interest in body creams, surgical procedures, and exercise gadgets out there professing to eliminate fat in specific parts of the body, such as thighs or under the arms, it is no wonder that clients come to personal trainers and exercise specialists expecting to "correct" their problem areas. Exercising a specific area of the body with the expectation that this will eliminate fat in that particular location is called Spot-Training. Spot-Training does not

take into account a person's scientific make-up, and it is virtually impossible to eliminate fat in a specific area of the body with an exercise-only strategy. To combat these problem areas, other factors must be considered and addressed along with fitness, such as hormonal imbalances and diet.

To read more about spot training, please visit our blog at [rwwc.com](#).

## Half hour private pilates session with Ava Adames for only \$15 - Limited Availability!

[Ava Adames](#)  
[Personal Trainer at the Rittenhouse Women's Wellness Center](#)

Interested in pilates but not exactly sure what types of exercises are involved? Come into the Rittenhouse Women's Wellness Center this month to take advantage of our 1/2 hour private pilates sessions with Ava Adames, our personal trainer.

Pilates is a mind/body system that integrates your core muscles with specific breathing to facilitate movement. Engaging in a consistent Pilates program will help you obtain greater ranges of motion while you develop tight, toned muscles of the abs, hips, thighs, and glutes. The Pilates Springboard is a piece of Pilates equipment that provides an invigorating full-body workout. You will challenge your core muscles like never before while having fun with springs and other various things!



Ava Adames,  
Personal Trainer

These \$15.00, 30 minute Springboard Pilates sessions\* will be held for the following two weeks only:

Monday, Nov 14th through Thursday November 17th and again from Monday November 28th through Thursday December 12th

\*one \$15.00 session per person only. No duplicate weeks will be allowed.

To schedule an appointment for a private pilates session, please email [info@rwwc.com](mailto:info@rwwc.com) as there are limited appointment slots this month!

## DermaCenter's November and December Monthly Specials! Receive up to 50% off



Come into DermaCenter Medical Spa today to take advantage of our [monthly specials](#) and receive **up to 50% off** the following packages:

- Laser Hair Removal Package
- Skin Tightening Package
- e-Matrix Package

## Flu Vaccines Now Available



We now have the 2011-2012 influenza vaccine available. Please call the office to schedule your immunization. Rebecca or Maria, our Medical Assistants, will be giving immunizations six days a week.

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



Please email [info@rwwc.com](mailto: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.

