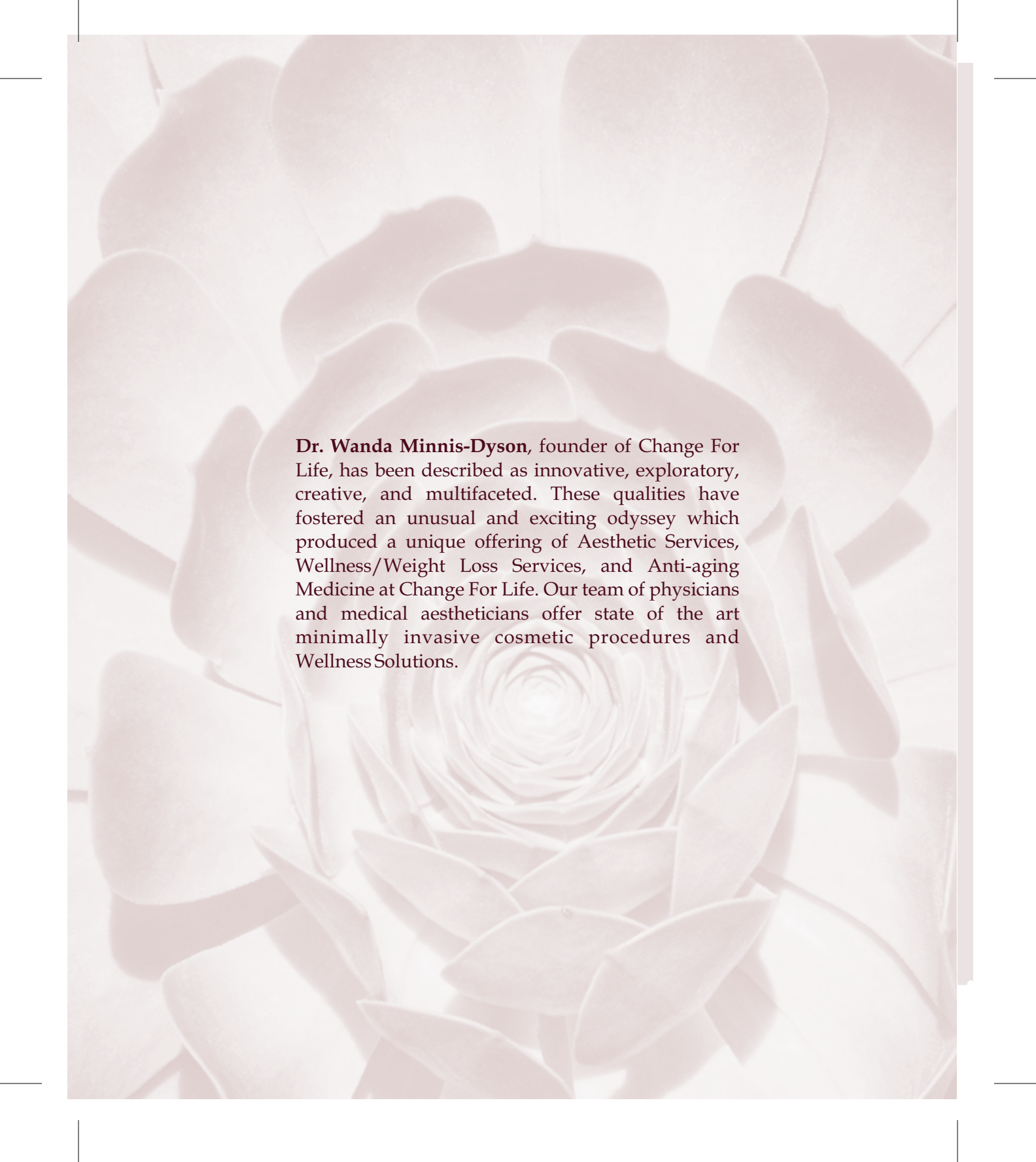


M E N U

Change
FOR LIFE
WELLNESS & AESTHETICS



INNER HEALTH - OUTER BEAUTY



Dr. Wanda Minnis-Dyson, founder of Change For Life, has been described as innovative, exploratory, creative, and multifaceted. These qualities have fostered an unusual and exciting odyssey which produced a unique offering of Aesthetic Services, Wellness/Weight Loss Services, and Anti-aging Medicine at Change For Life. Our team of physicians and medical aestheticians offer state of the art minimally invasive cosmetic procedures and Wellness Solutions.



HEALTH



BEAUTY



BALANCE

At **Change for Life Wellness and Aesthetics** we believe outer beauty is based on inner health. Toward that end, we have developed programs to address change internally (from the inside out) while simultaneously transforming the outer appearance. Our goal is to uncover the core issues impacting health and address them. For those willing to embrace the transforming power of change, we offer cutting edge wellness and aesthetic services.



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Aesthetic Services

Wrinkle Reduction Treatments:

Botox® Cosmetic, Dysport, Xeomin are simple, non-surgical FDA approved cosmetic procedures that temporarily smooth moderate to severe frown lines between the brows and crow's feet. One ten minute treatment, a few tiny injections and within days there's a noticeable improvement in those stubborn persistent lines. Results can last 3 months or longer. As an Advanced/Master injector, Dr. Dyson's repertoire includes but is not limited to off label injections for correction of brow asymmetry, horizontal forehead lines, bunny lines, and brow lifts.

Fillers:

Hyaluronic Fillers:

Juvederm, Juvederm Voluma, Restylane, Restylane Silk, Perlane, and Belotero are safe, natural non-animal cosmetic dermal fillers made from hyaluronic acid that restore volume and fullness to the skin for correction of moderate to severe facial wrinkles and folds, such as naso-labial folds. Juvederm Voluma is FDA approved for mid face volume loss. Restylane Silk is FDA approved for smoker's lines. Hyaluronic fillers last 6 months to 2 years depending on filler used.

Collagen Filler:

Bellafill is an injectable filler which works in two ways. It provides instant volume and creates a microscopic matrix (PMMA) that supports the body's own natural collagen production. Bellafill is a mixture of bovine collagen which provides immediate support; and biocompatible microspheres-(PMMA). Bellafill is FDA approved for treatment of acne scars. Bellafill is used to correct naso-labial folds. But as an advanced/master injector, Dr. Dyson uses fillers for correction of other areas of the face as well resulting in a virtual face lift without surgery. Bellafill can be used on forehead creases, lip lines, hollowness under the eyes and temple area, scar correction, and to add fullness to sunken cheeks. After treatment you will notice a natural looking, softer, more youthful appearance. Results are seen immediately! Bellafill last 4-7 years, longer than any other filler on the market.

Aesthetic Services

Poly-L-Lactic Acid Filler:

Sculptra is an injectable biocompatible, poly-L-lactic acid filler used to correct wrinkles and folds such as nasolabial lines, marionette lines, and depressions caused by scars. Approved in 2009 for cosmetic purposes. Prior to FDA approval in 2003, used for adding volume to cheeks of HIV positive patients with facial fat loss (lipoatrophy). Last up to 2 years.

LASER SKIN TIGHTENING

Apollo Tripollar Laser:

Sagging skin is one of the dreaded first signs of aging. As you age, your skin loses collagen and elastin, the skin's supportive connective tissue that keeps it looking soft, plump and youthful. The Apollo Tripollar laser uses radiofrequency energy which gently heats the skin. Radiofrequency energy accelerates cell production of new collagen fibers - "locking" the skin in its tighter form for a firmer, smoother, tighter appearance and texture. The Apollo Tripollar laser is a safe and effective way to reduce inches and tighten the skin. It can be used on the face, neck, abdomen, arms, and thighs. Radiofrequency energy has been used in medicine for over 75 years and in aesthetics over 10 years.

Advantages of Tripollar Laser:

- NO DOWNTIME
- LUNCH HOUR PROCEDURE
- IMMEDIATE RESULTS
- PAINLESS
- SUITABLE FOR ALL SKIN TYPES AND COLORS
- NON-INVASIVE, WALK IN, WALK OUT PROCEDURE

Aesthetic Services

CHEMICAL PEELS:

Reduce wrinkles, tighten the skin, and erase/diminish brown pigmentation spots resulting in healthy, beautiful skin. Ancient Egyptians seeking a more youthful appearance used alpha hydroxy acids found in fruits, vegetables, and milk to achieve youthful appearing skin. Chemical solutions are applied to skin which remove the outer layers of skin. The healing phase stimulates collagen production which results in skin rejuvenation and firmness. The type of peel applied superficial, medium, or deep depends on the depth of skin condition.

Vi Peel:

The Vi Peel contains a synergistic blend of powerful ingredients suitable for all skin types. This peel provides dramatic results with virtually no pain, no skin preparation and little downtime. Why wait weeks or months for results? Enjoy radiant, younger looking skin in about a week with the Vi Peel. Enjoy beautiful skin for a lifetime!

The Vi Peel will improve the tone, texture and clarity of the skin; reduces or eliminate age spots, freckles, and hyper-pigmentation, including melasma; soften lines and wrinkles; clear acne skin conditions; reduce or eliminate acne scars; and stimulate the production of collagen, for firmer, more youthful skin. Vi Peels also work well in conjunction with lasers, injectables (Botox and fillers) and after procedures.

Glycolic Acid Peel: Glycolic acid is an alpha hydroxy acid derived from sugar cane. Superficial peels contain glycolic acid concentrations of less than 70%. Medium peels contain glycolic acid concentrations of 70%. The outer layer of dead skin cells and upper layer of dermis are sloughed off after the peel is applied to the skin for two to five minutes or longer. Glycolic acid stimulates the production of collagen which results in firmer, tighter skin, improves fine lines and wrinkles and produces brighter rosy skin.

Aesthetic Services

CHEMICAL PEELS:

Jessner's Peel: Jessner's solution is a deep peeling solution containing a combination of resorcinol, lactic acid, and salicylic acids. The Jessners peel treats dark spots, acne, acne scarring,, and other skin irregularities.

TCA Peel: Depending on the concentration, TCA (trichloroacetic acid) peels can achieve a superficial, medium, or deep peel. TCA peels reduce fine lines, improve skin texture, reduce acne scarring, and may erase wrinkles.

MICRODERMABRASION:

A non-surgical, exfoliating treatment that can be performed on the face, neck, chest, hands, back, elbows and feet. Microdermabrasion is a safe, therapeutic approach to skin care when used alone, or in combination with other treatments. The treatment includes cleansing and multiple passages of the microdermabrasion wand.

MICRODERMABRASION & MESOGLOW:

Microdermabrasion combined with the French technique of "Mesoglow" involves first uncovering the superficial layers of skin through Microdermabrasion, which allows a deeper penetration of the Mesoglow formula. Next, a Mesoglow cocktail of potent antioxidants, minerals, vitamins, and DMAE is infused into the skin with a syringe, and although a tiny needle is used, the skin is not pierced. This technique rejuvenates the skin leaving a smoother, radiant, youthful lustrous "glow". The Microdermabrasion and "Mesoglow" procedure can also be used the same day as an important event.

"Mesoglow" Benefits:

- Counteract free radical damage
- Diminishes effects of sun damage and aging facial skin
- Improves fine lines around the eyes and lips
- Brighter, even, skin color
- Nourishes and rejuvenates skin

Aesthetic Services

MICRONEEDLING

The "Eclipse" Micropen automated micro needling, also known as collagen induction therapy (CIT), involves tiny needles which create micro injuries to the skin in order to stimulate collagen and elastin formation. Reduces fine lines and wrinkles, acne scars, traumatic scars, stretch marks, improves skin tone, reduces hyper-pigmentation, lightens tattoos. The treatment is effective, affordable, safe for all skin types, and achieves natural results. Minimal downtime. Minimal discomfort.

MESOLIFT :

Mesolift rejuvenates the skin with vitamins, antioxidants, hyaluronic acid, or DMAE which stimulate cell growth, protect cell membranes from free radical damage, and increase the production of collagen and elastic fibers. Improvement in skin tone and glow will usually be seen after one month of treatment depending on the pre-treatment condition of the skin.

BODY TREATMENTS :

Apollo Tripollar Laser: The Apollo Tripollar laser is a safe and effective way to reduce inches and tighten the skin. it can be used on the abdomen, arms, and thighs. Tightening and contouring of the treated area are seen after the first treatment. Sagging skin is one of the dreaded first signs of aging. The ApolloTriPollar laser technology effectively heats the skin tissue causing existing collagen to contract. Tripollar radio frequency energy heats fat cells causing fat cells to shrink, leads to a circumferential reduction-loss of inches, an improvement in cellulite appearance as well as an immediate skin tightening effect. An alternative to liposuction.

Aesthetic Services

BODY TREATMENTS

Zerona : Zerona LipoLaser™ is a new non-invasive body sculpting procedure designed to remove fat and contour the body without invasive surgery. The Zerona laser is a cold laser which creates an opening or pore in the fat and empties the fat out of the fat cell. It targets stubborn fat in our belly, hips and thighs. The treatment is safe, effective and painless. There's no surgery, no needles, no fad water weight diet and no downtime.

Mesotherapy:

Mesotherapy is an exciting and elegant non-surgical medical technique for both men and women. The mesotherapy procedure is used for alopecia (thinning hair), Mesolift (a non-surgical facelift), cellulite elimination, and body sculpting. Mesotherapy was originally developed in 1952 by French physician Dr. Michael Pistor and has spread around the world over the past 50 years. While there are thousands of Mesotherapy practitioners in the world, there are only a handful in the U.S.A. You no longer have to go to Paris or Rio de Janeiro to look thin and beautiful.

Available Mesotherapy Treatment

- Alopecia (Thinning Hair)
- Cellulite treatment
- Spot fat reduction
- Mesolift (non-surgical face lift)

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Hair Transplantation Services

Neograft is a new device for minimally invasive "FUE" follicular unit hair transplantation. The follicular unit extraction, or the FUE technique, is considered the most advanced and minimally invasive hair transplant method to date. Neograft "FUE" does not require a linear incision or stitches like conventional linear harvest techniques. Therefore "FUE" heal faster and more comfortably without leaving a linear scar. It is a great option for both men and women looking to restore their own living and growing hair with transplantation.

Benefits of Neograft "FUE":

- Minimally invasive procedure
- No scalpel incision
- No sutures or staples
- No unsightly linear scar
- Quick recovery time, back to work next day
- More natural looking

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Wellness Services

Wiley Bioidentical Hormone Therapy/Hormone Balance Testing

The Wiley protocol benefits women of all ages. It has been used in women with menopausal symptoms such as hot flashes, insomnia, vaginal dryness, palpitations, headaches, sex drive concerns, and joint pains. In some instances, the Wiley protocol has slowed bone loss in women with osteoporosis. It protects brain function and may improve breast health. Also, for men concerned with sex drive and testosterone levels. Hormone balance can be achieved in both men and women with stress related disorders, fatigue or depression. Involves noninvasive testing and blood work. The levels and proportions of the main stress hormones (Cortisol and DHEA) may also be determined. A custom crème for adrenal repair is formulated if required.

Weight Loss Programs:

Comprehensive Weight Loss Program:

The Comprehensive Weight Loss program uncovers the real issues which may involve hormonal imbalances, brain chemical (neurotransmitter) deficiencies, vitamin & mineral deficiencies, metabolically imbalanced diets, depression, and lack of physical activity. The investigation extends far beyond nutrition and exercise. Metabolic Typing, which determines a diet plan based on physical traits, diet related traits, psychological traits, and blood type may be included in the assessment.

HCG Weight Loss:

HCG is short for Human Chronic Gonadotropin- a hormone produced by women during pregnancy. HCG enables the release of fat while sparing muscle. The average patient loses ½ pound to 1 pound per day on the HCG diet protocol. Men generally lose more than women. On average, a male will lose a pound or more a day. On average, a female will lose half of a pound to a pound a day. The fat deposits on stubborn areas such as the waist, thighs, and buttocks melt away on the HCG diet. HCG is FDA approved for use in treating infertility. HCG is not approved by the FDA for weight loss. HCG is used off label in very minute quantities for the purpose of weight loss. One cycle of HCG will last 23-40 days. Involves injections.

Wellness Services

Carbi-Dopa/HTP:

Food cravings and uncontrolled appetite are linked to low serotonin (a brain chemical). All the serotonin in the body is made from 5-HTP a natural substance in our bodies. 5-HTP is rapidly broken down in the gastrointestinal tract and blood when taken orally. To prevent this breakdown process, 5-HTP is combined with a prescription medication, carbidopa, which prevents the breakdown process. Used to control food cravings.

PRECISION HEALTH PROGRAM:

Based on the realization that each individual has specific needs, Dr. Dyson has adopted a personalized and innovative approach to health. Years of study and insight have culminated in the creation of CFL's Precision Health Program, designed to probe for long term solutions instead of a quick fix. Dr. Dyson uses leading edge strategies to address the root causes of health issues. The areas explored include but are not limited to nutrition, hormone balance, neurotransmitter balance and digestive repair. Dr. Dyson creates a customized treatment program based on each individual's findings. The Precision Health Program consist of three phases: Phase I REVEAL: Evaluation includes complete physical exam, routine blood work and case specific diagnostic testing; Phase II REPAIR/RESTORE: After an in depth, comprehensive, individualized evaluation and diagnostic testing, repair and restoration of health/body balance based on test findings; Phase III MAINTENANCE : Just like a car needs fuel to run, your body needs fuel in the form of custom supplements and quality nutrition to run efficiently. Maintenance is required because our bodies are dynamic ever changing, not static systems.

THE BASICS:

For men and women with minor health concerns or those desiring a basic health regimen. Consultation with physician (45-60 min)

Hormone Testing (M/F)

Routing Labs and Hormone testing

Custom vitamins, minerals, amino acids

Digestive Health Panel

Essential Micro-nutrient testing

Biological Dentist Referral



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ON LINE SHOPPING

CFLshops.com

Visit CFL stores, an online Mall for unlimited, one stop shopping. Our online stores offer a vast breadth of wellness products and services, including Health & Nutrition products such as medical foods, vitamins & minerals, Detox products, and an on line weight loss program. Our Beauty line includes a wide array of professional medical grade skin care products as well as makeup & cosmetics for the face, eyes and nails and cosmetic accessories. Our stores offer jewelry, clothing, computers, furniture, sports & fitness equipment, electronics and more.... CFLshops.com offers millions of products and services from thousands of the same name brand stores you know and love. Comparison shopping is available on many familiar products at CFLshops.com. You will be able to purchase many of the products at the lowest market price. Enjoy a friendly and efficient online shopping experience and receive cash back for shopping!

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Please arrive 15 minutes prior to your appointment time unless otherwise notified.

APPOINTMENTS: Selected and reserved specifically for your needs, based on staff availability. In order to best accommodate your request, we require a 48 hour notification for any change or cancellation. To reserve an appointment, you must provide a credit card for confirmation of payment. You may pay with cash on credit when services are rendered. A cancellation fee 25% of the total service fee will be charged for cancellation of services less than 48 hours prior to your reserved appointment time. We regret that a lack of notification will result in full billing for your services.

LOCATION: 650 Pennsylvania Avenue, SE, Suite 250 Washington, DC 20003
Our office is conveniently located less than one block from Eastern Market Metro.
O:202.575.4660 F:202.547.7900

PARKING: Citibank parking lot, or beneath medical building (entrance on C Street)

CALL CHANGE FOR LIFE TO HOST YOUR PRIVATE "BEAUTY AND WELLNESS" PARTY, complete with your favorite beauty, skin and/or body treatments.

INSURANCE: Wellness & Aesthetic Services are not covered by Health Insurance. Dr. Dyson will not bill insurance companies for services rendered or lab work performed. Methods of payment include cash, credit cards and checks.

See web site www.cflwellness.com for detailed explanation of services

ONLINE STORE: Visit www.CFLshops.com your On Line Mall for unlimited, one stop shopping. Our on line stores offer a plethora of products which include medical foods, vitamins & minerals, Detox products, an on line weight loss program, skin care products, clothing, jewelry, electronics and more....

CUSTOM VITAMINS/MINERALS/AMINO ACIDS: Custom supplements are formulated based on specific individual needs based on testing vitamins, minerals, antioxidants, and amino acids as well as genetic testing.



Change for Life Wellness & Aesthetics

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