



DERMATOLOGY ASSOCIATES OF NEW YORK

Helping Patients Age Well *in the Modern World*

"If you want to look younger, you have to have harmony in the body," says prominent Westchester dermatologist.

DR. DEBBIE PALMER, the Medical Director and Co-founder of Dermatology Associates of New York, sees the practice of dermatology differently than her more traditionally focused colleagues. With a holistic approach to health and wellness, Palmer performs cosmetic and medical procedures while advocating for diet, spirituality, exercise, and sleep as nontraditional prescriptions that may result in a more youthful appearance.

"It's not just what you put on your skin that matters; what you put into—and do to—your body is just as important in the quest for younger-looking skin," says Palmer.

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A board-certified dermatologist since 2003, Palmer performs cosmetic procedures including laser treatments and injectable therapies and recommends customized skin care regimens that can help soften and fade fine lines, wrinkles, redness, and brown spots, and that will rejuvenate skin and bring back a youthful glow.

In addition to the latest and greatest treatment options—CoolSculpting®, Botox®, Juvaderm®, Voluma®, Kybella®, Fraxel® DUAL laser, and Excel V™ laser among them—Palmer stresses the importance of a holistic approach to treatment.

"Many of the patients I treat are stressed out, overworked, and frequently skip meals or workouts," Palmer explains. "I routinely prescribe stress management, increased exercise, and an improved diet for such patients."

As for Palmer's medical dermatology practice, conditions as varied as acne, eczema, and psoriasis are all treated according to standard medical protocols, with holistic approaches proven effective as well.

"Skincare products, makeup, sleep, and food are all factors that may contribute to the inflammation that causes acne, for example. Eliminate the causes of the inflammation, and the acne will improve more than if we just treat the skin topically," Palmer says.

REPLERE® BY DR. DEBBIE PALMER

In addition to her role at Dermatology Associates of New York, Palmer, one of the country's leading experts in the field of antioxidants, created and launched Replere, a line of acclaimed skincare products designed to improve the skin's appearance and replenish and repair it long term.

"I took a clinical approach to creating my products because it's important to me that they be effective in reversing the visible signs of aging," says Palmer, who also holds a post-graduate degree in chemistry. "Replere products were tested in a 12-week, double-blind, randomized, and controlled clinical study that demonstrated measurable improvement in firmness, clarity, tactile roughness, hyperpigmentation, blotchy redness, fine lines and wrinkles, and overall brightness of participants' skin."

The line's day and night moisturizers, eye serum, face wash, tonic, and ingestible "shooter" are all packed with phenolic antioxidants found in *Coffea arabica* and various concentrated fruit and vegetable extracts proven to fight free radicals, the most significant causes of aging. The products are all-natural and fragrance-and dye-free.

Palmer is also the author of two books that reinforce the whole-body health philosophy, "The Dermatologists' Prescription for a New You!" and "Beyond Beauty: Proven Secrets to Age Well, Look 10 Years Younger & Live a Truly Happy, Healthy, Long Life," both available through Amazon.

"It is a privilege," Palmer concludes, "to be a part of the lives of my patients and to be able to help them achieve healthy, beautiful, and younger-looking skin."

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