

Look & Feel Your Best

Your Exclusive Monthly Newsletter Filled With Tips On How To Look Good & Feel Great At Every Age!

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“It doesn’t matter who my father was; it matters who I remember he was.” ~ Anne Sexton, 1967 Pulitzer Prize winning Poet for her book ‘Live or Die’

Happy Farther's Day



Every day wonderful fathers do their best balancing work and home life so they can give it all to their family. We take our hats off to you all! To those father’s that are never too tired or too busy for their child and in some cases children. You are the true unsung heroes.

We also salute all the aunts, uncles, grandparents, siblings, cousins, step-parents, foster parents, adoptive parents, friends and the many others who often must wear multiple hats including that of 'father'.

Happy Father’s Day to all of you and may you continue to wake up every day filled with the strength, endurance, love and passion that pushes and motivates you this day and every day.

Dad’s Can Combine Fun With Exercise 6 Ways to Exercise Outdoors With Your Kids

In the past, going outdoors to play was the norm. Video games, smartphones and iPads had not been invented yet. A tablet was something to write in with a pencil!

While technology is great when used the correct way, it has created a generation of obese or at least overweight children. Use these 6 ways to get outside with your kids and teach them the value of exercising.

Obstacle Course– It doesn’t have to be fancy. Use commonly found objects around the house that lets kids jump, run, crawl and climb. A ladder, some cement blocks and a board, a cardboard box tunnel, etc. Think outside the box and you’ll have a whole course set-up in no time.

Hiking– Disguised as a scavenger hunt, this is a classic way to get your kids out in the sun and fresh air. Hide some things along a trail for them to find. Give your kid a list of the clues on how to find each of the items. Soon they will like “hiking” and never even know they are doing it.

Geocoaching– Almost the same as a scavenger hunt, but for kids a little older. Use the GPS technology and the clues found on geocoaching sites on the Internet to find hidden objects. One good

place to start is at <http://Geocoaching.com>. At last count there were 1,676,355 caches around the world.



Running – Here again, if you disguise it as something else, they will be running and not know it. Remember playing tag as a kid. You and your kids can still do that today, or how about hide-and-seek. Both games require running, but it isn’t the boring kind that us adults do!

Sports– Most sports require some type of moving around. At first keep the competitiveness out of it until your kids understand the rules of playing. Slowly introduce the competitive angle into it and you just gave them a lifetime of a challenge. Badminton, basketball, tennis, soccer, kickball or dodgeball are all good sports that will keep them moving for the duration of the game.

Lawn Games– These games require the players to switch sides after each game. Lawn darts, bean bag toss, bocce ball and an all-time favorite Blongo Ball, are easy to set-up and play, but still provide a lot of exercise.

Getting out and running around with your kids will not only do them a lot of good, but also yourself. And the sun, fresh air and exercise will have them (and you) sleeping like babies!

6 Facts About American Fathers

1. Dads see parenting as central to their identity.
2. Dads are much more involved in child care than they were 50 years ago.
3. It’s become less common for dads to be their family’s sole breadwinner.
4. Work-family balance is a challenge for many working fathers.
5. Despite changing gender roles, many still perceive mothers as better equipped than fathers to care for children.
6. Seven-in-ten adults say it’s equally important for new babies to bond with their mother and their father.



sourced from the Pew Research Center

Look & Feel Your Best® Tips of the Month...

The Link Between Gardening and Fitness



A recent study of participants mostly in their 40s who gardened in a community plot for at least a year had a lower Body Mass Index (BMI) than those who did not; lower by 1.8 points for women and 2.4 points for men. Put into pounds, that amounts to 11 pounds less for a 5'5" women and 16 pounds less for a 5'10" man.

That is a significant weight loss doing something gardeners love to do. Have you really thought of gardening as a fitness workout? Most likely not, but it is. Thirty to forty-five minutes per day reaps many of the same health benefits derived from other types of workouts, such as lowering blood pressure and the risk of diabetes, along with strengthening muscles, joints and bones. The stretching, bending over and lifting are all exercise.

Tasks done when gardening like digging, raking, weeding, mowing, planting and trimming overall burn approximately the same number of calories as walking, cycling, swimming and aerobics – over 115 calories per 30-minute session. Some gardening activities burn more calories than others.

For instance, turning over a compost pile with a pitchfork for 15 minutes and will burn 100 calories. Pushing a power mower for an hour burns 300 calories. Did you ever imagine that something you like to do is so good for you? Not to mention all of the good produce you can raise and eat with gardening.

Not only is gardening good for you physically, but mentally as well. Digging around in the dirt has a calming effect. Part of the reason is that as you work the ground, the hormone endorphins are released into your bloodstream, resulting in the same euphoric feeling most people experience after working out.

Prepare for gardening as you would any other exercise. Start with a warm-up with dynamic stretching exercises. Warm muscles are less likely to get injured than cold muscles. After gardening, do some static stretching as a cool down. If lift anything heavy, be sure to lift with your knees and not your back.

You might not even think of gardening as a way to get fit, but make no mistake about it, it is as good a workout as many of the other fitness routines. Not only are you getting fit, but getting healthy fresh vegetables in return to eat as an additional reward.

June is Migraine and Headache Awareness Month: Learn About Migraines

The National Headache Foundation (<http://www.headaches.org/>) estimates that more than half of those who suffer from migraines have not been diagnosed. What is a migraine and how is it different then a tension headache?

Migraines are intense or severe and often have other symptoms in addition to head pain. Migraines can be accompanied by warning signs ("triggers") that an attack is about to begin. Tension headaches are more common and do not have a warning phase. Tension headaches also don't typically cause the more severe migraine symptoms.

Migraine symptoms can include: nausea, pain behind one eye or ear, pain in the temples, seeing spots or flashing lights, sensitivity to light and/or sound, temporary vision loss and vomiting. The sensations typically occur anywhere from 10 to 30 minutes before an attack.

The Five Phases of Migraines: while migraines can vary, most sufferers experience these five phases:

1. Prodrôme: the early "warning signs"
2. Aura can affect vision (some do not experience this). A "halo" or bright light appears and gives everything a strange glow. Blind spots, geometric patterns, flashing, colorful lights, or loss of vision in one eye have also been reported.
3. Headache: usually occurs on one side of the head (pain described as stabbing and throbbing). Visual disturbances can continue, including extreme sensitivity to light or. Many feel nauseous and vomit. Migraine can last anywhere from 4 to 72 hours.
4. Headache termination: can sometimes be treated successfully with medication and lifestyle measures. Migraines usually go away by itself at some point, most often if the person goes to sleep. Even after the gone, there still can be some lingering effects.
5. Postdrome: migraine sufferers have reported symptoms after the migraine ends, including a loss of appetite, problems concentrating, and extreme tiredness.

As bad as migraines are, there is hope. The more people diagnosed and report their symptoms, the more we learn about them and the causes. Knowing the signs/symptoms leading up to your migraines are the first steps towards getting effective pain relief.

The best option is trying to prevent migraines from happening in the first place. How is this possible? By learning the most common reasons to determine if any of these known "triggers" might be causing your headaches. 15 most common migraine triggers are:

1. Food - aged cheese, salty and processed foods, and chocolate.
2. Food additives - artificial coloring, flavoring and preservatives, monosodium glutamate (MSG).
3. Artificial sweeteners like aspartame have been linked to migraines.
4. Hunger - not eating regularly or too fast.
5. Alcohol - alcohol such as wine is a known trigger.
6. Caffeine - coffee, tea and so-called energy drinks like Red Bull have been linked to migraines.
7. Stress - stress can lead to tension headaches and those prone to migraines are more at risk.
8. Bright lights - bright lights (clubs and in video games) and too much sun (not wearing sunglasses).
9. Loud music / noises - loud music at clubs, high sound levels at the movies, drilling and jackhammers.
10. Strong smells - perfume, cologne and aftershave, paint, paint thinner and other solvents, and cigarette or cigar smoke.
11. A lack of restful sleep - tossing and turning with insomnia, trouble staying asleep throughout the night, even too much sleep or jet lag.
12. Physical factors - High levels of exertion like playing sports and after sexual activity.
13. Changes in the environment - a change in the weather or barometric pressure can trigger a migraine.
14. Medications - some medications such as oral contraceptives and heart-related drugs (like nitroglycerin) are known as triggers.
15. Hormonal changes in women - changes in the hormone levels can affect frequency and severity (some report less and some more). Some known triggers are: before / during a woman's periods, pregnancy, perimenopause and menopause.

How Can You Reduce Your Migraine Triggers? Find out what your triggers are. Keep a headache diary notating what you were doing, (eating, taking medications, etc.) before an episode. Many triggers are food and drink related. Cook with fresh ingredients. Avoid diet foods and convenience foods. Don't get so hungry that you feel stressed and make bad food choices. Steer clear of wine and caffeine. Make lifestyle changes, to reduce stress, like light exercise, meditation, or doing something you enjoy to help you relax. Avoid strong-smelling products; air fresheners, scented candles, using potpourri and essential oils, especially those loaded with chemicals. Use unscented toiletries if possible.

Experts stress that people who suffer headaches should see a doctor for a prevention and treatment plan.



Ask the Doctor...



2018 Body & Face Makeover Series:

Are You Eating Too Much After Workouts?

You often feel hungrier after your workout than you did before it. This makes sense, because you are burning more calories.

When you are sedentary and sitting you probably burn on average, between 1,800 and 2,300 calories each day. You did this simply by sitting in your office chair, walking to your car, reclining on your sofa while watching TV and just breathing, with little physical activity.

Those average calorie counts expended each day are typical for the modern adult man or woman. Now you have started to become active. That's a great thing. Exercise combined with smart nutrition is an unbeatable way to get healthier from head to toe, mentally and physically.

When people start working out and exercising, they can become "health fanatics". Again, this is a good thing. You are putting aside your sedentary lifestyle to improve your quality of life. Congratulations on that.

There is a problem though. Unfortunately, too many beginning exercise fanatics decide they will drastically limit their calorie intake at the same time. This puts your body in starvation mode, and can actually cause you to retain fat and not burn it.

Aside from limiting your results, it means you are hungry all the time. Especially after a workout, where you could have expended 300, 500 or 700 calories. Your mind is going to be screaming for nutrition, healthy fats, complex carbohydrates and calories.

If your exercise leaves you so hungry you could eat a horse, you may not be getting enough pre-exercise nutrition and healthy carbs. You may also believe a single exercise session will offset a big-sized, fast food combo nightmare free of nutrition, tons of calories and unhealthy carbs.

Checking out the Science

A lot of people eat too much after working out. This is simply the truth. You may not even think you are overeating. However, science shows that for

every 10 cal you burn, you have a biological compensation for 3 or 4 cal. This is referring to the time right after your exercise. You are going to eat another couple of times during the day at least, so you will eventually give your body the calories it needs to function properly, accounting for the fat-burning weight loss, muscle building or other physical benefits you are looking for.

A natural human tendency is to believe your fitness efforts are more successful than they actually are, you may think you have burned a lot more calories and fat than you actually did. Psychiatrists call this reward psychology. This is usually the mindset of beginners starting exercise for the first time, or returning to fitness.

The mindset is this.

I have just worked out strenuously for 60 minutes. If I reward myself with some type of tasty treat which may not be that healthy, that is a good thing. I am rewarding positive behavior, exercising. I am getting a taste of something I really love, even though it is probably not too good for me. All of my exercise will help offset that unhealthy reward, and then some.

The problem is the misconception of how much your exercise has impacted your body. In one important study, weight loss subjects were asked to report their own meal consumption and exercise efforts. Even with individuals who were not prone to overeating, the average subject believed he or she ate 47% less than they actually did. Those test subjects also claimed to be working out approximately 51% more than they did.

The only way to guarantee you are not eating too much after a workout is to keep a journal. Log every minute of your exercise efforts, and every single crumb that goes into your mouth. If your fitness efforts are not getting you where you want to be, and more importantly, if they are heading in the wrong direction, it may be because you are over-eating post-workout.

Refer A Friend Rewards...

My staff and I would like to say thanks and give recognition to the following patients and readers of this newsletter for their kind referrals:

Wendy M. from San Mateo & Elsa G from Redwood City

As a way of saying thank you for entrusting your family, friends and loved ones to our practice come in before the end of the month and receive a \$25 referral credit.

Thank you again for thinking of us.

Until next time, Live your life to the fullest!

Dr. Susan Lin MD

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Check-out our specials for the month!

Melt Unwanted Fat with Deoxycholic Acid (Kybella):

Great for Chin, Belly, Thigh, Arms, Bra Area
Belly \$600, Two areas \$1,000

HCG Weight Loss: *A Goal Without a Plan is a Wish*

Enroll in the 41-day HCG program and enjoy 20% savings on any 2 MD Wellness Supplements

Lift your Cheeks and Pump Up the Lips

Bestseller Deal: Buy 2, get 1 on Restylane (\$600 Saving limited for first 20 patients)

Skincare: *Beauty is Power*

Buy any 3 MD Skin products and enjoy half off on your choice of Flawless Factor or SPF50 Mineral Sunscreen

