

## 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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"A mother is a person who seeing there are only four pieces of pie for five people, she says she never did care for pie."  
~ Verni Robert Quillen (1887 - 1948) American journalist and humorist

### Celebrating Mother's Day Around the World

Mother's Day is when we all take time out to celebrate the wonderful mothers, grandmothers and wives in our lives. It is not just a day for young children to bring beautiful, crumpled pictures and uprooted daisies to their moms, but its also a perfect time for adult children and busy husbands to celebrate the constant source of strength and warmth in the family.

When you buy a card for your Mom on Mother's Day, I bet you don't realize what a long-standing tradition you are upholding. Throughout the world, civilizations have often had holidays and customs of honoring mothers. Some have even worshiped a divine symbol of motherhood. Images of women representing Mother Earth, and Mother Nature, are timeless. So, in this spirit we would like to wish all mother's and the strong women in our lives, a very Happy Mother's Day!

### Why Core Strength is So Important for Cyclists

Why is core strength so crucial to biking?  
"A strong core will improve your technique, strength and stamina, and complement everything you do."

It's true. Excellent core strength is equated with overall fitness. If you participate in sports like football, basketball and rugby, you are taught to keep your eyes on your opponent's midsection. That is because no matter how many fakes and feints he throws, he cannot go anywhere without this vitally important part of his body. Until his core moves in one direction or another, he is not going anywhere.

For cycling, as well as in everyday life, core strength is very important. Cyclists obviously need strong legs, but they are next to useless if they are not accompanied by a strong core to drive powerful pedal strokes.

If you are thinking that your core means your abdominal muscles, you are partially correct. Your core actually makes up a complex series of muscles that is located in the area of your body which does not include your arms, legs and head. They include the rectus abdominis, external obliques, internal obliques, transverses abdominis and more than 12 other muscle sets.



All of these muscles combine to make up the "core" of your physical being. Whether tackling a long climb, powering down for a burst of speed, leaning hard into a turn or just cruising along, your core is important for balance, power, agility and control.

When your core muscles are weak, you restrict the full capacity of your lungs. This means you don't breathe as deeply as you need

to. Breathing is how you send oxygenated blood to all parts of your body, and your brain. This means a strong core helps every mental and physical process that is needed to participate at any level of cycling. Simply put, when your hips, lower back, pelvis and stomach muscles are all strong, your cycling ability improves.

Your balance, agility and control all improve with a strong core. These are all components of stability, which is one of the key aspects of cycling. If you do not present a stable, sturdy frame on your bike, you will become very familiar with the term "road rash".

A strong core group of muscles also helps prevent injuries. When this group of muscles is capable, you can react quicker and avoid accidents or mishaps. A strong core even speeds up recovery time, which means you get back on the cycling trail quicker when you work at strengthening this important muscle group.

### Bike To Work Day, Friday May 18<sup>th</sup>. Enjoys Broad Participation Throughout The Country!

May is National Bike Month and on Bike to Work Day, a wide variety of bicycle-related events are organized, with many cities holding major events where thousands of residents participate annually, and are supported by corporate sponsors. Leading up to Bike to Work Day, national, regional, and local bicycle advocacy groups encourage people to try bicycle commuting as a healthy and safe alternative to driving by providing route information and tips for new bicycle commuters. The American Medical Association has endorsed Bike to Work Day as part of its push to encourage active transportation. The event is supported by many organizations, from local bike shops and restaurants to municipalities and transit authorities. For more information go to: [WWW.BIKELEAGUE.ORG/CONTENT/BIKE-MONTH-DATES-EVENTS-0](http://WWW.BIKELEAGUE.ORG/CONTENT/BIKE-MONTH-DATES-EVENTS-0)



**Look & Feel Your Best<sup>®</sup> Tips of the Month...**  
**Be Happy: Dance!**

## A Fun Way to Lose Weight and Stay In Shape



Ballroom dancing or any type of couples dancing burns 200 to 300 calories per hour! That's the same as a fast walk, but it can be a lot more fun. Other benefits are improving posture and giving you a whole-body workout.

Don't know how to dance? Classes are everywhere. Check out Adult Education Programs, Gymnasiums, and Dance Studios. *Classic ballroom dance* like Waltz, Tango, and Foxtrot are easy steps. *Latin dancing* like Mambo, Salsa, and Cha-Cha, has fast steps and turns that are sure to be of great fun. *Swing dancing* is very lively and energetic too!

Another great benefit is the release of negative energy. Many of us internalize emotional pain and stresses. This can change your entire outlook on life. It can lead to low self-esteem, lack of confidence, anger issues and antisocial behavior. Release that negative energy with a little movement. Movement can express what we feel inside but can't seem to get out any other way.

Dancing is exercise. No one wants to admit it, because it is so much fun when you are doing it. Moving your body in successive motions for a certain period of time is essentially physical exercise. Endorphins are secreted during such activities; it increases well-being, improves mood and promotes clarity and focus. What was bothering you when you stepped on a dance floor can be seen in a clearer light after twirling around on the floor.

Such movement also releases stress. Stress can cause internal body changes and render a body ill when out of control. People who suffer from chronic stress are typically more tense and prone to negative thoughts. Stretching the muscles of the body as you dance releases that tension in the muscles.

Over time, dancing can help you lower your heart rate, increase your endurance and help you get in shape. A person in shape is better able to combat negative energy and turn it into a positive one. Dancing allows the body to move in different ways, releasing negative energy and tension from the muscles as well as the mind. It doesn't matter what form of dance you participate in as long as it helps you embrace positive thoughts and energy.

## Essentials of a Healthy Breakfast

A wise saying: *Skip all food, but not breakfast.* Breakfast is the most important meal; it is the food that gives momentum to your day-to-day activities. Therefore, a quality breakfast will automatically yield a quality lifestyle. Breakfast is important for your physical and mental growth. People who eat better breakfast have been found to be better performers than those who eat poor breakfast.

The importance of having a wholesome breakfast has lost significance in modern life. The working community has a tendency to skip breakfast and opt for fast food available in the market. Substitutes do not give the necessary nutrients to your body and can harm your body to a large extent.

Below is a summary of the essentials of a healthy breakfast that are recommended for an average human being.

- Include wholegrain cereals. The cereal bran is an excellent source of fiber. Eating a wholegrain breakfast ensures better fiber content in the body to meet your energy demand. These are low in fat and cholesterol. Go for whole-grain oats, barley, wheat, maize, etc.
- Add enough protein in your breakfast. Protein food is essential for bodybuilding. Protein-rich food satisfies your morning hunger and lets you manage long work hours without a problem. Breakfast foods rich in protein are milk, egg, peanut, soybean, etc. An excellent combination of a protein rich food will be a combination of nuts with milk. If you are in the habit of eating eggs, make sure that you eat an egg a day. Egg is a good source of Lutein that is essential for the health of your eyes. A poached egg with whole grain toast is an ideal combination of carbohydrates and protein.
- Have a serving of fruits and vegetables. Our body needs fruits and fresh vegetables daily to protect us from diseases. The various vitamins and minerals present in most fruits and vegetables have nutrients that help fight diseases.
- Avoid sugary breakfast. Sugar may result in low mental capacity. Also, some studies have proven that women who eat less sugar have better capacity to burn the fat than those who eat more.
- Avoid processed meats. These are foods rich in saturated fats that are greatly damaging the heart. Most processed meats contain nitrite salts, which are found to be responsible for many diseases such as pancreatic disorders and colon cancer. Sliced and low fat meats such as chicken or turkey can be an alternative.

To sum up, a wholesome breakfast should consist of a bowl of wholegrain cereals, nuts with milk or egg and a serving of fruits and vegetables. One last note: *Follow a regular eating pattern.*

## More Applause for Raisins

Research reported in *Duke University Health News* shows that high Potassium levels in raisins could help lower blood pressure. There is more to raisins though. They are high in antioxidants that help protect body cells. They contain the mineral Boron, which is associated with increased bone health and prevention of Osteoporosis. Raisins are also rich in Iron and Copper, both of which are necessary in the formation of red blood cells. Raisins help correct Iron Deficiency Anemia, and promote blood clotting during wound healing. Other components in raisins also protect vision. Let's give a round of applause to raisins -- nature's candy!



## Spring Into Action This Season to Keep Allergies at Bay

Beyond itchy eyes, sneezing and runny nose, one overlooked side effect of allergies is dry or irritated lips. For

allergy sufferers, managing allergy symptoms is paramount to getting through the season. It starts with the skin, as it is the first line of defense. Dry and cracked lips cause fissures in the skin, leaving them more susceptible to infection. Additionally, by relieving the lip discomfort, allergy sufferers also feel better, which in turn helps them rest and recover.

*A few ways to alleviate allergy symptoms include:*

- Using a moisturizing lip balm can provide comforting relief and protection for lips that are feeling under the weather due to allergies.
- Use an air purifier to remove contaminants from the air, such as dust, pollen and pet dander.
- Ensure that the vacuum has a HEPA (high-efficiency particulate air) filter. A vacuum without this filter may make allergies and asthma worse by disturbing and blowing the dust particles in the air.
- Bathe in cool water and use a mild soap without perfume or coloring.
- Wash your laundry in hot water with a temperature of 130 degrees or greater.
- Change your clothing after spending a lot of time outdoors to keep the pollen out of the house.



## Ask the Doctor...

### How to Treat Road Rash

Sooner or later, if you ride long enough, you will suffer a road rash incident. Of course, road rash is the scraping off of the outer layer of skin called the Epidermis and may extend down into the next layer called the Dermis. While a road rash may not bleed a great deal, it is still painful due to the damage to the nerve endings in the skin layers that were cut.

#### *Cleaning the Wound*

First, cover the wound the best you can until you get home. Then, use a syringe to clean the wound by squirting it with a solution of mild soap and water or an approved antiseptic wash such as saline solution. Make sure the wound is clean of any dirt or debris.

If not, gently use a gauze pad and try to remove the dirt or debris out of the wound, wash it and check again to make sure it is clean. If this is not done, the wound could easily become infected. If you can't get everything out of the wound using the above procedure, then go see your healthcare professional for treatment.

#### *When You Need Stitches*

Most minor road rash won't bleed much. But if your wound has not stopped bleeding after 15 minutes of direct-applied pressure, or if your cuts extend deep into the skin, or the edges of the cut has pulled apart, then you most likely are going to need stitches.

#### *Tetanus Risk*

While Tetanus is usually associated with stepping on a rusty nail, you can develop it in skin that has been torn or burned. As a precaution, if you have not had a Tetanus shot within 10 years, it is a good idea to get another booster shot.

#### *Dressing the Wound*

Once the wound is clean, cover the entire wound with semi-permeable medical dressing such as Tegaderm, Bioclusive or Second Skin. Secure the dressing with adhesive tape made to secure bandages. Remove the dressing every couple of days and check for infection or to see how the wound is healing. Keep the wound moist and covered until healed.

#### *Preventing Rash Guard*

Of course one way to prevent road rash, besides not falling off of your bike, is to wear clothing made to protect you in case of falls. Rash guard clothing not only covers exposed skin and protects you from sunburn, but it also lessens the severity of road rash should you fall off of your bike.

Being observant of what is going on around you and obeying all safety rules will minimize the chance of falling and suffering road rash. However in the event that it happens, clean and dress the wound according to the tips in this article.

## Health Quiz...



### LAST ISSUE'S QUESTION WAS...

**Q.** What is the difference between "aerobic" or "anaerobic" when exercising?

**A.** Aerobic means "with oxygen", and anaerobic means "without oxygen". Anaerobic exercise is the type where you get out of breath in just a few moments, like when you lift weights for improving strength, when you sprint, or when you climb a long flight of stairs.

### NOW FOR THIS MONTH'S QUESTION...

**Q.** "How many calories are burned in an hour of couples dancing?" (*Hint: see page 2*)

*Each month we post general health and entertainment questions for all our readers. To be eligible for our free raffle draw, just mail in or call my office with your answer and if correct, you will automatically be included in the raffle draw for the month. The correct answer will be revealed in next month's issue. Winners will be notified by phone.*

### 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:

**E. Lacsamana from Millbrae CA & L. Amandor from San Mateo CA**

As a way of showing you our great appreciation for entrusting your family, friends and loved ones to our practice, please do visit us before the end of the month and receive a **FREE Enzyme Peeling Mask**. Again, thank you so much for thinking of us.

*Until next time, Live your life to the fullest!*

*Dr. Susan Lin MD*

*Susan Lin MD  
MD Laser & Cosmetics*

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Mother's Day is May 13<sup>th</sup>!

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## MD Laser Exclusives for May

May 13 is Mother's Day. It is a day we honor and remember the love and sacrifices that moms do for their children and family. MD Laser and Cosmetics will have a month-long celebration for moms, moms at heart and women alike. Enjoy our exclusive deals for the month of May and celebrate life, love and beauty with your mom and loved ones here at MD Laser and Cosmetics.

**May Deal #1: Avail of 2 areas for Dysport, Get 1 area FREE .**

\*Total Value of \$1050, now for only \$700 (up to \$350 Total Savings!)

**May Deal #2: Avail of 2cc Fillers, Get 1cc for FREE**

\*Total Value of \$1800, now for only \$1200 (up to \$600 Total Savings!)

**May Deal #3: Avail of 2 areas for PRP, Get 1 area for FREE** (PRP for Face, Neck and Decolletage).

\*Total Value of \$2000, now for only \$1500 (up to \$500 Total Savings!)

### **Grab our May Product Package:**

MD Ultimate Purifying Foam Wash, MD Skin Balancing Toner, MD Stem Cell Factor 55, MD Ultimate Eye Cream ,MD Skin Brightening Cream , MD Vitamin C Serum, MD Mineral Block SPF58 Total Value of \$708, **now for only \$550** (over 20% Savings)

**BONUS!** Grab your MD Lash Factor at HALF OFF for a minimum spend of \$500 worth of products and/ or treatments.

**Wait! There is more!** Experience Healthier and Thicker Hair with MD Revitalizing Shampoo. Your FREE GIFT from us for a minimum spend of \$500 worth of products and/ or treatments.

## **A Special Treat for Mom:**

Email us pictures of you and your mom and tell us why your Mom is extra special. Be creative! Have fun with your entry. Deadline for submission of entries by May 12, 2018. The winner will be announced on May 13, 2018. Winner will be awarded beauty treatments and product value \$1,000. (MD Ultimate Peel, One Area Botox and MD Products) for your Mom or Spouse at MD Laser and Cosmetics. Show some love for Mom. Send in your entries now!