

“Give thanks for unknown blessings already on their way.” ~ Native American Saying

### Happy Thanksgiving To You and Your Family!

Thanksgiving, a day for family and friends to celebrate with good food and fellowship.



A day to remind us to give thanks to the dear ones in our lives for all their love & support. No matter who we are or whatever our experiences have formed our lives, even if we are rich or poor, we all have many things to be thankful for. Unlike the Pilgrims, we do not worry that our food will have to last through the winter because most of us can count on the local grocery store for that, but only if we have the funds. Most of us have a home, whether it is grand or plain, but that's not a small thing for many millions of people.

As we express our thanks and in the spirit of giving, we can also give back to those less fortunate.

Participate in your local Food Drives, volunteer at a local church or charitable organization that is hosting free Thanksgiving meals. And don't forget to visit your homebound neighbors and the elderly, laden with holiday food and treats.

Remember these timeless words from J.F. Kennedy *“The highest appreciation is not to utter words, but to live by them.”*

As we rush into the holiday season, we would like to take a minute and say *thank you* for your readership and, to many of you, for being our patient. *We truly appreciate you!*

Until next month...Live life to its fullest!

## Tips for a Healthy Holiday Season

Unfortunately, the holiday season can mean stress and weight gain. You already have a very busy life. There are literally dozens of things you need to accomplish on a daily basis, and many days start off with you completing tasks that were due yesterday. With all the planning, shopping, party hosting and attending the holidays bring, your already stressed mental state can become more anxious.

Then you are faced with all of the wonderfully tasty, but not always healthy, foods that the holidays bring. Pumpkin pies, dressing with gravy, sugary treats, alcohol-rich beverages and other foods seem to go straight to your waistline.

Coupled with the busy holiday season, this means your mental and physical health can suffer. Keep the following tips in mind and you can make it through the holidays with enjoyable memories, and without unhealthy consequences.

**Eat Before You Go out to Eat.** For years, Dr. Oz has eaten a small bowl of soup before he enjoys dinner away from home. You can do the same, eating a small salad or a bowl of soup before heading to a party where there is holiday food. This limits your caloric intake, and the amount of sugar you eat during the holidays.

**Plan for Emotional Well-Being.** Weight gain is not the only health problem the holidays often bring. You can become incredibly stressed due to any number of factors. Why not plan to feel stress-free, calm and happy this holiday season? Begin planning your holiday activities and celebrations well in advance.

Shop throughout the year, instead of waiting til the last minute. Maybe there are certain individuals that really fire up your negative emotions, avoid them during the holidays. When you take the time



to plan your holiday celebrations, you improve your chances of mental health and well-being.

**Think Smart Portion Sizes.** If you try to absolutely avoid the holiday treats you love, you may not enjoy this special time of year. Take a slice of pecan pie, but skip the ice cream on top. Eat a few of your favorite holiday cookies. Whatever your holiday favorites, eat smart portion sizes and you won't regret these seasonal get-togethers and

the wonderful food which is often a part of them.

**Drink Lots of Water.** The human body needs at least 1 gallon of water to be ingested on a daily basis for optimal health. Water cleanses your body of waste products. It helps oxygenate your body from head to toe. Water is also required for proper brain function. It delivers a 0 calorie dietary punch, and is an integral part of healthy weight management.

**Be Careful With the Caffeine.** Holiday celebrations often mean late night parties. This may cause you to reach for the coffee as a way to revive in the morning. Four to eight ounces of coffee is all that is recommended. Also, skip the fat boosting sugar and cream. Limit the amount of caffeine rich tea you drink during your holiday celebrations as well, opting for healthy green tea instead.

**Understand What Alcohol Does to Your Body.** The human body can function perfectly without one drop of alcohol. As far as a health problem associated with the holiday season, alcohol is a major culprit. Just 1 gram of alcohol delivers a full 7 calories. So your daily caloric intake is dramatically impacted when you drink a mixed drink, a glass of wine or your favorite beer. Alcohol also naturally reduces your body's ability to burn fat, and is sugar rich, another health problem you want to avoid during the holidays.

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

### Indoor Workouts for When It's Just Too Cold to Go Outside



When the weather turns cold and blustery, it is hard to force yourself to go to the gym, but you don't have to. You can still get a great workout in the comfort of your home. Here are some cardio, strength training, core exercises and exercise routines that you can do with simple (if any) equipment.

**Cardio:** If you have stairs in your house stepping will get your heart pumping. Go up and down at a rate that makes having a conversation hard. If you don't have stairs, you can substitute by putting a couple of thick hard cover books on the floor and stepping up and down on them while watching TV.

Another simple cardio exercise is jumping rope. If you have any type of smooth floor, it works great. If you don't have any smooth floors, substitute jumping jacks for jumping rope.

**Strength Training:** Strength training can range from something as simple as doing bicep curls with a filled water bottle in each hand to having a small weight bench and a few dumbbells. Weights and a bench don't take up much room and gives you the ability to do 18 different exercises. If you outgrow dumbbells, you can move up to barbells.

**Core:** Planks are an all-round great exercise for developing your abdominal core. There are so many different types that you never get bored. Side, face-down, feet elevated, one leg raised or one arm raised are just some of the variations to the basic plank.

Abdominal crunches or presses are also good exercise for your core as are bridges. And none of the core exercises require any equipment at all! Instructions on how to do all of the core exercises are found on YouTube.

**Exercise Routines:** If you like a more structured program, there are hundreds of different exercise routines of all varieties available for purchase on DVDs or for free on YouTube. Alternating between your own routines and a few of these adds creativity to your fitness program and prevents boredom from setting in.

All of these exercises will kick butt without leaving the comfort of your home. Don't give up on exercising when the weather turns bad. Stay home and workout using the suggestions in this article.

### How to Practice Mindful Eating During the Holidays

Are you mindfully aware of what and how much you eat during the holidays? It is easy to steer off the path of sound eating habits at this festive time of year. It is also just as easy to take responsibility for your nutritional approach. The following tips will help you take back control of your holiday eating behavior, while still enjoying this special time of year.

Understand what "mindful eating" is. This is the term dietitians and other health experts use to describe paying attention to what you put into your body. It means consciously taking notice of every single thing you eat and drink, no matter how small the quantity.

Save the stuffing for the turkey. In other words, practice portion control. The problem with many children, teens and adults these days is we eat way too much at each serving. Don't overload your plate. Especially where treats and dessert are concerned, enjoy small portions.

Take time to enjoy your meal. Talk to those around you. Eat slowly, and let your body fill up naturally. You can over-consume during the holidays because you don't give yourself enough time to feel full.

Take smaller bites. Serve yourself on a saucer instead of a dinner plate. Choose a glass or beverage container that holds 12 oz. instead of 24 oz. These seemingly insignificant steps can lead to a mindful awareness of just what and how much and what you are eating.

It may sound simple: *be aware if you are actually hungry or not.* If you think you are hungry, it could be because of all the wonderful looking and smelling foods around, causing you to experience false hunger signals. Try this the next time you feel like you may be hungry during a holiday celebration. Drink 12 to 16 oz. of water, move out of the site of any food and wait 10 min. If you are still hungry, go ahead and eat.

Put your utensils down between bites. If you are spearing another forkful while still chewing a mouthful, you are already focusing on your next bite. After filling your plate, walk away from the food supply. The problem with eating at a table that is filled with wonderfully delicious looking, smelling and tasting food is that you can just reach out and get more.

Have a conversation with yourself. Silently tell yourself that you can always eat more later. Remind yourself of your health and fitness goals. To be mindfully aware of your eating habits during the holidays, you must constantly talk to yourself about the experience.



### 4 Ways to Resist Junk Food



Are you a junk-food junkie? It is hard not to be one with fast-food joints on every corner and TV advertisements for a super-size this or that every 15 minutes. But here are some ways you can use to kick your addiction to unhealthy (and expensive) fast food.

1. **Avoid mindless eating.** One way is not to have junk food available in the first place. Have healthy snacks on hand. The second is to focus on eating. In other words don't be doing something else, realize what you are eating. Simply put, recognize when eating unhealthily.

2. **Fill up on fiber.** Eating fresh fruits and veggies is a good way to fill up because they contain lots of fiber and keep you full longer.
3. **Plan ahead of time when eating out.** Plan what you are going to have before getting there. That way you won't be tempted.
4. **Avoid the temptation.** Avoid buying the candy, chips, cookies and other processed foods that may tempt you. Skip that aisle in the supermarket, when you go shopping. Also don't go shopping on an empty stomach.

Addiction to junk food is as powerful as any other type of addiction, but you can “kick the habit” with these 4 tips. Don't be a slave to food; instead make it work for you and help attain your healthy lifestyle goals.

## **Ask the Doctor...**

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### *2018 Body & Face Makeover Series:*

## **Are Weight Loss Supplements A Good Idea for Children?**

While there are several weight loss supplements on the market today, healthcare professionals are in agreement that none are safe for children under the age of 18. In fact, many could end up harming instead of helping your child.

The only true (and proven) way for your child to lose weight is through diet and exercise. There isn't a “magic pill” that will melt off weight that many companies would like you to believe.

### **DIET**

If your child is overweight, most likely other family members are as well and they can also benefit from changes to a healthier diet. The key to getting your child to lose weight is by making small, almost unnoticeable changes to everyone's diet. Do not single out your child by providing him/her with their own diet! That does nothing but erode their self-esteem which may already be low because of their weight.

Move your family toward a healthier lifestyle by first having everyone eat at the table as a family, not in front of the T.V. or in their room. Studies have proven that children who eat with their family are less likely to be overweight.

Make it easier for your child to eat fresh fruit and vegetables. Start by having a bowl of apples and oranges on the table throughout the day. Or keep washed, bite-sized vegetables with a healthy dip in the refrigerator.

Next, start gradually cutting back on sugared drinks and sodas (even diet and fruit punch are not good for them). Start by cutting back by one the first week, and two the second week, etc. until your child is not drinking any at all. Encourage your child to drink water instead.

Make sure your child has time to eat breakfast. Your mother was right – it is the most important meal of the day, but one meal many children do not eat. As counter-intuitive as it may seem, skipping breakfast leads to weight gain.

### **EXERCISE**

The first step in getting your child more exercise is to limit time spent watching TV or playing video games. Instead, use that time doing physical activities, such as playing outside or engaged in a sport or going for a walk as a family. Geocaching is a fun sport for children of all ages (and adults too). The physical activity has to be fun or you'll encounter resistance to doing it. (Geocaching is an updated version of the old fashioned treasure hunt by finding a hidden object by means of GPS coordinates posted on a website)

Another way to get your children interested in eating healthy is to get them to participate in meal planning and grocery shopping. Not only will they learn what foods are healthy, but they will get exercise just from walking around the grocery store and a sense of ownership from helping.

### **Health Quiz...**

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

- Q. “What are some health benefits of eating less meat?”
- A. “Going meat-free for only one day per week can reduce saturated fat intake by 15%, and also reduce risks of heart disease, blood pressure, colorectal cancer and Type 2 diabetes as well as help with weight loss. Another added benefit includes reducing the carbon footprint on Mother Earth.”

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

- Q. “What is Mindful Eating?” (*hint see page 2*)

Each month we post general health and entertainment questions to all our readers. To be eligible for our free prize drawing, just mail in or call my office with your answer and if it is correct, you will be entered. The correct answer will be revealed in next month's issue. Winners will be notified by phone.

## **Refer A Friend Rewards...**

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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:

**T. Chung from San Francisco and N. Gray from Menlo Park**

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.

Thank you again for thinking of us.

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

*Dr. Susan Lin*



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**Check out our specials for the month of November!**

- 1) ***Growth Factor Full Face: \$1000 Bonus Area Hands or neck region \$500 Value Free***
- 2) ***Buy MD Nutri Hair and receive Free Shampoo***
- 3) ***Buy Vitamin C and receive one Free MD Ultimate Anti-Aging Mineral Skin Block SPF 50***