

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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"Freedom lies in being bold." ~ Robert Frost, American poet (1874 – 1963)

Staying Safe and Having Fun This 4th of July

Americans seriously take any opportunity to show their patriotism and love of country and Independence day is no exception.

We celebrate with picnics, patriotic parades and fireworks.



We salute the flag, tell stories about how family members fought for our country, and honor our present defenders in foreign lands.

Independence Day our most important holiday during the summer. The tradition began with the signing of the Declaration of Independence in 1776. John Adams, one of the declaration signers and future president said: "It will be celebrated by succeeding generations as the great anniversary festival with bonfires and illuminations from one end of this continent to the other, from this time forward evermore."

And so it is. Adams predicted our fireworks, "illuminations", in our cities and towns, with the skies fill with dramatic, colorful and startling shell bursts. Many cities festivities are so impressive they draw visitors from hundreds of miles away just to view them.

We would like to add our well wishes to all our patients, family and friends for a safe and fun celebration!

3 Tips for Sticking to Your Health and Fitness Goals While Traveling

Whether it's a short week-long business trip across the country or a lengthy summer vacation in an exotic location halfway across the world, traveling is always a huge inconvenience for fitness buffs. That favorite gym or familiar running path will be left behind while the beloved healthy drinks and meals will be replaced by convenient fast food and irresistible, delicious, calorie-laden local cuisines. It's no wonder why most fitness enthusiasts come back with the need to detox and exercise harder than usual to get rid of

unwanted pounds gained during travel. Post vacation weight gain might be a common trend but it does not have to be the case for you. It is possible to enjoy your trip without having to compromise on your health and fitness regimen. With that in mind, here are 3 tips for sticking to your health and fitness goals while traveling.

#1: Do Not Overindulge In Junk Food

It is okay to indulge in your favorite junk food or try those scrumptious looking local delicacies while on a trip. After all, that is one of the perks of traveling. The trick is to avoid overdoing it. Make it a point to order healthy meals more often than you go for the breakfast buffet or the fried and battered local favorites. Also make sure to match up calorie-filled foods with some form of intense physical activity that will burn them off later and you will be able to avoid jeopardizing your fitness.

#2: Find A Way to Squeeze in a Workout

Just because you are away from home and familiar surroundings does not mean you have to completely do away with your workout routines. Ditch the excuses and commit to sparing at



least one hour each day to exercise, be it early in the morning or late at night before you go to sleep. Hit the hotel gym, find a nice running path, pack some portable workout tools, or carry a fitness DVD. Whatever it takes, just make sure the day does not end without you exercising for an hour.

#3: Try Staying Active As Much As Possible

Since being away from home makes it impossible to engage in the intense workouts that you normally do, staying active (in addition to the workouts you squeeze in) offers the

next best thing.

By staying active, you keep your body burning calories throughout the day and thus prevent too much weight gain. So, instead of taking a cab when sightseeing, walk everywhere or rent a bicycle. Take long walks along the beach or go swimming in the ocean. Find the most engaging or adventurous activities of the area (e.g. surfing, hiking, scuba diving, bungee jumping, or even fun local sports) and throw yourself into it.

If you are a body builder and far away from any fully equipped weight room, perform body weight exercises at your free time instead. There are many options available when it comes to staying active while traveling. You just have to maintain your commitment to staying healthy and physically fit.

Lastly, it's important to drink plenty of water and get enough sleep while traveling. This helps keep your spirit and energy up, which will help you, enjoy your trip and make it easier for you to workout and enjoy your travel expeditions.

Switching Meals for Juices When Trying to Lose Weight; Good Idea?



When it comes to weight loss, sipping spinach and other juices made of fruit and leafy greens can be a good thing. This is because juices are loaded with vitamins, phytochemicals, antioxidants, and minerals that can help add onto the quality of your diet. Moreover, if you engage in smart juicing, you can stay fuller for longer and as such consume fewer calories. However, before you decide to swap full meals for juices, there are a few things you need to know about juicing.

Juicing Results Are Temporary: A liquid diet consisting of nothing but juices will give you fewer calories than you will use (assuming you continue normal everyday activities and work out several days a week). In this respect, a liquid diet can work to help you lose weight fast. However, there are two downsides to juicing that make the weight loss results you get to enjoy only temporary.

Firstly, when you drastically cut calorie intake like a juicing diet does; your body will slow down its metabolism in a bid to save its secondary energy reserves. So, you may shed a lot of extra pounds at first, the rate of weight loss will slow down after a while. Secondly, sticking to a liquid diet for the rest of your life is impossible. Therefore, unless you form healthy eating habits when you come off your juice diet, you will gain back all lost weight and probably a few extra pounds.

Juices Are a Sugar Trap: The great thing about juices is that they give you a chance to get more fruits and vegetables into your diet. Resulting in more nutrients consumed than you would with other diets. However, that is where the benefits of juicing end. Juices, especially the tastier options and those made from fruits are a sugar trap. The exact amount of sugar varies, depending on what went into the drink, but you can expect to load up on between 28 grams to a whopping 90 grams of sugar with each serving. So, when eating nothing but juices, you overload your body with sugar and carbs and forcing it to burn muscle for the energy. *The end result?* Fast weight loss plus a few other not so great side effects. Depending on how long you juice, you can suffer a number of negative side effects ranging from nutritional deficiencies, to severe fatigue, to loss of energy and muscles, to gallstones and kidney stones.

Juices Lack the Fiber Factor: Vegetables and fruits are rich in fiber, a benefit that makes them more filling than most foods. And as know, filling foods are the cornerstone of weight loss diets as they keep you full longer thus curbing overeating, which works to minimize calorie intake. Juicing machines however, tend to only squeeze out the fluid from ingredients and leave behind pulp, which is where fiber is contained. Therefore, unless you add the pulp back into the juice or eat other fiber-rich foods, you will miss out on the fiber factor. Without the fiber advantage, you will end up missing out on one of the benefits that makes consumption of fruits and vegetables effective at boosting weight loss.

If you want to lose some weight in time for a major event (e.g., wedding, high school reunion, etc.), then by all means go ahead and take on juicing. Liquid diets are fast acting and will allow you to lose a significant amount of weight quickly. Just make sure to juice smartly by seeking advice from a physician or dietician. Alternatively, if you want to drop excess pounds and keep them off after being advised by your doctor to lose a certain amount of weight or simply choose to do so for various health reasons, you may want to look elsewhere when formulating your diet.

Drug-Free Solutions for Getting a Good Night's Sleep

If you ever have trouble sleeping, you're not alone. According to the National Sleep Foundation, more than half of all Americans are sleep challenged several nights per week, with 32% awakening in the middle of the night. Two in 10 have difficulty falling asleep in the first place, and of those who rely on sleep meds, almost half say they feel drugged or foggy the next day.

Herbal supplements can help enable the body's sleep cycle to take over.

Melatonin: is produced by the body during a natural sleep cycle and meant to reset the body's internal clock —it's use is appropriate to counter the effects of jet lag, or help someone sleep if they have an unusual work schedule or suffer from a circadian rhythm disorder. It should not be used for general insomnia.

Other supplements are calming herbs such as *lemon balm*, *lavender* and *chamomile* and can be brewed as tea or taken as capsules.

Sleep Training: One form is (Respiratory Sinus Arrhythmia. High levels of relaxation are achieved when the heart rate climbs very quickly as you inhale and decreases quickly as you exhale. The greater the 'swing' or heart rate variability, the more likely you'll fall asleep and stay asleep.

More Sleep Tips: Here are more ways to help you get a good night's sleep:



- Go to bed at the same time each night and rise at the same time each morning.
- Make sure your bedroom is a quiet, dark and relaxing environment, not too hot or too cold.
- Make sure your bed is comfortable and use it for sleeping, not for reading, watching TV or listening to music.
- Physical activity may help promote sleep but not within a few hours of bedtime.
- Avoid large meals before bedtime.
- Keep these tips in mind and you may find you're off to dreamland in nearly no time.

You'll be less likely to doze off during the day if you sleep well the night before.

Ask the Doctor...



2018 Body & Face Makeover Series:

Could a Medical Condition Be Behind My Child's Obesity?

Could some type of medical condition or illness be causing your child to be obese? Before we can answer that question, the actual definition of childhood obesity needs to be understood. The Mayo Clinic and other respected health organizations define childhood obesity as: "A serious medical condition that occurs when a child is well above the normal weight for his or her age and height."

The best way to discover whether your child weighs more or less than average is to consult a "BMI percentile calculator for kids". Simply type that term into Google or some other search engine. You will find several free online resources which explain your child's BMI percentile. (e.g., A score of 90 or 95 means your child is more overweight than 90% or 95% of all children his age and height, which qualifies for obesity).

If you find that your child is obese, could a medical condition be causing it? A poor diet and lack of exercise can definitely cause obesity in children. Your lifestyle when you are pregnant also directly relates to whether your child will be overweight or not. And while uncommon, some medical conditions and ailments can actually increase your child's chances of becoming obese.

These Medical Conditions Can Cause Obesity in Children

These are usually linked to genetics and heredity. For instance, hypothyroidism is a condition where the thyroid gland is underactive. (does not correctly control metabolism), which can lead to overweight and obesity. A simple thyroid checkup can identify this problem.

Prader-Willi syndrome is another genetically linked disorder (can cause an uncontrollable urge to eat), This happens when the brain incorrectly understands when your child's body is hungry or full.

Cushing's syndrome is a medical condition which is sometimes caused by medications prescribed for asthma sufferers. This is a biological or genetic problem causing the adrenal glands to overproduce the hormone cortisol with a side effect of weight gain and possibly obesity.

Aside from these few, there are not too many more illnesses or diseases which cause childhood obesity that a balanced diet, plenty of water and frequent exercise cannot positively impact. Children in low income neighborhoods and those frequently suffering from stress and anxiety also run a higher risk of obesity than average. Keep your children mentally and physically active, provide a healthy, loving and stress-free environment, and you give them a great opportunity at enjoying a healthy body weight.

Health Quiz...

Congratulations *Kris T*, you are last month's contest winner!



To redeem your prize of a *free Enzyme Mask*; just call our office before the end of the month.

LAST ISSUE'S QUESTION WAS...

Q. "What are the five Phases of Migraine Headaches?"

A. 1) Prodrome: the early "warning signs", 2) Aura: affects vision. 3) Headache: stabbing/throbbing pain, maybe accompanied by nausea/vomit, lasting from 4 to 72 hours. 4) Headache termination: can sometimes be treated successfully with medication and lifestyle measures. 5) Postdrome: symptoms after the migraine ends can be loss of appetite, problems concentrating, and extreme tiredness."

NOW FOR THIS MONTH'S QUESTION...

Q. "Name three ideas to help you stay on track with your fitness regime while traveling" (*hint see page 1*)

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...

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:

D. Tso from Daly City and J. Hong 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.

Until next time, Live your life to the fullest!
Dr. Susan Lin

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Have a safe and happy Independence Day!



Check out our specials inside for July!

Time to LOVE what you see

Acne Kit, Skin Balancing Toner, Enzyme Mask \$99

Be CONFIDENT in YOURSELF

Bleaching Cream 3%, Intimate Restore & Ultimate Confidence .2ml \$99

Long Lushes LASHES

MD Lash Factor B1G1 2.95 \$99 5.91 \$140

Refresh your FACE

Dysport B2G1 \$650 Saving of \$300

