

## Look & Feel Your Best

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

Volume XV

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April 2018

“Sweet April showers do spring May flowers.” ~ Thomas Tusser 1524 - 1580 English poet and farmer (A Hundred Good Points of Husbandry)



### What is Spring Fever?

The Merriam-Webster dictionary defines “Spring Fever” as a feeling of wanting to go outdoors and do things because spring is coming and the weather is getting warmer. It’s popular usage of the term is various mental changes (e.g., brightened moods, positive attitude, etc.) that accompany the longer, sunnier days of spring.

It can also be applied to the less common findings of exhaustion, dizziness, irritability, joint complaints and lack of drive that may occur in the early spring. This concept may be based in a biology. A lift in mood with the arrival of spring, and longer periods of daylight, can be quite strong for sufferer from Seasonal Affective Disorder (SAD), who experience lows or depression during the winter months.

Centuries ago, during springtime, people sometimes experienced weakness with joint swelling, loose teeth, and poorly healing wounds. This listlessness and weakness was given the name “Spring Disease”, or “Spring Fever”. Centuries ago this disease of spring was more serious and was often fatal. It was scurvy. Scurvy is the lack of vitamin C, of course, and in the 18th century it was a major threat to life.

During the winter, when no fresh vegetables were available, people depleted the vitamin C stored in their bodies during the preceding year. More accurately it was an “End of Winter Disease”, striking people before fresh food became available once more.



## When Physical Activity Increases, Stress Decreases

Physical activity is a great heart-healthy stress management tool. It works a couple of different ways to promote overall health, inside and outside the body. First off, exercise makes your heart strong. So, it doesn’t have to work as hard to do its job.

Secondly, physiological processes which are promoted by consistent physical activity naturally prevent stress from occurring in the first place, and act as effective stress treatments.

### Here’s what happens:

When you perceive stress, either real or imagined, the age-old “fight or flight” reaction takes place. This puts your senses into overdrive. Your state of arousal and awareness skyrockets and so does the amount of energy which is instantly created. Your brain is on high alert, and this state of being can become very stressful.

### Exercise is a great way to burn off that excess energy:

When your brain releases chemicals to respond to a stressful situation, exercise actually does the opposite. The hormones and endorphins released when you experience physical activity will make you feel happy and relaxed.

These “feel good” hormones are perfect for fighting anxiety and depression, stress, and mental frustration.

The next time you feel stress building up, try this. Run in place at your workstation. Drop down and fire off 5 or 10 or 20 push-ups. Perform some biceps curls, jog around the block, or enjoy 10 or 15 minutes of Pilates or yoga.

These simple physical activities can overcome stress quickly, and even prevent it from occurring in the first place

## April 16<sup>th</sup> is National Stress Awareness Day

Is work or school putting on the pressure? Are the kids on your nerves? Is there enough money to pay all of those the bills? There are literally thousands of reasons for you to get stressed out.

RELAX! Today is National Stress Awareness Day. This is your opportunity to recognize that there is plenty of stress in your life... as if you didn't already know. More importantly, today is an opportunity to learn, and to do something about the stress... before it drives you batty or worse.

April is also designated as Stress Awareness Month.

Did you know? There was method behind the madness. April 16 was designated as Stress Awareness Day, because it is the day after taxes are due!

*Origin of Stress Awareness Day:* Stress Awareness Day and Stress Awareness Month is sponsored by the Health Resource Network(HRN), a non-profit health education organization, launched an annual “Stress Awareness Month” to make the public aware of the dangers of stress as well as options to explore for successful coping strategies. They started this holiday in 1992, to increase public awareness of the causes and cures of stress.

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

### **5 Stretching Practices to Relieve Stress**



Stress causes our body to go into the “flight or fight” response mode. This in turn causes tension in muscles resulting in stiffness. Over time, chronic pain makes its home in the shoulders, neck, head and back. Fortunately, fitness experts have found stretching helps relieve the pain caused by stress. Of course, it would be far better not to experience excessive stress in the first place, but in the world we live in today, that is all but impossible.

So here are some stretching exercises you can do while sitting at your desk to relieve the tension caused by too much stress:

- **Ear-to-Shoulder Neck Stretch** – Tilt your head to one side bringing that ear close to that shoulder. Now with the same side hand, pull down on your head slightly until you feel a stretch on the opposite side of your neck. Repeat the exercise twice during each session holding each stretch 15 to 30 seconds. Do the exercise again using the other side of your head and neck. To get the maximum benefit, repeat this stretch 3 to 4 times per week.
- **Neck Lateral Rotation** – This exercise stretches the neck horizontally instead of vertically. Start by turning your head as far to one side as you can. Hold for 15 seconds before returning to the front. Repeat 4 times in each direction as often as needed.
- **Shoulder Stretch** – Cross your right arm across your body. With your left hand positioned on the outside of your right upper arm, pull the right arm farther to the left until you feel tension. Repeat at least 4 times on each side as often as necessary.
- **Upper Back Stretch** – With this exercise, sit forward in your chair so there is room between your back and the chair back, cross your arms and grab the chair arm rests with opposite hands. Now lean back feeling the stretch in your upper back. Repeat as often as necessary. If your chair does not have armrests, grab the underside or edge of your desk instead.
- **Lower Back Stretch** – Push back from your desk and while sitting in your chair, bend over at the hips attempting to touch your toes. If you can’t go that far, then go until you feel tension. Hold for a count of 5 before returning to the upright position. Repeat as many times and as often as necessary.

Not only does stretching reduce the stiffness caused by stress, but it also increases blood circulation throughout the body. This allows tight muscles to relax and increase brain function, along with improving heart performance overall and reducing the risk of cardiovascular disease.

### **How to Increase Your Excess Post-Exercise Oxygen Consumption**



Before we talk about how to increase Excess Post-Exercise Oxygen Consumption (EPOC), let’s first discuss what it is. Without getting too complicated, it is a physiological effect where the number of calories burned for a period of time after working out is higher than it would be if you had not exercised. Sometimes it is referred to as “after burn” or “oxygen debt”.

Muscles are fueled by adenosine triphosphate or ATP. It is either produced with or without oxygen and hence the activity that produces it is referred to as aerobic “with oxygen” or anaerobic “without oxygen”. Anaerobic exercise is the type where you get out of breath in just a few moments. When you first start exercising, the body uses ATP anaerobically that has been stored.

After five to eight minutes of exercising, the oxygen level that you are taking in through breathing is sufficient to support ATP production aerobically. However, performing exercises that use anaerobic ATP over aerobic ATP will increase the amount of EPOC after exercising.

So, what happens after a workout that helps increase EPOC? Post-workout and up to 24 hours after, your body uses oxygen to:

- Replace ATP that was expended
- Replenish glycogen in the muscles from lactate produced while exercising
- Increase oxygen in the blood that was depleted during the workout
- Bring back down the body temperature that was increased while working out

It takes five calories of energy to consume and use 1 liter of oxygen, the more oxygen consumed the more calories burned, which is why it is important to keep the EPOC high for as long as possible.

Some types of exercising pull more energy from the anaerobic side than from aerobic. Strength circuit training that alternates between the upper and lower body muscle groups, and targets either compound muscles or multiple joints, is one of the best forms of anaerobic ATP use. Other types of high intensity training with short rest cycles are also good. You may know this form of exercising as HIIT (High Intensity Interval Training).

During the high intensity phase, there is not enough energy available aerobically, so the body pulls from the anaerobic stores. During the rest phase, anaerobic stores are replenished and will provide oxygen for a lower intensity exercise that may be done during the rest phase.

While it would seem to make sense that a longer duration of high intensity would lead to a greater burn of calories, studies have found that not to be true. The intensity of the exercise is more important than the duration. Three sets of 8 repetitions per sets at an 80% to 90% of 1 RM (RM is the amount of weight one can lift for one repetition) aerobically provided a greater EPOC than 40 minutes of cycling at 80% maximum target heart rate aerobically.

To keep your metabolism functioning at a higher rate than normal post-exercise, include some circuit weight training or HIIT into your training routine. The additional calories burned post-workout are free for the taking.



## Ask the Doctor...

2018 Body & Face Makeover Series:

### What Are The Best Times of Day to Eat if You Want to Lose Weight?

Not only is *what you eat* and *how much* important when you are trying to lose weight, but so is *when you eat*. According to a recent study 84 % of the participants thought having defined mealtimes was important in their weight loss efforts.

#### BEST TIMES TO EAT

Based on that survey, people felt the optimal time for them to eat breakfast was 7:11am, lunch at 12:38pm and dinner at 6:14pm. Now of course you don't have to be that precise, but 7am, 12:30pm and 6pm for breakfast, lunch, and dinner respectively, would give you the best chance at losing the most weight based on eating times. Also noted by 76 percent of them, breakfast was their most important meal of the day; seventy-two percent responded that eating after 7pm was disastrous to their weight loss efforts.

#### WHAT YOU EAT

As far as losing weight, the kinds of food you eat are just as important as when you eat. If you are gorging yourself with foods high in saturated fat, salt, sugar, and simple carbohydrates, then all your weight loss efforts will be in vein.

A healthy diet should consist of complex carbohydrates, healthy fats in the unsaturated family, whole grain, fresh fruits and vegetables, and lean meats. And don't forget to add in foods containing Omega 3: salmon, halibut, mackerel, and tuna. This healthy diet not only gives you the nutrition you need, but keeps the calories down also.

#### HOW MUCH YOU EAT

Even eating the above healthy foods, you can still eat too much, so portion control is important. But how much is a portion? It depends on the food.

*For instance, think of a portion as:*

- A hockey puck for whole-grain pasta
- Two-thirds deck of cards for skinless chicken breast or hamburger patty
- Two teaspoons is about the size of a pair of dice
- Four dice for a serving of cheese squares
- A tennis ball for an apple or orange
- A baseball for a serving of cooked vegetables
- Two baseballs for a serving of fresh green leafy vegetables

It will take a while of practicing portion control using this method of association, but once you get the hang of it, it is much easier than trying to remember and judge portions in measurements such as ounces, teaspoons, and cups.

Controlling calories, along with eating at prescribed times, is the key to achieving sustained weight loss. Once at goal, you can adjust your portions to stay at goal weight. However, what and when you eat should remain constant. And don't forget to keep exercising!

### Health Quiz...



#### Last Issue's Question Was...

**Q.** How many calories are burned when dancing?

**A.** Any type of couples dancing burns 200 to 300 calories per hour! That's about the same as a fast walk

#### A. Now For This Month's Question...

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

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, CA & C. Chavez**

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 **FREE Enzyme Peeling Mask**.

*Thanks*

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

*Dr. Susan Lin MD*

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Celebrate with us for Earth Day!

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**Anti-Aging Skin Care Buy 3 Get 2 (lesser value) Free Savings of \$150**

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Just imagine the difference....

**Kybella:** Two chins are not better than one....

**Melt Double Chin**

**Banish Bra Bulge**

**\$650 Treatment Savings of \$200**