

## 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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January 2019

“Ring out the old, ring in the new, ring, happy bells, across the snow. The year is going, let him go, ring out the false, ring in the true.”  
~ Alfred, Lord Tennyson, 1809 -1892, British poet who was Poet Laureate of Great Britain and Ireland

### A New Year, A New Healthier You

The New Year is a time of celebration. Whether it's having the first holiday dinner in our new home, celebrating a new career change, or perhaps it marks the first anniversary of a year-long diet and exercise program that has resulted in a new and healthier you. No matter what the occasion, we lift our glasses to toast the New Year with enthusiasm and good wishes.



New Year's is also a time of resolutions. Most everyone today is focused on a healthier lifestyle and because they are, the resolve to engage in a diet and exercise program is always at the top of the list. More importantly, the resolutions made are kept and the New Year begins on a positive note for the

majority of people who have made the commitment.

Healthier lifestyles are within our reach. Let the New Year bring those resolutions to fruition. Once you begin a healthy eating and exercise regimen, you'll never look back. Once the commitment is made, you will feel a great weight has been lifted from your shoulders. In the mean time, write down your goals; and may good health, peace, and joy be yours in the New Year and always.

## 4 Reasons to Get Fitter Starting Today

People have a hundred and one reasons why they don't start working on get fitter today, most are not valid, including not having enough time, a common excuse. Everyone can find the time to exercise and eat right. It is just the motivation to get moving has to be greater than the excuses not to.

Usually some event, like a health scare, happens that creates the desire to start getting fit. But in the process, you'll see these other benefits:

### LOSE WEIGHT

To lose one pound of weight in a week, you have to burn 3,500 more calories than you eat in that week. Most people get in trouble with their weight because they are eating far too many calories for the number of calories they burn. Excess calories are stored as fat.

If you break that 3,500 calories per week down into a daily amount – 500 calories – it is more manageable. Eat 250 fewer calories per day and burn off 250 more calories by doing some exercise. Skip the latte in the morning or the can of pop loaded with sugar and you probably reduced your calorie count by at least 250. Walk at 3.5 mph for an hour and you burn 298 calories. There is your 500 + calorie deficit with just those two small changes.

### STRENGTHEN YOUR BONES

As you age, you start to lose bone density at the rate of 10% by age 50 and if sedentary, another 10% each 10 years thereafter. By including some weight training into your exercise program, you can help slow bone loss as you grow older.

### TONE UP MUSCLES

With toned muscles, not only will you look better, but your balance will be better and you'll maintain flexibility in your joints. Weight training can help build muscle which will then help you burn more calories even at rest. And if you burn more calories, you'll have an easier time maintaining your weight.

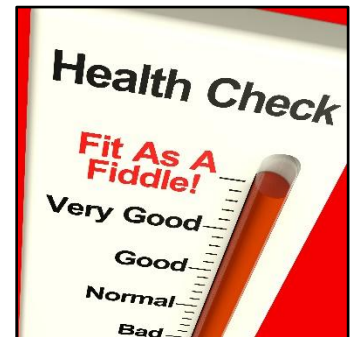
### REDUCE YOUR RISK FOR CERTAIN DISEASES

Your risk to develop heart disease, Type II diabetes and some types of cancers, including colon and breast, increases significantly if you are overweight and out of shape. As your Body Mass Index increases, so does your risk of a heart attack or stroke due to narrowed or blocked arteries.

And if your heart has to work harder to pump blood through narrowed passages, it increases your blood pressure, which causes health issues of its own.

If you already have Type II diabetes and you are overweight, the effects of diabetes will diminish (or in many cases go away entirely) if you lose weight. At the very least you'll have to take less medication. Best case scenario is you can get off medication altogether.

You can make a change in your fitness level. But you have to start today; tomorrow may be too late.



## How Quickly Can You Get Fit After Years of Inactivity?



The short answer is “It depends!” because how fast you get into shape is directly relevant to your present physical condition and how fast your body reacts to physical conditioning. For example, someone 10 pounds overweight, but with no physical limitations, will get in shape a lot faster than someone 50 pounds overweight with Type II diabetes and bad knees.

Not only will it take the second individual longer to get in shape, s/he will need to use a different strategy. And the reality is the second person may never get to the fitness level of the first one. But it is not a competition, it is individual and doing anything is better than doing nothing.

Getting fit after years of inactivity is like taking a car out for a drive after it has been setting for ten years. If you are a car aficionado, you know you wouldn’t get in it and see how fast you

could max out the r.p.m.s in every gear. You would baby it along and gradually get it up to speed. The body after years of “non-use” is the same way.

You want to start slow and gradually work your way up the fitness ladder. The American Heart Association recommends a good place to start is exercise three to four times per week, 30 to 60 minutes each time, with a target heart rate of 50% to 60% of your maximum heart rate. To calculate your maximum heart rate take 220 – your age (for men) or 226 – your age (for women).

For example, the maximum heart rate for a 50 year-old man would be 170. Sixty percent of that figure would be 102 beats per minute. Increase your level of activity over a 6-week period eventually getting your target heart rate up to 70 to 80% (80% would be 136).

A good place to start is with a mix of cardio and strength training. Walking, running, playing tennis, biking and swimming are all good cardio activities that will get your heart rate up to your target range. Of course before starting your exercise routine, be sure to warm-up with stretching both before and after working out.

If you have bad knees, then substitute an elliptical trainer for walking or running and don’t even think of playing tennis. With either cardio or strength training, adjust time/intensity and weight/repetitions to keep your heart rate in the appropriate range. With strength training, start out light on weight and repetitions and work up.

The other half of getting fit is eating right. While you are at the doctor getting checked out to see if you are fit enough to start an exercise program, also ask about a nutrition plan. It will be different for you if you have to lose a lot of weight than it would be if you are already at the proper weight for your height and age.

Getting fit is about setting a goal and then gradually working up to reach that goal. Trying to reach your goal as quickly as possible is just asking for a debilitating injury which could set you back months.

## Does Drinking More Water Boost Your Metabolism?

Sounds crazy but, most studies show drinking water does boost your metabolism, but by how much? According to a 2003 study published in the Journal of Clinical Endocrinology, participants showed a 30 percent metabolic increase that lasted between 10 and 40 minutes after drinking two cups of water. By drinking the recommended 8 cups per day, you would burn an additional 96 calories. Other studies support these finding, just not to this great of an extent.

Keep in mind, drinking water alone will not increase your metabolism enough to show any appreciable weight loss, but when added to your other weight loss efforts it will help, plus it will keep you from being dehydrated – a major nemesis to weight loss.

If keeping hydrated is part of a weight loss strategy, then why do 22 percent of us not get our 8 glasses per day? Because we falsely use thirst as our guide to drink.

Most studies have found that by the time you feel thirsty, you have already lost 2 percent of the water in your body. While that might not sound like much, it is huge when our body is made up of at least 50 percent water.

Tricks to increase your water consumption

There are a few hacks you can use to get the most metabolic increase from the water you drink:

Drink it cold: When you drink something cold, the body has to work harder to warm the liquid up to body core temperature. The warming process burns additional calories over drinking tepid to lukewarm water – water that is closer to body core temperature.

Add lemon to it: Adding lemon to your water does a couple of things – 1) it makes your water taste better and 2) one lemon has up to 40 percent of your daily requirement of vitamin C and provides the replacement of the electrolytes potassium, magnesium, sodium and calcium lost during an exercise workout. All with the addition of only 15 calories.

Put a day’s worth of water in a pitcher: It is easy to lose track of how much (or how little) water you drink in a day. An easy way is to fill a pitcher with 64 ounces of water, add the juice of one lemon and put it in the refrigerator. All three hacks accomplished at once. Periodically throughout the day get a glass of water from the pitcher. Make sure it is empty by the end of the day.

Drinking an adequate amount of water not only speeds up your metabolism, but is so important for good health. Make it a part of your daily regimen so that you ensure you are getting enough.



## Ask the Doctor...



2019 Body & Face Makeover Series:

### Is There A Limit to Physical Fitness?

**“Since Roger Bannister broke his 4 minute mile, the record’s come down by nearly 17 seconds.”**

If you currently exercise, you may have experienced achieving some level of physical fitness which was greater than anything you ever thought possible. Did that get you thinking, "Is there a limit to my physical possibilities? Can I continue to push through to achieve higher levels of physical fitness, accomplishing greater and more challenging physical feats?"

Track and field athlete Roger Bannister was the first person to break the 4 minute mile barrier in 1954. Before he did so, many noted scientists, professional athletes and physical fitness experts agreed that it was physically impossible for the human body to run 1 mile in less than 4 minutes.

But Bannister did it, partly because he was upset for not winning the gold medal in the 1500 m run during the 1952 Olympics in Helsinki. I know what you are thinking. He was an athlete of impressive physical abilities, much more talented physically than you or I. But yet he, and no other human being on the planet, could run a mile in under 4 minutes before his groundbreaking accomplishment.

What made the difference that allowed Bannister to accomplish something that he or no one else was previously able to? It was simply this ...

His mental approach to a physical goal. Nothing more.

And guess what? Only 2 months after Bannister ran a mile in 3 minutes and 59.4 seconds, Bannister and Australia's John Landy

both ran sub-four-minute miles in the same race. And just 10 years after Bannister's accomplishment, high school runner Jim Ryun bested Bannister time by 0.4 seconds as a junior.

As a senior in high school, Ryun ran a blistering mile in 3 minutes 55.3 seconds. Irish runner Eamonn Coghlan broke the 4 minute mile barrier 83 times in his life, and after retiring as a runner, ran a sub-four-minute mile when he was 41 years of age. Since his accomplishment, over 1,000 people have run a mile in under 4 minutes.

So what changed? Why were so many people able to do what Bannister did, but only after him?

People's beliefs changed. They changed their mind.

Once they saw someone else run a mile in less than 4 minutes, their brain realized they had set their physical limits too low. But probably the most important lesson about personal beliefs in your physical limits can once again be credited to Mister Bannister.

At the time that the Englishman did the unthinkable, he trained very little as a runner. He was practicing as a junior doctor, putting in all the requisite hours of study that occupation requires.

But in his mind, he saw no physical limits. Change your mind today, challenge yourself, refuse to fail, and see exactly what physical achievements you can accomplish.

## Health Quiz...



To redeem your prize of a free <Insert prize ex. askincare product or a free cosmetic treatment such as a glycolic peel>; just call our center of the month.

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

- Q. "What is generally considered the height of flu season?"  
A. "Flu season is usually October through March and peaking in February"

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

- Q. "If you have been inactive, where is a good place to be getting fit?" (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:

**C. Kipp from Los Altos and L. Hwang from San Mateo**

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 \$25 referral credit.

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 2019 Special Offers!**



**Join Us for International Thank You Day!**

## New Year New You

### Shed those unwanted pounds with HCG

Our HCG diet is a customized program to help you achieve your weight loss goals. The unique and effective HCG program safely readjusts your body to make it work with you and not against you. Although HCG products are available as over the counter dietary aids, we recommend you seek a professional such as Dr. Susan Lin to help in keeping you safe during the procedure. The fast and noticeable weight loss that comes with using HCG is aided by Dr. Lin's steadfastness utilizing HCG protocols, including a thorough management and supervision by a medical team.

### Bring Sexy Back with ThermiVa

The ThermiVa procedure utilizes Temperature Restrained Radio frequency energy to mildly heat tissue that enables women to renew, reclaim and maintain feminine well-being without the need for surgery. The complete ThermiVa procedure includes three different sessions in a period of three months to achieve the best results.

#### **How it Works**

The ThermiVa treatment directs Restrained Thermal Energy to the internal (vagina) and/or external (labia) to reclaim and maintain feminine well-being without any downtime or pain.