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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“Here men from the planet Earth first set foot upon the Moon. July 1969 AD. We came in peace for all mankind.”~ Neil Armstrong, moon walk

Celebrating Independence Day Weekend with Patriotism, Safety and Fun

Amid their plans for picnics, fireworks and fun over the July Fourth weekend, Americans seriously take this opportunity to show their patriotism and love of country. They attend patriotic parades and fireworks demonstrations, salute the flag, tell stories about how family members fought for our country, and remember to honor our present defenders in foreign lands.

Independence Day is the most important holiday of the summer. It carries a tradition that 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. It ought to be solemnized with pomp and parade, with shows, games, sports, guns, shells, bonfires and illuminations from one end of this continent to the other, from this time forward evermore.”

And so it is. Fireworks fulfill Adams’ prediction for “illuminations.” In cities and towns, the skies fill with dramatic, colorful and startling shell bursts. Many demonstrations in cities are so impressive they draw viewers from hundreds of miles away to view them.

Some Americans take illuminations personally and create their own fireworks shows. In many neighborhoods, stay-at-home celebrants can view neighbors’ shell bursts that are almost as dramatic as those fired by professionals.

In all home demonstrations, safety should be the first goal for amateur pyrotechnicians.

The Accountability Factor

How To Hold Yourself Accountable For Your Summer Fitness Goals

Two weeks into your new running or fitness life you start to lose momentum. It’s not as fun as you thought it’d be and it’s tough to get motivated. What’s missing? Accountability. When you haven’t created a means to hold yourself accountable for your fitness goals, there’s nothing motivating you to push forward.

1. Set Goals You Can Reach

The biggest reason people fail to achieve their fitness goals is because they either didn’t set any to begin with or they made them too big. For example, you might decide you’re going to run for an hour each day. That’s great. Yet if you’re fresh off the couch running that hour is going to be extremely difficult on your body and your mind. A more reasonable goal might be to run for five minutes and walk for fifteen. Do this for a week or two and then add time to your run. Start running for ten minutes and walking for ten minutes. You’ll create a pattern of success.

2. Document Your Goals

Writing down your goals changes them from dreams or wishes to actual goals. It also helps you with the next step. If you journal, then write them down in a journal. If you are more structured, consider creating a fitness goals spreadsheet on your computer. There are fitness apps for your mobile device and fitness journals you can purchase at the bookstore. Use whatever system works best for you.

3. Plan for Them

The next step is to plan how you’re going to achieve your fitness goals. If you’ve decided to run for five minutes every single day and walk for fifteen minutes, when are you going to do it? What will you do if the weather is bad? When will you increase your running time? Plan out the details. It’s okay if you make changes to your plan along the way. The purpose of the plan isn’t to hold you to a rigid schedule. The purpose is so you become accountable for your goals.

4. Announce Your Goals.

There’s something very motivating about telling others what you’re doing. You force yourself to be a bit more accountable because these same people will ask you next week or next month, “how’s that new fitness program going?” They’ll also notice when you’ve lost weight and begin to look healthier.

5. Celebrate Success.

Include in your plan some sort of reward or celebration. You don’t have to throw yourself a party or buy something expensive. Small celebrations work well too. Once you’ve achieved your fitness goal it’s time to take it to the next level. What can you achieve? Set a goal, plan for it, and hold yourself accountable. You’re in control of your life.
Hair Loss: Myths And Truths

Hereditary Hair Loss Affects 40% of Men and 25% of Women in the U.S.

If you’re one of the millions of Americans who suffer from hair loss—listen up. Findings from a survey conducted by Wakefield Research, reveal many are at a loss when it comes to hair loss. Know the facts from fiction.

**Myth #1:** Hair loss only comes from my mother’s side of the family. What We Think: 30% still say hair loss comes only from the mother’s side.

**The Truth:** Don’t blame your maternal grandfather, just yet. Experts, say hair loss can come from either side of the family.

**Myth #2:** Stress causes hair loss. What We Think: 77% think stress causes hair loss.

**The Truth:** Stress cannot cause hair loss. This is the No. 1 myth when it comes to hair loss. Factors such as crash diets, certain medications and hormones from pregnancy and thyroid conditions can cause temporary hair loss, or Telogen Effluvium. This type of hair loss is strictly temporary and will grow back on its own.

**Myth #3:** Wearing a hat too frequently or over blow-drying hair can cause hair loss. What We Think: More than a third think that frequently wearing a hat or overstyling hair can cause hair loss.

**The Truth:** Doctors say 95% of all hair loss is hereditary. Know the difference between actual hair loss and damaged hair. A good test: Run your fingers through your hair and eight to ten hairs come out with the bulb attached, this may indicate excessive hair loss.

**Myth #4:** Hair vitamins and thickening shampoos, conditioners and serums can treat hair loss. What We Think: Nearly half would try hair vitamins like Biotin to treat thinning hair.

**The Truth:** Things like hair vitamins, healthy diet, hair-thickening shampoos, conditioners and serums may help keep hair health but they will not regrow hair. Users of MD Nutri hair will note decrease hair shed 2 weeks after using and with continue use return of long, full beautiful looking hair.

**Myth #5:** There is no effective treatment for hair loss. What We Think: Americans are undecided. Exactly half think there is no effective treatment for hair loss.

**The Truth:** There are a lot of smoke and mirrors. Go with what works. Rogaine is the only topical brand FDA-approved to regrow hair, for men and woman Other options include prescription medication finasteride, sold under the brand name Propecia (approved for men only), low-level laser light therapy, and hair transplantation. MD Hair by Dr. Susan Lin is clinically tested natural solution. Look for it in CVS or call Zakera for extra strength formulation we reserve for our patients.

### 10 Tips That Help Prevent Injury of Young Athletes.

If you’re a coach, or a parent of a child athlete there are things you should remember to help keep your young players healthy.

“The number one tip coaches should remember is that children are not miniature adults and shouldn’t be treated as such,” says Jim Rogers, a certified athletic trainer in Temple University Hospital’s sports Medicine Center.

“This may seem obvious, but many adults don’t realize children’s bodies can’t take the same amount of physical stress adult bodies can take. That’s because children are still growing and therefore are more susceptible to injury.”

**10 great tips to remember when coaching young athletes to help prevent injury:**

- Stretching the muscles related to the activity is very important. For example, if a child is pitching, he should concentrate on stretching his arm and back muscles. If a child is catching, the focus should be on the legs and back.
- A good warm-up is just as important as stretching. A warm-up can involve light calisthenics or a short jog. This helps raise the core body temperature and prepares all the body’s muscles for physical activity.
- Children should not be encouraged to “play through pain.” Pain is a warning sign of injury. Ignoring it can lead to greater injury.
- Swelling with pain and limitation of motion are two signs that are especially significant in children — don’t ignore them. They may mean the child has a more serious injury than initially suspected.
- Rest is by far the most powerful therapy in youth sports injuries. Nothing helps an injury heal faster than rest.
- Children who play on more than one team are especially at risk for overuse injuries. Overuse injuries are caused by repetitive stress put on the same part of the body over and over again.
- Injuries that look like sprains in adults can be fractures in children. Children are more susceptible to fractures, because their bones are still growing.
- Children’s growth spurts can make for increased risk of injury. A particularly sensitive area in a child’s body during a growth spurt is the growth plate — the area of growth in the bone. Growth plates are weak spots in a child’s body and can be the source of injury if the child is pushed beyond his limit athletically.
Ask the Doctor...

2015 Body & Face Makeover Series:

The Secret to Feeling Good Inside and Out...

Did you know that your outside can tell others what is going on inside of you? It’s true. For example, if your hair is falling out, it could be that your body lacks essential vitamins and minerals to build healthy hair - like vitamin E. Your skin is the largest organ in the body and it’s on the outside of the body. To keep your skin healthy is to keep your vital parts on the inside in a healthy state as well.

Here are some healthy skin suggestions:

Eating Your Way to Healthy Skin:

Fill your body with good things and it will be good to you. How you eat has a lot to do with your skin.

Drink water — This point can’t be stressed enough. Your body is composed of mostly water. Each body system needs it to survive. Drink at least eight glasses a day. This can be tea, flavored water, and coffee. Avoid sodas because they have too much sugar and calories.

Whole grains — Whole grains contain a lot of fiber. Fiber not only makes you feel full longer, but it also flushes your digestive system of some of the fat from your meal. Many problems with our digestive tract stem from what we are putting into it. We often eat less fiber than we need and experience things like irritable bowel syndrome, constipation and diarrhea.

Fruits and vegetables — Besides being a naturally sweet snack (the fruits), they are also full of good stuff like antioxidants. This includes phenols (fruits), quercetin (apples), capsaicin (peppers), beta-carotene (carrots) and allicin (onions), to name a few.

Antioxidants boost the immune system which will help your skin to act as a better protective barrier against infection.

Skin Care Tips:

Skin can only shine when it is well nourished. Part of nourishing it is cleaning it well. There are three steps to a beauty regimen: clean, tone and moisturize.

Cleaning involves removing all of the dirt and grime from your face every day. If you use a professional cleanser, be sure it has all-natural products and contains no drying alcohol. Clean your face on the morning and also before bed. You don’t want to sleep through the night with the dirt of the day on your face. A weekly oatmeal mask can remove deep down dirt from pores.

Toners return your skin to balance. You’ll see a reduced pore size. They also refresh your face and remove any traces of dirt the cleanser left behind. You don’t need a toner with an astringent unless you have oily skin. Dry skin can do without it.

Moisturizing rehydrates the skin. Skin that is properly hydrated looks and feels healthier. It is softer to the touch. Avoid thick lotions that can clog pores and cause pimples. Use a light moisturizer that soaks in quickly without harsh chemicals and perfumes.

Look your best with these tips for nourishing the inside as well as the outside.

If you prefer to receive your news via email please email zakera@mdlashfactor.com or call our office.

Health Quiz...

Congratulations Terry A., you are last month’s contest winner!

To redeem your prize of a free MD Peel ($200) just call our office before the end of the month.

LAST ISSUE’S QUESTION WAS...

Q. When is a mole something you may want to talk to your doctor about?

A. Changes in shape, size or color of a mole; including bleeding and/or discharge, redness and/or pain, and burning and/or itchiness. Any of these changes may be cause for concern and should be discussed with your doctor.

NOW FOR THIS MONTH’S QUESTION...

Q. “What is the number one reason for hair loss?” (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...

At this time, my staff and I would like to say thanks to Melissa W. of San Carlos & Lori P. of San Mateo for referring your friends to our practice. 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 credit Thank you again for thinking of us.

Please let me know what you think. Until next time…

Live life to the fullest
Dr. Susan Lin
Look Hot with our Hot Summer July Specials

Semi Annual Filler Sale: Get 2 and receive 3rd one as bonus (value $600)

Instant Rebate $75 on Dysport. (offer ends July 31st)

Flash Sale : MD 101 Lash Factor Eye Lash Conditioner $49.99 (Limit 3 per customer. While supplies last)