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Look & Feel Your Best!™

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

Volume XII

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“When you are a mother, you are never really alone in your thoughts.

A mother always has to think twice, once for herself and once for her child.”~ *Sophia Loren, Italian-French film star*

Mother's Day

Happy Mother's Day!

Mother's Day falls annually on the second Sunday of May. It is a day that American's celebrate mothers. Whether you were born to a woman or adopted, you have a mother and this is a day to spoil and honor her. For many, this day is sad, because their mom's are gone, or they didn't have a loving mom to raise them and are now estranged, or the mom lost her kids. In this case, pick out an extraordinary lady in your life and “adopt” her for the day.

Living a Naturally Healthy Lifestyle It's Easier To Do Than You Think.

Living a naturally healthy lifestyle means not only your body is in shape and you are disease-free but you also have a positive mind-set, happy relationships and an overall feeling of well-being. Converting to a healthy lifestyle can transform you from couch potato with aches and pains to someone with energy, a healthy body and a happy mind.

So what does it take to live a naturally healthy lifestyle?

Diet

A diet rich in fresh, whole foods is essential in a healthy lifestyle. When available, always choose foods found in its natural state. Fruits and vegetables have high vitamin and mineral content. Whole grains like quinoa and whole wheat bread should be consumed instead of less nutritious varieties.

Skip fatty meats. Instead choose lean meat and tofu for protein. Select low-fat dairy products. Typically you cannot taste the difference between full fat and low fat varieties.

Drink plenty of water. The old suggestion of 8 glasses a day is outdated. Studies done in recent years suggest men should be consuming 11+ cups and women 15+ cups of water per day.

Exercise

Just 15 minutes a day of movement can benefit your health by improving joint stability, increase your range of movement and flexibility, help prevent osteoporosis and fractures and improve your mood while reducing symptoms of anxiety and depression.

Exercise doesn't necessarily mean joining a gym. It can be simple things like turning off the TV for an hour and playing outdoors with your kids or taking your dog for a walk.

Chores like shoveling snow, gardening, raking leaves or vacuuming and sweeping are all considered a form of exercise. No one said exercise had to be vigorous all the time.



Vitamins and Minerals

Add nutrient rich vitamin and mineral supplements to your diet. Garlic has been shown to help reduce the risk of many health problems. Cinnamon, peppermint and other herbs have been used for thousands of years to treat problems and maintain good health. Most of today's food lack the minerals and vitamins needed to ward off diseases. Consider adding vitamins such as B-complex, E, D and Omega-3 Fish oil to your diet. Did you know 20% of population cannot absorb Vitamin B from oral vitamins.

Vitamin B deficiency leads to low energy and craving for sweets/carbs. Ask our office for the new MicroLingual Vitamin B that dissolve in seconds under your tongue.

Emotional Health

Your emotional health plays a big part in a healthy lifestyle. Tune into your body to learn what causes you stress. Have a healthy social life by avoiding negative people and situations. Relaxation and meditation help release negative emotions. Listen to soothing music, meditate, breathe deep to help reduce stress.

More Benefits

In addition to an overall good feeling, a healthy lifestyle has many benefits. It can help lower hypertension, improve sleep, and reduce the risk of heart disease and strokes. It improves the survival rate of people with head and neck cancer. Nutritious food from a naturally healthy diet can help menopause symptoms.

A naturally healthy lifestyle can lead to a longer more productive life. You'll feel less pain, ward off diseases and have energy like you did when you were young. Through living a natural healthy lifestyle, you can be stronger and healthier for years to come.

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

It Happens The Same Day, Not Just In The Future *Physical Activity Generates Feelings of Enthusiasm*

Everyone knows that habitual exercise is good for you, especially in the long term. But when considering physical activity, many people wonder what's in it for them right now. Immediate gratification would be a big plus.

You can have it, right now, today. A new study shows that people who get at least 15 minutes of physical activity a day are more likely to be enthusiastic and excited about almost everything. So if you are looking for more gusto in your life, physical activity is one way to get it.

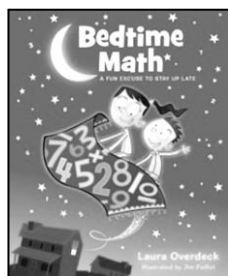
The study, reported in the *Journal of Sport & Exercise Psychology*, found that people tend to be more excited and enthusiastic just on days when they are more active. That should offer encouragement to those who are intimidated by the idea of starting an exercise program. Instead of wondering about long-term goals, they can think about the benefits for today.

The research involved 200 people who reported their activities, sleep quality and quantity, and their mood or mental state throughout the day. Those who were more active also tended to sleep better, the study found. Other research links physical activity with levels of the hormones and neurotransmitters norepinephrine, dopamine and serotonin in the brain, which can lead to these positive emotions and feelings of well-being and happiness.

Though the 200-person study was small and short, only eight days, there's little risk in getting some exercise to see how it affects your own inner zest. At the very least, it will be good for your heart and help to tone you up. If you get an enthusiastic exercise high, so much the better.



Bedtime Math Games Are As Good As a Story



Statistically, American kids' reading test scores are rising. Reading to them, and letting them read to you are partly responsible. But unfortunately, Math scores aren't rising. Many of us have Math "anxiety" but here is a way to make Math fun again.

Kids also like games at bedtime, and math-problem games are actually one of their favorites. Recognizing that was one of the reasons Bedtime Math was born. This non-profit will send out daily emails with suggested math problems for preschoolers who count on their fingers, for little kids and for bigger kids, as well. There are no flash cards or anything else that invites math anxiety. Visit bedtimemathproblem.org for more information

At Kentucky Derby time, wee-ones were asked how many legs the jockey and the horse had together.

Tomato Juice Protects Bones

A new study shows that lycopene, a substance that makes tomatoes and other fruits red, reduces the bone resorption linked to osteoporosis. Researchers, at the University of Toronto, say lycopene from tomatoes has previously been shown to have a protective effect on bones. Their new finding suggests that lycopene can be used as a natural complementary or alternative supplement for the reduction of bone absorption. It is especially recommended for women who are age 50 or more, and the doctors say it's possible that drinking a couple of glasses of tomato juice a day could keep osteoporosis away.



Other foods with high levels of lycopene include pink grapefruit, watermelon and guava. Among prepared foods, spaghetti sauce, tomato sauce and paste, and ketchup are loaded with lycopene.

Prevent Heart Problems, Diabetes, More...

Being Just 'A Little More Fit' Improves Longevity, Quality Of Life



What have you done recently to improve your fitness level? You might think that because you have exercised off and on throughout your life that you are in pretty good shape. Don't rest on your laurels.

An extensive study by a New Zealand university, cooperating with Stanford in the United States, shows that overall exercise habits during adult life didn't matter very much when it came to current fitness levels. Recent activity, during the last 16 weeks, was more important.

The doctors followed several thousand middle-aged and older Americans for about nine years. Study subjects were divided into five groups ranging from the least fit to the most fit. By the end of the study, those who were most fit were the least likely to have died or develop a life-threatening disease. No surprise there.

What did surprise the researchers was the improved outlook between the least fit and those on the next level. They discovered that being just a little more physically active was associated with a big improvement.

At any level, especially the least-fit category, moving up just one more will make a big difference in your life. Add a little more activity to your day for the next four months and you could prevent a heart attack, diabetes and other serious conditions.

Ask the Doctor...



2015 Body & Face Makeover Series:

Signs It's Time to Get Some Help for Your Sleep Problems

Everyone deals with sleep problems from time to time. You might be anxious about a project at work. The neighbors may be having a loud party or you may be ill and unable to sleep. While minor sleep problems come and go, sometimes it makes good sense to get some professional help. If you're dealing with any of the following signs or symptoms, it may be time to go to the doctor.

1. You've Had Poor Sleep for an Extended Period of Time

If you've had insomnia or struggle to get more than a few hours of sleep each night then you may want to get some professional help. Sleep problems for a few days or even a few weeks isn't uncommon. However, if you chronically struggle to get good sleep or you've had insomnia for more than a month; a doctor may be able to help you get back on track.

2. You're Relying on Sleep Aids

Generally speaking, sleep aids are supposed to be a temporary fix. They're supposed to help you get your body back on a good sleep schedule. If you're relying on sleep aids (even melatonin) for more than a few days or other sleep aids for a few weeks or a month, then you may want to talk to your doctor. Your body can become dependent on these chemicals to sleep.

3. You're Dangerously Tired during the Day

Did you know that people who suffer from sleeping disorders have a higher risk of being involved in a traffic accident? If you're falling asleep in the middle of the day then you're putting yourself and others at risk. Your body needs sleep.

4. You Wake in the Morning Feeling Exhausted

Many people who suffer from sleep apnea sleep through the night. However, they never really spend any quality time in the deep sleep phase. This can cause a number of serious medical conditions. People with sleep apnea have a higher risk of heart disease, stroke, diabetes, dementia and many other deadly conditions.

5. You're Depressed, Irritable, or Feeling Emotionally Unstable

Mild sleep apnea can impact your hormone levels enough that it can affect your emotions and well-being. If you feel like your emotions are out of control or you feel depressed, it may be due to a sleeping disorder. A doctor can prescribe a sleep study to determine what type of disorder, if any, you're dealing with. They can help you get your life back on track.

Call and ask about our Adrenal Pro if you are feeling stressed. Made from natural herbs designed to lower our cortisol level so we feel distressed the next day.

Health Quiz...



Congratulations Sophia M. and Jasmine W., 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. How long do we have to spend in the sunlight to get the benefits of Vitamin D?
A. The average person needs about 20 minutes of sunlight every day to stay healthy.

NOW FOR THIS MONTH'S QUESTION...

- Q. "Daily physical activity releases hormones and neurotransmitters in the brain causing what positive and healthy results?"
(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 Megan K. of Hillsborough & Lisa B. of Dublin 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 \$25 credit. Thank you again for thinking of us.

Please let me know what you think. Until next issue...

Live life to the fullest,

Dr.Susan Lin

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Don't forget

Mother's
Day

is May 12th and look at our Special Offers for Mom!

MAY SPECIALS

SEMI ANNUAL SALE

Buy 1 MD Hair and Skin Product, receive second one at 50% off (next sale is Thanksgiving so time to stock up)

NEW MD Ultimate Mask: Weekly natural enzyme mask for instant brighter and softer skin

New MD Ultimate Vitamin C: improved lighter formulation based for fast result without build up.

Look 10 Years Younger with Mother's Day Make Over

Soften wrinkles, plump up volume and anti-age your skin

3 areas of Dyport /1 syringe of filler / MD Ultimate Skin Care Kit (Stem Cell Serum, Eye Cream, Anti-aging Brightening Moisturizer) for \$1500 (\$450 saving)

