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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 XI

MD Laser and Cosmetics 448 N. San Mateo Dr. 650-340-7546

March 2014

“You can cut all the flowers but you cannot keep spring from coming. ~ Pablo Neruda

## No Matter How Long The Winter, Spring Is Sure To Follow



Rachel Carson wrote in *Silent Spring*: “There is something infinitely healing in the repeated refrain of nature; the assurance that dawn comes after night, and spring after winter.” With the rebirth of spring our thoughts may be about spring training, spring cleaning, spring gardening and spring “break”; even thoughts of love as Tennyson writes. Keeping active is always better for our mental health.

The increased sunshine with longer days as well as shifting hormones may help create the lightheartedness and exuberance that bubbles up in us as winter fades. If we like digging in the dirt, gardening has long been known to be relaxing. Engaging in a domestic project like organizing your space (*spring cleaning* not daily routines) for only 20 minutes, 1-3 days a week can have the same stress-busting effect and reduce psychological distress by 24%. Sports activities show the greatest psychological benefits and the clearest relationship between increased activity time and greater mental well-being.

Whether your physical activity is on the tennis court, in the garden, or in the house, we can all welcome spring in health.

## Planning for a Wedding?

### How Spending Less on Your Dress Can Give You More...

Your wedding is one of the biggest days you’ll ever experience in your life. Yes, you’ll likely have babies and other fun and exciting things, but your wedding is a day you’ll never forget. You’ll have the ceremony, the reception, and the pictures, but one of the biggest parts of your wedding is the dress.

The dress is everything for a woman. It’s the first thing people see when you walk through the door and it’s the thing they continue to look at throughout the entire ceremony and reception. Depending on the dress you have, it may be the conversation for weeks after the wedding as well. If you don’t have the perfect dress and the most beautiful dress it’ll be the talk of the town. You don’t want that to happen either.

No matter if you have thousands of dollars to spend on your wedding dress or if you’re limited to a couple of hundred dollars, you can make the dress exactly what you want. It doesn’t matter if you buy your dress brand new or used; it’s what you make of it. When you spend less on the dress, you’ll be able to add accessories to go with it such as fancy shoes, jewelry, and a hairpiece you’ll never forget. Those accessories will make the dress even better, no matter how much money you spend on it.

There are several ways to find the perfect dress for less. You can go to the bridal store and look at the clearance racks, look at the dresses that were rentals, go to a used clothing store, or use sites like Facebook and Craigslist that

have sections for local people to sell things. There are also wedding dress warehouses in San Francisco open to public. You’ll have the perfect dress and you’ll spend a lot less money in the process.

One thing to keep in mind is that if your dress costs less, you’ll be able to spend more on other parts of your wedding. You may spend less on your dress, but you’ll be able to have other things you may not have been able to have otherwise. For example, you may be able to invite more people, have steak and shrimp instead of chicken or real flowers instead of silk.

You’ll know when you find the perfect dress. Your eyes will light up and your heart will beat fast the minute you see it. You’ll have your dream wedding and it’ll be everything you’ve ever wished for and more. One thing is for sure, no matter how much you spend on the dress, the wedding will be perfect no matter what. You’ll have your dream and everything that goes with it all wrapped up together.



### Nutrition: A Key To Health For Seniors

Many Believe That The Idea “You Are What You Eat” Has Particular Significance For Seniors.



That’s because following a healthy diet can often lead directly to: better quality of life, including being more alert, having a stronger immune system, more energy, faster recuperation times and the ability to manage chronic health problems better.

It’s also said that eating well can lead to a more positive outlook and better emotional balance. Plus, it can also help to keep muscles, bones, organs and other body parts stronger over time.

#### STAY HYDRATED

Part of a proper diet is making sure you drink enough water. Seniors can be prone to dehydration because their bodies may lose some of their ability to regulate fluid levels and their sense of thirst on a regular basis. Drinking water with meals can help them avoid urinary tract infections, constipation and possibly confusion.

#### TAKE YOUR VITAMINS

Even those who pay attention to nutrition can sometimes benefit from taking a vitamin supplement, particularly when it comes to getting enough vitamin B and vitamin D.

- After age 50, a person’s stomach produces less gastric acid, which can make it difficult to absorb vitamin B12, a vitamin needed to help keep blood and nerves vital. In order to get the recommended daily intake (2.4 mcg) of B12, it may be necessary for some to take a supplement. [www.newspirit.com](http://www.newspirit.com) have very high quality affordable supplements that I give my family.
- As people get older, their skin is less efficient when it comes to synthesizing vitamin D, which, together with calcium, can help to protect older adults from osteoporosis, so taking a supplement may be to your benefit.
- After age 30, we do not make type 1 and 3 collagen needed for healthy joints and firm skin. Ask us about the new Beauty Drink you can easily add to your shake to support your skin and joint health.

### Are You Allergy Sensitive?

A food allergy is a type of immunologic reaction to certain food proteins. Recent studies show that there are about twelve millions Americans who suffer from food allergies. Shellfish, eggs, tree nuts, fish and peanuts are some of the known causes of food allergies particularly to senior citizens. Whereas young generation is known to suffer food allergies from peanuts, milk and eggs.

As of now, the only cure for people who are allergy-sensitive is to prevent intake of allergens. Several Diet Plans are available which are suitable for people who suffer from food allergies.

#### Egg-free Diet

Over reaction of the body system when proteins from the eggs are consumed leads to egg allergy. You need to avoid prepared foods wherein albumin, egg, and other egg substitutes are present if you have allergies with egg. There are different egg substitutes which you include on your cooking recipe such as: puree from apricot, plain gelatin with warm water, mix of baking powder, vinegar and liquid.



#### Peanut-free Diet

All kinds of nut as well as foods that may contain peanut protein should be prevented for consumption if you suffer from peanut allergy. Peanuts are not the same as tree nuts (almonds, cashews, walnuts, etc.), which grow on trees. Peanuts grow underground and are part of a different plant family, the legumes. Other examples of legumes include beans, peas, lentils and soybeans. If you are allergic to peanuts, you do not have a greater chance of being allergic to another legume (including soy) than you would to any other food.

#### Milk-free Diet

Milk allergy is an allergic reaction of the immune system to one or more proteins acquired from cow’s milk. Substituting soy-based yogurts and cheeses, and using margarine instead of butter. There are currently a number of commercially-produced liquid soy, rice, potato and oat milks and available in different flavors (such as *regular, vanilla, chocolate, and mocha*). All can be substituted 1-for-1 in recipes.

## Ask the Doctor...



### 2014 Body & Face Makeover Series:

## Frugal Beauty Tips for Seniors:

Frugal living is for all ages these days, and one of the ways spending can really rack up is with beauty products and visits to the hairdresser. Seniors have some particular beauty needs, too, that may seem like they are hard to address in a frugal manner. But there are frugal beauty tips for those of a certain age, too. Read on for some frugal beauty tips for seniors.

### 1. Hair

Do you spend a lot at the beauty shop getting your hair done? What does it involve? Chances are, you can do a lot of those things at home, or elicit help from a family member. It's generally a great deal cheaper to do your hair at home, and hair color can often be had for less than \$10 (especially if you use coupons and watch for sales).

If you are coloring gray, sources suggest that you go with an "ash" color, which means it will blend with gray pretty well. Ash colors are also a bit more forgiving if you make a mistake. If you prefer not to color, ask about MD Color Restoration, a new leave on foam designed to naturally restore your hair color and shine.

A set of hot rollers can help save money on having your hair styled. They are also likely to be easier on your hair than a chemical treatment like a perm.

### 2. Skin Cleanser

Try making your own skin cleanser for a lot less than the commercial stuff. A good stand-by for dry skin (and a good

help for wrinkles) is to mix 1/4 cup of plain yogurt, 1/2 teaspoon of sweet almond oil, and 1/2 teaspoon of raw honey and use it to cleanse your skin. If you need to remove make-up and you have dry or wrinkled skin, try using olive oil to wipe off the make-up before cleansing.

You can also make your own exfoliant, which helps give skin a healthy glow if used once a week or so. A simple homemade one is made from 1-tablespoon sugar, 1/2-teaspoon sweet almond oil, and 1 teaspoon of raw honey. If it's too thick, add a little milk to thin it.

### 3. Don't Be Afraid of a New Look

If you've had the same basic look for the last 30 years, maybe it's time to go for a different look. No one has to know it's because you're being frugal! New hair styles and new make-up techniques can give you a totally new look which costs less and may even make you feel younger.

### 4. Eat and Drink Well

Yes, what you eat and drink has plenty to do with how you look. You've probably heard that drinking water helps hydrate your skin; but you may not know that a healthy diet also plays a role. Eat healthy, fresh foods and load up on fruits and veggies. It's not a bad idea to take a good multivitamin, either.

## Health Quiz...



Congratulations Patty K. of Burlingame. You are last month's contest winner!

To redeem your prize of \$25 off your next service. Just call our office before the end of the month.

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

**Q.** "Why can low or no fat foods be a bad choice, when trying to lower calorie intake?"

**A.** "Many low-fat or fat-free products add sugar (extra calories) or other unhealthy ingredients to make up for the lack of taste."

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

**Q.** "How many people in the U.S. suffer from food allergies?" (*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 and give recognition to the following patients and readers of this newsletter for their kind referrals:

**Elaine K. of 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 off your next service. Thank you again for thinking of us.

**MD Laser and Cosmetics**  
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SPRING FORWARD!  
Don't Forget  
Daylight  
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### March Specials

1. **Get Brighter, younger and smoother looking skin with Photofacial and receive free MD Ultimate C Brightening Serum. (\$55 Value).**
  2. **Time to stock up for beautiful hair and clear skin: Buy 3 MD Nutri Hairs and receive 1 free (save \$50).**
  
- **New Product: MD® INTIMATE RESTORE: Women experience many natural changes with aging. One that can really affect a woman's lifestyle and sense of self is vaginal dryness and loss of sensitivity during intercourse. You anti-age your face, why not anti-age intimate areas. Supports moisture, firmness and restores sensitivity. *Intimacy starts with youthful skin.***