

<Add LOGO and/or PHOTO in this area above masthead and inside the header>
<Just double click inside this area and the Header will open>

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

January 2014

“You may never know what results come from your action. But if you do nothing, there will be no result.”

~ Mahatma Gandhi, father of the Indian independence movement.



An Inspirational and Happy New Year:

With 2014 finally here, we find that we are wishing all “good cheer”! Let this year be one to inspire us to ring in the New Year on a positive note and strive to make the world a happier place. A few words of compassion might help someone who has been feeling sad or low to get back on their feet when they are down. Show support and move your friends and loved ones with words of motivation and thoughts of encouragement.

Embrace the New Year with a positive approach to make things better in the coming year. Keep your virtues close and let go of your vices. Begin the New Year by burying the unpleasant memories of the past and making way for better ones to come in the future. Tough times don’t last and the arrival of a new year can mark the turning point. Troubling and difficult problems will not last forever so never abandon hope and lose your confidence.

This year can give you a chance of undoing the errors committed in the past. Let 2014 be the year when all your dreams come true, all your hard work reap great results and rewards, all your family and friends keep you company. This year not only change the date of the calendar, but also your focus, commitments and actions for a more fruitful year ahead.

Look forward to 2014 with hope and confidence.

Get Fit In 2014!

Physical Fitness Tips for Women 35 and Older...

Let’s face it — after the age of 35, remaining slim and fit is a little harder than it used to be. Maybe it isn’t actually harder, but you have to make a deliberate choice about it rather than it being effortless. And that’s the good news: with a little planning and dedication, you can be physically fit over the age of 35.

Here are some physical fitness tips for women 35 and over:

1. WALKING

As lackluster as it may sound, walking is still one of the best exercises out there. For one thing, walking does not require any special equipment (except good shoes). For another thing, walking is both aerobic and weight-bearing, so it burns calories and helps build bone density. This is of particular concern for women nearing the age of menopause, when bone density tends to decrease.

2. GET PLENTY OF SLEEP

Your body slows down if you don’t get enough rest, and that includes your metabolism. If you are sleep deprived, your body is constantly seeking rest, so to speak, and you will feel sluggish and slow. It’s hard to work out and burn calories when you just want to take a nap! So get between seven and eight hours a sleep each night, as experts generally recommend.



3. SEEK OUT DAILY EXERCISES

When you were younger, your body burned more calories without you having to do anything. Just sitting and reading a book burned more calories at the age of 23 than it does now that you’re over 35. To make up for this, older women can find ways to sneak exercise into their daily routines so that you burn more calories just going about your business. For example park far away from the grocery store entrance (or the entrance to wherever you’re

going) to get in extra walking. The key is attuning yourself to “down time” and making it active time, even if it’s just a few minutes.

4. DON’T LIMIT YOURSELF TO MACHINES

If you work out at a gym, experts recommend that you not limit yourself to machines only. This is because of joint wear and stress, which you want to avoid at any age, but it’s especially important when you’re over 35. Injuries take longer to heal and your tissues take longer to repair themselves than they did when you were younger.

With a little planning and awareness, you can be physically fit at age 35 and beyond.

Tips To Minimize Colds and Flu

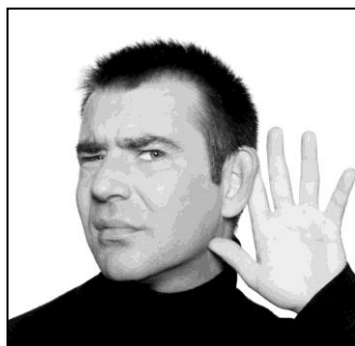
The Centers for Disease Control estimates that nearly 22 million school days are lost to the common cold every year. This is no surprise to moms, according to a survey conducted by Braun Research. Nine in 10 moms agree that other children who go to school with cold or flu viruses have caused their child to get sick. Flu viruses are their worst from October through March.

Here are some easy strategies for minimizing exposure to cold and flu bugs

- Wash your hands often and for a minimum of 15 seconds, especially before eating, after playing outside or using the restroom.
- Sneezes can spray 100,000 infectious droplets into the air at 200 miles per hour and land three feet forward! Whenever possible, use a disposable facial tissue and then throw it away.
- Cold and flu viruses are around all year long, so it's important to get on an effective sleep cycle and drink plenty of fluids to help boost your immune system.
- Sixty-five percent of moms admit that their child has been sent home from school sick. Help avoid this by keeping your loved ones home when they're under the weather.
- Cold and flu viruses can live up to 24 hours on regular tissues—noteworthy, since three-quarters of moms admit to handling their family's used facial tissues.



Protect Your Hearing For A Lifetime!



Whether a person is 10 years old, 40, 60 or older, it's not too soon, or too late, to protect hearing, one of the vital five senses...and these are some easy ways to do it:

- Get some quiet, if only for a short time, and give your ears a rest. Whether you're working with loud equipment, listening to music or watching TV, turn off the noise and have a few minutes of quiet time.
- Check your headset. High volume can cause permanent hearing damage. Turn it down if you can't hear people speaking to you. Never turn volume up to block out noisy surroundings. Seriously limit high-volume listening.
- Move back from the stage. At a concert, music club or karaoke bar, take a seat that is a safe distance away from amplifiers and speakers.
- Spend less time in loud environments. Whether it's a construction zone, a party with loud music, or a stock car race track, the longer you stay, the harder it is on your hearing. Any time you have to shout to be heard, it's too loud. Avoid loud music in the car.
- Wear hearing protection. When you know an event will be loud, wear foam, silicone or premolded earplugs. They are all effective because they must have a noise reduction minimum of 9 decibels. Wear them while using the garden tractor, chain saw, air compressor or any loud equipment.
- High fidelity protections reduce all frequencies equally. Though there are several brands available, (like: Hearos High Fidelity), use lets you hear all the highs and lows in an entire jam session while your ears receive up to 20 decibels of noise protection, and they are comfortable to wear. Users say the music is more enjoyable.

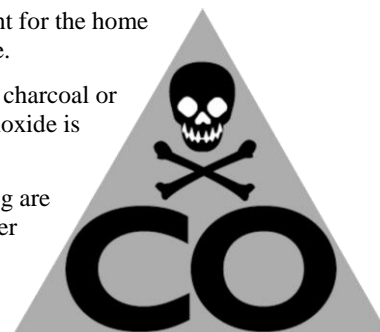
Winter CO poisoning dangers

The dangers of carbon monoxide are greater in winter because people use heat sources that aren't meant for the home and the work environment. People are affected by the dangers through lack of knowledge and vigilance.

Carbon monoxide (CO) is a deadly gas produced when a carbon-based fuel, such as gasoline, propane, charcoal or oil burns. Sources include gasoline engines, generators, cooking ranges and space heaters. Carbon monoxide is undetectable. It has no color, no odor, no taste; it mixes evenly with the air.

According to the Centers for Disease Control and Prevention, the most common symptoms of poisoning are headache, dizziness, weakness, nausea, vomiting, and confusion. But victims often go to sleep and never wake up.

Take precautions. Have heating systems and gas ranges checked. Never use a generator in the house or an attached garage, even with the door open. Use only electric heaters in a camping trailer.



Ask the Doctor...



2014 Body & Face Makeover Series:

Help Your Skin Look Its Best in 2014!

Happy 2014! We all know what the new year brings... That's right, resolutions. We all have equally good intentions – to work out, lose a few pounds and give up vices. While all those good intentions are great, a little work may be needed in order to really be prepared for healthy and attractive skin into the winter way before winter hits.

Preparation is really key in getting your skin winter ready. Nobody can expect to wake up one February morning and magically have the glowing skin they always dreamed of.

TAKE INVENTORY OF YOUR SKIN CARE PRODUCTS:

When winter hits, it is important to take a good look at your cosmetics. Chances are that you are using what is left over from your summer stock. Take a look at your moisturizer. Perhaps it is time to replace that moisturizer

WINTERIZE YOUR SKIN: BEGIN WITH A GOOD CLEANING:

Next, take a look at your skin. Has being outdoors in the summer and fall created a dry, dull appearance? Start by

either purchasing, or making at home, all-natural facial cleansers that contain things such as cucumber and/or sea salt. These things will prepare your skin for winter as it cleanses it. Check your cosmetic colors as well. Typically, many women utilize summer colors that are a bit lighter and brighter than they would during the winter months. See what needs replacing or, better yet, what needs recreating.

WINTER SUN AND YOUR SKIN:

Even though summer is long gone, the sun still burns bright so be careful. Of course, any time you go out into the sun, it is important to wear sunscreen and wear proper eyeglasses on those bright days. A sunscreen with moisturizer is even better.

By preparing your skin in now a little each day, you give your skin a leg-up on looking healthy, beautiful, and radiant way before winter officially starts.

Health Quiz...



Congratulations Jessica P of San Mateo, 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 does 'Nordic Walking' burn more calories than ordinary walking?"
- A.** "Nordic Walking (*walking with moderate pole pushing*) burns 20% more calories, due to working muscles in the upper body (*arms, shoulders, chest, back and torso*) as well as the legs; and also increases breathing, making the body consume more oxygen."

NOW FOR THIS MONTH'S QUESTION...

- Q.** "Infection droplets transmitted by sneezing can travel how fast, and how far?" (*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:

Jill G. of Hillsborough

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.

If someone you know might benefit from one of our services, feel free to give them the enclosed *free* consultation certificate. Remember, we are always here to help.

MD Laser and Cosmetics
448 N. San Mateo Dr.
San Mateo, CA 94401

MD New Year New You Package for January

All about the EYES

Dysport (wrinkle reduction one area)- \$300
AAPE (reduce eye bags)- \$500
MD Ultimate Eye Cream (reduce puffiness)- \$95
\$600 (save \$295)

Instant Renewal- Reduce wrinkle and tighten skin

AAPE (firmer, tighter skin. One area)- \$500
Dysport (2 areas)- \$650
Restylane (1cc)- \$600
MD Skin Kit (Stem Cell, Brightening Serum, Eye Cream)- \$390
\$1,500 (save \$640)

Forever Young- Restore youthful glow and volume

AAPE (full face)- \$1,000
Filler 2cc (liquid face lift) - \$1,200
MD Skin Kit- \$390
\$1,950 (save \$740 with \$100 rebate)