

## Tips & TRics

### Dry Skin Relief

Does dry skin cause wrinkles? No, this is a myth.

#### Some causes of dry skin are:

- ✓ Cold weather and low humidity
- ✓ Central heating can make air dry which can cause dry skin.

Aging - Lower estrogen levels, thinning skin, and the fact that our skin can not produce enough oils are some of the reasons our skin is more prone to dryness as we age.

*Dry skin affects people who have skin type I or II more frequently.*

In some cases dehydration, malnutrition, diabetes, eczema or low thyroid hormones can cause dry skin.

#### Treating dry skin:

When you shower use lukewarm water and don't take long showers or baths. Apply moisturizer while skin is still damp to seal in moisture.

- ✓ Use mild soap and avoid perfumed soaps.
- ✓ Use a humidifier at home.
- ✓ Avoid skin care products that contain alcohol.
- ✓ Don't wash your face too frequently.

Use moisturizers which contain emollients. Emollients, such as urea and mineral oils, soften skin and provide a barrier to keep moisture in and harmful agents out. Your moisturizer should also have lipids (fat or waxes) such as cholesterol, lecithin or glycerol.

Dry skin can cause flaky and rough skin. To get rid of the layer of dead skin use a gentle exfoliant containing alpha hydroxy acid or beta hydroxy acid.

Wear sunscreen.

Apply moisturizer frequently.

## Tips to avoid the sun and prevent premature aging

The best way to keep your skin healthy is to avoid sun exposure.

#### WHAT CAUSES WRINKLES?

Wrinkles are caused by both genetic and environmental factors such as sunlight, make up, exposure to chemicals, cigarette smoke, and other pollutants.

Stay out of the sun. Avoid the sun between 10 a.m. and 3 p.m. This is when the sun's UV rays are strongest. Don't let the clouds fool you. Harmful rays pass through clouds. UV radiation also can pass through water, so don't assume you're safe if you're in the water and feeling cool. Use sunscreen. Sunscreens are rated in strength according to a sun protection factor (SPF), which ranges from 2 to 30 or higher. A higher number means longer protection. Buy products with an SPF number of 15 or higher. Also look for products whose label says: broad spectrum (meaning they protect against both types of harmful sun rays - UVA and UVB) and water resistant which means it stays on your skin longer, even if you get wet or sweat a lot. Remember to reapply the lotion as needed.

Wear protective clothing. A hat with a wide brim shades your neck, ears, eyes, and head. Look for sunglasses with a label saying the glasses block 99 to 100 percent of the sun's rays. Wear loose, lightweight, long-sleeved shirts and long pants or long skirts when in the sun. Avoid artificial tanning. Don't use sunlamps and tanning beds, as well as tanning pills and tanning makeup.

Tanning make-up products are not suntan lotions and will not protect your skin from the sun. Check your skin often. Look for changes in the size, shape, color, or feel of birthmarks, moles, and spots. If you find any changes that worry you, see a doctor. T

he American Academy of Dermatology suggests that older, fair-skinned people have a yearly skin check by a doctor as part of a regular physical exam.

## **What are the Anti Aging Procedures available today?**

There are many anti-aging procedures on the market so it is great to learn about each procedure and decide which one is the best fit for you.

**Botox:**

Botox or botulinum endotoxin-A can produce dramatic anti aging results, similar to surgery, without the devastating side effects. Botox is a neurotoxin produced by the bacterium *Clostridium botulinum*. It causes a slight paralysis of the muscles around the wrinkles. This can diminish the appearance of "motion wrinkles," such as laugh lines and crow's feet. The procedure to have Botox injected under the skin can be quite costly and it's effects are only temporary, so it must be repeated several times throughout the year.

**Dermabrasion:**

This is a procedure that utilizes microcrystals or other sanding equipment to scrape away facial skin around the affected area. It is a costly procedure that may actually require a recovery of several weeks.

**Laser Resurfacing:**

Laser surgery is a technique that uses a controlled laser beam to remove the upper layer of damaged skin. It can visibly reduce the appearance of fine line and in some cases, deeper wrinkles. It is one of the most popular procedures in cosmetic surgery today. However, it is an invasive surgical procedure that also has risks such as excessive scarring, infection, loss of normal skin pigmentation, skin redness and dryness.

**Chemical Peels:**

Chemical peels involve applying a chemical substance to your skin that "burns" off the damaged layers. The gentlest type of chemical peel available is the glycolic acid peel that removes dead skin cells from the upper layer of skin only. These treatments are quick and may only require ten to fifteen minutes in the doctor's office. However, the results of chemical peels are only temporary and the procedure must be repeated frequently.

**Popular Anti-Aging Products and Ingredients**

**Vitamin A:** Vitamin A yields a slight inflammatory action on the skin. It can help to "puff up" the skin and diminish the depth of many wrinkles.

**Vitamin C:**

This water-soluble vitamin helps to improve circulation and boost the production of collagen within the body. It has a brightening affect on skin that has become dull and dry with age.

**Vitamin E:**

Vitamin E is an antioxidant that helps to protect skin from the damaging effect of free radicals. It also strengthens the immune system, improves circulation, and protects red blood cell membranes.

**Coenzyme Q10:**

This powerful antioxidant is effective at protecting the skin from free radical damage and improving circulation throughout the body. Coenzyme Q10 can be found in oral vitamin supplements or as an ingredient in skin care creams.

Alpha Hydroxy Acids:

AHA's or fruit acids help to slough off dead skin cells that can dull the skin's appearance.

## Fit Tips

In addition to telling us how to check if a bra is too big or small (see the month's other tip), Warner's bra expert Nancy Lesser Bellini passed on some useful fit tips to keep in mind the next time you're shopping for some support. Most importantly, she says, try the bra on in the store, instead of just getting the size you always wear. "Most people's breasts fluctuate in size and often change for no apparent reason, so it's a good idea to get a fitting whenever your body changes, particularly from weight gain or loss," she explains. When trying one on, "make sure the gore, or the center part of the bra in the front, is flat against your body, and that the breasts have a natural separation." Also check that the band is sitting comfortably around your body, and isn't too tight or riding up your back. "Stand side-on next to a mirror, raise your arms and take a look at the band," Bellini suggests. "The band should be horizontal all the way around, but it shouldn't dig in."

### Bra Blunders

It's shocking, really, when you think about it: Bras form the foundation (ha) of our every outfit, yet 8 out of 10 women are wearing the wrong size. According to Nancy Lesser Bellini, undergarment expert from Warner's, there are a number of ways to tell if you're not in the right number. "You're likely wearing a bra that is too small if you experience 'double-bubble,'" she explains, "which is breast tissue spilling out over the front edge of the bra and at your underarm." To avoid this, try your bra on under a snug t-shirt. "If your breast tissue isn't contained to your bra and it's apparent under the shirt, then you should try the next cup size up."

On the other hand, if you're wearing a bra that is too big, says Bellini, "you will find yourself with no support and too much chest movement. If your top looks uneven or if you are shallow and not falling out of the cup, it might mean the cup size is too big." And if you find the bra lacks support unless you make the shoulder straps very tight, "you probably need a smaller band size or a deeper, more supportive cup."

### Tips for a Healthier, Brighter Smile

Since May is National Smile Month (who knew?), we asked experts for some of tips on creating a healthy, dazzling grin. Laura Kelly, President of the American Academy of Cosmetic Dentistry, recommends avoiding coffee, dark-syrup sodas and red wine—all of which stain teeth—and munching on raw veggies instead, which are both healthy and help clean teeth and remove topical stains. NYC-based celebrity dentist Dr. Jeff Golub-Evans also suggests skipping red or dark-colored barbecue sauces and dressings and choosing lighter-pigmented options instead—but if you do go for the darker sauces, "make sure to brush your teeth after your meal, or at least rinse mouth with water." Dr. Golub-Evans also recommends cutting down on summertime-fave lemonade which, thanks to the citric acid, can cause tooth damage and erosion.

### Nail Care

We bite them, break them, file them and paint them—our nails take a lot. But experts say it's also important to love them, as nails help both protect fingers and toes from battery and clue us in to our overall state of health. Plus, a nail infection like a fungus can also lead to more serious conditions if not addressed.

To help care for nails, Amy Gutierrez of China Glaze says to make sure to keep cuticles moisturized and nails manicured. "This not only makes your nails look healthy," she explains, "but it also stimulates nail growth when you massage in the cuticle oil." Another tip: Don't bite or pick, as this can damage the nail bed and help harmful bacteria grow.

Fighting Bad Breath

In honor of this month's National Fresh Breath Day (yeah, that's a real day!), we asked Dr. Susanne Cohen, President and CEO of SmartMouth Mouthwash, what to look for in a good breath-busting product. "Bad breath is primarily caused by the millions of germs that naturally exist in our mouths," the doctor explains. "Alcohol, which is found in many mouthwashes, is a drying agent, and a dry mouth can actually cause or worsen bad breath. So if you're using an alcohol-containing mouthwash, it might actually be working against you." Along with going alcohol-free, Dr. Cohen also recommends looking more closely at the technology

behind your mouthwash. "Killing germs is not the answer to effectively treating bad breath," she stresses. "Germs re-populate very quickly, and those that aren't killed continue to produce foul-smelling bad breath gases." So in the drugstore, look for a mouthwash that can not only eliminate bad breath, but that also works to prevent it from returning.

## Smile Beautifully!

According to an independent study conducted on behalf of the American Academy of Cosmetic Dentistry, 99.7% of Americans believe a smile is an important social asset, and 96% of adults think an attractive smile makes a person more appealing to members of the opposite sex. To help achieve a sexy—and healthy—smile, AACD president Laura Kelly suggests these nighttime tips:

**Always Go To Bed with Clean Teeth.** Because beautiful teeth are healthy teeth, be sure to brush every night for two minutes, then floss thoroughly. To help prevent morning breath, brush or scrape the tongue, too; this reduces the bacteria in the mouth and cleans leftover food and debris from between the little bumps on the tongue. In addition, swishing around a fluoride gel or rinse just prior to bedtime can help reduce sensitivity and prevent decay.

**Sleep Soundly.** Snoring does not make for a restful night of beauty sleep, and while anti-snoring devices can often help, some dentists can custom-make appliances that help keep the tongue forward and the airway open, making breathing easier and snoring less likely. Clenching or grinding teeth at night can also lead to mouth and health problems, including headaches, jaw pain, bone loss, sore muscles, head and neck pain and dizziness. Ask your dentists to recommend care options for clenching or grinding.

**Pamper Lips.** After brushing teeth, gently exfoliate lips with your toothbrush or a damp wash cloth, then apply a moisturizer to help hydrate and condition lips throughout the night.

### Healthy Feet

Even though open-toe season has given way to thick socks and sturdy boots, it's still important to show feet a little TLC. "Proper foot care should not fluctuate with the seasons," says Dr. Christian Robertozzi, president of the American Podiatric Medical Association (APMA). "Dry, cold air can contribute to a myriad of pesky foot ailments. Properly caring for the feet, including keeping them clean and moisturized, is essential to maintaining foot health during the fall and winter." In addition to moisturizing to keep dry and cracked skin at bay, the APMA recommends:

Washing feet daily with soap and water and making sure to dry them thoroughly  
Changing shoes, socks and hosiery daily.

Wear shower shoes in public showers when possible, like at spas or the gym

Using a quality foot powder with talcum, not starch, to help deter infection

Avoiding moisture by wearing socks made of synthetic fibers, which tend to wick away moisture faster, and avoiding tight hosiery.

### Don't Eat Chocolate-Soak in it!

Next time you're having a chocolate craving, try soaking in it instead. Researchers have found that many skin cancer- and heart disease-preventing anti-oxidants are present in dark chocolate, along with high amounts of theobromine, a non-addictive stimulant that can attack cellulite and improve circulation. Of course, you'd have to ingest a lot of calories for these effects to take place, so luckily, many of the same results can occur when chocolate is absorbed through the skin. Day spas across the country are now offering chocolate-infused body wraps and soaks, including the luxurious Spa at The Hotel Hershey in Hershey, PA, where services like the Whipped Cocoa Bath and Chocolate Bean Polish make use of the sweet-smelling house product line.

## **Top 10 Do's and Don'ts for Weight Loss...**

Don't diet.

Do eat more fiber.

Don't pass the sugar, please

Do boost your metabolism.

Don't eat fast food.

Do increase your physical activity level.

Don't eat late at night.

Do eat breakfast and include protein.

Don't eat under stress.

Do ask yourself "What am I feeling?" and "What do I need right now?" before eating.

Walk, walk, walk at work...

Brown bag your lunch so that you have time to walk during your lunch hour. Even if you only walk a couple of blocks or do a few laps around the courtyard of your office building, you'll return to your desk energized and clear-headed.

De-stress with breathing techniques...

Your own inner oasis is simply a "breath" away. The next time you are feeling overwhelmed or simply need a respite from the stresses of everyday life, close your eyes, and take four cleansing breaths. Imagine your abdomen filling with air like a balloon as you breathe in the fresh new air, and as you release the old air, imagine the balloon deflating, and visualize all the stale thoughts, attitudes letting go. ...Refreshing!

Garlic Makes It Good...

Tossing a couple cloves of garlic into your cooking is an easy way to get more cancer-fighting compounds into your diet. In cell studies, garlic has demonstrated a remarkable ability to inhibit the growth of many types of cancer, including stomach and colorectal cancers. Researchers speculate that garlic may stimulate the immune system, setting off a string of immune-supportive reactions that help the body fight disease and infection.

Be fat savvy...

Reduce your intake of animal fats and transfats (margarine and shortening). Emphasize healthy fats by using olive oil, enjoying avocados and nuts, and eating several servings of fish -- especially oily fish like salmon and herring-- every week.

### **Beauty proverbs around the world...**

Beauty and folly are often companions (France).

Beauty is but skin deep (English).

Beauty will fade, but not goodness (Philippines).

Beauty will not make the pot boil (Irish).

## **Be More Involved in Your Health Care Tips for Patients**

One way you can make sure you get good quality health care is to be an active member of your health care team.

Patients who talk with their doctors tend to be happier with their care and have better medical results.

## **Before Your Appointment**

- ✓ Bring all the medicines you take to your appointment. This includes:
  - ✓ Prescription medicines.
  - ✓ Non-prescription medicines, such as aspirin or antacids.
  - ✓ Vitamins
  - ✓ Dietary or herbal supplements.
- ✓ Write down the questions you have for the visit. Use the back of this brochure to list your questions.
- ✓ Know your current medical conditions, past surgeries, and illnesses.

## **During Your Appointment**

- Explain your symptoms, health history, and any problems with medicines you have taken in the past.
- Ask questions to make sure you understand what your doctor is telling you.
- Let your doctor know if you are worried about being able to follow his or her instructions.
- If your doctor recommends a treatment, ask about options.
- If you need a test, ask:
  - How the test is done.
  - How it will feel.
  - What you need to do to get ready for it.
  - How you will get the results.
- If you need a prescription, tell your doctor if you are pregnant, are nursing, have reactions to medicines, or take vitamins or herbal supplements.
- Find out what to do next. Ask for:
  - Written instructions.
  - Brochures.
  - Videos.
  - Web sites.

## **After Your Appointment**

- ✓ Always follow your doctor's instructions.
- ✓ If you do not understand your instructions after you get home, call your doctor
- ✓ Talk with your doctor or pharmacist before you stop taking any medicines that your doctor prescribed.
- ✓ Call your doctor if your symptoms get worse or if you have problems following the instructions.
- ✓ Make appointments to have tests done or see a specialist if you need to.

# **Best Weightlifting Routines**

This style of training involves splitting the body into several "groups" of muscles, and working those muscles on certain days of the week - for example, a 5 day split would look like this:

Monday: Chest/Back/Abs

Tuesday: Shoulders/Biceps/Triceps

Wednesday: Quads/Calves

Thursday: Shoulders/Abs

Friday: Hamstrings/Low Back

This style of training is very popular among the bodybuilding crowd, because it allows an individual to focus on a specific muscle group and work that muscle to complete exhaustion.

With proper rest, this results in very large and defined muscles. The sets can be as high as 10 sets per exercise, and the reps fall anywhere in the range of 8-20. Rest periods can be as short as 10 seconds and as long as 5 minutes. Strategies include back-to-

back sets, pyramiding up or down in reps and/or weight, pre-fatiguing, bouncing, super-slows, negatives, and a host of other tricks from the realm of bodybuilding. If you simply want to get "big and cut", this is a good approach. The problem with this style of lifting is that it only works well if you can sufficiently exhaust the muscle groups, so you need to plan on spending at least an hour and a half, and up to three hours every day weightlifting in the gym.

Many of the lifts are single joint lifts, meaning that the focus is not on calorie-burning, strength, or athleticism - but simply muscle isolation and growth. Many of us don't have that kind of time: the people who get the most benefit out of a body split routine must have a high amount of dedication and devotion to their exercise program, and have a single desire: build muscle.

## Signs of Stress

In today's world its an everlasting challenge, with the everyday rush of life it is hard to relax and take control of stress. Its present in our lives in some shape or form.

Their levels are affected by external and internal factors.

There are a lot of signs of this health condition that can take your life in the wrong direction.

(1) Trouble sleeping, muscle aches and tension, headaches, fatigue and gastrointestinal issues.

(2) Behavioral and emotional issues can include anxiety, loss of enthusiasm or energy, irritability and depression, and overeating.

(3) You need to pinpoint the sources of stress in your life and have to examine your habits, excuses and attitudes.

(4) Negative thoughts and actions can lead to personal unhealthy relationships, with loved ones, work companions, family, and friends.

(5) Work and relationships are very first that cause worry in the world today.

Men are also emotional like women and just like with the behavioral symptoms these emotional signs are also visible evidences of men stressful.

These are the feelings of being ill-tempered, irritable of little things, isolation, mood variations, insecurity, loneliness, sadness and even the feeling of beleaguered.

## What are Vitamins?

Vitamins are substances that have very important uses in the body. They are used in growth, metabolism and nerve function.

Video outlining the role of vitamins in the body and an interview with Barbara Schneeman, PhD, Director of FDA's Office of Nutritional Products, who discusses vitamin supplements.

Vitamins can be broken down into two types: fat-soluble and water-soluble.

Fat-soluble vitamins

Vitamins A, D, E and K are examples of fat soluble vitamins. They are carried by fat in the body.

Consuming too many fat-soluble vitamins can, in fact, be harmful. This is because, although it is commonly known that vitamin C cannot be stored by the body, excess fat-soluble vitamins can be stored within the body in fat and liver cells.

Consequently, it is possible to have too high a quantity of vitamins. Moreover, consumption of too many vitamin A and E supplements has been linked to increased risk of premature death.

Water-soluble vitamins

B-complex vitamins and vitamin C are water-soluble vitamins. They are not stored by the body as they dissolve in water. Consequently they are excreted in urine.

Water-soluble vitamins, therefore, need to be consumed every day in order for the body to have a sufficient supply.

How many vitamins are there?

There are 13 known essential vitamins. These include:-

Vitamin A

B vitamins, which include:

Vitamin B1 (thiamin)

Vitamin B2 (riboflavin)

Vitamin B3 (niacin)

Vitamin B6

Vitamin B12

Folic acid

Pantothenic acid

Biotin

Vitamin C

Vitamin D

Vitamin E

Vitamin K

What roles do vitamins play in the body and where are they found?

Each of the vitamins has different roles and can be found in several places.

Vitamin A

Vitamin A, or retinol as it is also known, has four main functions:

It strengthens the immune system against infections

It plays an essential role in vision - aiding the body to see in dim light

It helps with normal bone growth

It keeps the skin, and the linings of the body, healthy

Vitamin A may also help to reduce the risk of cancer, as it is an antioxidant. Consequently it protects the body from free radicals that may harm the body.

You can consume vitamin A from animal products, such as milk, egg yolk and liver; and from fruit and vegetables.

B vitamins

There are 8 B-complex vitamins. They are used by the body to gain energy from food.

Specifically, vitamin B6 is used by the body to store energy from food; whereas vitamin B12 is used by the body to release energy from food and to create red blood cells.

B vitamins also have a few other roles within the body:-

They help to control the appetite

They aid vision

They help to keep the skin healthy

They are needed for a healthy nervous system

Several foods contain B-complex vitamins, including:

Animal products, such as meat, poultry, fish, milk and eggs

Cereal grains

Beans

Peas

Fresh vegetables

Vitamin C

Many people know that vitamin C is important in fighting against infection and protecting against scurvy, but what actually is vitamin C? How does it prevent scurvy? And where is vitamin C found?



Vitamin C is actually ascorbic acid. It is also an antioxidant, which, as previously mentioned, means that it fights free-radicals that may damage DNA. Free-radical damage has been linked to the development of cancer, heart disease and arthritis.

The body needs vitamin C to make collagen, which is a protein found in skin, cartilage, tendons, ligaments and blood vessels.

Specifically, vitamin C is necessary for the formation of the structure of collagen. Normally, vitamin C allows the hydroxylation of the pro- $\alpha$  chains which together form a stable triple-helical procollagen structure, which then assembles into fibrils.

Without sufficient vitamin C, blood vessels, tendons, skin and so forth do not have the support of collagen and thus they are fragile.

Severe deficiency in vitamin C leads to scurvy.

Many people know that vitamin C is found in citrus fruits such as oranges and limes.

British sailors were even known as "limeys", for they were provided with limes in order to prevent scurvy. (9)

But vitamin C is also found in other foods, including:

- Asparagus
- Broccoli
- Brussel sprouts
- Cabbage
- Kiwi fruit
- Peppers
- Plantain
- Sweet potatoes
- Tomatoes
- Vitamin D

Vitamin D's key function is to control the amount of calcium and phosphate in the body.

Consequently, it is important in the health of bone, teeth and cartilage. Furthermore, a deficiency in vitamin D can lead to rickets in children and osteomalacia in adults.

The body's main source of vitamin D is through sunlight.

However, vitamin D can also be provided through foods, including:-

- Oily fish
- Eggs
- Liver
- Fortified foods such as breakfast cereals, fat spreads and so forth.
- Vitamin E

Vitamin E helps to protect cell membranes. It is also involved in blood clotting – specifically vitamin E stops blood from clotting.

Consequently, a deficiency in vitamin E has been linked to nervous, vascular and reproductive system problems. Such a deficiency is, however, rare.

Vitamin E is found in the following:-

- Plant oils, such as olive, soya and corn oil
- Wheat germ – which is contained in cereals
- Seeds, such as sunflower seeds
- Nuts, such as hazelnuts, peanuts and pistachio nuts
- Prawns
- Vitamin K

Vitamin K's main role is in blood clotting, which means that it is very important in wound healing.

Specifically, vitamin K is one of 13 proteins that are involved in a cascade that causes the blood to clot.

Vitamin K is also important for the role it plays in keeping bones healthy.

Researchers have found that vitamin K can increase bone density in people with osteoporosis, and that it can also reduce fracture rates.

Vitamin K is mainly found in green leafy vegetables such as spinach, broccoli and cabbage. It is also found in some vegetable oils such as soybean and rapeseed. Also it is found in some cereals.

Some babies are given are given vitamin K injections at birth. This is because during pregnancy little vitamin K reaches the baby as it cannot cross the placenta.

If the newborn baby does not have enough vitamin K, haemorrhagic disease, a rare bleeding disorder, can result. If the parent does not wish the child to have an injection, then oral doses may be provided.