

# REVIVE

HEALTH • BEAUTY • LIVING • FASHION

Winter 2011

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Dickinson*

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WOMAN OUTSIDE  
OF HER DRAGONS'  
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Winter  
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**A World of Pure  
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**"Iron Out"  
Facial Wrinkles**

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**Pitfalls  
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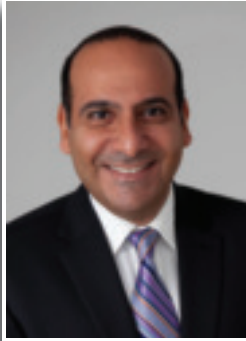
*Bigger  
Breasts*  
**Without  
Implants?**



# New Year, New You

## Cosmetic Enhancements for the New Year

By Dr. Ihab Matta



There are two things to look at when considering how we appear to the rest of the world. The first is our obvious physical appearance, including clothing, hair, makeup, weight etc...The second is how confident we

appear.

I'm balding....so it might seem weird listening to advice about hair from a guy who barely has any. I always find it interesting how many of my patients sit around the office and discuss their hair, or the new shoes they bought. It certainly is different than the conversation that men usually engage in. A new hair style will definitely freshen you up; in fact, I must admit that I always notice when one of my patients has changed either her hair style or color. Some women hold on to a hair style because they've always worn their hair that way, even if it's from the 1980's. I strongly suggest that you make a new hair "look" one of your new year's resolutions and let go of the past.

When I was younger, I never understood the importance of clothing. I would wear track pants to high school and wonder why I never got dates. I've come to the point in my life that I have to admit I was wrong (it kills me to do so). The world makes judgments about us based on our image; the image that is partially created by clothing. Whether you like it or not, I certainly didn't for the first 40 years of my life, society makes judgments based on the first impression they have of you. When you are wearing a \$500 outfit, with your hair and make up freshly done and you walk with a stride of confidence, the world thinks you are a woman/man to be reckoned with. When you walk around in track pants (as I did, and still like to do whenever nobody is looking), you become less impressive to the world. I

am not saying that I endorse this concept; I am saying this as a simple reality. Psychologists have shown it time and time again; when you appear young, attractive, confident, slim and well groomed, people pay more attention to you. So part of your new year will be to reward yourself with some new "strong" clothing after you have started to eat healthier (see my other article in this issue).

I will often have women come in to consult me on things that are not visible to others, such as small leg veins that are only visible when in a bathing suit, while they would benefit greatly from some minor cosmetic treatments such as Botox, laser or Filler. I understand that women will come in for something that bothers THEM, even if it isn't obvious to somebody else but from my experience, when one improves their facial appearance and they get compliment after compliment about how great they look, or how they don't look "tired" any more, it makes them feel great and improves their confidence. My suggestion to most clients is to look in the mirror, then look at a picture of yourself from 10 or 20 years ago and see how your face has changed. We now have great treatments to restore a natural, more youthful appearance with minimal downtime. After treatment, women will usually notice that they enjoy looking in the mirror now because they like what they see. Once they start to receive compliments about how great they look, they will become more and more confident and will carry themselves off as such. They will no longer be bothered by minimal things that nobody else notices. The truth of the matter is that we all like to receive compliments; when you improve your facial appearance to the world, you will soon experience how wonderful those comments feel. I usually recommend women start with Botox Cosmetic, Fraxel laser skin rejuvenation or Fillers (such as Restylane or Juvederm). Botox Cosmetic will improve wrinkles, Fillers will lift cheeks, fill in smile lines and restore the volume that we lose as we age and Fraxel will improve skin quality,

reduce age spots, and improve acne scars and so much more. One of your cosmetic new year's resolutions can be to look into a procedure that will help you look your best and feel more confident.

For those who want to start off small, it is important to look at what you are putting on your face. I will often have patients who spend hundreds of dollars at the cosmetic counters of department stores or pharmacies but are unaware of the differences between over the counter products and those sold in physician's offices. For the same price that one pays in a department store, one can get products that are made with higher quality ingredients and are more concentrated meaning that you need less of the product so that it lasts longer, making it ultimately less expensive than the department store brands. The chemistry of skin care products is usually more detailed than people care to hear about, but one can understand that if you buy a shirt or blouse for \$10 (regular price) it is unlikely that it will last more than one washing; the stitching will tear, the color will fade, the edges will fray etc... When you buy a well made shirt/blouse you know that it will survive

multiple washings because the quality of material and workmanship is superior. This New Year, treat yourself to a superior quality line of skin care and see the difference.

The last point of discussion is confidence. While all of the things mentioned above improve confidence, it is important to understand that you should be confident no matter what you wear or how you look. Women and men often feel that they need to live up to the physical standard that society and the media projects. I have never been one to do things just because society tells me to do it. I've always had "control issues" LOL. If you already have the confidence to be who you are, regardless of what others tell you about who you should be or how you should look, then that is great. It is often that I will see patients who are completely confident, but still want treatment done simply because they like to look better for themselves, not for others. Whatever your reason, for yourself, or to help project a more confident image, the new year will provide you with a multitude of options to achieve your goal. Happy New Year.

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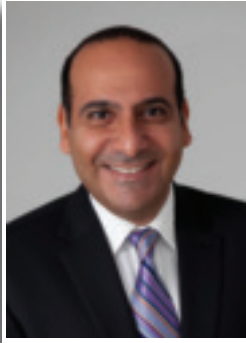
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# New Year, New You

By Dr. Ihab Matta



With the New Year upon us, it is common for us to all make resolutions of the next year being better than the last. Most of the time, it's a promise to oneself that they will lose weight, or

start to exercise, but it can include almost any aspect of self improvement.

It isn't unusual to gain 5-7 lbs over the Christmas season, which lasts from the end of November to the beginning of January. We definitely all want to lose that extra weight, but also shed some of the pounds that have accumulated slowly over the years. I commonly hear patients say that they don't eat much, and while they may think that they don't eat a lot, they eat more than they need, which is why they are overweight. You cannot drive a car without fuel, nor can you move around a body mass of 150 lbs or more without fuel, in the form of food calories. Calories are simply a measure of the energy content of food. You can't escape them; they're a crucial part of weight loss. Most women need to consume around 1200 calories per day to lose 1-2 lbs per week while most men need around 1600-2000 for the same weight loss. One pound of fat consists of 3500 calories, so you can see why it is unrealistic to try to lose more than two pounds (or 7000 calories) per week. That would mean that you need to slash your calorie intake by more than 1000 calories per day; which is very difficult to do especially in our busy society.

I usually suggest you break up your daily intake into 5 meals, with 25% for breakfast,

lunch and dinner and 12.5% for each of two snacks. In the 1200 calorie example, that would mean that you would eat 300 calories for each of the main meals, and 150 calories for each of your two snacks. While it isn't starvation, it's not a lot of the high-density/low nutrition food that you might be used to. An average donut will take up 250 calories of the 300 you're "allowed". A bagel with cream cheese will take you well over, and don't even bother counting the calories of an average pasta meal because it will make up more than your whole 1200 calorie daily recommendation.

A great choice for breakfast is two eggs (150 calories) and some fruit. Lunch can be a 4 oz chicken breast salad with two teaspoons of Italian dressing. Dinner can be a 4 oz salmon fillet (132 calories), with vegetables, salad and fruit for dessert. In general, if God made it, then it's probably ok, but if man made it, then throw it away. One generation of human manipulation of the food supply cannot overcome 50 million years of evolution. So, if we tinker with nature, we're bound to pay the price. The food choices are not that difficult to make, it's simply getting out of the habit of eating poor quality food that is calorie rich but nutritionally deplete. Many men and women look to food as a form of comfort, and even though they know what they "should and shouldn't eat" they make bad choices anyway.

This brings us to the whole psychology of obesity and control. This topic can occupy a book by itself, and will be dealt with in detail in the book that I am currently writing. Food gives instant gratification and there is a strong evolutionary reason for it to do so. Over and above the biology, one needs to examine the psychology. Many people will

use food as a form of control in their lives. They may not feel that they have control at home, at work, with their families or spouses and they use food as a way to exhibit their control, even if it is self destructive.

Many of us grew up with food being used as a reward or punishment for good or bad behavior: "if you are a good boy, you can have dessert", "if you misbehave, you will go to bed without any dinner". It is sometimes used to guilt a child, "don't you know there are starving children in Africa that would do anything to eat what's on your plate?" It's no wonder why so many people have food issues when it has been used as a way to control and guilt a child for years. Forcing a child to eat, when they are not hungry or finish everything on their plate creates an unhealthy attitude towards food. I remember when I was a resident and my supervising pediatrician would tell parents to just let the kids eat whenever they wanted!!! This was blasphemy. Children were supposed to eat 3 meals a day and finish them properly at the table. Looking back, he was ahead of his time; no animal will starve themselves (aside from psychiatric illnesses such as anorexia, in which food is truly used as control) and children will eat when they need to.

Childhood obesity has climbed in multiples, while only a quarter of parents with an overweight child recognize they are overweight. If the only step you take this New Year is to ensure healthy eating habits for your children then you're doing enough. Never create a food issue in front of the child, never make fun of their weight or tease them about being chubby, just make healthy choices for the whole family. We are now at the same place with food that we were 30 years ago with smoking. No parent would encourage a child to pick up smoking, but feeding them poor quality, high calorie, nutritionally deplete food is equally harmful and until society recognizes the severity of the impact of these choices, childhood and adult obesity will continue to climb with significant health implications.

In later issues we will continue to explore some of the benefits of a good lifestyle for physical and mental health, as well as the cosmetic benefits that one would reap. Happy New Year.

For more information or  
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