



Accentuating *Beauty* with Laser Precision



914-393-4127
drjoshfink.com

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Reconstructing Amy in Amy's Words!

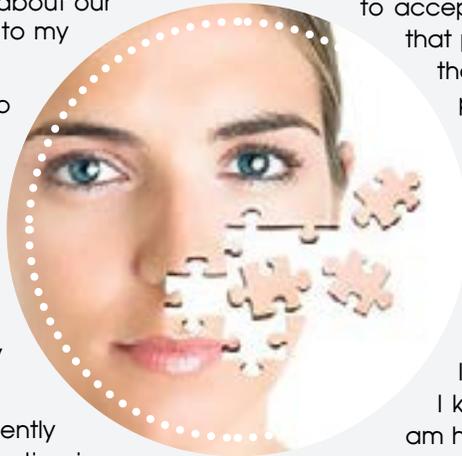
Dear Readers,

In the most recent newsletter, you learned about a project called Reconstructing Amy. Well, I'm Amy - checking in! I am a very loyal and long-time believer in Doctor Josh Fink, and I thought you might be interested in my perspective about our ongoing transformation project. Welcome to my journey.

How often are you given an opportunity to turn back time? Having met Dr. Fink, I was given the chance to do just that.

I have never worried about aging; turning 50 didn't faze me - "just another year, 50 more to go!" I exercise, eat well and take care of my skin. I partake in the occasional (ok, more than occasional) glass of wine, but I never stray too far from an overall healthy routine.

My carefree attitude about my age recently changed. Lately, when looking at my reflection in the bathroom mirror, I quickly opt to dim the lights. Relief. Now I can get through my morning routine. I can't deny the subtle signs of aging that have become oh so visible...the fine lines around my eyes, the shallowness of my face, wrinkles, sun damage...all telltale signs that the aging process has set in. These once 'little' signs are becoming much harder to camouflage and accept. Luckily for me, I don't have to.



Recently turning 50 and being a parent to a 9-year-old energetic boy, I know my journey, in many ways, has just begun. I happily accept that I am older, but I'm less willing to accept looking older (well, at least not quite like that person looking back at me in the mirror). If there are things that I can do to slow the aging process, then I welcome the challenge. There's nothing more important than being happy, healthy, compassionate, and waking up to my husband and son everyday...but a little help along the way can't hurt. Enter Dr. Josh Fink!

I embrace this journey with Dr. Fink and I'm looking forward to the subtle changes that lie ahead. I don't have false expectations - I know that my 30s are way behind me, but I am hopeful that I can hold onto my 40s (late 40s anyway) for just a while longer.

Stay tuned and follow my progress - you can see photos of my transformation in Dr. Fink's office during your next visit.

Happy Holidays!
Amy

How to *Change the World*

In my opinion, the problem with Charity is that it has not been reinvented.

We live in a society where things are always being reinvented, repackaged, marketed and updated. Are you are happy with your phone? Sorry, you don't have version 7.2! Go wait in line for 8 hours for the new version. Nobody tweets charity. It doesn't have a reality based TV show, Facebook fan page, or a "selfie" posted on the internet. Yes, charity is an old word, but in my opinion the concept is immortal.

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December Special

Look your best for the Holidays!

5 FREE
Photofacial Sessions

when you buy a package of no-downtime skin rejuvenation laser for wrinkle reduction and younger appearing skin.

Benefits of walking

Recently, there was an article in medical literature about walking and its benefits in terms of decreasing the risk of breast cancer. I remember about 15 years ago, there was an article that looked at the risk of breast cancer in Scandinavian women and it found that those that exercised outside had as much as a 50% decrease in the risk of breast cancer. Then came the whole vitamin D awareness within the past 2 to 3 years. I question whether it's the walking which is decreasing the risk or if it's the outside exposure to sunlight and the vitamin D production that is decreasing risk. In all honesty, it's probably both. Perhaps those that walk on a frequent basis tend to assume a healthier lifestyle anyway. Many years ago, I was fortunate to train with a great Aikido master. He was in his late 60s and was strong as an ox! Every day, his exercise consisted of a 10-pound medicine ball that he would take on walks for 10 miles. He never lifted weights and he never set foot in the gym. He was strong, his endurance was great, and he was still quite agile. I don't think most people are aware of the fact that the treadmill was designed as a piece of equipment for rehabilitation. By having a motor that helps run the tread, the hamstrings are basically taken out of the exercise picture.

Run a mile as fast as you can on the treadmill and you'll quickly see that you cannot maintain the same speed on an open track. The benefits of walking, from multiple different perspectives, are most likely best when it is done outside.

We are fortunate to have miles and miles of trails at Pound Ridge Reservation. Now, we have one more good excuse to use them!

DIET that Works!

Being a Board Certified Internist as well as a Laser Specialist, I still get asked a fair amount of Internal Medicine and general health questions. A patient recently asked me about which diet program I think would be best when there is "serious" weight to be lost. One of the programs which I have seen help patients for years, dating back to the time I was a Fellow in Training at New York Hospital/Cornell, is the OPTIFAST® program. It is also one of the few programs I know that has a significant data on long-term weight loss. It has over 80 peer-reviewed studies on efficacy, with one study of 20,000 patients completing 22 weeks documenting a **52-pound weight loss**, 15% decrease in cholesterol, 29% drop in glucose, and a 10% drop in blood pressure. It is a medically safe 26-week program that requires commitment on behalf of the patient and team assembled to assist them in their goals. Unlike any other program, this particular one helps the patient transition back to a more normal diet. Unlike some of the more commercial programs out there, the results with OPTIFAST® tend to be faster, which in and of itself is quite motivating! A mistake often made is in thinking that

the results come "in a box" bought on eBay or Groupon. That's a way of saving money, but it will not work. I remember that the constant meetings the patients had to attend and the group interactions were a significant component, as well as meeting with a medical professional. This played into the behavioral modification and instruction that was needed to make a long-term success. Cost of the program may vary based on the infrastructure provided, but can range from \$600/month to much more. Programs may vary in support staffing, years of training, etc. This may contribute significantly to the cost, but in the long run, it is worth it. With this, there are also programs that are not medically supervised, such as Medifast, Weight Watchers, and Jenny Craig, just to name a few. Most diets work... the place where people tend to fail is by not making their lifestyle modifications a permanent part of their lifestyle when the diet is "over." Food awareness, calorie density, and exercise are vital to really get the shape you want!

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This holiday season, I would ask everyone to rent a movie from the 1970s called "Oh God" starring George Burns, and one of my favorite singers, John Denver. Please don't watch this movie as a critic. The dialogue seems a bit forced, the clothes are outdated, but the message is as fresh now as it was back then.

This is a tough world...and that's why God has given us each other. The message of the movie surprisingly is not religious. It's about Charity and having faith in each other.

On a recent poll, two-thirds of Americans do not trust each other. There are several reasons, which suggest various fundamental flaws in the foundation of our society. Maybe if we all did a bit of charity, and helped a neighbor, a stranger, a cause or an organization on a regular basis, those feelings might change. I am in the Beauty business. **Trust me - nothing is more beautiful than giving back.**

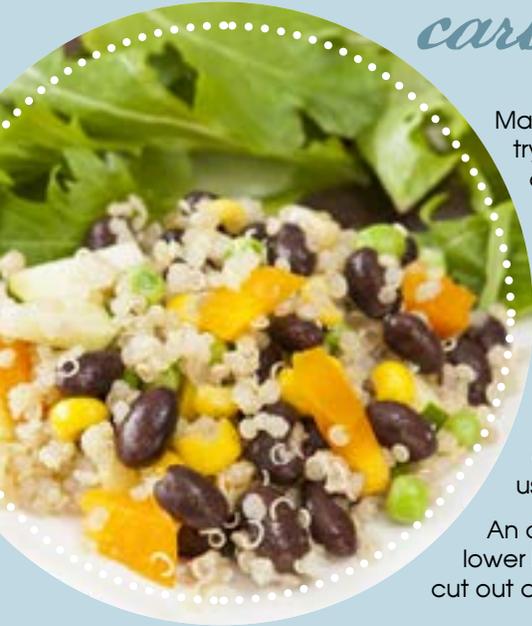
My parents taught me that we are not remembered by what we bought, what we own, the cars we drive or the size of our home(s). We are remembered by the good deeds we have done, the lives we impacted, the helping hand we extended when no help was on the horizon. Charity is an old word but the concept, and the need for it, has never been greater.

Dr. Josh



carbohydrate confusion?

Read This!



Many people mistakenly think of carbohydrates as fattening and avoid them when trying to lose weight, but not all carbohydrates are equal. Cutting back on empty calories from soft drinks and baked goods (foods that contribute energy, but lack protein, vitamins, and minerals) may be a good strategy. Consuming complex carbohydrates (fiber and starch) rather than empty carbs is a healthy way to keep extra pounds off...who doesn't want to do that? Whole grains, vegetables and legumes are an excellent source of complex carbohydrates.

Carbs can be good! We should consume about 45 to 65 percent of our daily energy intake from carbohydrates. An adequate amount of fiber-rich food helps maintain a healthy brain and body weight. Foods rich in fiber tend to be low in fat and added sugars, and can therefore prevent weight gain. Fiber absorbs water from the digestion system and creates a feeling of fullness, allowing us to consume less food!

An adequate intake of fiber not only helps with weight management, but it also helps lower blood cholesterol and prevents and controls diabetes. Instead of looking to totally cut out carbohydrates, let's focus on incorporating good carbs.

Are Some Perfumes *sexier?*

The answer is YES! In a test done to evaluate which of the women's perfumes scored favorably with men, there were a couple of winners: Christian Dior's J'adore, Estée Lauder's Pure White Linen and Dolce and Gabbana's Light Blue.

A unique blend of Jasmine, the Dutch hybrid plant Rose de Mai, and vanilla essential oil helps bring J'adore to the top of the list.

Pure White Linen has won numerous fans with its fresh, and not overly fruity or strong scent. It's a unique blend of numerous ingredients, such as Raspberry, Pear, Honeysuckle and Osmanthus (a genus of 30 species of flowering plants native to warm temperate zones).

Light Blue is a unique blend of tart Granny Smith Apples, synthetic woods and natural cedars, and about 15% of a natural Sicilian lemon peel essence.

Additionally, men seem to unanimously like vanilla notes in perfumes; and let's not forget the famous Marilyn Monroe Quote: "What do I wear to bed? Why, Chanel No.5, of course."

Giving Back

This month, my office is supporting **Olivia's House**, a unique center in York, Pennsylvania that caters to the needs of grieving children. For at least 10 years, the dedicated staff members at Olivia's House have devoted their lives to helping children through the loss of a parent or sibling. Olivia's House offers a caring and nurturing environment that allows loneliness to be banished, despair to turn to hope, and a sense of emptiness to be somewhat soothed by a range of dynamic programs. The work of the organization is crucial and funded by philanthropy and volunteers. Thank you Olivia's House for the work that you do!

<http://www.oliviahouse.org/>

TRIED & True

Ladies, It's Time to Get "Fat"

There's nothing worse than dropping 30 bucks on a tube of allegedly "high performance" mascara that goes on like a dream...twice, before drying out or getting crumbly. You know, the telltale black specks that dust your upper cheek and always happen to land in the perfect formation to emphasize and even outline those dark circles that you've worked so diligently to conceal? Yeah, those. Not ok. We need a wow-factor mascara that's going to lift, separate, define, wear well, and last. The Holy Grail of mascaras, if you will. Well, we've taken on the quest; we've braved the countless aisles and counters of cosmetics, and have survived to bring good tidings that such a grail does, in fact, exist. And it's called **Big Fatty**. That's right. Big. Fatty. If you're looking for mascara you can count on to amp up your look time and time again with the same flawless application and smooth texture, look no further than your local Urban Decay counter. Once you go "Fat," you'll never go back.



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Master Your *Mania*

Between kids, work, and attempting a social life, your existence can start to feel like a giant hamster wheel of doom. Hectic living is just a part of our world, but that doesn't make it easy. Luckily there are some low and high tech tools to get your life under your control - until science makes it possible to grow that extra pair of hands!

The Command Board

White boards are magic. And cheap! Markers in jelly-bean colors make that blank space into anything you want. Together they can be a not-so-secret weapon for keeping your life in line. Companies have been making calendar white boards for years and they run around \$35 at your local office store. You know where we're heading, hang that bad boy in a central location and let your organizational juices flow. Making sure everyone in the house knows what is on the monthly agenda gives you a leg up on the everyday insanity, so it's not all on you to be the keeper of The Plan. Anybody can add to the Command Board, allowing all events to get their fair share of attention and planning. If your teen wants a night at the movies, put it on the board. If your sweetie wants a lunch date, the board is where it's at. Your life will be in one, color-coded place and nobody in the house will be in the dark, making organization a team effort.

All Hail the Mighty Google

If you have a smart-phone, organization apps seem like gifts from the gods. There are a lot of things out there, and they all offer to solve your organizational woes. Some are shiny and customizable, others are family oriented and have special little icons for the kidlets and the parental units. Most disappoint pretty soon out of the gate. But not Google Calendar. This one operates on email addresses, allowing you and your partner in crime to add events to the same calendar - so long as you've opted to view each other's information. Set reminders days, hours, or minutes ahead so you always know what's coming up. The user interface is ridiculously easy to maneuver and the app works on both iOS and Android systems, so it doesn't matter whether you're an Apple or Samsung fan, your info is accessible. The best part? It's on you all day, every day, so there is no way for soccer practice, date night, play-dates, or anything else you do (there's a lot!) to escape you.

