



Accentuating *Beauty* with Laser Precision



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Reconstructing **AMY**



It is time to highlight one of our most special clients, Amy. Like many other longstanding clients, Amy has been seeing me for several years and understands that as the body changes over time, treatments will also change.

Ultimately, we continue the journey of beauty together. As a patient of ours for several years, Amy chooses to come to us because of a "want" rather than a "need." Over the years, we have built a partnership of results and remain focused on safety, comfort and outcome.

We have created a program for Amy designed to take 8-10 years off of her appearance. Over the next 9 months, utilizing only non-surgical techniques, we will combine lasers and injectables with skin tightening, cosmeceuticals and nutrition - **Reconstructing Amy**.

To respect Amy's privacy, we will not be posting any photos of her online or in our newsletter. If you are interested in following Amy progress, she has agreed to let us show her photos in our office during your private consultation.

Stay tuned for updates on Reconstructing Amy next month!

Dr. Josh

Know More about NO MORE

Giving back to the community has always been a key element of our business model. Every month, we find a worthy cause to support in whatever way we can.

This month, our sights fell upon the **National Coalition Against Domestic Violence (NCADV)**. With the staggering statistics of domestic abuse in our country, it is clear that help is needed. One in every four women will experience domestic violence in her lifetime. Sadly, most cases of domestic violence are never reported to the police. Fostering education and awareness about the warning signs and dangers of violent situations is one way to help. Our youth deserves non-violent futures. By supporting the NCADV, our hope is to provide more resources to raise awareness, increase education, and provide help for survivors. When you see public service announcements that feature the NO MORE symbol (a purple ribbon like the ones for breast cancer), please join us in adding your support to this most important and worthy cause.

November Special

Time to look your best for the Holidays!
Can you believe how quickly they come up?

Free Botox for your "crows feet" when you purchase two or more vials of Resylane or Juvederm.

Nothing like instant gratification!
This offer runs until December 15th and is only available for the first 30 people who reserve their appointments in advance.

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dr. josh recommends...

Turmeric, the yellow spice that colors curry, is a potent, all natural anti-inflammatory agent. Its active constituent, curcumin, has shown promise as an antidepressant in animal models, and has been found to enhance nerve growth in the frontal cortex and hippocampal areas of the brain.



If you want to try turmeric or curcumin supplements to see if they help improve your mood, look for products standardized for 95% curcuminoids that also contain piperine or black pepper extract to help with absorption.

Some things to keep in mind when adding Turmeric to your diet: avoid turmeric or curcumin if you have gallstones or bile duct dysfunction, pregnant women shouldn't use it without their doctor's approval, extended use can cause stomach upset or heartburn. Note that piperine can slow the elimination of some prescription drugs including phenytoin (Dilantin), propranolol (Inderal), and theophylline. Some evidence also suggests that curcumin may interfere with some chemotherapy agent(s) used to treat breast cancer.

IT'S ALL ABOUT Collagen...

All aesthetic lasers have the same "end game" - creation of new collagen. Collagen is essential for firm, youthful skin.

Time for some quick collagen facts! There are approximately 34 genes associated with collagen formation and collagen occurs in many places throughout the body.

Vitamin C plays a critical role in the maintenance of a normal, mature collagen network by preventing the destruction of "lysyl and prolyl hydroxylase," two key enzymes in collagen biosynthesis. Rose hips contains a concentrated amount of vitamin C—about 20 times that of an orange. When topically applied, vitamin C provides a skin-rejuvenating effect by improving collagen synthesis in the skin that slows down with aging, as well as limiting skin damage from free radicals.

Overall, the amount of collagen in the skin tends to decline with age, an ongoing process that is accelerated by a number of factors like sunlight, smoking, free radicals, and inflammation. As the synthesis of new collagen slows down, topical vitamin C is one of the most effective ways to boost collagen synthesis and slow its degradation. Since vitamin C is water-soluble, a great deal of the vitamin C we ingest gets excreted rapidly. The most effective method for replenishing vitamin C in the skin is to go straight to the source, and apply it topically.

Did You Know? Applying vitamin C to the skin is 20 times more effective than oral ingestion? To create new collagen and regain your youthful appearance, talk to us about laser procedures and topical treatments that would be best for you.

pumpkin maple spice SMOOTHIE

INGREDIENTS

1 15-oz. canned pumpkin
3-4 bananas, frozen
3 Tbsp. maple syrup
2 Tbsp. soymilk
1/8 tsp. cinnamon
dash of nutmeg
pinch of allspice
pinch of salt

INSTRUCTIONS

Put all ingredients in blender
Blend on high until smooth
Serve





pumpkin Face Mask

In honor of Thanksgiving, we're sharing this easy DIY facial recipe. It contains just three ingredients that you probably have in your kitchen. I love pumpkins for their vitamin A, vitamin C, and zinc. Pumpkin also regulates oil production, reduces the appearance of pore size, and protects against free-radical damage.

INGREDIENTS:

3 teaspoons canned organic pumpkin

1/2 teaspoon honey

1/2 teaspoon milk

DIRECTIONS:

Mix the ingredients together thoroughly, and brush onto freshly cleansed skin. Let dry 15 to 20 minutes. Rinse with warm water to reveal soft, glowing skin. You won't be able to look at pumpkin pie the same way this year!

The SPARTAN *Beats*

You read that right! Spartan Beats is a play on words to reflect my experience with the Spartan Beast. The Spartan Beast was not a race as much as it was a test of willpower and endurance. Going up and down Mt. Killington, aptly named, was never ending. There was over 6,000 feet of vertical climbing throughout the event. It was foggy and had rained the night before thus making the trails very, very slippery. I was fortunate as I only wiped out twice and was able to quickly recover. Forget about the barbed wire crawl up a rocky, muddy hill, or the fire hoses, but I never expected a lake swim! Swimming itself was not an issue for me but my supplies suffered! I had packed three sandwiches to provide sustenance for a 13-mile grueling event and they were not waterproof! A serious calorie deficit ensued! It is amazing to me the limits we can endure. I witnessed many people getting injured at this event, and several people got quite sick. My biggest challenge, after a while, was hunger. As you can see from the photo above, this was close to a 7,000 calorie event.

The best way to train for a Spartan Beast is through hill climbing with a full pack, and focusing on pulling exercises for things like rope climbing and crawls. There was one challenge that I had to "pass" on. What was it? Around the 9-mile mark there was a pit full of rocks. We were instructed to fill up our pails and carry them up

the mountain "bear hug" style. No handle, no shoulder carry. Time for 30 burpees!

After it was over, all I wanted was a nice, hot shower. There were none.

They offered me a jump in the lake (again), which I quickly declined. I threw some scrubs over my mud filled body, and found a small Italian restaurant to get some food. I don't remember eating, but I do remember the waitress waking me up when I fell asleep over the Chicken Parm! I must have scared her...I'm sorry! I found a motel about 40 minutes away, and left a nice tip for the cleaning staff. I'm pretty sure the towels will never be as bright white as they were before I arrived. It was a great event and an incredible memory now that I am looking back. I can't say I felt that way when it was over! On to the next challenge!

Dr. Josh



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yoga for abs

How can you kick the pooch and bring on the power without feeling like you're in an abdominal gulag?

You probably know the many benefits of yoga – stress relief, a sense of peace and a balanced body and mind. Did you know that bringing out your inner pretzel could also twist your core muscles into shape with outstanding results? I am sure we can agree that bending like Gumbby is more fun than doing one hundred crunches. Most importantly, for those of us sitting a bit more than we would like, building core strength helps nurture posture and build a stronger, more supportive back.

How does Yoga Do a Body Good?

Yoga helps to enhance total body interconnectedness; plugging your core into your whole musculoskeletal system. It is one thing to have rockin' abs, but it's a whole other bag of tricks to get that sleek, lean, and powerful core strength. The efficacy of yoga has been embraced by the Mayo Clinic, which recommends several core exercises that are basic yoga poses.

Since the yogis of the eastern hemisphere view the abdominal area as the seat of great physical and energetic power, special attention is paid to your belly as the epicenter of each pose. That focus delves deeper than just the superficial abdominal muscles; after all, there is more to your core than a six pack. Poses such as Upluthih (yup, that's a word), Navasana, and Plank help

to make your core the envy of the Gods!

Where Do I Sign Up?

Studios offer fantastic classes that come in a variety of styles, which you choose depending on what you want the focus of your practice to be. Feel like emphasizing your attitude, action, and alignment? Anusara may fit you like a glove. Work on your rhythm and flow with Vinyasa as your guide. Burn extra calories and get a deeper stretch in Bikram. Or, maybe the challenge of intense Jivamukti is more your style.

Whichever style you choose, I promise you that the feeling of satisfaction after a vigorous, yet somehow relaxing workout will be one you want to repeat.

If you're feeling shy about being on a mat in front of strangers, awesome resources are available online. Kino MacGregor breaks down core-centric practice in an easy to follow YouTube series (added bonus: it's totally free). Her tutelage emphasizes the fitness aspects of yoga - and she is one of literally thousands advertising their expertise to the viewing public. Unfortunately, finding qualified instruction is a bit hit and miss, so be sure to proceed with caution.

Bend your way to a stronger, healthier you. Above all, remember to yogify at your own pace. Pretty soon your killer core will have you sitting straighter and looking slender, without having to do a single crunch!

