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Accentuating
Beauty
with Laser Precision



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Cinnalicious
AND NUTRITIOUS

Cinnamon - it's the finishing touch on that mug of hot cocoa or coffee, the missing flavor that sends our apple pies into first place, and all the while, this unassuming spice staple packs some serious firepower when it comes to helping your health. Cinnamon has a long history with us and has been used to treat ailments and make noms tasty since 2000 BC in Egypt! But what's the modern verdict on this super-spice?

Research suggests that cinnamon is a bacteria- and fungus-kicking bark you've just got to have. Cinnamaldehyde is the key and can be found in Cassia cinnamon (otherwise known as Chinese cinnamon). Some studies also show that cinnamon can help to fight *H. pylori*, the bacteria that has been linked to gastric cancers and stomach ulcers. That same cinnamaldehyde also seems to have some awesome hormone balancing properties in women.

With its cytokine busting superpowers, cinnamon has been linked with a reduction in pain associated with arthritis and other inflammatory disorders. A little less understood is the connection between cinnamon and blood sugar. Some data have suggested that the spice's near magical properties may

also help to regulate blood sugar. That's good news for those with diabetes, and makes cinnamon even more attractive for those trying to maintain energy levels throughout the day (the only caveat is that to fully benefit from this bit, you have to consume about 2 to 6 grams of the spice).

Even more research is paying attention to the possible cancer fighting awesomesauce of cinnamon. The University of Texas thinks that this B.A. bark dust can help to slow down cancer cell proliferation in a petri dish. Given the hormonal interaction of cinnamon, an effective treatment on this front is still yet to be found. On a neurological scale, some studies suggest that the spice extract contains a compound that acts as an Alzheimer's preventative and helps to stop the progression of multiple sclerosis. That's a lot of work for a little bit of powdered bark. So talk to your doc and plan for some tasty health success when you pour on the cinnamon!



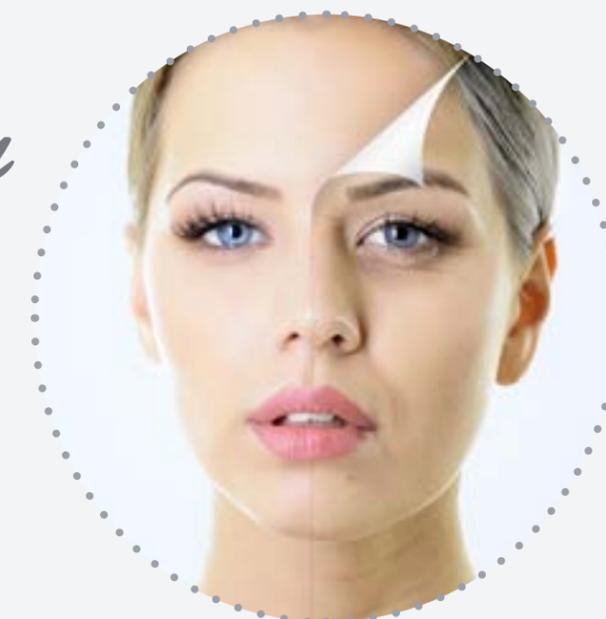
Following
Amy

We wrote about the beginning of Amy's journey with Dr. Fink in our November 2013 newsletter and then checked in with Amy in our December Issue. Now, six months later, it is time for an update from Amy. If you haven't already, please check out the previous entries by visiting our website <http://blog.joshfinkmd.com/newsletter>.

Hi everyone, big things have happened to me over the last six months. For starters, I turned 51 in March. I was having lunch with an acquaintance and she guessed my age to be 48. While I have been quite miffed about looking older in my 50s, the great news is that I am holding onto my late 40s. Holding on, in part, because of this journey I started with Dr. Fink six months ago.

I have always been conscious of nutrition and exercise and I realized that those areas are easy to manage compared to fighting the signs of aging—aka gravity. The subtle signs of aging had become not so subtle—the fine lines around my eyes, the shallowness of my face, wrinkles and uneven skin tone—just to mention the more obvious. Dr. Fink mapped out a treatment therapy that would be most beneficial for my skin as well as my schedule. This therapy included fillers, neurotoxins, laser facial treatments and consistent use of the Dr. Josh skincare line (it's incredible). Over the course of six months, the various treatments required virtually no down time and the results were not only immediate, but the benefits have been gradual and continual.

Now, when I look in the mirror, it isn't as difficult to look at the person staring back at me and I'm even using the bright bathroom lights on occasion (six months ago, I insisted on only viewing myself in dim lighting). My once harsh crows feet lines are now invisible, the stubborn forehead lines are gone, and my face is fuller. I wake up looking refreshed instead of haggard and don't have to wear as much makeup. The best part is, my face looks natural, more welcoming, and I feel at least ten times better about my appearance.



I had a wonderful birthday this year that began by having lunch and champagne with good friends followed by dinner with my family. I didn't have big expectations for the day, which is why I think I enjoyed it so much. It feels fantastic to have such wonderful friends in my life and family I look forward to being with at the end of the day and an appearance that I am confident with. I look rested and refreshed though the days keep ticking ahead and I can actually look forward to this beautiful aging process ... with a little bit of help from my "secret weapon."

-Dr. Josh

June Special

WHAT'S IN IT ... FOR YOU?

We look forward to your reviews and value your feedback—we would love to offer you a choice of a **full-size Retinol 50** or a **Smooth C** in exchange for your testimonial!

Refer a Friend and receive a complimentary Microderm Abrasion!

PURCHASE
DYSPORT FOR
YOUR FOREHEAD
AND TREAT YOUR
CROW'S FEET
FREE

It's Time TO TAKE YOUR SKINCARE Home!



I AM THRILLED TO ANNOUNCE OUR NEW SKINCARE WEBSITE—COMING SOON!

Our new site will feature all the tried and true Dr. Josh products, as well as some new items to test out—and fall in love with. Finally, an incredibly easy and convenient way to order (and reorder) your favorite products! Here's a sneak peak:

Revitalize and Refine *(New!)*

You asked and we listened! This product delivers two important features to your skin care: a gentle glycolic serum combined with the added benefit of a powerful, brightening compound for sun damaged and aged skin.

Bonus! *Revitalize and Refine can be custom ordered in different strengths to meet your individual needs!*



Time Capsule *(New!)*

One of our strongest dermal stimulators, incorporating the well-known action of niacinamide with additional compounds designed to improve the crucial barrier that we lose with age.

Those who have tried our Time Capsule have said "I love this product." That is an exact quote I heard yesterday in the office. Time Capsule, by the virtue of its name, does exactly what you would expect. Combining the powerful skin effect of Niacin, in addition to crucial elements to replenish the fat layer in the skin,

Time Capsule acts as both a skin rejuvenator and a moisturizer at the same time! The fat layer on the skin is crucial as it's the layer that helps trap in the moisture, thereby adding volume to the skin...a key factor to a younger and more natural look. Time Capsule is safe for all skin types and can be incorporated easily into any existing skin care program. *Say hello to younger, firmer skin staring back at you!*

Smooth C (Tried & True)

Vitamin C in the diet can never reach the effectiveness level that a vitamin C topical can achieve. Smooth C uses a unique "pro-C" that gets absorbed into the skin where it can stimulate the collagen producing machinery. Best used every day, or every other day if combined with our Retinol 50.

Retinol 50 (Tried & True)

The Dr. Josh Retinol 50 is beyond unique! We all know that retinol is one of the best anti-aging compounds. The problem has also been retinols are irritating and light sensitive, easily destroyed by oxygen and ambient light. The Dr. Josh Retinol is manufactured in such a way that both the irritation factor, as well as environmental sensitivity have been minimized, allowing a consistent delivery of retinol each and every time. Retinol 50 should be part of any anti-aging skin care approach and can be used every day, or every other day when combined with smooth C.



New!

SKIN TIGHTENING LASER

Our practice is considering adding the **Ulthera Skin Tightening Laser** to the group of currently available treatments. Ulthera is the latest skin tightening technology out on the market and has undergone upgrades and revisions with close to an 85% approval rating on skin tightening by patients. Please email or call to let us know if you're interested in this technology!

News YOU CAN Use



1 TICK AWARENESS: According to Internal Medicine News, April 2014, we have another tick borne disease to be aware of. It is called the Heartland Virus. It is similar in presentation to another local tick-borne illness called Ehrlichia. Like this disease, it causes a fever, a low white blood cell count, a low platelet count, and other symptoms that include flu-like complaints. It is carried by the Lone Star tick and is present in Westchester County. At present, there is no treatment, but maximal awareness of tick exposure. After being outdoors, be sure to check your skin and clothing.

2 NOT ENOUGH SODIUM CAN BE A BAD THING: People who have a very high, as well as a very low salt intake are both at an increased risk for cardiovascular disease and death, according to the American Journal of Hypertension. Many people have come to consider sodium evil, which is ridiculous. We all need sodium. Even the Institute of Medicine in 2004 did not recommend a sodium intake less than 1500 mg/day. The recent study looked at higher levels, but it was a weak study by methodology. However, it does re-emphasize that to some degree, we have made the public salt phobic, and we have lost the message that it is still an important element in our diet. Moderation is key.

3 COLON CANCER SCREENING: A new test called Cologuard just got the support of an FDA panel. Cologuard will become a first line test to screen for colon cancer in patients over 50—an average risk for the disease. It is a stool DNA test that looks for several different things at once. The old test, which many still use, tests for blood in the stool. Many things aside from a cancer can cause blood in the stool. The Cologuard test looks at methylated BMP3, as well as KRAS mutations, NDRG4- promoter regions and human hemoglobin. It seems to not only help detect cancer, but can also help detect high-grade precancerous lesions as it is 92% sensitive.

4 NEW CHOLESTEROL TREATMENT IS CONSIDERED A GAME CHANGER: A new cholesterol treatment called Evolocumab would be the first monoclonal antibody treatment for elevated LDL cholesterol. Presented at the annual American College of Cardiology meeting, the data showed that it reduced LDL by another 50% in patients already on diets, statins, and other medications. It exerts its action by working on an enzyme called PCSK9, which has a role in the body on regulating LDL levels. It demonstrated that Evolocumab slightly raised the HDL (good cholesterol) and slightly lowered triglycerides. The treatment just involves an injection under the skin once a month.

recovery SHAKE



For a good recovery after an intense workout, here is one of my favorite original Dr. Josh recovery drinks:

ADD TO THE BLENDER

- 2 scoops whey protein (or hemp protein)
- 2 cups of water
- 1/2 banana
- 1 small scoop of glutamine
- 1 tsp peanut butter (or almond butter)
- Handful of Ice

Blend & Enjoy!

Glutamine is an essential amino acid related compound that help with muscle recovery, the banana provides potassium which helps alleviate muscle cramping, whey protein is an excellent source of amino acids used in muscle recovery and peanut/almond butter provides both a filling sensation and a good source of monounsaturated fat.