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JULY/AUGUST 2009

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Suction It... Laser Lypolysis or “Smart Lipo”

what is it?

Traditional liposuction is a surgical procedure in which fat is removed through a cannula (a hollow tube) and aspirator (a suction device). Recovery takes several weeks and possible complications include infection, skin damage, blood clots, fluid loss or accumulation, friction burns or nerve damage. As an alternative for patients who do not wish to undergo a procedure of this nature, more and more physicians are turning to a procedure called laser lypolysis or “Smart Lipo.”

how does it work?

During this procedure, according to Louis Grondin, M.D., director of the Cosmetic Laser Vein Center in Calgary, Alberta, Canada, a very small cannula, or tube – approximately 1.0 mm to 2.0 mm in diameter containing a laser fibre – is inserted into the skin. The cannula is moved back and forth delivering the laser’s energy to the fat cells, causing them to rupture and easily drain away. The laser energy also interacts with the dermis resulting in collagen shrinkage.

what to expect?

Due to the cannula’s small size, says Vicky Cirillo Hyland of the Cirillo Dermatology Spa in Rosemont, PA, laser lipolysis is a minimally invasive procedure and can be performed under local anaesthesia. The laser causes small blood vessels to coagulate immediately on contact, resulting in less bleeding, swelling, and bruising, and a quicker recovery time than conventional liposuction. Because general anaesthesia is unnecessary, the procedure is considered quite safe, with minimal side effects and offers the patient a cost-effective alternative to traditional liposuction.

+ LIFESTYLE TIP

Spa cellulite treatments are workable but also no miracle cures. In order to rid of cellulite long term, maintaining a healthy lifestyle is of paramount importance. Keeping yourself fit by incorporating a caloric restrictive diet with regular aerobic exercise and resistance training are able to offer most promising and realistic results.

MENOPAUSE AND THE FAT TUMMY

Hormonal changes after menopause may change the way that your body breaks down and stores fat, leading to more fat accumulating in your belly areas.

TWO TYPES OF ABDOMINAL FAT

Subcutaneous fat is located below the skin in front of the abdominal muscles. This type of fat responds well to liposuction. **Visceral fat** is located behind the muscles inside the abdominal cavity, around or on the intestines and organs. Removal of this type of fat can only be achieved through weight loss alone because of where the fat is located.

FIGHTING

by Bryan Durocher



Dissolve It... Mesotherapy

what is it?

Mesotherapy is a procedure used to reduce, eliminate and contour specific undesired fat pockets.

how does it work?

This method targets the receptors on fat cells that produce lipogenesis (fat production) and lipolysis (fat breakdown). Receptors that break down fat are known as beta receptors; those that create fat are alpha receptors. Alpha receptors are stimulated to produce fat when food containing carbohydrates, fat, amino acids, hormones or alcohol is ingested.

what to expect?

Based on individual requirements, the doctor selects a formula consisting of several medications that block alpha receptors and stimulate the beta receptors. The formula is injected into the skin, where it slowly diffuses into the fat and breaks it down, ultimately destroying the fat cell. The number of mesotherapy treatments required varies from person to person.

POT BELLY POSTURES

Your posture can make a huge difference in how your “big” stomach looks. If you have poor posture, it can give you that “pot belly” appearance. When you stand or walk with a hunched-over posture, your belly protrudes, making it appear larger than it really is.

CELLULITE

Currently, there are several key cellulite-busting strategies, ranging from most to least invasive, including topical treatments that alter the appearance of cellulite. Here are some of the latest developments in cellulite treatments.

Melt It... Alma Accent XL Radiofrequency Treatment

what is it?

Radiofrequency-based platforms like the Alma Accent XL are non-invasive and utilize both bipolar and unipolar radiofrequency (RF) energies as part of a non-ablative cellulite treatment program and for the non-invasive removal of unwanted fat.

how does it work?

The two radiofrequency energies administered by Accent simultaneously deliver controlled heat at dual depths to reduce fat and tighten the skin. It lifts and tightens underlying structures to stimulate collagen growth, by increasing blood flow to the treated area, and by destroying fat cells, which are then naturally absorbed by the body.

It is important that the candidate is very hydrated. If patient is not 50% or more hydrated they cannot have the treatment. The fat needs to be well hydrated. Radiofrequency causes water in fat cells to oscillate. Accent is effective on the face, upper arms, abdomen, thighs and buttocks. "The face and neck do very well with four treatments," comments Cirillo Hyland, "while the body might require six or more treatments."

what to expect?

Accent is a 60 to 90 minute procedure in which a wand is moved back-and-forth across the area to be treated. Because the wand is constantly in motion, rather than the continuous heating of a single spot associated with other treatments, the patient experiences only a slight sensation of heat. This is minimized by a cooling element. Redness and a sensation of heat or dry skin are normal during the first 24 to 48 hours following treatment.

for the best results

Zorica Spohr, owner of Alberta's Cosmetic Laser Vein Center often advocates a combination of laser lypolysis and mesotherapy, and the use of radio frequency immediately following mesotherapy. "Using the Accent XL from Alma helps diffuse the medication from mesotherapy so that there is no lumping from the procedure," she explains. "It helps to tighten the tissue as it is being reduced."

Disperse It... Ultrasound Cellulite Treatment

what is it?

Using an ultrasound machine, this treatment utilizes high frequency sound waves to create vibrations that affect the tissues around cellulite-ridden areas.

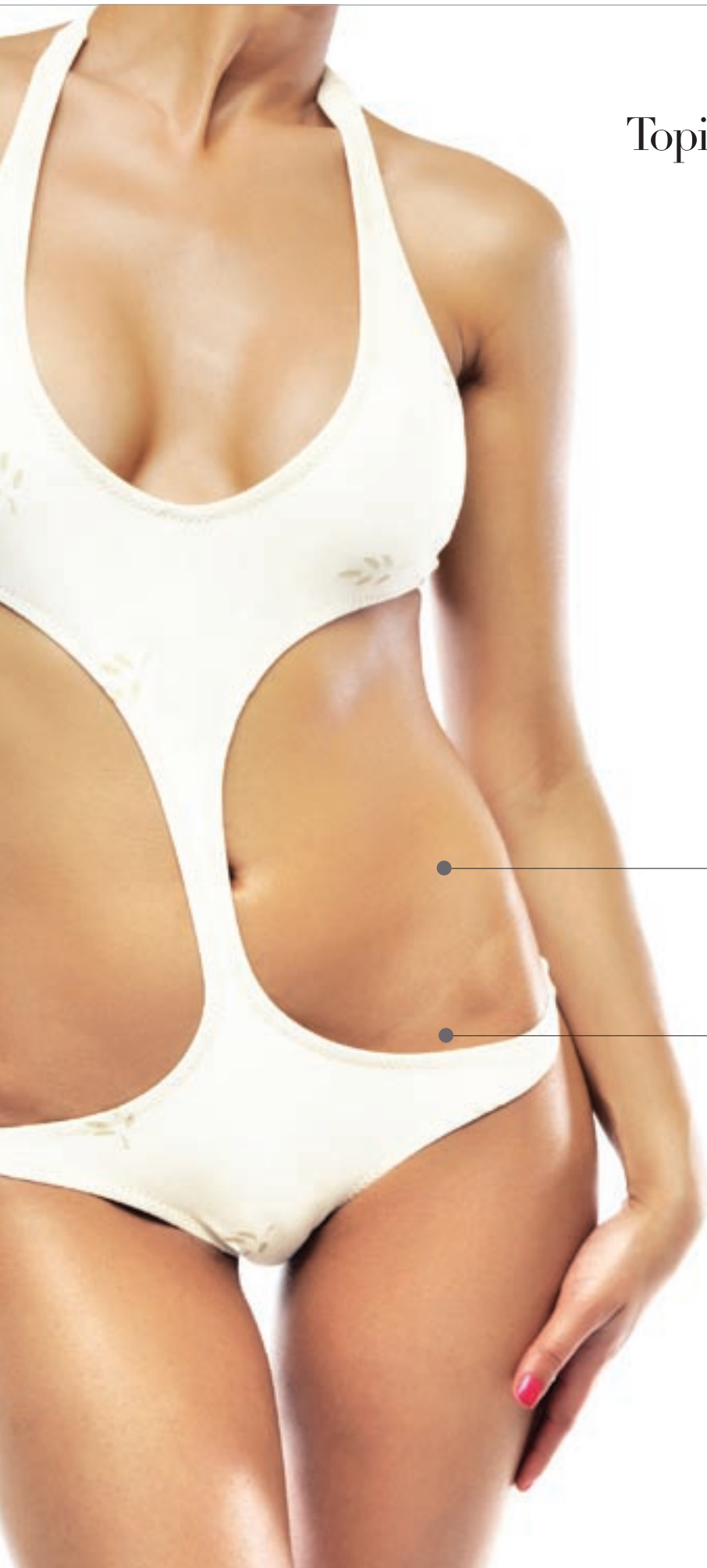
how does it work?

Ultrasound warms the cellulite, and basically the skin and areas under it are also heated. This causes the blood flow to increase and travel toward the heated area. This blood flow movement results in the removal or lessening of toxins and harmful substances in the blood, thus also reducing cellulite in the process.

what to expect?

The ultrasound is usually applied to the areas where cellulite is most prominent. The patient is also required to rest after the treatment, which lasts only about a few minutes. Avoiding toxic substances, dieting, and exercising are usually suggested after treatments. The procedure is fast and painless, and the least invasive of the four major protocols for cellulite removal.





Topical Treatments

Not every patient is a candidate for, or has the budget for medical aesthetic procedures. In these instances, several new topical treatments appear promising.

Phytosonic

According to Melanie Valdez, director of new product and brand development for Naterra, Sederma has developed Phytosonic, a product designed to combat hypertrophy of adipose tissue by acting on pre-adipocytes and mature adipocytes. The vegetal material is derived from the new anti-fat technologies of ultrasound cell lysis. It is able to selectively detach hypertrophied adipocytes without destroying them. The properties of Phytosonic target slimming not only at the cellular level but also at tissue level, according to Sederma. In one study, 27 female volunteers applied a cream containing 3% Phytosonic morning and night for two months. The material reduced cellulite from 17 to 69%.

Regu-Slim

Regu-Slim from Pentapharm is a patented, multi-active reshaping and smoothing ingredient, which when used in the appropriate levels, also breaks down the fat stored in fat cells. Regu-Slim contains caffeine. According to Valdez, the caffeine functions as a diuretic, temporarily dehydrating and shrinking adipose tissue.

APPLE OR PEAR?

If you gain and store fat in lower parts of your body then you would be considered pear-shaped. If you store more fat in your stomach and middle section then you would be considered apple-shaped.

HEALTHY RANGE

For men, the ideal range is between 12 and 16 percent body fat, Wayne Westcott, Ph.D., C.S.C.S., fitness research director at the South Shore YMCA in Quincy, Mass. says. Women, on the other hand, should strive for between 18 to 24 percent. (Keep in mind that of those numbers, two to four percent is essential fat for men while women's essential fat falls between 10 and 12 percent.) To determine whether you're in a healthy range, you can have your body fat tested by a fitness professional or calculate your body mass index (BMI).

FIGHTING CELLULITE



DIET & LIFESTYLE

It's important to emphasize, also, that without proper nutrition and lifestyle, cellulite will never disappear permanently. Low-fat, Mediterranean-style diets; regular exercise; avoiding alcohol, drugs and tobacco; and managing stress and tension all help reduce the propensity to developing cellulite and ensure that cellulite treatments remain effective.

+ At home maintenance dry-brushing also helps to reduce the appearance of cellulite when done with circular motion upwards towards lymph centres.

The Anti-Cellulite Diet

A detoxifying diet containing high amounts of fibre, proteins and complex carbohydrates is the best kind to complement your cellulite treatment. Tips: Keep to a minimal intake of trans and saturated fatty acids. Instead, go for foods rich in omega fatty acids and essential fatty acids like linolenic acid. Nuts, fish oils, lean meat

and essential oils like evening primrose oil supplements can provide you with the desired fats. Try to maintain a high percentage of fresh raw fruits and vegetables as well as brown rice, seeds and bean sprouts in your diet. Stay away from junk and fried foods; caffeinated drinks and alcoholic beverages. Help your kidney flush out toxins by drinking plenty of water and fruit juices.

Cellulite Workouts

According to the American Council on Exercise, experts recommend daily cardiovascular exercise combined with two to three strength-training sessions a week to reduce the appearance of cellulite.

Tips: When doing strength training exercises, give your upper body and lower body a total workout as this is effective in shedding fat and building muscles – two factors that smoothes out the cellulite effect.

Self Massages

Some experts in cellulite treatments suggest that massaging an area afflicted with cellulite helps improve blood circulation while stimulating the lymphatic and circulatory systems responsible for breaking down fatty tissue. The massage techniques may vary from one source to another. But in general, you can start at the lowest point of the affected area and work up from there. Rather than using a single motion, long strokes, kneading

motions, circular motions, and light pinching motions are recommended. Each problem area should be massaged for at least five minutes everyday with lotion.

Tips: Add black pepper, rosemary, geranium, and ginger to your massage lotion. These ingredients are said to improve circulation to the areas affected by cellulite and at the same time detoxify the body.

Stress Reduction

Stress can be an indirect contributing factor to cellulite; so think about incorporating relaxation techniques into your daily life. Cellulite aside, this is important for our overall well-being. Some ideas: Warm baths, yoga, stretching, and

meditation are good lifestyle habits to pick up.

Tips: Epsom salt baths is a form of osmosis that takes swelling down, pulling fluids out of the body and slimming it out. Do this twice a week for both relaxing yourself and as a home remedy for cellulite.