



The Non-Diet... Diet

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>It's that time of year for family, friends and of course delicious holiday foods. This year, don't count calories or deprive yourself of your favorite traditional treats, simply go on the non-diet diet and feel more free than you have in years.

When we feel deprived, we tend to over-indulge as a reward for depriving ourselves. The key to keeping your lean figure is portion size. Instead of piling on a giant piece of pumpkin pie and carrot cake, cut the portions down to three bites each and add

some variety to your plate. For all you chocolate-holics out there, reach for a few squares of divine dark chocolate and get a boost of disease-fighting antioxidants. Research shows that dark chocolate may help lower blood pressure.

Everyone likes a little holiday cheer in a glass, but making a simple swap can save big on calories without depriving yourself. One little cup of hot buttered rum is 418 calories and a whopping 17 grams of fat. Reach for some bubbly instead. At 98 calories per glass, champagne is the perfect beverage to ring in the season or try a pomegranate cocktail for a fun twist and a boost of antioxidants. For a heart-healthy pick and only about 120 calories per glass, have a glass of red wine. Studies show a glass per day may lower cholesterol levels and the risk of heart disease.

Finally, on the non-diet diet, savor what you eat with all five senses. Eat slowly and pay attention to every taste, texture and smell. The pleasure of most foods is in the first few bites, eat one thing on your plate at a time and don't finish everything on your plate. Make 2009 the year to let yourself indulge and savor every holiday flavor guilt-free. <

>> ASK DR. CLARK



E-mail your health questions or concerns to Orlando Plastic Surgeon Dr. Clifford Clark: info@orlandoai.com

Q: Dear Dr. Clark: I'm trying to get things ready for the holidays and wondered what I could do with my face. I've been reading so much lately about the nonsurgical wonders. What should I do?

A: Most importantly, get advice from someone you trust.

Adding a little fill here and a little relaxation there is great and can make a big difference for the holiday season. Botox and Dysport are easy with very little bruising and you can return to function immediately. The results can take up to a week to kick in so keep that in mind. For the vertical wrinkles and crows feet nothing is better.

Adding a little pizzazz to the cheeks, lips, and chin can be spectacular. You need to be a little more careful with planning as swelling and bruising can occur. Try to schedule the injection several weeks before any event and stay off aspirin type products for two weeks prior to treatment. The product that we would use depends on the area, the recovery window and the result we are trying to achieve. Most commonly we use Restylane under the eyes for a nonsurgical eyelid lift, Juvederm in the lips, and Radiesse in the

Cheeks and Chin. The result can be as dramatic or as subtle as you wish, however, there are limitations to what can be achieved with injectables and unfortunately that is not explained as thoroughly as it should be by some practitioners.

For some, the holidays represent the perfect time to "get something done." Lasers are quite popular during the winter months. The Photo facial can effectively remove pinks and brown spots from the skin with limited downtime. It's important to perform the treatment on skin that has had less sun exposure so this is a great time of the year.

Fractionated lasers are also a possibility and come in a lot of varieties. They basically treat the skin in tiny little dots and are most effective for texture issues such as fine wrinkling.

The downtime is reduced to a couple of days, but it can require several treatments. It is not effective for greater degrees of wrinkling and does not tighten the skin. Laser resurfacing is the "gold standard" for significant wrinkles and the results are dramatic. It does require an anesthetic and a week or so of downtime.

Perhaps an eyelid lift or facelift might be on your wish list to Santa, and if that's the case, the right fit for the right patient is key.

Facelifts come in a lot of varieties and just a little tuck to refresh or a lift that takes care of the neck, jowls and cheeks are both possible, but don't expect to make it to that New Year's party without preparing a couple of weeks of recovery time for the more extensive lifts. Remember choose your doctor carefully!