

NEWS ENTERPRISE

ROOTED DEEPLY IN YOUR COMMUNITY SINCE 1923

Cypress, La Palma, Los Alamitos, Rossmoor, Seal Beach, El Dorado Park Estates, Portions of Long Beach



HOW TO GET READY FOR SWIMSUIT SEASON

by **Loreen Berlin**

Special to the News-Enterprise

Swim Suit Season is here – Getting bikini ready - we all ask, 'How can we best get ready for summer?' Especially those of us still braving the beach in a bikini.

What are all the ways or things we can do to get ready for the bikini season?

Enter Dr. Sauveur Ghozland, M.D., beauty and anti-aging specialist in Los Alamitos at Suddenly Younger and Slimmer.

Ghozland said that our lives are exposed to greater amounts of stress, pollution, sunlight and smoking and that all have negative effects on our bodies and create Photo-damage and ultimately Photo-aging.

The key is to restore balance to our bodies; a whole industry has evolved and continues to evolve to assist us in achieving this balance from creams, lotions, and pills, and every year a new "miracle" cure appears on the health and beauty scene.

One of the modalities gaining much media attention is Mesotherapy, which is the practice of injecting small amounts of medication and/or vitamins into the mesoderm or middle layer of the skin.

Ghozland said it was first developed to control pain syndromes and later expanded to include fighting infections, arthritis, joint problems, acne, and sports injuries as well as for cosmetic purposes such as reducing cellulite, removing fat, weight loss, firming and toning skin, and stretch marks, and has been used for hair rejuvenation.

Mesotherapy was given formal recognition by the French Academy of Medicine in 1957 and was developed in 1952 in Bray-lu, France, by Dr. Michel Pistor, M.D.

Pistor died in 2003 but during his life he was a passionate inventor, poet and humanist; Mesotherapy arrived in the United States that same year.

Today, the International Society of



Photo by Loreen Berlin

Lindsay Martin, actress and choreographer from Anaheim, receiving Mesotherapy from Dr. Sauveur Ghozland, M.D., in preparation for swimsuit season at Suddenly Younger & Slimmer Medical/Wellness Laser Center in Los Alamitos.

Mesotherapy encompasses 15 countries throughout Europe and South America and is practiced by more than 20,000 physicians worldwide.

Meso in Greek means middle and is the stimulation of the mesodermal (middle layer of the skin) tissue, which stimulates the repair of the mesoderm, including the skin, connective tissues and adipose (fat) tissue.

Ghozland said Mesotherapy is like a "medicinal bullet" delivering the medicine directly to the target area in the body. The skin acts as an efficient time-release delivery system and even today Pistor's saying still holds true, "Smallest dose, infrequently, in the correct location."

Lindsay Martin, 25, of Anaheim, when hearing about Mesotherapy said she would "love to do Mesotherapy;" she started working to improve her body's condition approximately a year ago and has lost 25 pounds because she has been able to do more cardio vascular exercises, "Which resulted in

my losing weight faster," she said.

This was after Dr. Lorraine Urbina, D.C., Registered Trigenics Physician, and a Licensed Aesthetician in Los Alamitos, worked with Martin through Trigenics, "Because I was having really bad pain in my left hip and it was getting in the way of my dancing, the theater, and also my working out," Martin said.

"I went to Dr. Urbina for help and since then, my hip has been better and I haven't had any pain. I've been able to start working out and running again, which is exciting because I can do the 5K run in Long Beach in June, which helps AIDS victims; I have always wanted to do that and now I can."

Martin, who graduated from Cal State Fullerton with a Musical Theatre degree and who is very active, currently has an ensemble role in "Annie Get Your Gun," at the Moonlight Theatre in Vista which opens at the end of June, and she is also choreographing two plays: "Oklahoma," for the Buena Park Youth that opens June 8 for two weekends at the Buena Park High School Performing Arts Center, and "Burlesque of Bond," at the Maverick in downtown Fullerton opening June 1, with an open-end run every Saturday night.

Martin grew up in Buena Park where she started performing in the 1980s at the Buena Park Youth Theatre founded by Ruth Walp.

"I'm keeping all my options open so I can make a career of and be successful in my profession so I can continue to live in Orange County," Martin said.

Steven E, owner of Golden Key Fitness, in Los Alamitos, and author of 20 best selling books in the "Wake Up, Live the Life You Love," series, comments on how to get ready for bikini weather from a trainer's viewpoint.

He suggests watching the foods you eat. "Listen to your mother and start eating your fruit and vegetables," Steven E. said.

He suggests working out with weight-bearing exercises. "When the

body has more lean muscle, it will have a faster metabolism to burn fat so you will look great in your bikini or surfer shorts."

Also, with the weight-bearing exercises make sure to balance them with Yoga or Palates-stretching because the more balanced the body is, the better you will look and feel, said Steve E.

"Start doing some cardio-vascular work outs, and that can be as easy as one, two, three; get dressed, put on your shoes, and take a brisk walk or jog around the block for at least 30 to 45 minutes, three to five days a week and that way you will burn plenty of the excess body fat you would like to lose," he said.

"When you get back home, sit for a few minutes and visualize that perfect person that you already are – lean, strong, vibrant and full of youth."

For information about Golden Key Fitness, visit StevenE@WakeUpLive.com.

Urbina, who has been in practice for more than 20 years says, "My specialty is 'Sudden and Immediate Slimming' results with no down time – to smooth out the lumps and bumps – for that swim suit.

My patients come to me to get ready for their wedding, reunions, travels and vacations, and it's great to have specific goals; when you reach those goals for that special event, it's great to celebrate and enjoy," Urbina said.

Urbina said she always advises her patients, along with Mesotherapy and body wraps, to design and live a lifestyle of health, beauty and longevity by working out, caloric restriction, good quality fish and olive oils, lean protein and lots of fiber.

"I think it's important to keep in mind that regardless of what shape our body might be in, it's important to be grateful for the body we have," said Urbina. For more information about Urbina and Ghazland, call (562) 596-1019 or visit www.SuddenlyYoungerandSlimmer.com