



## Style MD

BEAT STRESS BY EATING

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> Whoever said that stress eating was a bad thing? Snacking on these nine delicious and healthy foods can calm you down from a stressful day. Making healthy food choices can decrease your risk of stress related health issues such as heart disease, high blood pressure and obesity. These nine healthy food choices include:

**Almonds, Pistachios & Walnuts:** Almonds are full of antioxidant's, such as Vitamin E, that bolsters the immune system and Vitamin B, which helps keep your body functioning properly. Pistachios & Walnuts help to keep your heart healthy.

**Avocados:** These have been proven, according to the National Heart, Lung and Blood Institute, to reduce high blood pressure.

**Skim Milk:** Studies show that drinking skim milk can soothe tension and reduce muscle spasms that can help insomnia and restlessness.

**Oatmeal:** Your body produces serotonin, the relaxing brain chemical. Eating oatmeal can help release serotonin quickly because it takes longer for your stomach to digest. Studies prove that the more slowly carbohydrates are absorbed, the more steadily serotonin is produced.

**Oranges:** Oranges are full of Vitamin C, which helps control blood sugar and boost the immune system.

**Salmon:** Stress's worst enemy are Omega-3 fatty acids – and Salmon is full of them. Omega-3 fatty acids control adrenaline and protect the body from heart disease. You can also find omega-3 fatty acid in eggs, yogurt, milk and soy products.

**Spinach:** This magnesium filled vegetable can help lower your stress levels because not getting enough may cause fatigue and migraine headaches. <

### Ask Dr. Clark



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

**> Q: I am a baby boomer in the market for a new job. I want my appearance to be just as fresh and youthful as the younger generations who I am competing against for the same positions. Has this become a common concern for people in my position and if so what do you suggest when patients come to you with similar concerns?**

In these trying times I have spoken to many people who are making a career transition

and are seeking the services of a plastic surgeon. The best treatment course really cannot be generalized as it depends on the patient's issues, the recovery time they can spare, and of course, their budget. For instance, an older executive might really be best treated by a facelift, but they don't have the time or the funds. The exciting thing is that adding a little filler under the eyes, some botox between the eyes, and some laser smoothing of the skin could give the client a great boost and fulfill all of these restrictions.

With younger patients we often start with the skin: add the products and treatments that give it a healthy glow. Antioxidants, Retin-A, and proper cleansing can make a big difference. Older patients might need the skin addressed and some Botox to relax the frown lines. We next go to fillers (Restylane,

Juvederm, Radiesse, Evolence, Sculptra) to smooth out hollows and wrinkles. Of course we also bring in the laser when needed and this can be highly effective for brown spots, wrinkles, and texture issues. And we haven't even spoken about surgery yet! There is no doubt however that all the nonsurgical treatments are great but some faces would just look much better with eyelid surgery and a facelift. But this is not your mother's facelift. Less invasive and with less downtime, facelifts are prescribed whenever possible.

It's incredible what a lift (no pun intended) these procedures are giving many in the job market. Looking young with all that experience can give the competitive edge. But don't forget to check the credentials of all the potential doctors on your list. <