



Orthorexia

Orthorexia, a fairly new term used to denote an eating disorder characterized by excessive focus on eating healthy, seems to be springing up more and more. The word is modeled after anorexia and it describes an unhealthy obsession with “healthy eating”. Orthorexics often avoid foods containing fats, preservatives, or other foods they consider to be unhealthy. The problem with this is that it can cause malnutrition. And if the case is bad enough, it can be just as dangerous as anorexia. ◆



Green Tea

It has been proven that drinking green tea regularly can lower high cholesterol levels, arthritis effects and headaches. What sets it apart from other teas is the way the leaves are processed. It is rich in catechin polyphenols, a natural metabolism-booster, and when mixed with caffeine, it actually helps your body burn calories quickly. Because of this, not only is it a healthy alternative to coffee and other teas, it is also a new craze in weight loss. ◆



Collagen Diet: The New Craze in Japan

The new diet rage in Japan is the collagen diet. Usually collagen is injected into your face by a dermatologist, but now people are eating foods rich in collagen. Natural sources of collagen like chicken skin, pigs feet, and shark fin (disconcerting considering shark populations are quickly declining thanks to shark fin soup) have become very popular. Many scientists are skeptical that this diet has any real anti-aging benefits. ◆



Ask Dr. Clark

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

Dr. Clark—

Q: How do you treat sun damaged skin: wrinkles, brown spots and laxity?

A: The first place to start is stopping the damage. Sunscreen and a bronzer will be better for you than a tan. Over the counter potions have limited effectiveness. Retin A is by far and away the most effective single cream. Adding bleaching agents such as hydroquinone is particularly effective for brown spots, and comes mixed with Retin A in the formulation Tri-luma. Light chemical peels can also help. Light based technology such as the IPL Photofacial treatment; Fraxal and Erbium laser can have some downtime but are very effective for more damaged skin.

Dr. Clark—

Q: The stars on the Grammys and the Golden Globes look so rested—how do they pull it off?

A: It takes a lot of work. But new developments in non-surgical facial improvement can make all the difference. Several times a year a little Botox in the crow's feet and frown lines wipes the stress of the world away. Volumizing the face with the newer facial fillers can fill the smile lines, hide the jowls and lift and enhance the cheeks. Those “fillers” are injected about once a year. When well done the look can be natural and the star doesn't appear to age. ◆