



Style MD

BURN UP THE CALORIES

By: Jacqueline Ann Herrera

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> It's official. As the peak of bikini season is beginning to ebb over and football season is starting up, the shape of interest is evolving from traffic-stopping curves to a spiraling prolate spheroid. Though the pairing of football with an ice-cold beer and barbeque is an age-old tradition, don't get discouraged. There are some ways you can keep your hard-earned figure by grilling a calorie-friendly meal, and your date never has to know.

Load Up on the Veggies: The best thing about barbequing is that it lets you reinvent the old. While salt and pepper veggie kebabs never fail in taste, you can modify classic side dishes by adding a twist. Instead of a simply tossed salad, grill the lettuce for a more visually stunning presentation and smoky taste. For something a bit more gourmet, make your own variation on 'insalata caprese' by grilling the tomatoes before adding on the basil and buffalo mozzarella and just lightly drizzle it with balsamic vinegar.

Swap Out the Meats: If you insist on burgers, leave the frozen Bubba Burgers at your grocers where they belong. Try a healthier

alternative and use turkey meat. Throw in a little Worcester, salt and pepper and the men won't even notice the difference. Veggie burgers are another option and are great for you. If watching your weight, skip the bun and cheese and stick to the grilled vegetables. If you must, eat the burger in a whole-wheat pita instead.

Don't Shy Away from Dessert: Sweets are my weakness and there's no reason you should deprive yourself of them, just be smart. Chilled fruits are always delicious and to honor the barbecue, you can serve some watermelon. And no, I don't mean the kind you filled with rum the night before! Grill up some watermelon slices and brush them with a little honey. It's all natural and unbelievably refreshing.

As for the beer, since there is only a slight difference in alcohol content between low-calorie and regular beer, go for the light, it has at least a third less calories and your waistline will thank you. <

>> ASK DR. CLARK



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

Q: I have been researching laser treatments for my skin and every Dr. claims to have the "best," "newest," or latest in laser technology on the market. Instead of being more educated, I am now just confused. How do I know which laser treatment is best suited for me?

A: One lesson I have learned in life the hard way: if it sounds too good to be true it

probably is. Laser ads would have you believe that a new exclusive technology will be the fountain of youth. There is no such laser. And even worse, some of those placing these ads are not sufficiently trained or experienced to safely operate these lasers. Start with an examination of the credentials of your laser physician. A board certified plastic surgeon, facial plastic surgeon or dermatologist is a good place to start. A Nurse Practitioner or Physicians Assistant are often using the laser in conjunction with the doctor, and are often excellent clinicians. Sit down and discuss your problem, your treatment goals and the potential complications. A second opinion is often a good idea. Lasers are just tools. The real magic is in the skill of the operator, and often several different lasers could solve the problem

Q: I have heard about a new kind of Botox, can you please supply me with some information on this product?

Botox is the trade name for Botulinum toxin type A which has been produced exclusively by the Allergan Corporation until early this year. Another brand of Botulinum toxin type A has now been approved by the FDA—Dysport, distributed in the United States by Medicis, the company that also brought you Restylane. Dysport has been used in Europe for years, and has some advantages. It works faster (quicker onset), it diffuses farther in the tissues and it is going to provide a less expensive price point.