

Today's

Fall 2006
\$3.95

Diet & Nutrition

HEALTH / NUTRITION / FITNESS / LIFESTYLE / BEAUTY / CUISINE

[re-flec-tion] *n.*

serious thought or contemplation

Cranberries
on the **Cape**

11 Ways to Jump-Start
Your Relationship

Skin Care

**What's a Sensitive
Girl to Do?**

What **Color** Is
Your Personality?

4 Retreats for
Body & Soul

**Making the
Holidays
Safe for
People With
Food Allergies**

**NEW
BEAUTY
SECTION**
Page 66

From the Publishers of *Today's Dietitian* Magazine



www.TodaysDietandNutrition.com

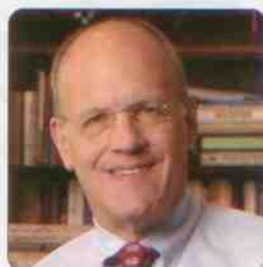
**ANNIVERSARY
ISSUE**



ROBERT F. KUSHNER, MD, MS, is a professor of medicine at Chicago's Northwestern University Feinberg School of Medicine as well as medical director of its Wellness Institute. He's the author of *Dr. Kushner's Personality Type Diet* and medical director of www.diet.com, an online version of the book.



NANCY COLLINS, PHD, RD, LDN, is a registered and licensed dietitian based in south Florida and executive director of RD411.com, a centralized online resource for nutritionists. With degrees in foodservice management and human nutrition, she brings unique perspective to food as a culinary pleasure and healthy choice.



GERARD MUSANTE, PHD, is a clinical psychologist and founder and director of Structure House, a residential treatment center for weight control and lifestyle change in Durham, North Carolina. (www.structurehouse.com)



LAURA PENSIERO, RD, a chef and a nutrition professional, is owner and manager of Gigi Trattoria, Rhinebeck; founder of Gigi Market in Red Hook, New York; operator of Chef4Life, a nutrition and culinary consulting service; and nutrition consultant to the Strang Cancer Prevention Center in New York. (www.chef4life.com)



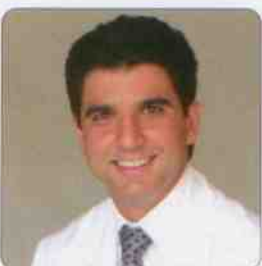
MARLENE LESSON, MS, RD, LDN, is nutrition director at Structure House, a residential treatment center for weight control and lifestyle change in Durham, North Carolina. (www.structurehouse.com)



BRENDA J. PONICHTERA, RD, is the author of two award-winning *Quick & Healthy* cookbooks and president of ScaleDown Publishing, Inc. (www.quickandhealthy.net)



JENNIFER E. SISK, MA, CWC, CWC, is a group fitness coordinator and certified fitness instructor for a national health club chain in suburban Philadelphia and a certified wellness educator and certified wellness consultant.



DAVID N. SAYAH, MD, is a plastic and reconstructive surgeon who created Centre Epiderme, a medical skin care spa located at the Frederic Fekkai Salon & Spa in Beverly Hills. He's also a diplomat of the American Board of Plastic Surgery and a staff member of the UCLA, Saint John's, and Cedars-Sinai hospitals. (www.davidsayah.com)



PENNY SADLER is a professional makeup artist and hair stylist who has worked on hundreds of commercials and photo shoots and with a variety of celebrity clients including Dan Rather, Elizabeth Pena, and American Idol Kelly Clarkson. She's a regional beauty expert for Olay products and has appeared as a beauty expert on news programs for WB33 and KXAS (NBC) in Texas. (www.pennysadler.com)

Watch Your Back: Four Keys to a Beautiful Back

If you're like most women, you lavish attention on your face and neck, obsess about your breasts, and work hard to tone your abs and derriere, but don't think twice about your back. *Today's Diet & Nutrition* beauty advisor David N. Sayah, MD, FACS, a plastic and reconstructive surgeon, says women don't give their backs the attention they should. "Skin quality, muscle tone, posture, and bone structure of the back all indicate a healthy and fit person."

In addition to a healthful diet, appropriate skin care and an exercise program that stretches and tones are the surest ways to an alluring rear view. With a little tender loving care, your back can be one of your most beautiful assets.

1 GET GLOWING SKIN

"Most skin products are aimed at a more beautiful face, but a beautiful back is an indicator of a beautiful body," says Sayah, whose medical skin care spa, Centre Epiderme, is located at the Frederic Fekkai Salon in Beverly Hills. "Skin care for the back should involve moisturizing with a good daily body cream [such as La Roche Posay Lipikar, www.laroche-posay.us] and sunblock." Where he works in Southern California, at least 250 days a year are sunny, "so sun protection is key to avoiding brown age spots, wrinkles, and poor skin quality." Weekly exfoliation with a loofah or by other means will do the job of removing any dead skin from the back, he says, adding that those who want to go one step further can enjoy back skin care treatments by a professional aesthetician, which can involve



exfoliation, moisturizing massage, or even light peels to reverse some signs of aging and sun damage.

To go even further, professionals such as Sayah can perform light laser treatments on the back to treat dark age spots and broken capillaries on the back. "The laser treatments have no down time and typically yield excellent results." He also performs superficial to deep medical grade peels to correct sun damage and wrinkles on the back. "These result in a three- to five-day period of redness and peeling that can be covered with a shirt or dress," says Sayah.

www.davidsayah.com

2 MAKE THE MOST OF COOL TOOLS

It's not easy to care for the skin on your back when you can't reach it to cleanse, moisturize, exfoliate, medicate, or apply sunscreen. If you're tired of contorting yourself to reach all of your back's contours and still failing, you'll love the Body Buddy—a nonabsorbent, soft vinyl band you can dab with a bit of lotion, toss over your shoulder, and glide over every inch of your back. In white, green, or teal, this ingenious lotion applicator can be wiped off after use or tossed in the washer. It's one size fits all and folds neatly so you can tuck it in your travel bag or take it to the beach. Once you have one, you'll wonder how you managed without it.

www.bodybuddy.com

3 STRENGTHEN AND TONE

Few things are as sexy as a strong, lean back. And nothing says confidence more than impeccable posture. For an alluring rear view, don't scrimp on the back moves when you work out. Our fitness expert, certified fitness instructor Jennifer E. Sisk, MA, CWE, CWC, recommends the "Y Lat Pull," which you can do using weights, a resistance band, or your own muscles for resistance. "Seated in a chair, standing in a lunge position, or kneeling with one knee on the floor and one leg bent, lean



forward slightly, hinging from the hips. The spine should be kept in a straight line (no hunching or slouching). Raise your arms overhead in a "Y" shape, with your palms facing forward, then pull down, bringing your elbows toward your rib cage. Adding resistance bands or weight is optional. This exercise strengthens and sculpts the muscles of the upper and middle back, including the trapezius, rhomboids, altissimo dorsa, shoulder rotators, and posterior deltoids. I teach this exercise in my strength classes at Philadelphia Sports Clubs, and it never fails—class members always say, 'Wow, that really works the back!'" says Sisk.

4 PAMPER YOURSELF

The back is the focus of a signature treatment at Sycamore Mineral Springs Resort, a tranquil destination spa nestled in a pristine setting on California's stunning Central Coast. Among a long list of healing and pampering treatments, this "Skin Care Treatment for the Back" is a thirty-minute indulgence that begins with deep cleansing, steaming, and, if necessary, extractions. Then a mask, tailored to your skin's special needs, is applied, followed by a soothing massage during which essential oils with antibacterial ingredients are smoothed into the skin to hydrate the back.

www.sycamoreresorts.com