



## No LASIK? No Problem.

**Q.** I've been told that I'm not a good candidate for LASIK surgery. Is there another option out there regarding vision correction?

**A.** Yes! The Visian ICL, Implantable Collamer Lens.

There's a revolutionary new implantable contact lens that's by approved by the FDA to treat those who are not candidates for LASIK surgery or who are interested in a procedure which can be reversed (as the ICL does not replace the eye's natural lens). The lens is placed between the iris and the natural lens and acts as a supplement comparable to a prescription contact lens. The Visian ICL is meant to stay in the eye indefinitely. However, if for any reason the patient is unhappy with the outcome, the lens can be removed or exchanged.

### VISIAN ICL . . .

- ...is made of Collamer, an organic lens material that has greater biocompatibility than acrylic and silicone lenses.
- ...can treat severe myopia (nearsightedness) with or without astigmatism.
- ...only requires a 15- to 30-minute procedure and is relatively painless.
- ...offers quick visual recovery — improved vision may be evident the same day.

For more information about Visian ICL, contact Christopher Coad, MD FACS, of Chelsea Eye & Cosmetic Surgery Associates at 212.727.3717.

## WEIGHT FOR IT

Lifting heavy weights builds muscles, but it also creates inflammation, which reduces muscle efficiency and strength. You can combat inflammation by consuming an alkaline-based diet and vegetable-based protein shakes to stay in peak training form while you build muscle. (—RD)

# Fixes for Fall

I OFTEN RECEIVE QUESTIONS ABOUT FIXING — usually problem body parts. However, often the key to looking great is to stop looking at parts of ourselves we're not pleased with and look at our body as a whole. Though fall fashions cover up more of our body than spring, there's no better way to make sure you're looking great in them than having a fit body underneath. Here's how to get going:



### GET FIT ALL DAY

Stuck in the office? Take two breaks to speed walk for 10 minutes and follow up with as many push-ups as you can do. That's 30 minutes of cardio before you even get to the gym.

### WEIGH AND HIDE

Hop on the scale, and weigh yourself. Now put the scale in the closet for a week. Pay more attention to how your clothes fit. That's what's going to tell you how much your body is really changing!

### NAIL THAT SPIKE

Insulin spikes will combat your hard work. Prevent them by controlling your sugar and refined carbohydrate intake. Avoid fried and low-quality fats. Your

liver is one of the keys to healthy hormone balance and production of growth hormone. Take care of it by laying off excess alcohol, hydrogenated oils and sugars.

### STAY IN CONTROL

When you take control of your food, stay committed to your workout schedule and stay on the path to health, you're in charge. Friends may want to sabotage your program when you're out to dinner with them. Remember: You are making the decisions.

### TUNE YOUR METABOLISM

Use a food-based detox and clean-diet shift to get your metabolism fired up. The one I developed with my partner Dr. Steven Margolin

is the Burn & Build Body 14-Day Anti-Aging Detox.

### HAVE A DRINK

Of water, that is. Proper hydration is anti-aging and anti-allergy. It also pumps up your muscles and helps keep your brain functioning. See my tips below.

### BEFORE AND AFTER

Set goals for yourself and share them — for example, partner with a gym buddy and set a 90-day challenge to see how much you can achieve. At the end of three months, you'll be your own "after" story.

*Celebrity fitness trainer Rick Dinihanian works in NY and LA. He can be reached online at [burnandbuildbody.com](http://burnandbuildbody.com).*

## 5 TIPS TO GET SUPER HYDRATED

A dehydrated body is, at best, not functioning optimally; at worst, dehydration can land you in the emergency room. Lack of water can cause temporary depression, flat muscles and dull mental functions. Plus, our organs require water to flush toxins. So stay ahead of the game by drinking plenty of the original energy drink — water — and try these tips for an extra boost.

1. Drink pure water — coffee and soft drinks don't count.
2. Add a cup of coconut water to each quart of water; it's full of electrolytes.
3. Squeeze a lemon, then add a pinch of cayenne pepper, a few grains of sea salt and a spoonful of agave to your water to give yourself an alkalizing boost.
4. Drink room-temperature water — ice water shuts down your digestive fires and is tough on your organs.
5. Divide your weight by two; the result will tell you how many ounces of water you should drink per day. For most, that means at least three quarts. (—RD)