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“Looking Your Best for St. Patrick’s Day”



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For many of you, St. Patrick’s Day is not a big deal and you barely notice it coming and going every year. For some of you, St. Patrick’s Day is a big deal and it means dressing up and going out with your friends or having a party at someone’s house. So, for those of you who makes an event out of this March holiday, let’s see what we can do to make sure you are looking your best for this year’s bonanza!...and for those of you who aren’t going to make a big deal out of this holiday this year, these tips can be used for any big event coming up for which you want to look your best as well.

For big events, I usually encourage my patients to start a strict diet about a week before the event. If you only have a few days before the event, you can start on this regimen as soon as you realize that you need it. The diet consists of eating a mostly lean protein and vegetable diet with plenty of water and green tea. Most people have some level of glucose intolerance (meaning your body doesn’t process your sugar intake completely efficiently). So, by eliminating carbohydrates except in the form of vegetables, your body will retain less water and feel less bloated.

The lean protein can be chicken breast, legumes, nuts, wild fish, or tofu. I usually have my patients stay away from other forms of protein due to more inflammatory impacts on the body. In regards to vegetables, I encourage my patients to eat the colors of the rainbow so that they are getting a wide gamut of nutrients without having to think as much about it. The variety in colors ensures a bit more variety in nutrients in your food and a more comprehensive intake of vitamins and minerals.

The water and green tea is meant for making your body more efficient and for keeping it hydrated with nutrients and what it needs to function optimally for your next step in the regimen.

Exercise...I encourage all of my patients to get some form of exercise at least 30 minutes daily and it doesn’t have to be in a gym. Fast-paced walking or hiking is fine. People who have joint issues should consider swimming or water aerobics. Weight training with light weights and higher repetitions may be helpful for definition in your muscle tone before an event. This is usually recommended at about 15-30 minutes a few days per week (usually I recommend about 2-5 days per week depending on the breakdown of how they are doing the exercises). I caution my patients to always have trainers show you a safe healthy routine first before embarking on such routines and to always have clearance from your physician before you start an exercise regimen.

And finally...sleep. Sleep is necessary for our body to heal and repair. How can your body and your skin be in optimal shape if you haven’t given it the time to rest and heal? So, make time to sleep at regular times every day for about seven to eight hours per night.

If you implement this regimen and make sure to hydrate your skin with natural moisturizers at the very least of twice every day, you should be in tip top shape for this year’s St. Patrick’s Day or any other event you are looking forward to this year!



Dr. Julie T. Chen, M.D. an integrative medicine physician who is board-certified in internal medicine and is also fellowship-trained and board-certified in integrative medicine. She has her own medical practice in San Jose, CA, is the medical director of corporation wellness at several Silicon Valley-based corporations, is on several medical expert panels of websites as well as non-profit organizations, is a recurring monthly columnist for several national magazines, and has been featured in radio, TV, newspaper, and magazine interviews. She incorporates many types of healing modalities into her practice including, but is not limited to, medical acupuncture, Chinese scalp acupuncture, clinical hypnotherapy, strain-counterstrain osteopathic manipulations, and biofeedback. To learn more about Dr. Julie, you can check out her website at www.makinghealthyez.com.

