



"because it's good for me"

The Coral Insider

January-February 2012



From Coral Medical Health Spa

Greetings!

We hope you find this issue of The Coral Insider uplifting, and even entertaining. On page 4, we have a special OFFER on left over holiday gift packages!



New Year's Resolution Diets - REVIEWED

With the holidays behind us and 2012 here... we begin to ask ourselves what are the things that we want to improve on in this new year...? A very common new year's RESOLUTION is losing those extra pounds we put on during the holiday season! Then we ask, what's the best approach for me to take??? I've already tried **abc** diet and it didn't work, should I try **xyz** diet next???

Well, we have done the work for you and reviewed some of the common diets available, so you can make an educated decision before pushing forward with your new year's resolutions.

Metagenics Ultrameal Weightloss Program: This program is offered in our clinic, and is based on portion control, weightloss supplementation and lifestyle management. In the initial consultation you will discuss your lifestyle habits with the lifestyle educator and perform a bio-impedance analysis to measure numerous biomarkers like body fat percentage, lean muscle mass, level of hydration, toxicity, BMI and much more.

The second part of the diet involves a detailed eating plan based on your personal metabolic rate and added supplement, to ensure a healthy reduction in body fat while maintaining and often increasing your lean and healthy body tissue.

The last phase of the program is the maintenance phase. At this point you have lost the desired weight and are switching to an on-going lifestyle plan based on nutrition, supplementation and portion control. Many clients lose 25-30 pounds over 90 days, while some reported losing over 50 pounds in that same period. Please contact Guest Services to schedule your initial assessment.

Pros: Simple to follow, allows for you to make your own food choices, easy to drink/eat supplement, steady and healthy weightloss, fat loss with muscle maintenance, increased energy and strength and physician supervised.

Cons: Requires sticking to a fairly strict regime initially and some cost associated with the supplements.

The HCG Diet: The core of the HCG diet consists of extreme calorie restriction of around 500 calories a day mainly from lean protein and a daily injection of 125mg of the HCG hormone. The diet proponents claim that the body will begin to burn fat reserves as the HCG prevents the body from breaking down muscle for energy. They claim that dieters can expect to lose "26 pounds in 26 days" with up to 3100 fat calories being used for energy per day.

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Juicy Gossip/Community News

Did you know that Ken and Tamar had a baby (Leah), born December 15th 2011! Congratulations!

Team Players of the Month Award... Congrats!



Nelfi



Jena

Client of the Month!

Shannon H. has been chosen to be our client of the month.

Shannon has been a valued Coral client since September 2011. In this short time she has effectively began treating her skin concerns utilizing a number of treatment options. She has already experienced a great result! Thank you Shannon for making Coral an integral part of your skin-care regime.

Congratulations!

Shannon will receive a Therapeutic Facial Treatment (\$79 value).

Who will be the next Coral Client of the Month? (maybe you!)

Life Quote:

Exude happiness and you will feel it back a thousand times.

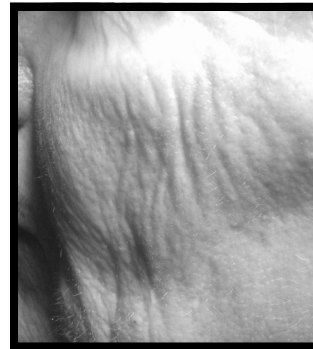
- Joan Lunden

New Laser Facial Treatment

Utilizing the Palomar Starlux 1540 Non-Ablative Laser Skin Resurfacing Treatment

Beginning in February, we're proud to announce a new paradigm in laser rejuvenation technology. The Starlux 1540 Non-Ablative Laser Resurfacing treatment has revolutionized the way we look at skin treatments. Designed to treat various skin conditions including:

- Fine Lines & Wrinkles
- Sun Damage
- Uneven Skin Tone
- Skin Tightening
- Stretch Marks!



This technology is quick and effective & with minimal downtime! Please call for additional information.

Product of the Month: Jena's Choice

Skin TX C12 Serum



I have chosen the C 12 Serum from Skin Tx as my favourite product this month!

This stable, pharmaceutical grade Vitamin C helps correct environmental damage, fine lines, wrinkles, uneven skin texture, and has a strong brightening effect. Vitamin C is also a proven collagen stimulator and is a great tool to combat and reverse the signs of aging. The Skin TX C12 Serum is a powerful anti-oxidant safe for all skin types!



Have you been to our online store? Visit our online store at www.coralspa.com and use the promotional code **C12** to receive **15% off** of the Skin TX C12 Serum!

Pros: Dramatic and fast weight loss is possible. **Cons:** Weight loss is most likely due to calorie restriction, not HCG. Side effects include headaches, risk of blood clots, restlessness, and depression. . Calorie restriction is way below what is deemed safe by the majority of the medical profession. Side effects of the long term use of HCG are not understood. Some cancers could not be caught early as HCG injections will hide tumor markers.

Alternate Day Diet: Every day is either an Up Day or a Down Day. You are free to eat as much as you would like to on Up Days and On Down Days you will restrict calories. For the first two weeks of the diet you consume no more than 20% of your usual calorie intake on Down Days. To simplify matters a daily intake of 500 calories for Down Days is suggested during the induction phase. The longer-term Alternate Day Diet plan is not as restrictive as the first two weeks. You can eat real food on Down Days and can also increase your calorie intake to up to 35% of your normal amount if you want to lose weight. If you have already reached your target weight you will eat up to 60% of your normal calorie requirements in order to maintain your weight.

Pros: No foods are completely off-limits. Easy to follow and to stick to. Eliminates feelings of deprivation that occur with long-term dieting. **Cons:** Dieters may experience hunger and fatigue on down days. Not suitable for those with a history of eating disorders. Does not encourage exercise, and may cause un-necessary muscle loss.

The Cabbage Soup Diet: is a 7 day meal plan, aimed at achieving fast weight loss. It is not a long-term weight loss solution, but is known to be effective over the short term.

Pros: Fast weight loss. The change from some of our normally junky eating habits can be beneficial. Vegetables from the Brassica family (such as cabbage, broccoli, cauliflower) are considered healthy. Many say they enjoy eating the soup.

Cons: Some complain that the Cabbage Soup a little too bland. Be prepared for gas... Requires will power. Lacks good nutrition High in salt. Not a long-term answer.

After careful assessment is it clear that fad diets are not the answer... If you want to lose weight and live a healthy lifestyle a "lifestyle program" incorporating healthy diet, exercise, nutritional supplementation and other important lifestyle parameters is the key to success! Please contact Guest Services to learn more about our Ultrameal Weightloss and Lifestyle Program!

SPRING AWAKENING OPEN HOUSE

THURSDAY MARCH 22nd 5:30-8PM

New Treatment Demos + AMAZING SPECIALS on EVERYTHING!!!

- Support The Windsor Regional Hospital Cancer Centre
 - Silent Auction
- Seminars and revolutionary NEW cosmetic treatments and Soft Lift Procedure
 - Clearance Table
- FREE Treatments, Demos and Consultations with Dr. Sherman.

For Additional Information
Call 519-969-1554 or email info@coralspa.com

**All Remaining Holiday
OPI Gift Packages**

ON CLEARANCE!



Follow us on Twitter.....twitter.com/CoralSpa

Or find us on Facebook as Coral Medical Health Spa

Recommended Resource:

Do you ever wonder what BOTOX & Juvederm can do for your appearance??? Visit www.juvederm.ca and select the visualizer to see a realistic before & after treatment picture of yourself! Then call us for your complimentary consultation with Dr. Sherman (519-969-1554)

We Want Your Feedback!

Your Feedback is always welcome and appreciated! Write to us at: info@coralspa.com

Ask Dr. Sherman...

Q: Dear Doctor: In light of the new year, I've decided that one of my new year's resolutions is to get rid of a tattoo I got when I was younger... it's located on my neck and is always visible. I realize that this mistake has also stopped me from getting a job I applied for last year and it's time to do something about it. Do you recommend laser tattoo removal? Is it safe? I just don't want to end up with something that looks worse than it does now. Please let me know what you think. Thanks... Sarah T.

A: Dear Sarah: The popularity of tattoos has grown in the past few years and I am asked these questions a lot! In fact, beginning in February, we will begin offering laser tattoo removal. As you may know, tattoos are permanent marks that are made in the skin. Modern day tattoos are created via a machine, also known as a gun or iron, which features a needle that injects pigment into the skin at up to one thousand times per minute. Pigments are responsible for the colour in the tattoo. The process of "injecting" the pigments and dyes into the skin is what makes them permanent in nature. The pigment settles deep within the skin's layers.

The process of removing the tattoo is quite interesting. Traditional treatments included resurfacing (sanding) the skin where the tattoo is located and/or surgically cutting the tattoo out of the skin. These treatments are moderately effective, but lead to a great deal of discomfort and scarring. The newer technology is laser tattoo removal, and it has almost completely replaced all other methods of tattoo removal. Utilizing the Q-Switch ND YAG laser, the tattoo is targeted via an intense laser light that breaks down the ink into manageable particles that are then eliminated naturally by the body's filtration system. The laser works on many different tattoo colours, however it's most effective on black or blue tattoos. There is some discomfort associated with this treatment, and there is some potential for post treatment scarring depending on the age of the tattoo, type of ink used, and the number of treatments required (3-15). These treatments are considered to be very safe, and with the newer technology, the chances for negative side-effects are almost completely gone. Please call our office to schedule a consultation with one of our certified laser technicians for additional information. Hope this helps... Good Luck!

About Coral

Coral Medical Health Spa is a comprehensive practice complete with everything needed to help you look and feel your best from the inside out!

Under the supervision of Dr. Zoia Sherman, Coral offers the most advanced Age-Prevention solutions available from BOTOX Cosmetic to Bio-Identical Hormone Replacement Therapy, and a complete Day Spa featuring Dermalogica Skincare.

As a recognized leader in the field of cosmetics and Anti-Aging, Dr. Sherman combines leading technologies and procedures with first-class, individual attention to create a destination for those seeking the best in these fields.

Call 519-969-1554 today, to schedule your comprehensive face-mapping treatment & FREE Consultation with Dr. Sherman!



VISIT US ONLINE

FOR VALENTINES DAY
SPA PACKAGES

