

# Health, Fitness & Beauty Guide

## Dermatologist debunks skincare misconceptions

(BPT) - Figuring out what's best for your skin can feel like solving a difficult mystery – everyone's condition is unique, there are countless treatment options and people will do almost anything for a clear complexion.

"When it comes to your skin, there are many elements to consider," says Dr. David Lortscher, board-certified dermatologist, CEO and founder of Curology. "Clogged pores, acne and other common issues can be a result of age, genetics, lifestyle and environmental factors. I often hear about common misconceptions that cause otherwise well-meaning people to make mistakes that trigger larger skincare problems."

Dr. Lortscher shares the top misconceptions about skincare and acne.

• **Misconception:** Exercise and sweat can cause acne.

**Fact:** Sweating while exercising doesn't cause acne. The eccrine glands produce sweat and the sebaceous glands produce oil – so revving up the sweat glands doesn't actually turn

on the oil glands involved in acne breakouts. The truth is

sweating and humidity can aggravate breakouts by giving the bacteria on the skin a better environment to grow.

Cleansing is key post-workout, but keep in mind vigorously cleansing your skin can also be a source of friction that aggravates acne. The best strategy is to splash comfortable-temperature water on your face and neck, then pat dry gently.

• **Misconception:** Chocolate and greasy foods cause acne.

**Fact:** Many people have heard that chocolate and junk food are the worst foods for your skin, but modern science hasn't found a direct link between acne and oily foods.

That's not to say your eating habits can't affect your skin. Eating simple carbs and sugar raises your blood sugar levels, causing your body to produce excess insulin, in turn stimulating oil production and leading to more inflammation and increased acne severity.

• **Misconception:** DIY skincare and home remedies are good for your skin.

**Fact:** The DIY craze has extended to skincare routines, giving people ample

ways to create their own remedies at home. However, it's wise to be careful about the ingredients applied to your skin.

Some people try baking soda as a cost-effective scrub or mask. Baking soda is pH 9 and the pH of the skin is 4.5-5 or so. Therefore, scrubbing your face with a baking soda paste can be harsh and disturb your skin's natural barrier, leading to red, raw and sensitive skin and leaving it susceptible to breakout.

Others suggest lemon juice as a home remedy for acne but it can cause significant dryness, redness and irritation. Lemon juice may have an exfoliating effect on the most superficial dead skin cells, but there are better ways to treat your acne.

If you're fed up with DIY remedies and over-the-counter products just haven't worked for you, you have options. Try custom prescription skincare like Curology, a service that gets you expert dermatology care from the comfort of your home. Just take a few photos and a skin quiz to get a prescription

formula customized to your individual needs.

• **Misconception:** You can make your pores smaller.

**Fact:** Most people want smaller pores, but in reality, you can't change the size or force them "open" or "closed."

Pore size is genetic; you can't shrink them or make pores go away. To keep large pores from worsening, treat acne breakouts, don't pick and use sun protection. Sun exposure breaks down collagen, which is the support structure surrounding the pores, so pores do appear larger as you age.

• **Misconception:** You only need to wear sunscreen on

sunny days.

**Fact:** It doesn't matter if it's sunny or cloudy; if you plan to spend time outdoors, wear sunscreen daily. It is estimated

that damage caused by ultraviolet rays from the sun is responsible for up to 80 percent of skin aging.

SPF is a measure of a sunscreen's ability to prevent UVB from damaging the skin. Most sunscreens with



an SPF of 15 or higher do an excellent job of protecting against UVB. For extended outdoor activity, use a water-resistant, broad spectrum (UVA/UVB) sunscreen with an SPF of 30 or higher.

## Resolve to get more shut-eye

(BPT) - Millions of people vow to eat better, work out more and lead a healthier life as a new year's resolution.

But something is missing from this equation. While eating well and getting exercise are extremely important, too often people neglect the keystone of good health: sleep.

While few people like daily workout routines or kale salad, most everyone loves sleep. And a good night's sleep loves you, too: It boosts mental and physical well-being.

With today's stressful, highly caffeinated, screen-addicted lifestyles, millions of Americans do not get enough sleep. A look at the 2017 Sleep in Review study by Sleep Number suggests that sleeping habits are highly individualized and need to be addressed on a case-by-case basis.

### A look at the numbers

This year, more than 30 percent of Americans reported they slept worse than in 2016.

A big culprit here is television. Nearly half of all respondents said that television often cuts into their sleep. In fact, 24 percent of millennials and 14 percent of all Americans report that binge watching before bed prevents them from getting enough rest.

Nearly 70 percent say worry and responsibility are preventing them from getting the sleep they need. A racing mind keeps many Americans from getting rest, particularly among Gen Xers. Worries about taking care of others – aging parents or young children – can often lead to neglecting yourself.

However, putting your own self-care first is often the best way to care for others.

Those who sleep well say they have a healthy balance of taking time for themselves and helping others that need them (39 percent versus 26 percent). Of course, if you're having difficulty sleeping, this might sound easier said than done.

### How do you get there?

How do you achieve that wonderful, restorative eight hours of sleep?

There's not one right way to do this, but according to the survey, there are several habits good sleepers have:

• **Ditch the device:** Forty-six percent of self-described "good sleepers" never or rarely bring a device to bed.

• **Have a laugh:** Those who sleep well are more likely to watch a comedy before going to sleep.

• **Keep it cool:** Forty-five percent say that cooling down the bedroom temperature is the No. 1 thing they do to improve sleep.

• **Stay tidy:** Those who make

their bed every morning are less likely to struggle with sleep.

A good night's sleep can mean the difference between having a wonderful or a horrible day.

### An individualized path to better sleep

In the past five years, millions of people have embraced software and technology that tracks their eating and exercise habits. These small devices give an individualized report that allows people to monitor their activity and adjust in a way that promotes good habits and health. Similarly, Sleep Number's SleepIQ technology(R) tracks your sleeping habits, and in the morning, it gives you a personalized report on how you slept, offering insights on how you might improve your sleeping habits.

Learn more about the latest in sleep tracking and adjustable comfort at [sleepnumber.com](http://sleepnumber.com).

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## Easy ways to cut back on sugar



(StatePoint) Nationwide, 30 million children and adults have diabetes, and 86 million are prediabetic, according to the American Diabetes Association (ADA). A leading risk factor for Type 2 diabetes is being overweight. But the good news is, according to the ADA, losing just seven percent of your body weight can decrease that risk by 58 percent.

One way to manage your weight is to cut back on sugar, which can often be a sneaky source of weight gain.

Before getting started, it's important to remember that many healthy foods naturally contain sugar, a carbohydrate your body burns for energy.

Processed sugars are different, adding calories that provide no other nutritional benefit, and at excessive levels, disrupting your metabolism, and potentially posing serious

health risks.

The USDA's dietary guidelines recommend that added sugar account for less than ten percent of your daily calories – that's a maximum of 50 grams a day for average women and 62.5 grams for men. To keep your sugar consumption in the healthy range, Courtney McCormick, Corporate Dietitian at Nutrisystem offers the following tips:

- **Hold the Ketchup.** You know baked goods and candy are loaded with added sugar, but so are many foods you may not think of as especially sweet. A tablespoon of ketchup, for instance, has

four grams of sugar, more than some chocolate chip cookies. Salsa, barbecue sauce, spaghetti sauce and even bread are hidden sources of sugar.

- **Sweeten with Spices.** Replace sugar from coffee, hot cereal and other foods with spices that have a naturally sweet taste, such as vanilla, cinnamon and cardamom, instead.

- **Flavor Your Water.** A 12-ounce can of soda has as much as 40 grams of added sugar. Skip the soda and drink water sweetened with fresh fruit and herbs, like strawberries and basil or lime and mint.

- **Start with Plain.** The fruit in the bottom of your yogurt can come with 25 or more grams of added sugar. Buy plain yogurt and add your own fresh or dried fruit.

- **Snack on Fruit.** One cup of blueberries, for example, has seven grams of natural sugar to satisfy your sweet tooth, but the fruit also comes with fiber to help you feel full and slow the breakdown of the

sugars, so you don't crave more calories soon after eating it.

- **Bake with Applesauce.** Eating fewer baked goods is sure to reduce your sugar intake, but when the occasion calls for you to make a cake, replace a third of the sugar in the recipe with an equal amount of unsweetened applesauce. For a delicious no-sugar added applesauce recipe, visit [leaf.nutrisystem.com/recipes](http://leaf.nutrisystem.com/recipes).

- **Eat Right and Often.** When you're hungry, you crave calories and that too often leads to sugary snacking. Reduce between-meal munching by eating healthy, filling foods four to six times a day. Programs like Nutrisystem provide portion-controlled meals and snacks throughout the day giving you the structure you need to eat right.

To lower your risk for Type 2 diabetes, make small swaps to reduce your sugar intake and more easily manage your weight.

## Get fit with your family

(StatePoint) Is your fitness routine stuck in a rut? Searching for ways to spend more time with your family?

Why not combine these goals? There are a variety of ways to lead an active lifestyle that are suitable for the whole family and can include children of all ages.

Let these four creative ideas help you turn each day into an opportunity to get fit and have fun as a family. As with any workout, it's important to have the proper gear, and that starts with footwear. So, each exercise below has a suggestion of what to look for when it comes to choosing the right shoe.

- **Participate in a charity run/walk:** Whether you're a seasoned runner or have just signed up to run your first 5K, many fundraising races accommodate the entire family. For younger children, look for events that allow jogging strollers or that host a Fun Run. Events that show the importance of communities working together for a larger cause can provide a bonus to the fun.

Shoe to try: Nike, Adidas and Converse all have a variety of "updated classic" styles available in men, women and children's sizing, so that every family member can find a pair that reflects their personalities, while also providing necessary support for race day.

- **Outdoor activities:** Heading outdoors to go camping or hiking burns calories, while providing incredible views

and memories.

Shoe to try: Built to go off-roading, ASICS hiking shoes features reversed lugs on the outsole to ensure a dependable grip both uphill and downhill.

- **HIIT:** High-Intensity interval training is being incorporated into a lot of workouts these days. HIIT workouts alternate a quick, intense period of exercise, such as running or cycling, followed by a short, active recovery.

Shoe to try: A lightweight cross training shoes with a stable base – such as a Nike Flex Trainer – are a good selection when it comes to HIIT workouts.

- **Bodyweight training:** The benefits of bodyweight training are seemingly endless. From pushups to squats, these exercises require no additional equipment and can be done anywhere and performed with many modifications. Get creative with your family by doing a circuit of your favorite bodyweight exercises in the park.

Shoe to try: A shoe with a mesh and synthetic upper material is designed to keep feet cool. Find this feature in a style, such as the New Balance, which also have special midsoles to ensure comfort from start to finish.

New footwear is a great way for each family member to show his or her style, while getting motivated to meet fitness goals. Once you've got the plan in place, get into a fitness routine that works for your family and stick with it.

## Protect your smile

They say you can tell a lot about a person from their smile, and one of the most important parts of a great smile, and indeed an essential part of healthy teeth, is your enamel.

The enamel is the hard, protective coating that covers your teeth and is the first and most important line of defense against tooth decay.

Unfortunately, people regularly ingest acidic drinks and foods that are especially harmful to teeth. The biggest

culprits are:

- Lemon (including lemonade)
- Cola drinks
- Sport drinks
- Orange juice
- Energy drinks

If you drink these daily, make sure you are taking steps to protect your enamel, like drinking plenty of water and using the right toothpaste, like Crest Pro-Health Advanced, Deep Clean Mint toothpaste, which earned the first ADA

Seal of Acceptance in the enamel erosion category.

This will help protect your enamel and maintain a healthy, beautiful smile.

