

AN INTERVIEW WITH DR. JULES MARTHAN
A FRENCH PHYSICIAN SPEAKS ON MESOTHERAPY

BY WANDA MINNIS-DYSON, MD

Mesotherapy is an alternative to plastic surgery for reducing cellulite and problem areas such as love handles, double chins, and saddlebags. This technique also has applications in the treatment of thinning hair and facial rejuvenation. Mesotherapy is a relatively painless technique, which involves multiple injections of medications, vitamins, minerals, homeopathic medications, and amino acids just below the skin surface. A topical anesthetic is applied prior to the treatment. Mesotherapy may be performed manually or with the use of a delivery system termed a mesogun. This innovative technique has been featured in print media as well as national and local news features. The technique originates in France and has been practiced there for decades. Therefore, the thoughts and opinions of a French practitioner of Mesotherapy are invaluable. The following is an interview with Dr. Jules Marthan a French physician who has practiced Mesotherapy for many years.

Dr. Marthan, I consider it an honor to have trained in Mesotherapy with a French Master like yourself. I appreciate your taking time from your busy schedule to complete this interview. How long have you been practicing Mesotherapy?

I have been practicing Mesotherapy since 1974.

Where did you train in Mesotherapy and with whom?

I trained with Dr. Michel Pistor the pioneer of Mesotherapy. I received degrees in Medical Aesthetics and Mesotherapy from the University of Paris and Bordeaux. I am president of the Languedoc Roussillon French Society of Mesotherapy. I am a member of the International Society of Mesotherapy and the French Society of Mesotherapy. I have been a Master of training since 1980. I am one of the pioneers of the "Mesolift" procedure a technique for facial rejuvenation. My practice in France includes Mesotherapy, medical aesthetics, acupuncture, and osteopathy.

How do you use Mesotherapy in your practice?

In medical aesthetics, trauma, sports injury, and pain management.

Do you find Mesotherapy to be effective?

Mesotherapy is very effective in the areas mentioned before. In the area of aesthetics, there are two techniques, which provide excellent results for patients. First, mesolift which provides rejuvenation of the face with

improvement in the glow and tone of the skin and secondly Mesotherapy for the treatment of cellulite

Are your patients pleased with the results of Mesotherapy?

Patients are 80% satisfied.

Americans seem to be worried about the side effects of the medications used in Mesotherapy. Have you ever experienced any side effects with the use of the Mesotherapy medications?

There are very few secondary effects (side effects). Some are related to allergy to one of the products administered. Most often allergic reactions are due to procaine or vitamins mainly B12. If an excessively viscous cocktail is used damage to the skin may occur.

I am often asked if there have been any studies on Mesotherapy, have any studies been done in France?

I have participated in clinical studies mainly in sports medicine in the area of Achilles tendonitis, post operative pain, shoulder or knee pain, and studies on low back pain involving the use of Mesotherapy versus osteopathic manipulations or infiltrations (injections). Mesotherapy involves the delivery of a fraction of the usual dosage of medication directly into the painful area for relief of pain.

Americans seem to be most interested in the use of Mesotherapy for cellulite and spot fat reduction; you also use Mesotherapy for pain management. Can you elaborate on the use of Mesotherapy for pain management in France?

Mesotherapy in France is mainly used in movement pain, joint pain, shoulder pain, tendonitis, and arthritis inflammation.

Many American practitioners of Mesotherapy treat with manual injections. There is currently controversy regarding the use of the mesogun in America. How do you administer Mesotherapy?

Using the mesogun for Mesotherapy injections provides more accurate depth of injection with minimal pain for the patient. I have a large experience with mesoguns. I tried the first ones on the market many years ago. I use only the mesomega mesogun because it is simple, reliable, and practical for performing professional Mesotherapy.

Americans are worried about where the fat goes when it is dissolved, they are afraid it will be deposited in the arteries. How is the fat disposed of after Mesotherapy?

The dissolved fat is eliminated by the hepatic (liver) system and the kidneys. There is no deposit of fat in the blood vessels.

Do you think that there are medications that are injected during Mesotherapy for cellulite treatment or spot fat reduction that are dangerous?

The use of diuretics or thyroid hormones are not advised in Mesotherapy. The exception is osmotic diuretics, which may shrink the fat cells.

How can you get the best result from Mesotherapy in the treatment of cellulite?

The combination of Mesotherapy and lymphatic drainage massage works best. Mesotherapy acts locally to dissolve the fat, improve the local circulation, and eliminate water retention while lymphatic massage enables the elimination of the fluid by drainage into the lymphatic system.

Dr. Marthan plans to be in the Washington area March 25th and 26th 2005 to demonstrate and discuss the principles of Mesotherapy.

Dr. Dyson is internationally certified in Mesotherapy and offers mesolift, spot fat reduction and cellulite treatment. Dr. Dyson is Board Certified in Internal Medicine and practices the specialties of Internal Medicine and Bariatrics (Weight Loss). The practice also offers the aesthetic services of Botox, chemical facial peels, and physician grade skin care products. Her practice is located at 650 Pennsylvania Avenue, SE, Suite 250. Call 202-575-4660 or visit the website at www.changeforlifeweightloss.com Questions regarding Mesotherapy can be directed to changeforlifeweightloss@yahoo.com

MAKING THE CHANGES YOU DESIRE IN THE NEW YEAR

Nothing in the world lasts Save Eternal Change.

Poet George Wither. Odes, The Coming of Spring.

by **PATTIE CINELLI**

Every New Year we are plagued by the tradition of resolutions. "I'm going to lose that weight, start exercising, quit smoking, make more time for my family or get a new job," becomes a mantra in our psyche. We express a strong desire to make a positive change in our lives. Yet, many of us find ourselves resisting the change we so much want. Why is it so hard for us to stay on the path toward our goal when we truly desire the end result?

Home Change

"You've got to let go of the outcome," said Patrise Henkel, an artist and business owner who this past year uprooted her sense

of community and familiarity and moved from Capitol Hill to Accokeek, Md. where she knew no one. "My philosophy is that change is life and life is change. However, that's easier said than done." She said the death of her father, her last living parent, pushed her into changes both emotionally and physically. From her sense of loss she discovered a sense of herself and began exploring how to achieve what she desired. While the message she received from his death was scary – that our time here is short and unpredictable – she chose to turn a negative message into a positive one to get something she knew she wanted.

The changes for Patrise were gradual. She joined a gym and hired a trainer. "That helped me feel stronger and gave me the confidence to figure out how to get what I needed to be in balance." For her, that was her house near the water. She traded her three-bedroom row house for a ranch house on five acres in the country. "As an artist I've learned how to listen

to my intuition. It's a practice of listening inside as well as looking outside."

Career Change

Three-and-a-half years ago I quit my day job to do the work I love. Many thought I was crazy, others thought I was brave, but I just knew I had to follow my heart, my gut, my inner being – whatever you call that voice inside that tells you through emotions what is right for you. It was not a rash decision. I had tried to visualize myself in my new life for a long time, but I never could complete the picture enough to alleviate the fear and "common sense" of keeping a secure position and salary. It wasn't until I discovered the teachings of Abraham (www.abraham-hicks.com) that I could let go of the fear enough to act. I could release the negative internal dialogue that kept creeping into my mind. I could then focus on what I want to become, how I want to look, how I want to feel and who I want to be without getting hung up on the details. I trust the universe will provide. It's like painting a house. The more important part of the process is the preparation work. If that is done correctly then the painting, itself, is easy.

Habit Change

Margaret Shean told me in order to change a habit, you not only have to want to change but also have an impetus for doing so. For example, she had wanted to stop chewing her nails for some time but hadn't, then someone she cared about and respected told her how horrible her hands looked. "No one had put it that way. I finally heard it and it got through to me. I haven't chewed my nails for years."

Weight Change

Losing weight probably tops the list for failed New Year's Resolutions. The process for permanently losing weight is not different from any change desired. Dr. Wanda Dyson, an internist on Capitol Hill who specializes in bariatrics (weight loss) said she finds that those patients who embrace her advice, follow it and trust it will work are successful at losing weight and keeping it off. "They get into a groove, adapt a different lifestyle and eventually, they don't need me," she said. They learn how to think differently and how to behave differently. The change occurs over time. Those that fail, she said, continue doing the same thing the same way so they get the same results.

Dr. Dyson offered characteristics of successful dieters from the National Institute of Health. Those who lose weight and keep it off expect failure, but keep trying, don't deny themselves foods they like from time to time, weigh themselves often, have planned exercise (about 1 hour a day), follow a sensible diet and eat five meals a day.

Whatever change you want to see in your life this New Year rap your heart and soul around it. Expect that it will not be easy and expect it to get better. Embrace the in-between time where you are not where you want to be and not where you were.

Tips for Staying on Track

- Be realistic and kind to yourself. Don't make absolutes then beat yourself up for failing.
- Anticipate and plan coping strategies.
- Meditate regularly with clear intention to stay on your path.
- Congratulate yourself on your progress, no matter how small it seems.
- Be flexible enough to adjust your goal(s) along the way.
- Remember, change is a process. You will never get it done and, as a result, you can never get it wrong. Once you reach one goal, there will be another one right behind it.

Doctor Wanda Dyson has her medical practice on Capitol Hill. She can be reached through her website at www.changeforlifeweightloss.com. Patrise Henkel's artwork can be viewed on her website at www.patrise.com.

Pattie Cinelli is a writer, personal trainer and lecturer in Washington, DC. who has been writing her column for five years. She can be reached with health and fitness questions through her website at www.pattiecinielli.com.

Losing weight probably tops the list for failed New Year's Resolutions. Dr. Dyson offered characteristics of successful dieters from the National Institute of Health. Those who lose weight and keep it off expect failure, but keep trying, don't deny themselves foods they like from time to time, weigh themselves often, have planned exercise (about 1 hour a day), follow a sensible diet and eat five meals a day.

Anacostia River Transportation Projects Upcoming Community Workshops

Date: January 6, 2005

Location: Friendship-Edison PCS/Woodson Senior Academy
4095 Minnesota Avenue NE
(Minn. Ave Metro Station)

6:00-6:30 pm Open House

6:30-7:30 pm Kenilworth Avenue Study

7:30-8:30 pm Public Hearing

Anacostia Riverwalk and Bike Trail

Date: February 24, 2005

Location: TBA

6:00-6:30 pm Open House

6:30-8:30 pm Public Design Workshop



**For more information,
call 202-610-0005.**

Visit www.kacstudy.com • www.arwstudy.com
www.publicspaceforum.org

Ben Bonham

"Your Key to D.C."



ASHBY & ASSOCIATES

1533 Pennsylvania Ave. • Washington, DC • 20003

www.benjaminbonham.com

202-388-5247



Licensed in D.C. & MD



STOP THE SALT YOU'LL BE A "NEW YOU"

BY MAGGIE HALL



W

We're big butter fans, these days. We have it in the house for the first time in our 20 years together. We're also rather partial to rice milk. Even though it looks like it's been dredged from the bottom of a rather nasty barrel.

We also make our own bread. Never, ever, thought we'd embrace that Mother Earth activity. But the one thing we don't slap between the slices is ham.

Why? Here's a hint: we buy unsalted butter. And when you know that cow's milk has a third more natural sodium than rice, and that we don't add salt to our bread dough, you'll have cottoned on.

Welcome to our low-salt-world.

Suddenly, a year ago, a heart-problem shook us into the non-shaking habit. Salt, as most people know, is the main culprit in aiding the body to retain water. So when the old-ticker is not working at full capacity, it tends to "drown", when the system is fed too much salt. Result? Pain, shortness of breath, fatigue.

Also, research shows that as the salt intake is lowered, so high blood-pressure comes down - which can equate to a lower risk of stroke or a heart-attack.

We're now, to put it bluntly, sodium snobs.

Oh, yes, I know, can hear the cries now: "Good heavens, we threw away the salt shaker years ago."

But this is not about taking the salt off the table. It's about the hidden sodium that pretty much haunts every thing we eat. There's little, none of us, con-

sume on a daily basis that does not have sodium in it. There's enough natural sodium around to get the amount the body needs to function, without a grain being added. As for processed or convenience foods, much of the added salt content is certifiably lethal.

Cardiologists routinely try and get patients - particularly those with high blood-pressure and congestive heart failure - on 2,000 mgs a day. It is not an order to be taken with a pinch of salt.

It sounds a lot. But once you start the daunting process of eliminating salt, you realize how little that is; how much we all consume.

Concern is so high, in Britain, about the unhealthy salt levels in processed food, that the government has stepped-in. Food manufacturers are under massive pressure to cut the amount of salt in their products. Meanwhile the British Consumers' Association has threatened to launch a boycott of major supermarkets that don't toe-the-low-salt-line with their own-label items.

Of course while there is "hidden" sodium, most of it is not. The stuff is detailed right there on the label. And what a shock that reading can be.

Check your knowledge. See how close to correct you get with calculating the amount of sodium in this good-sounding breakfast: a cup of "heart-healthy" corn-flakes, topped with a half cup of "help reduce the risk of heart disease" grape-nuts; a cup of fat-free milk.

The total sodium intake there is 637 mgs. Over a quarter of your allowance gulped down already. I know, hard to comprehend, but most cereals - even those with big hearts on the packet - are stuffed with totally unnecessary added salt.

OK, let's switch to another breakfast. Let's make it, a slice of toasted whole-wheat bread, spread with a teaspoonful of canola margarine, topped with a poached egg. Would you believe that little lot "eats" up 355 mgs of your precious reduced sodium intake. And on the basis, many of us would consider, two slices and two eggs, pretty careful eating, you quickly realize how easy it is for the panic-factor to swamp those who are under low-sodium-orders.

A terrifying example of that is a plain bagel. Substitute one for the breakfast bread above, and the salt intake soars. One medium bagel (2.5 oz) has 560 mgs of salt!

At the start of our salt-saga, neither of us could have got anywhere close to coming-up with the right sodium numbers of any meal we consumed on a regular basis. And the first lesson we learnt is that so-called salt-substitutes are no answer. ??? Also, it is a new housewife's tale that sea-salt - even if it comes from France and is the price of champagne - is good for you. It doesn't matter which way it is ground, shaken or poured, salt is sodium is salt.

We also quickly worked out that the preparation terms to avoid were: smoked, pickled, marinated, cured. And we started taking note of serving sizes. The key thing to be aware of here is that the percentage is often based on ridiculously small portions. Like a package of deli-ham. At first sight you might think it's not too bad. Until you realize the figure of 380 mgs is for one slice!

The same for canned-goods. Particularly soup. A can of soup is hardly over-the-top, for some of us, but it will probably mean you've consumed your daily salt allowance in one bowlful.

Now it's become second nature for Gary - he's the "patient" - to bypass bacon, ham, salami, sausage, smoked salmon, smoked anything, cheese, olives, sauces, gravies, baked-goods (unless home-made by us), most crackers and condiments. The list is endless.

And he automatically, asks waiters to ask the chef to "hold-the-salt".

Eating-out on the Hill we've had nothing but co-operation. Unlike a fancy Florida restaurant that snootily told us: "You get it as it comes." Needless to say we left.

Happily the report is that he feels so much healthier. In fact he is. And that's the doctor talking. I have cut back dramatically but not to the extreme that he has had to, on medical grounds. So I will, once in a while - when he's not around - indulge in a bagel bacon sandwich. But to be honest, afterwards - like the occasional Chinese I have - I can hardly speak for the salt assault on the roof of my mouth.

It's dangerous of course to totally cut-out salt. In fact it is impossible. Natural sodium is found in some fresh fruits, most vegetables, and all meat. Amazingly celery - which we all know (at least think) is inedible without salt sprinkled on it - has one of the highest levels. A medium stalk, whatever that is, has 34 mgs. Carrots and spinach are high too.

But this is the healthy way of ensuring a correct intake. The trouble arises when food is processed. Most of the salt that is added, is not required. It's all down to society's warped sense of taste. (I told you we'd become snobs.) Proof of that is in the pudding - baby-pudding. And all other baby food. It's heavily salted, so mom and dad don't think they're feeding the little one unpalatable mush.

A shocking discovery was the lower the fat content, the higher the added salt. All to do with the business of compensating for the loss of flavor that comes with "fat-free". And for the same reason many sweet items - particularly cookies - are well salted!

Several "finds" have allowed happiness to continue reigning around our dining table. Hunt's make a no-salt added ketchup, and there's an excellent Canadian sharp honey mustard on the market. I was about to place a high-priced order for both on a mail-order web-site - catering for those on low-sodium diets - when I found them locally: the ketchup at Safeway, the mustard at Sam's, on Lincoln Park.

Safeway also has other life-savers, like unsalted dry roasted peanuts, no-salt-added cottage cheese, canned corn and peas, tomato paste (vital for our homemade pizzas) and a very good Francesco Rinaldi pasta sauce. Because there's no added-salt the sodium content is 30 mgs a half-cup. Most canned pasta sauces have well over 300 mgs. Some as

high as 700.

Our other big savior has been "Yes!" the organic store, on Pennsylvania Avenue. It has sodium-free bread - for the days we don't get round to baking - a very good stone-ground mustard and wonderful freshly ground peanut butter. Regular peanut butter can add 150 mgs of salt per two tablespoons.

So, whether you're planning a "New You", voluntarily or on doctor's orders, a good start would be to take the old superstition to heart. Grab some salt - throw it over your shoulder. This will bring you luck and keep the "please-pass-the-salt" devil at bay."

THE BENEFITS OF GLYCOLIC ACID TO YOUR SKIN CARE

by **KIM BROWNE**

You just heard that a friend has received a chemical peel and you begin to have visions of an inflamed, scabbed, and irritated face. Or, you remember that one episode on Sex in the City when sexy Samantha left her plastic surgeon's office looking like a butcher just turned her face into ground round.

You needn't fear because those types of peels are deep chemical peels that require weeks of skincare preparation performed under a physician's supervision. Deep chemical peels are those that contain thirty to forty percent Trichloroacetic acid (TCA) peels or Phenol peels. These peels penetrate to the dermis layer of the skin, which causes extensive redness, mild discomfort, and an approximate three-week recovery period. These peels deliver the most dramatic results to severely sun-damaged and wrinkled skin.

If you do not want a deep chemical peel, you are in luck because there is a family of acids called Alpha-hydroxy acids (AHAs) that are mild and used in most common superficial peels. These superficial peels can be used on almost all skin types and deliver a very low amount of irritation.

The ancient Egyptians, who wanted a youthful appearance, used AHAs that are found in fruits, vegetables, and milk. These acids include lactic, tartaric, malic, salicylic, and the most beneficial AHA—glycolic acid.

Glycolic acid comes from sugar cane and because glycolic acid has the smallest molecules of the AHAs, it is able to penetrate the

dead corneum cells and loosen the intercellular lipids that bond the cells, allowing the dead cells to dissolve. This results in the stimulation of the cell renewal process and brings younger cells to the surface of the epidermis, which makes the skin brighter, and smoother in the following ways:

- Stimulates the production of new collagen, which firms and tightens the skin
- Improves fine lines and wrinkles
- Improves the hydration in the skin and making the skin smoother and firmer
- Diminishes dark splotchy discoloration of cells (hyperpigmentation caused by the overproduction of melanin) by exfoliating sun-damaged skin and lightening the discoloration
- Eliminates dead skin cell accumulation inside the follicle and helps dissolve oil and dirt that will aid in the treatment of acne and improve the texture of the skin

A glycolic product must have the proper bioavailability to be effective. This means that the amount of glycolic acid is not neutralized by another ingredient, thereby reducing the efficacy of the glycolic acid. Dr. Barry Cohen, renowned plastic surgeon and developer of pH Advantage skincare line states in his new book Total Rejuvenation, "The effects of glycolic acid are concentration dependent. The more acid that gets delivered the more effective a product will be."

Dr. Wanda Minnis-Dyson, whose Capitol Hill practice includes bariatrics and aesthetics, says that a series of glycolic peels are a perfect compliment to the "Mesolift" a French technique for skin rejuvenation. She has incorporated glycolic peels into her personal skincare routine and has noticed brighter and smoother skin.

Kim Browne is a Capitol Hill resident and a medical skincare specialist with the Washington Plastic Surgery Group in Rockville, Maryland. If you would like additional information or have questions, please e-mail her at Kjbrowne@verizon.net



Make Room . . . for Your Life

Jill-of-all-Trades
Professional Organizing!

Jill Lawrence

[202] 544-JILL



Get it done. Live your dream.



The Reincarnation of the Soul

AQUARIAN AGE STUDIES

"Man Know Thyself..." These words over the Temple door on Atlantis were an invitation to all who desired to seek the master teachers—those who were the spiritual guides, guardians and friends—in evolving and getting knowledge of the Mystery Schools to learn their true spiritual mission in life.

These spiritual guides and/or Ascended Masters are our elder Brothers and Sisters who balanced their Karma here in earth's schoolroom and have returned back to the Heart of God from whence we all came. One of these great masters informed us that "...where each one is born, a star is born that is unique. There is no one else in Cosmos who can accomplish your assignment (given to you by God) quite as well as you can. Only you can do it. Others may come who are second best or third or one hundredth, but the uniqueness of your calling is yours."

Today, here at the Center for Christ Realization, we are pursuing the same spiritual wisdom from Jesus the Christ, Saint Germain, Buddha, El Morya, Mother Mary, Archangel Michael and the great host of Ascended Masters. In this nondenominational religious and educational activity, we seek to help each individual to make contact with and rise to the height of his or her own divinity—The I AM THAT I AM.

Learn how to "be all that you can be."

Come join with us in exploring the Mystic Corridors of knowledge for the Aquarian Age. For information, classes and workshops call **Rev. Harris at**

202.882.5576