

*Deborah L. Martin, M.D., C.C.F.P., (E.M.)*

## Nine Steps To Better Skin

Our skin, or Epidermis, is our body's largest organ, yet most people take it for granted, and do not give it a second thought past the need for moisturizer and sun-block. We hear every day about heart disease and other organ-based medical concerns, but how often do we stop and really think about what we can do to take better care of this vital organ that so heavily influences not only how we look, but how we feel?

With winter coming to an end and the long days of summer fast approaching we need to take a little time each day to ensure that our skin is taken care of properly, so as to ensure that it retains its vitality, elasticity, and texture for many more years to come.

Now I know what you are thinking "here we go again with the wash, rinse, moisturise, drink water, blah, blah". However, as you will see, these recommendations, as posted on [www.realage.com](http://www.realage.com), are more holistic in nature, and they focus predominantly on the idea that your skin is a very direct extension of who you are as a whole.



- Step 1. Simplify. Limit your beauty regime, focusing on washing and moisturizing twice a day.
- Step 2. Relax. Schedule 30 minutes of downtime for yourself each day, chilling to music with the phone and computer turned off.
- Step 3. Go Green. Drink green tea all day for the flavonoids, and go out for 20 minutes of light exercise.
- Step 4. Eat clean. Cut out processed foods and enjoy the gifts that nature provides like oranges, cantaloupe, tomatoes, and leafy greens. For meals try salmon or tuna in a salad.
- Step 5. Exercise: Get off the couch and get 30 minutes of physical activity. Walk the dog, play ball with your kids, or just take a walk around the block with family or friends.
- Step 6. Reconnect: Find a friend and spend time with her.
- Step 7. Breath: Find 5 minutes twice a day for complete silence, when you can focus on breathing, or meditation, or just the examination of the inside of your eyelids.
- Step 8. Sleep: Do what you need to do to get the sleep you need. Here is a simple test: if you are still tired the next day then you need to work on this more.
- Step 9. Reflect: Contemplate what you have learned about your skin and your being, and how you will benefit from looking after yourself.

I find this to be great advice, and I look forward to hearing from you at [info@drmartinsclinic.com](mailto:info@drmartinsclinic.com).

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## About Dr. Deborah Martin

Today, the options in the field of Medical Aesthetics are often complicated, and can easily become overwhelming. At Dr. Deborah Martin's Vein & Medical Aesthetics Clinic you will find professional and experienced medical staff who are ready to help you make an informed decision about a wide variety of medical and cosmetic choices.

Dr. Deborah Martin is a medical physician, as certified by the College of Physicians & Surgeons of Ontario, who brings with her more than twenty years of diversified experience in Emergency Care and Medical Aesthetics. Dr. Martin graduated from the School of Medicine at Queen's University in 1986, and then went on to specialize in Sclerotherapy by studying with physicians in Houston, Texas, San Diego, and San Francisco, CA. Dr. Martin's Vein Clinic was first opened in 1995. Although not initially drawn to Medical Aesthetics, Deborah Martin came to empathize with the physical and emotional effects that the passage of time has on all of us. Most of her patients were women in their thirties or forties and fifties, like herself, who had raised their families and were looking for a new lease on life. The transition to full Medical Aesthetic Services was an easy one for this mother of three to make.



Dr. Martin has also trained over 400 medical professionals from around the world, and she has been approved and accredited by the Ontario College of Physicians and Surgeons as an internationally known and respected expert and trainer in the fields of Sclerotherapy, BOTOX and Aesthetic Filler, and Laser Skin Rejuvenation. All training is conducted through the assistance of volunteer patients.

All members of Dr. Martin's team strive to provide their clients with the best options in the field of medical aesthetics while always taking into consideration the value of the investment in their procedures.

***The clinic's mission: To replenish youth in "middle age".***

This has become an attainable goal for many of the Clinic's clients, who have consistently received quality care and professional services in the treatment of Varicose and Spider Veins, BOTOX and Fillers, Laser Hair Removal, Skin Rejuvenation, IPL Photofacials, and Hyperhidrosis.

For more information please visit

[www.drmartinsclinic.com](http://www.drmartinsclinic.com)