

LARGEST WEEKLY CIRCULATION IN THE HAMPTONS PLUS SPECIAL MANHATTAN DELIVERY

# Dani's Papers

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COMPRS

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ART BY DEBBIE SAMPSON

SPECIAL SECTION  
SUMMER RENTALS & REAL ESTATE



# HEALTH & BEAUTY

## Skin deep with Samantha Altea

### We Are What We Eat

Pssst, when was the last time you ordered some kind of fast food? Go on, admit it, you probably indulge once in a while, right? After all, America is a fast food nation and these are the days of super sized portions. But if you're partial to the occasional Big Mac and fries, you might want to check out Morgan Spurlock's recent documentary film - "Super Size Me." Fast food might not look quite so appetizing after you've watched 90 minutes of Spurlock, the guinea pig for his own movie, chronicle 30 days of eating a diet consisting purely of McDonalds. In just a month, Spurlock gains 25 pounds, has to combat severe mood swings and nausea, and is given warnings from doctors about rising cholesterol and liver toxicity, among other health issues. He doesn't look so hot in the end, either. The documentary will be released in theaters in May, and you can learn more about it by visiting [www.supersizeme.com](http://www.supersizeme.com).

Photo from [www.spokane-country.wsu.edu](http://www.spokane-country.wsu.edu)



with his three-day nutritional food program. He says that if you eat the wrinkle free way you'll not only look better, but you'll feel better. See Dr. Perricone's

Take a green leafy out of Pratt's book. Spring is here and summer's around the corner. Try my favorite thing to do, visit the farmers market in Amagansett. The produce not only looks amazing, but just walking among it makes me feel healthy. In summertime, one can hardly go a block without seeing an abundance of farm stands with delectable fruits and vegetables bursting with color and goodness. Additionally, the arrival of Citarella and other gourmet stores makes it as easy, after a long day at the beach, to embrace healthy-eating as it is to scarf down processed fast food.

So next time you go grocery shopping, or feel a rumble in your tummy, put something healthy in your body. To get you started, here are some health and beauty food choices Pratt suggests you consider:

- Watermelon - makes your skin look healthier and raises the SPF of your skin
- Apples - the skin of an apple is what makes your skin look healthy
- Pumpkin - gives you a healthy glow and

again is good for the skin and helps prevent wrinkles.

But don't wait until then to think about what you put in to your mouth. We are what we eat and the sooner we take that into consideration, the happier and healthier we'll be. Not to mention the fact that we're sure to look better. Studies show that eating the right food can also help to fight the aging process, prevent wrinkles and make your skin glow. Even health and beauty specialists have jumped on the food wagon, like N. V. Perricone, M.D. Cosmeceuticals, who promises an instant facelift

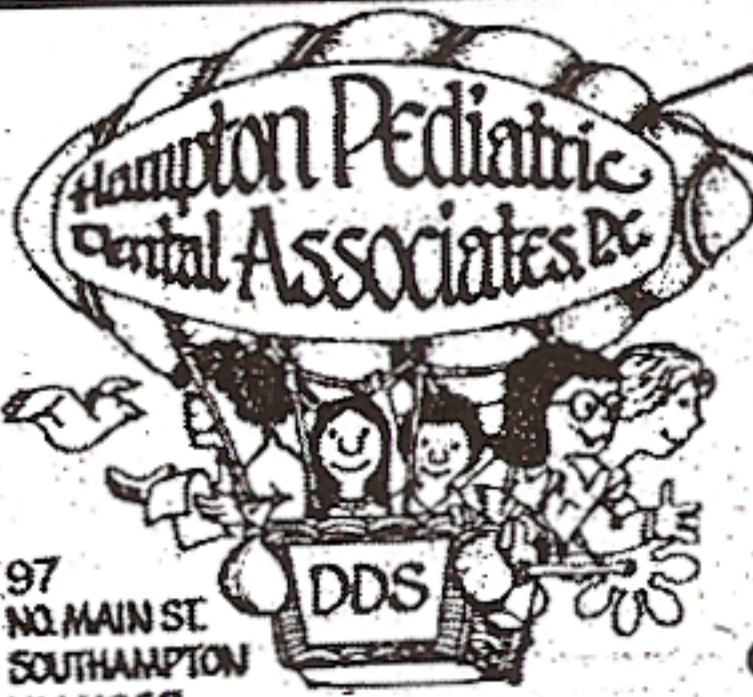
3-day Nutritional facelift menu at [www.nvperricone.com](http://www.nvperricone.com).

Whilst a three-day food-filled facelift might be appetizing, healthy eating is more of a lifestyle, according to Steven Pratt, M.D, who wrote "SuperFoods Rx: Fourteen Foods That Will Change Your Life." The Hamptons, where most embrace healthy living anyway, is the perfect place to eat right. So you've got no excuses.

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- Blueberries - are good for the brain
- Green and White Tea - contains antioxidants, helps with general health (we did a feature here a few weeks ago about tea)
- Tomatoes - the actual tomato, is wonderful, but also try tomato paste and even spaghetti sauce

(continued on next page)




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## Some Straight Talk About Your Looks



If you ever watch prime time news or read the most recent beauty magazines and wonder where you can get the latest cosmetic procedures done, you need look no farther than Dr. Alexander Covey at **East End Laser Care**. He has been providing cosmetic surgery procedures to the people of Long Island since 1988 and has been named "One of the Top Doctors in New York."

On March 23<sup>rd</sup> at 7 p.m. Dr Covey will be presenting a **FREE SEMINAR** on "*The Newest Advances in Cosmetic Laser Surgery.*" Topics will include everything from the New Revolutionary **Non-Surgical Facelift/Browlift, Thermage**, to state of the art **Laser Treatments** for *lines and wrinkles, acne, and acne scarring, brown spots, facial veins, rosacea, and stretch marks.* Learn how **Botox, Collagen** and the NEW FDA approved long-lasting wrinkle filler **Restylane** can eliminate facial lines and how **Laser Hair Removal** can permanently reduce unwanted hair.


You will also meet patients who have had remarkable results and find out how cosmetic laser surgery can help you **look better and feel better**. In short, this is your chance to find out more about what's new in cosmetic surgery.

For those who attend, there will be drawings for a **FREE \$500 Botox treatment** and a **FREE \$150 Microdermabrasion treatment**. Each person will also be given a jar of our own **FREE Vitamin C beauty pads**. All attendees for a limited time can take advantage of **discounts on all cosmetic laser treatments**.

Call **(631) 878-9200 NOW** to register. **PRE-REGISTRATION IS NECESSARY** (Last time many people had to be turned away). This seminar will take place at The Inn at East Wind at 5720 Route 25A in Wading River and will begin at 7 p.m. Refreshments will be served. *East End Laser Care will donate a portion of all proceeds generated after this seminar to the Suffolk County Coalition Against Domestic Violence.*

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# HEALTH & BEAUTY

## Butt – I Don't Feel Like Going To The Gym...

I'm sitting at my desk in front of the computer thinking about going to the gym. I've already missed two classes at The Sag Harbor Gym.

It's raining out. I can't go for a run. My friend Carol is taking Latin Aerobics, and she tells me I shouldn't miss this, either.

"I don't feel like being told to move left, then right," I say.

"Okay. Why don't you come and do the elliptical?"

"Maybe I'll catch up with you. If you don't see me, call when your class finishes."

I just don't feel like getting off my butt. I wish Carol could take my butt with her, since she is going, anyway. Not only is it raining, it's foggy too. Although it's warm – almost 50 degrees (reminding me that I don't want my butt to be sagging along the beach at Sagg Main this summer), I'm too lazy to drag it to the gym.

I walk over to my bookshelf and pick up a vintage (1987) book by Denise Austin called *1-Minute Exercises* that I just bought at a yard sale. I turn to the isometric section. Isometric's appeal is that it can be done anywhere, at anytime, and involves a lot of tensing and relaxing muscles. I remember my mother doing these for her facial muscles, before she decided to have a facelift.

I return to my desk, and sit down to see what I can accomplish from this position.

For starters, Denise suggests I pull one knee at a time up to my chin as if I was going to give a little peck to my kneecap. I do 3 sets.

Next, I try her *1-Minute Breast Lift*. Making two fists, I press the knuckles of each hand

together in front of my breasts, keeping my elbows straight out to the side. Now, I push my knuckles together holding for the count of 10. I really can feel my chest muscles working. I repeat

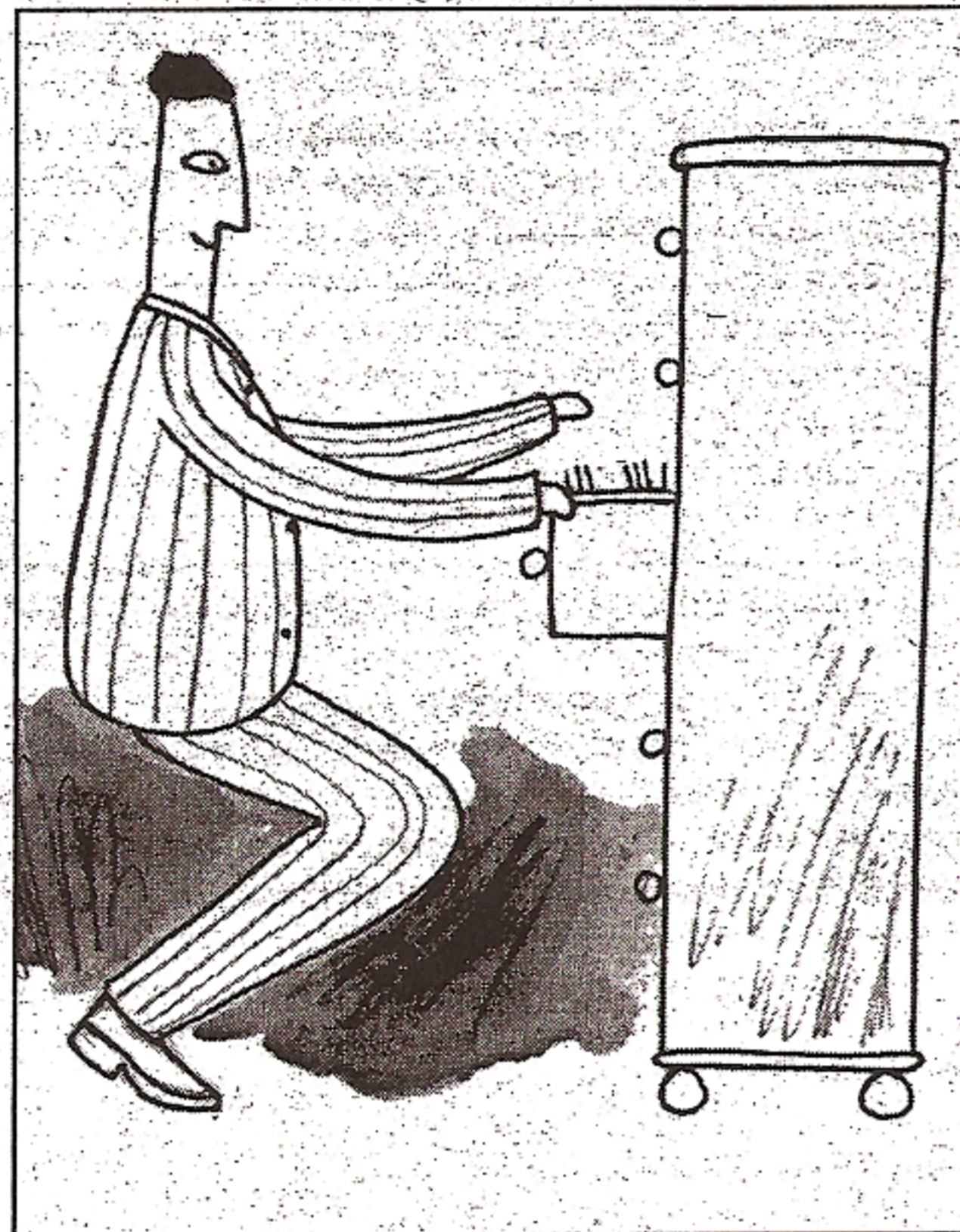


Photo from www.prweb.com

3x. Denise promises firm pecs and good posture if done regularly.

I'm on to her *1-Minute Press-up*. With my arms

pressed tight to my sides, I grab the chair next to my thighs and I lift my entire body off the chair keeping my knees bent (as if still seated) and back straight. I repeat as she suggests 3x. This is harder than I expect.

Now I'm browsing through cyberspace to see if I can find some suggestions from fitness gurus in this millennium. While the copy of Austin's book I have may be vintage, apparently isometrics are still popular.

I surf my way to a program called *Get Fit While You Sit*, and find a variation of Austin's knee kissing warm-up. This one is designed to trim abs. Moving forward to the edge of my chair (careful not to topple over) I place my hands behind my head and lift my left leg while lowering my right elbow "down and in" toward the inside of my left knee. The goal is to touch my elbow to the inside of my knee. I repeat this on the other side.

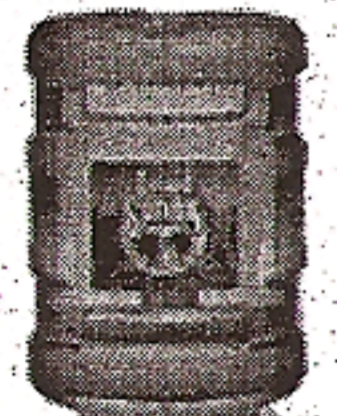
Another site, [www.exercise.about.com](http://www.exercise.about.com) describes many different isometric exercises for the glutes. Finally, I get my butt out of the chair to do the standing squat; at least I don't have to drag it to the gym. I squat down, keeping my knees over my toes, with my arms extended out in front, I come up, extending one leg to the rear, again keeping my hands to the front for balance. The instructions say I can "alternate legs, or work the same leg for set repetitions then swap sides."

The phone rings. It's Carol, she's finished with her class, and I tell her I've worked out too. She starts to quiz me, I tell her I'll explain and we agree to meet for coffee. Now getting my butt out doesn't feel so bad.

—Janet Flora

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## NORTH FORK WATER

### Skin Deep (continued from previous page)

- Beans – help blood sugar
- Broccoli – has great health and beauty benefits, helps prevent cancer. Also try broccoli sprouts that are really good in salads
- Oatmeal – lowers cholesterol
- Oranges – give us vitamin C
- Wild Salmon – this is the very best food you can

eat. Dr. Pratt recommends eating it four times a week. It has cardiac-related benefits and helps with wrinkles. Plus there's no shortage of fish in the Hamptons.

• Soy – is complete protein and if you cook it with something else, it'll assume the flavor of the other ingredients. So don't say you don't like the taste of it.

• Green Leafy vegetables – are all great for vision. A good one to try is Swiss chard

• Nuts – a handful of nuts are great each day. But don't have too many. Only a handful.

• Bread – make sure that it has added fiber – croissants don't have any fiber at all.

Note that: Processed foods like white flour, pastries, bread, etc. cause wrinkles!

Remember, your body is a temple, treat it with respect and it will serve you well.

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