



"LIVE YOUR BEST LIFE"

the Jonathan Britto clinic

For current news on Plastic Surgery, Aesthetics and Lifestyle Medicine

January 2022 ~ Recalibration Issue



New Year. Fresh Start.

"After the joy of friends and family and the delights of Christmas and New Year festivities, we might find ourselves in need of recalibration and resetting. Before we settle back into our old patterns and habits, let's seize this opportunity to make positive changes to our daily routines, lifestyles and appearance: for health and confidence..."~ Jonathan

What is Recalibration?

The New Year always brings with it thoughts of “detoxes”, weight loss plans and various forms of abstinence. “Detox” is the process of removing toxic substances from the body, and it occurs naturally in the kidney and liver. In reality, it is not something we can emulate or exaggerate with fasts, laxatives, or special teas and juices. Thankfully, extreme and ill advised “detox” programmes are difficult to maintain for long - or they themselves could lead to dietary deficiencies, dehydration and ill-health.

Properly conducted clinical studies tell us that unhealthy diets and inactive or highly stressed lifestyles cause a poor "gut microbiome", erratic blood sugar control, and chronic inflammation. These are accompanied by low energy and low mental clarity (recognise that after an indulgent Christmas or New Year?) and following that anxiety and low mood.

All this can be managed with lifestyle changes. The diplomate medical speciality of lifestyle medicine provides a mentored recalibration of daily living. Overcome erratic and inflammatory body physiology for a healthier lifestyle and performance for the modern world. No "liver detox diet" no colonic irrigation, just a re-calibration plan to reset the gut microbiome, reduce “glut-starvation” blood sugar surges and maintain fitness with our medical four-pronged approach:

~ EAT ~ MOVE ~ SLEEP ~ REVIVE ~

“Look good, feel great, perform better” ~ Shyamala

EAT: Three areas that respond quickly to dietary changes are blood sugar regulation, the gut microbiome and hydration status. Our mentored programme will achieve:

- extra energy and reduced glucose spikes to improve lethargy, fatigue and stop sugar cravings
- rapid gut transit times to put a stop to post-holiday bloating and heaviness
- restoration of gut barrier function to reduce inflammation and improve immunity
- better appetite control
- fresher looking skin and brighter eyes.



Make the changes required with our expertise ...

- We will provide you with a program of exciting menus to stimulate appetite whilst adding valuable natural ingredients - the correct bean types for example - and creative ways to use them.
- Make breakfast healthy, efficient and fun with our creative ideas for adding fresh fruit, flaxseed or oat bran to your breakfast - with easy to make berry smoothie ideas to bring a start to your day.
- Try interesting and tasty ways to substitute vegetable proteins for traditional meat proteins so bringing variety and interest as well as health to your diet, and a positive environmental impact too!
- Non-alcoholic aperitifs and daily drinks to maintain hydration with something interesting in a glass!
- Finally, remember your Vitamin D supplements - 1000 to 3000 iu (or 25 to 75 micrograms) per day. the buccal spray is very effective.

MOVE: The temptation to curl up under the covers with the short, dark days and a return to WFH is high. No doubt rest is vital, but the temptation to succumb to inactivity is bad for health and well-being!

So our mentored programme will help you:

- achieve a boost to energy and circulation
- banish the winter doldrums
- maintain skin health at a time when lack of sun and central heating can take their toll
- keep fitness levels up in readiness for the summer



From brisk walks to easy ways of incorporating fitness into your daily routine to tips for breaking up long desk days ... we will get you moving.



SLEEP: Now is a good time to “hibernate” and get an hour or two of extra sleep by going to bed a little earlier. Our mentored programme will review your sleep habits and reset them so you gain the great power of a restful night’s sleep.

Try these three simple “sleep hacks”:

- pick a set time to get into bed each night.
- turn off all screens 90 minutes before this time.
- take a warm non-caffeinated drink to bed with you.

REVIVE: The Christmas period is a great time to REVIVE ... time with family and friends, time away from work and for some, time renewing faith. Our mentored programme will offer options for activities for the mind and for personal growth. Set yourself some challenges for the next few weeks

- choose a book you have always wanted to read and pick it up every evening when you switch your screens off.



- pick an area you have been meaning to organise; your wardrobe, those digital photographs you have amassed or your book collection and, take control!
- make an extra kind act each week.

Take on our challenge to recuperate with a bespoke lifestyle medicine programme for healthy longevity.

For our

bespoke mentored programs with "before and after" measurements to show improved health and well-being - so that you can see and feel the benefit...

please contact us:

E-mail: medsec@jonathanbritto.com

or

Call us: 02037521566

Skin Actives: Strip it Back!!



Don't strip it away!!

Let's redress the balance after the season's excesses. The multitude of health benefits include skin health. Excess sugar, alcohol and some of the foods we have consumed over the Christmas period all take their toll on the skin and are visible for all to see. So, while we consider getting healthy from the inside, let's also consider rescuing the skin from the effects of external aggressors.

One surprising source is from ... topical skincare. This can be from overuse, incorrect use or incorrect product choice and can lead to poor skin quality and accelerated ageing. We saw an influx of patients in clinic post-lockdown with new problems of inflammation, redness, and pigmentation problems.

'Off the shelf' skin 'actives' that neither work in synergy nor with efficacy, but strip the skin and exhaust cellular metabolism will do far more harm than good. Outbreaks, dry eczema like patches, and redness are often signs of skin exhaustion from incorrect use of skin actives. Self-medication with well-intentioned but poorly advised commercial on-line offers compounds the problem

“Our advice.....Strip it back, don’t strip it!” ~ Karen

Our 'skin barrier rest' plans work to repair and restore the barrier function of the skin, reduce inflammation and bring it “back to life”! We can then start to re-introduce the best quality skin actives that will work with the skin biology to bring optimal skin health.

Optimal skin health from the outside plus lifestyle medicine for optimal nutritional health from within. You will restore and rejuvenate - naturally and efficiently for longevity.

When it comes to your skin, the Jonathan Britto clinic has got you covered

Come and find out more from our aesthetician, Karen Sargeant at ...

E-mail: medsec@jonathanbritto.com

or

Call us: 02037521566

Aesthetic Re-calibration

The Deep Plane Face Lift



Recalibrate! A role for aesthetic plastic surgery...

From time to time, and particularly after periods of upheaval such as we have had, we reflect, re-appraise, and reach out to make a change...


Fluctuating weight, fluctuating nutrition, and lack of hydration and wellbeing cause skin and soft tissue laxity. This is particularly noticeable in the face. We often speak about lost volume in the mid-face. We have both surgical and non-surgical ways to treat this. However, in truth, it is often age or poor quality health related laxity of the skin and the layers of the face which causes the layers of facial fat-pad volume to drop, one upon the other, creating furrows and shadows in between.

Thank you to our fabulous patient who has given permission to share her photographs:- what we see after her face/neck lift and liplift is light reflecting off a youthful cheekbone, with jawline definition and a shapely neck.

If you would like a short complimentary phone call send over your selfie photographs, to see how Jonathan can help you. We can then offer you a face-to-face detailed analysis, assessment, and definitive costed re-calibration plan.

Call us: 02037521566

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