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The latest health buzz suggests looking this good is easier than you think.

1 Braving the Cold

Cryotherapy is probably the most buzzed about “It” therapy this year, and everyone from teens to grandparents are putting themselves on ice. Experts and data suggest it has a variety of potential health benefits, including improved athletic performance and recovery, better sleep, reduced inflammation, stress reduction, improved skin tone and even increased libido.

How it works: “Cryotherapy is a noninvasive therapy that uses whole body or local exposure to sub-zero temperature,” says Mehdi Alami, owner of Cold Play Cryotherapy in Greenwich. “We have a whole-body chamber which can produce an encapsulated atmospheric environment with a temperature as low as -250°F, and a local cryo machine to apply cold air to localized areas such as the face, ankles or knees.” Not to worry, though, the process only lasts three minutes, and it’s a dry cold, so it feels significantly more pleasant than a February blizzard in the Northeast.

Try: Cryotherapy at **Cold Play Cryotherapy** (coldplaycryo.com), at **Greenwich Medical Spa** in Greenwich, CT (greenwichmedicalspsa.com), **Freeze Cryotherapy** in Rye Brook, NY (freeze914.com), and **Nordic Cryotherapy** in Eastchester, NY (nordiccryotherapy.com).



Chill out at the Greenwich Medical Skincare and Laser Spa.

In Good Health

THESE FADS ARE TRENDY, BUT THEY ALSO HAVE TRACTION. TAKE A LOOK AT HOW SOME MEDICAL MOVEMENTS ARE CHANGING THE WELLNESS LANDSCAPE.

BY MOLLY FAHNER CALHOUN



2 Supplement the Skin from Within

Collagen—a protein that’s found in the skin, bones and muscles— helps maintain a look, and a feeling, of youthfulness. The problem? We all begin to lose collagen after the age of 30, and losing collagen means saggy skin. A growing body of research shows that taking it in pill, powder, or tonic form reduces wrinkles. “Collagen supplements are helpful for stimulating collagen production and making the skin glow,” says New York City-based dermatologist **Debra**

HEALTH



Get under your skin with these beauty boosters.

Jaliman, MD, who recommends a supplement called **NeoCell Super Collagen + C**. Some other options: **Reserveage** capsules and powders are available at Whole Foods; you can mix **Bulletproof** collagen powder right into your morning coffee; and **Dirty Lemon** offers a drinkable tonic. Or take a look at what you're eating: "Make sure your diet is high in Vitamin C, which has been linked to collagen production," says **Catherine Staffieri, MS, RDN**, a registered dietician/nutritionist at **Greenwich Hospital** who also has a Greenwich-based practice, **Roundtable Nutrition** (roundtable-nutrition.com). If you want to try a topical treatment, head to The Collagen Bar in NYC (thecollagenbar.com).



3 Smarter Sports Medicine

Experts at **ONS-Orthopaedic & Neurosurgery Specialists** are using cutting-edge techniques for eliminating pain. A number of their physical therapists use dry needling, a process where small monofilament needles similar to acupuncture needles are used to alleviate discomfort through intramuscular stimulation. At the Interventional Spine and Sports Center at ONS, doctors are using a process called PRP, where a concentration of plasma rich platelets separated from a patient's own blood is injected into the damaged area to trigger the body to heal itself. Another big initiative at ONS: reducing the amount of pain medication prescribed after surgery. "In the past, narcotics were prescribed until patients rated their pain as zero," says Katherine Vadasdi, MD, Director of the Women's Sports Medicine Center at ONS. "We're educating patients that some pain after surgery is a normal part of the healing process and we try to minimize how much it impacts their ability to function. My goal is to make my patients comfortable, but also get them off a narcotic as quickly as possible." onsmd.com



4 Anti-Inflammatory Diets

Long-lasting, excessive inflammation in the body leads to poor health and can even trigger chronic diseases like diabetes, heart disease and some cancers. "An external sign of inflammation may be eczema or psoriasis," says **Catherine Staffieri, MS, RDN**, a registered dietician/nutritionist at **Greenwich Hospital** who also has a Greenwich-based practice, **Roundtable Nutrition** (roundtable-nutrition.com). "An internal sign could be gastrointestinal issues, like diarrhea or constipation, or joint pain." Key anti-inflammatory foods, Staffieri says, are those high in omega-3 fatty acids, such as salmon, mackerel, or anchovies, walnuts, ground flaxseed, soybeans and spinach; fermented foods like kimchi or kombucha; and spices such as turmeric, garlic and ginger. "It's always better to reap inflammation-fighting benefits from whole foods rather than from pills," says Staffieri.

Try: Green & Tonic's Turmeric Cauliflower Soup greenandtonic.com, the King Salmon salad at Organic Pharmer in Rye Brook (organicpharmer.com), or the Tart Cherry and Turmeric Juice at Juice Generation in The Westchester in White Plains (opening in August, juiceneration.com).

5 Digital Doctor Visits

Telehealth services—such as **Teladoc** (teladoc.com), **Doctor on Demand**

(doctorondemand.com), and **MDLive** (mdlive.com)—have gained significant traction in the last couple of years. These services connect doctors and patients for live, on-demand video visits via a computer or mobile device. You can connect with a physician in as little as 10 minutes; it's much less expensive than a walk-in clinic (fees vary, but visits are typically between \$40 and \$75); and doctors can remotely prescribe medications for everything from UTIs to rashes to the flu. In particular, telehealth services are beneficial to busy parents, students heading off to college, and people who are traveling.

