



accompany so many dishes. One tablespoon of gravy may contain up to 70 calories, a ladle as many as 800! Creamy dips, salad dressings, and cheesy sauces are no better, so use these sparingly. Vinaigrette dressings or sauces that contain yogurt or cottage cheese are some tasty, lower-calorie alternatives.

Little things can add up to a lot when you're preparing holiday fare. Baste meats in fat-free ingredients like wine, fruit juices, or fat-free chicken or beef broth. When making the holiday stuffing, substitute some chopped vegetables for bread. Non-fat or plain yogurt can be mixed into most creamy dressings. Use skim milk, egg whites, non-fat or plain yogurt, and low-fat cheeses instead of traditional dairy products when cooking. And for those whipped toppings, try fat-free or evaporated milk. Many recipes contain far more sugar than they really need. You may be able to cut back on sugar by as much as a third when baking desserts.

Planning a festive evening? Why not serve a heart-healthy menu? Think about serving healthy fish or lean meats like turkey or a vegetarian casserole. Roasting vegetables can bring out wonderful flavor and make those rich sauces unnecessary.

Whatever you do, don't skip meals this holiday season. Skipping meals, to prepare for an evening out or to compensate for overeating the day before, may result in a calorie overload. When you skip meals, you have less control over your appetite, and you're more likely to overindulge and make poor choices later. Eating regularly keeps blood-sugar levels stable, which moderates hunger, increases metabolism, and provides constant energy levels.

You'll need that energy during the six weeks of holiday madness. With so much to do and enjoy and so little time, it's essential to feel good. One of the best gifts you can give yourself this year is exercise. It elevates mood, reduces stress levels, lowers body weight and fat, improves sleep patterns, and increases energy and stamina. Many people feel that exercise helps them make better food choices because they feel good about themselves.

What type of exercise should you do? It depends on what your goals are. Cardio work will burn more calories, but strength training will build muscle, enabling the body to burn more calories on its own, as well as strengthen the bones. High intensity training or core training will allow you to work out less and still get results. A visit to the doctor before starting a new



Rejuvenate your youthful appearance for the holidays with cosmetic laser procedures now being offered by *Palmetto Laser Services*.
(a division of Palmetto Eye Specialists, PA)



Dr. Trey Bishop and Dr. Ken Farr are currently offering cosmetic laser services at their Hilton Head office with the Cutera Laser for the following procedures.

Laser Genesis is a comfortable, non-ablative, non-invasive form of skin therapy. Doctors and patients have noticed dramatic improvement in uneven skin texture, large pores and fine wrinkles. You can expect subtle yet consistent results after each treatment without unwanted side effects or bruising.

Solar Genesis is a comfortable pulse light system that is effective at treating pigment at a much more comfortable energy level. Virtually any part of your body with sun or age spots and freckles can be treated safely. Typically one or two treatments are sufficient to notice dramatic results.

Laser Hair Reduction with our Cool-Glide laser safely removes hair in any unwanted area of the body including bikini lines after only 3 to 6 treatments. The laser pulse of light can be delivered with no local anesthetic and offers optimal long term benefits to hair removal in patients with any skin tone.

Other cosmetic procedures are also available including Botox and Restylane injections, upper and lower lid blepharoplasty, and eyelid and brow lifts.

Consultation and treatment available by appointment.



Dr. Trey Bishop



Dr. Ken Farr

Call **342-9181** for answers to your frequently asked questions.