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# NEWS ENTERPRISE

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## Dr. Urbina Gives Secrets For Staying Young

by Loreen Berlin  
*Special to the News-Enterprise*

“100 Years of Health and Vitality” was the topic of discussion by Dr. Lorraine Urbina, D.C., Licensed Aesthetician, and Registered Trigenics Physician, at the recent Buena Park Noon Lions Club meeting during their weekly luncheon. “I want to give you my eight secrets of staying young,” said Urbina. They include:

1. Resistance Exercise that includes keeping you strong enough to avoid prematurely going to a convalescent facility.

2. Keep your skin healthy and reduce wrinkles by using sun block on the face, neck, hands, and any exposed chest area. Also, eat fruits, vegetables, whole grains, and reduce sugar intake as well as drink 6-8 glasses of water each day.

3. Utilize Lymphatic drainage to improve the health of your immune system and release the muscle contractors in the face for a younger, glowing appearance and to erase aches and soreness

in the body from inflammation and pain.

4. Eat less and eliminate excess weight.

5. Improve relationships, friendships, and inter-connectiveness with others.

6. Find meaning in life - find something you feel really good about devoting your life to.

7. Creativity and curiosity promote vitality and brain fitness. By engaging in mental activities that you find absorbing, you can increase the number of synaptic connections in your brain.

8. Manage stress.

Urbina demonstrated the new Jade System, on volunteer Lion member Dale Eichman, who looked more refreshed, and relaxed after his treatment.

“There wasn’t any pain; I had fewer wrinkles after the facial, and my face felt really good and felt refreshed,” he said, admitting that he’d never had a facial in public before, “but amongst friends it was okay,” he said.

“Jade Technology is comfortable, painless and utilizes two machines (one is cold laser and high frequency, for the purpose of

lymphatic drainage, while eliminating unwanted puffiness; the second machine is micro current with special attachments, which erases muscle spasms, and decreases wrinkles while adding a more lifted appearance to the face,” said Urbina. “Many patients say they feel so relaxed and look five years younger,” she said.

Urbina explained that the Jade System can also be used to treat trigger points and muscular skeletal pain, by decreasing lymphatic build up of pain-producing chemicals in the area between the cells, followed by a micro-current massage, reducing spasms and trigger points in the muscular tissues.

“An additional use of the Jade System is to jump start weight-loss and body contouring for rapid, effortless results,” Urbina said. “Since 90 percent of digestive fats can enter the lymphatic system, obesity may be accompanied by the stasis of the lymphatic system, trapping waste,” she said. “A therapist can perform effective lymphatic movement, drain-



(Photo by Loreen Berlin)

Dr. Lorraine Urbina, D.C., Registered Trigenics Physician, and Licensed Aesthetician, demonstrates the new Jade System on Buena Park Noon Lions Club member Dale Eichman.

age and detox with the Jade System to reduce bloating, followed by micro-current to tighten the skin, and create inch loss (a great motivator) to maintaining a healthy life style of exercise and more healthy eating.

For information contact Suddenly Younger and Slimmer Wellness Spa, 4132 Katella Ave., Ste. 202, in Los Alamitos, at 562-596-1019 or visit [www.suddenlyyoungerandslimmer.com](http://www.suddenlyyoungerandslimmer.com), or view The Wellness and Rejuvenation Show on Los Al TV3, at various times.