Leading by Example *(Extracted from the article published in Mind Your Body, 16 July 2009)*

Dr Vanessa Phua, a physician with an interest in aesthetic medicine practises what she preaches. She exercises regularly and eats healthily to main her glowing looks.

What is your secret to looking so fabulous?
I try to eat a balanced diet and exercise regularly. I also advocate a good skincare regimen and positive thinking.

Do you take supplements?
I take a lot of supplements for my skin and general well-being. I practice what I preach. I take the supplements I recommend to my patients, namely tone protection (an antioxidant for healthy skin) which contains high doses of vitamins, pycnogenol and resveratrol. I also take multivitamins, coenzyme Q10, glucosamine and chondroitin for my joints as well as an oral sunblock that prevents photoageing from excessive sun exposure.

美白丰盛 效果提升 *(Extracted from the article published in My Paper, 11 March 2009)*

黑斑和暗沉肌肤怎么消除？

"…美肤医生潘玫说，美白乳液可防止或放缓内层新色素细胞产生、淡化已显现的斑点；但不可能一劳永逸去除，因为斑点有复杂的细胞组织。

涂了还不够，一些新的美白方法还包括吃美白丸，和注射美白针。潘玫医生表示，美容诊所并不鼓励打美白针，因为只要每天吃蔬菜和水果摄取抗氧化剂 (antioxidant) 即可呵护肌肤。"