

onds so that your muscles are not able to fully recover. For the second set you'll probably only manage to lift the weight eight or nine times. If you opt for a third set you'll be lucky to make six repetitions.

The principle is to elevate levels of blood lactate and a corresponding boost in growth hormone release during sleep (growth hormone increases fat burning and builds lean tissue).

Resistance training will also create a significant oxygen debt which will keep you burning calories for hours after training. Two to three 30-45 minute sessions per week, with supporting nutrition, will help you to effectively manage weight and body composition.

Thanks to Derek Prior, RMN, BA (Hons), Personal Trainer from F.I.S.H. (Fitness Instruction for Strength & Health) 01323 412069 / 07871760054 fishfitness@tiscali.co.uk



### British Military Fitness

If you don't fancy one to one instruction give British Military Fitness a try. Instructed by serving and ex-members of the armed forces, these classes are guaranteed to get you fit and shedding excess pounds at a rapid rate. From their own army experience, the instructors know how to push you just that little bit further to get maximum results.

Sessions are open to everyone from beginners to fitness fanatics and as long as you don't mind putting up with a bit of shouting you'll see a difference in your fitness in just a few weeks. Classes are streamed so you won't find yourself doing push-ups next to Jet from the Gladiators – unless of course you can give her a run for her money! In true military fashion, classes take place whatever the weather, focusing on back to basic exercises, teamwork and most importantly having fun while keeping fit.

Most BMF members say they have so much fun and see such good results that they will never set foot in a gym again!

For more information about British Military Fitness, or to find a class in your area, visit [www.britmilfit.com](http://www.britmilfit.com) or call 0870 241 2517.

## Win battle with Acne



**Light-Based Treatments:** Over the past decade, lasers and other light-based devices have become common modalities for the treatment of a number of skin related conditions, including acne vulgaris.

For many years, dermatologists were aware of the favourable effect of sunlight on the symptoms of acne. It was, however, unclear which particular wavelengths of light are responsible for this effect. Based on recent research, clinicians have now determined which light wavelengths are most effective for the safe and effective treatment of acne.

### How Do Light-Based Acne Treatments Work?

There are several light sources now available and cleared by the FDA for the treatment of acne. These light-based technologies can be divided into two groups:

- 1) Devices that target sebaceous glands
- 2) Devices that target acne bacteria.

Med-spa Clinic offers a wide range of anti Acne treatments, targeting acne bacteria and sebaceous glands: Acne facials, IPL, Laser SkinClear, Medical Microdermabrasion, Laser Acne Scar resurfacing, cosmesuticals product for home care.

SkinClear SRVH laser work by targeting sebaceous (oil-producing) glands and shrinking them.

SkinClear SRVH is considered by most experts to be the best for delivering the most heat to the average depth of most sebaceous glands in the facial area (i.e., 200 to 300microns). The sebaceous glands are damaged by the heat produced by the laser, which causes them to shrink. After the treatment the glands are still present but they produce less oil.

**IPL Acne clearance :** Under light illumination the following chain of reactions schematically describes the process of P. acne destruction:

Photons + porphyrin - excited porphyrin molecules - cell attacking species -P. acne and sebaceous gland destruction.

### Call now for a free consultation

with Doctor 01892 535577

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