



307 Southgate Court,  
Brentwood, TN 37027

Phone: 615.567.5716  
MusicCityPlasticSurgery.com

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## FIND YOUR FOCUS

ACHIEVE THE BODY YOU WANT

As anyone who struggles with their weight knows, dropping a few pounds can be incredibly difficult. Even if you're working out regularly and your diet is great, you may still find it hard to get to an ideal weight. Our bodies and metabolisms are complex, working out isn't always enough, and you need to address all of the issues that may be affecting your body. Here are a few reasons you might not be shedding pounds even if you're working out.

### You're not eating the right foods.

People tend to focus all their energy on burning calories without considering what they're eating as fuel for their bodies. A great tip is to look for all natural, whole foods. These will have all the nutrients you need, whereas processed foods have little to none.

### You're eating too much.

Your body needs to burn as many or more calories than you consume. Don't focus on counting calories; instead, focus on eating when you're hungry, but eat slowly enough to where you don't get too full too quickly. This way you can find a healthy balance between what your body needs versus what you want.



### You're doing too much cardio.

Though cardio is an important part of a workout routine, it can't be the sole focus. It keeps your heart healthy and boosts your metabolism, but if you're doing too much, it can have side effects that reverse your progress. Long cardio sessions can eat away at lean muscle mass; your muscles are important for your metabolism to burn more calories. Try to keep cardio on the lighter side. That way you can also focus on other major muscle groups.

### You're not taking recovery days.

When you feel that afterburn and soreness following a workout, it is the prime time to take a recovery day. Recovery and rest are important steps in a workout routine, because most of your fat burning will be done in that period. Make sure after working hard that you listen to your body and give it the break it may need before your next workout.

There may be many reasons you aren't making as much progress on your weight goals as you'd hope. But you can do many things to help you lose weight in a safe, sustainable way.



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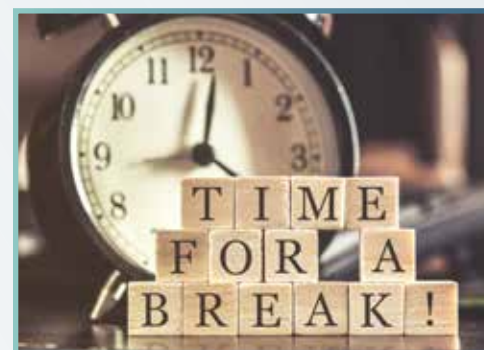
## Time Is Precious — Don't Waste It

### EMBRACING RELAXATION WITHOUT BEING LAZY

It's often said the only time a lazy person ever succeeds is when they aim to do nothing. This I agree with, hands down. Aug. 10 is National Lazy Day, and Aug. 15 is National Relaxation Day, and while these days are set aside to celebrate kicking back and taking some time to relax, unplug, and recharge, I'm a firm believer there's a fine line between taking a breather occasionally to reset your mind and body and falling into a lazy lifestyle.

Laziness is one of my biggest pet peeves — in fact, one of our core values in the office is GSD: Get Stuff Done. Recently, especially with COVID-19, I've noticed a shift and the world has become a bit more accepting of laziness. Don't get me wrong — taking a day off here and

there is good for your soul and body, and I recommend it. Vacations are blessings and well-deserved. But making a lifestyle out of dormancy and inactivity with a lack of motivation and drive is just pure laziness.



As I wait for the surgery center, I find three-day weekends easily turned into a week of unproductivity and slowed everything down. As someone who likes to stay busy and has trouble sitting still, delays drive me insane, and I'll do anything I can to get things moving along. Get stuff done!

During the height of the pandemic while the kids were home from school and I wasn't operating, it was a forced opportunity to relax a bit. While my family did take some time to just chill, we also set goals for what we'd accomplish while the rest of the world was on lockdown. The good news was that my son decided to work out and

put on some healthy muscle weight, but the bad news was he also decided to eat like a horse to support his goal. With the office being closed, this wasn't necessarily great for my wallet. I guess with kids, you have to watch out because you'll get what you ask for sometimes.

All high achievers with lofty goals get things accomplished, and they do so by having a plan. The plan can be anything that gets you through school, helps you form a business, or achieve goals like studying often, eating healthy, working out, devoting an extra hour in the morning to work, or having a support system in place.

"I'M A FIRM BELIEVER THERE'S A FINE LINE BETWEEN TAKING A BREAKER OCCASIONALLY TO RESET YOUR MIND AND BODY AND FALLING INTO A LAZY LIFESTYLE."

Even for my patients, when surgery is scheduled, they need to have a plan as well. This can be a plan to stop smoking, for payment and savings, for healthy eating and activities after the surgery, on how to recover, and for someone to help them heal. And, with this planning, it's incumbent upon the patient not to be lazy — it takes many steps to have a successful surgery and a great outcome.

Ultimately, spending an evening on the couch bingeing Netflix, taking a trip to the tropics, or just kicking back and letting the world pass by for a short time is great. But just be careful it doesn't become a lifestyle — we've got way too much to accomplish, explore, and experience!

—Dr. Mike



# PROTECT AND SEAL YOUR NAIL POLISH

## 2 Coats Will Change Everything

Getting a salon-like manicure or pedicure can be expensive, but you can easily do one at home with the right steps and products. Using a simple base and topcoat can positively affect the look of your nail polish, and you can find these items in drug stores or beauty stores for a reasonable price.

### Base Coat

A base coat is typically a clear polish used on the base of your nails to create a smooth, blank canvas for your selected color choice. Some base coat products even have specific purposes such as strengthening or promoting growth, which can improve the overall health of your natural nails. They serve as a kind of glue. The sticky residue bonds firmly with your nail plate and creates a surface your nail polish color can anchor to.

Some other benefits of base coats include:

- Saving the natural nail plate from any discoloration or staining
- Making your nail polish color adhere to the nail plate
- Covering and filling any cracks or damage on your nail

### Topcoat

A topcoat is the final step in a beautiful manicure or pedicure. It creates a hardened layer over your nail polish color, like a shield that

protects your nails from damage. For a shiny, glossy finish, most normal topcoats will do the trick. If you prefer a matte finish, you can find an option that prevents nails from looking reflective.

Benefits of a topcoat include:

- Extending the longevity of your polish color
- Preventing any chipping of the nail polish
- Easily anchoring nail accessories used for nail-art designs



When it comes to nail polish, remember the hack called the “sandwich method.” Start with fresh, clean nails, apply your base coat, then your color, and finish with a topcoat. Just like bread protecting all the goods on the inside, base and topcoats do the same for your nail polish color. If you consider adding a base and topcoat to your nail routine, you will see a major improvement in the look and longevity of your home manicures and pedicures.

# FIGHTING IRISH

## Reminiscing on My Days at Notre Dame

Blue and gold are the colors that always ring true for me! Although, it wasn’t always that way. My hometown in Sparta, New Jersey, had two high school football teams. One was the Red Devils, which I was on, and their colors were red and white. The other team was the Warriors, and they were blue and gold, so I grew up detesting blue and gold.

However, that all changed once I set foot on Notre Dame’s football field and had the honor of wearing their traditional blue and gold uniform with the gold helmet, which I still appreciate to this day.

Aug. 30 is National College Colors Day, and the day always brings back great memories of my days sporting a blue and gold jersey while enjoying some of the best days of my life at Notre Dame. One thing many people don’t know about me is that I was very

close to minoring in philosophy — I was one class shy of it. One of the best professors I had who left a lasting impression on me was my philosophy teacher. He had a teaching style that made the deep thinkers of the past exceptionally relatable to today. He was engaging and brought value into the daily lives of students.

Now that my oldest son is beginning to search for colleges, when I go back and tour Notre Dame, many areas on the campus really spark some great memories. The golden dome by the administrative building was the focal point of the campus, and it was so large that you could spot it from miles away.

The campus also had a grotto where both students and faculty would go to worship and light candles. It was a tranquil and relaxing place, except during exam week.



It would be swamped with students, and they lit so many candles that there wasn’t enough room for them all! Of course, after exam week, the grotto’s foot traffic would die down a bit.

I’m so grateful for the experiences Notre Dame provided me, the friends I made, and the memories I have to look back on. It was a special place with a great atmosphere. Go Irish!

# Now Available!

## IN-OFFICE LIPOSUCTION IS HERE!

Our new clinic is now open and affords us the opportunity to do a lot more in-office liposuction for our patients! With our new procedure room, patients with limited and straightforward treatment areas are able to undergo an in-office liposuction procedure without the stress and expense of the hospital.

Before the procedure, patients are provided pain medication, anxiety medication, and/or anti-nausea medication to help them relax before they are brought into the procedure room. The treatment area is then numbed with a component fluid inserted through a tiny straw and sprinkles the subcutaneous tissue and fat. The component fluid, called tumescent fluid, is made up of a blood constrictor, a numbing component, and a physiological cell expander that successfully numbs the entire treatment area.

With the liposuction cannula, which is powered with a motorized, vibrating machine, the fat is carefully extracted from the targeted area. All the patient will feel is a soft vibrating sensation as Dr. Mike makes his way through the tissue — without any pain. Sometimes, patients are so soothed that they will fall asleep!



The last step of the procedure is to stitch up the tiny poke holes and put on a compression garment to be worn post-op. Depending on the extent of the treatment area, the procedure can last anywhere from 1–3 hours. With minimal down time after the procedure is over, patients are back to their daily routine within a week’s time! In-office liposuction is commonly performed on abdomens, love handles, hips, chins, arms, legs, and men’s chests.

A large advantage for patients having liposuction done in office is avoiding large anesthesia charges and an even more expensive hospital charge. However, for patients with higher anxiety, the hospital provides the opportunity to go under anesthesia. For more information about our in-office liposuction, give us a call today! Your best body awaits!

TODAY’S SIP  
**A Special Red for Dr. Mike**  
BRUNELLO DI MONTALCINO



**Backstory:** Twenty-one years ago, Dr. Mike and his wife celebrated their honeymoon in Italy, and one of the very first wines they tasted on their celebratory trip was this full-bodied, dry red wine. They enjoyed it so much that they sent home four bottles of it. They shared a bottle on their first anniversary and when each of their three boys was born. When their daughter was born, they found another way to celebrate her! But this past July, Dr. Mike and his wife returned to Italy and once again shared in the bliss of this great wine!

Brunello Di Montalcino is a hearty red with notes of tart cherry, fig, red plum, and strawberry and with high tannins. It pairs well with heavy meat dishes, including red meat and game, as well as cheeses and pastas.

Crack open a bottle and get a taste of Italy!

# INSPIRATION

**“You’ve got to get up every morning with determination if you’re going to go to bed with satisfaction.”**  
**—George Lorimer**