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CELEBRATE CHINESE NEW YEAR!

HONOR THE YEAR OF THE TIGER

Happy Chinese New Year! Often referred to as Lunar New Year, due to the holiday's connection to the moon cycle, Chinese New Year is a 16-day holiday steeped in tradition. Don't let it pass without marking the momentous occasion that's celebrated across the globe.

To commemorate the Year of the Tiger, try these fun and easy activities.

Read about legends.

After centuries of celebrations, there are bound to be a few legends worth learning about! Why not make it into a bedtime story or an anecdote for your next family gathering? For example, you could "wow" your children with the story of Nian, a monster who would attack at the start of every new year but was afraid of loud noises, bright lights, and the color red. To ward off Nian each year, people would dress in red and shoot fireworks, celebrating a

new year and keeping Nian safely at bay. Pair this story with a red meal to really sell the impact!

Learn calligraphy.

This is the perfect activity for little crafters! Calligraphy is a major component of Chinese New Year decor. Those who celebrate often hang hand-painted, square red banners that feature certain words intended to induce good luck in the new year. Learn the art of calligraphy as you master Chinese symbols to create your own piece of good luck in the year of the tiger!

Enjoy a tasty meal.

This has to be the best option, right? Create a feast to ring in the new year. Everyone will love the classics, like dumplings, noodles, or spring rolls, but don't be afraid to try something new. Fish and chicken are common on Chinese New Year festivities, and many families will cook these items



whole. Doing so is considered a strong sign for the family, and fish is meant to symbolize wealth, while chicken represents togetherness. In addition to this, nian gao is a sweet rice dish that can be the perfect way to end your meal.

If this is your first Chinese New Year celebration, **ChineseNewYear.net** has all the basics covered for you.



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BURGDORF BEAUTY INSIDER

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2022: My Daughter, My Valentine

REFLECTING ON THE VALENTINES IN MY LIFE

As you know, I am so blessed to have three sons, and it wasn't until I first held my niece about 17 years ago that I knew I needed a daughter. It's just something I felt inside of me. I always knew in my heart that I would enjoy having a girl, but I was never able to verbalize that need until I met my daughter.

When we found out that my wife was pregnant, my good friend was the OB-GYN. He knew the gender but refused to tell us unless we were together. So, we rounded up the family and met with him. He said, "I don't know how to tell you guys this, but the Burgdorf boys are going to have to learn how to put the seat down after they pee because you guys are having a girl!"

I was so overcome with joy that I teared up immediately. My oldest son, who was about 10 years old at the time, patted me on the shoulder and said, "I know Dad, I wanted a boy, too." I said, "Parker, you have no idea. This girl is going to change our world, and it's going to be the best thing for our family." And, she has. I know that later on in life, my boys will be doing their thing, and she is the one who will take care of me. I'm banking on that anyways!

"THERE IS JUST SOMETHING SPECIAL ABOUT THE RELATIONSHIP OF A DADDY AND HIS DAUGHTER."

She irritates me like the rest of the kids do, but as with the majority of stuff she does, she can do no wrong in my eyes. There is just something special about the relationship of a daddy and his daughter. I get joy out of the simple things she does, the magic she finds in Christmas, and the little things. Her energy is contagious, and she lives life to the fullest.

I read "The 5 Love Languages of Children" by Gary Chapman, where he outlines the five love languages: quality time, acts of service, receiving gifts, physical touch, and words of affirmation. While each child has their own love language, she is all of them. She has such a positive outlook and way of expressing her love that is unlike any other.



Every Valentine's Day, my wife and I are big on the gift of chocolate and wine. Food is one of our love languages, and we embrace the opportunity to share some dark chocolate and a hearty wine. Just as I'm my daughter's first Valentine, my mom is my first. She is a mother to six of us, and she's one of those moms who devotes everything to her children and grandchildren.

My mom was a nurse and worked in the operating room but eventually gave up her career to be at home. She inspired me to go into medicine. The way she loves her children and grandchildren while sacrificing all of herself is a great example of how to be in love with your kids. Last year on Valentine's Day, I decided to surprise her at her house because I hadn't seen her for a year due to the pandemic. So, I flew home, and when I arrived at her house, I had my sister help get my mom to go to the door so I could surprise her. It's funny because she was a little caught up in what she was doing and was irritated to be bothered at that exact moment. Finally, my sister succeeded, and once she saw me, she was absolutely shocked. Hands down, it was my favorite Valentine's Day.

—Dr. Mike

THE POWER OF LOVE

Love Really Can Be a Drug

It's crazy to think that being head over heels, madly in love with someone can benefit your body in the same way that broccoli can, but it's true! Science has proven that being in love comes with myriad health benefits. Fewer colds and natural pain control? Yes, please!

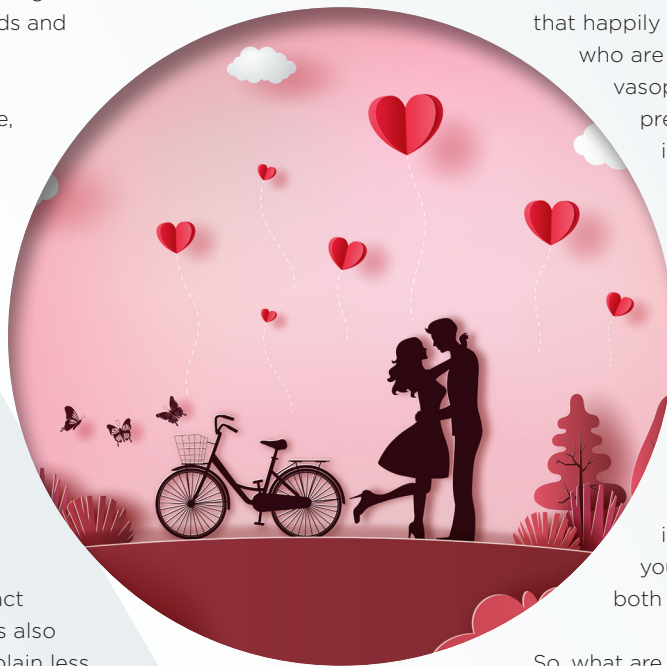
Love triggers the “feel good” hormone, dopamine. When you first fall in love — and the butterflies are flying uncontrollably — dopamine is at very high levels, and mentally, you're happy, healthy, and positive. As the relationship matures, oxytocin, also known as the bonding hormone, blends with dopamine and reduces stress. We all know that stress can lead to a number of health complications, so the less stress, the better!

New research has found that just being around someone you love can act as a natural pain reliever. Research has also determined that married people complain less

about headaches and back pain. When your mind is happy, your immune system is stronger, making you less prone to getting a cold or stomach bug. Some research has even shown that happily married couples live longer than those who are not happily married. The hormone vasopressin helps to control your blood pressure. Being in love releases vasopressin into your body, keeping your blood pressure at a healthy level. Both your heart and lungs are also impacted by the love you have for another.

If you aren't in love, you can still reap the benefits through a strong and healthy social support system. When you have friends who bring you joy and happiness, even just a hug may help to release positive hormones and keep your health on track. Take time to invest in positive relationships to keep your heart and body healthy and happy, both literally and figuratively.

So, what are you waiting for? Let the love flow!



PUCKERING UP THIS VALENTINE'S DAY!

Lip Augmentation Revolution

Over the last few years, lip augmentation has undergone some drastic changes. In the past, when it came to lips, just like breast implants, the bigger they were, the more favorable. Looking back now, they resembled platypus lips, and this trend that focused mainly on the size took away from the shape of the lips.

In the past, lip augmentations relied upon collagen, silicone gel, fat, and sometimes even a dermal skin graft inserted beneath the surface of the lip. Today, with more advanced fillers, we are able to control the contour of the lip much more precisely.

In the office, we use Restylane Kysse, allowing the lower lip to have a pout. It's a filler that isn't just a big lump of gel; instead, it's spongy and responsive to movement. We've also revolutionized our injection process. We used to inject around the outline of the lip, but by changing the orientation and angle of our injection, we are able to elongate the “red or pink” part of the lip to counteract and mask the disappearance of the upper lip as we age. The lips appear fuller with better symmetry. The goal is to achieve a slightly enhanced look that isn't immediately obvious.



As Valentine's Day approaches, the kissable season is here. It'd be great to consider lip filler to enhance the natural beauty of your lips. The process takes about an hour in the office and requires no downtime. After the injections, you will experience slight swelling, lasting only 1-2 days afterward. Restylane Kysse lasts 8-12 months, whereas standard fillers only last about four months.

Call us today to reveal your best lips this Valentine's Day!

Introducing Bailey! OUR NEW FRONT OFFICE AMBASSADOR



Many of you have already met Bailey, our new front office ambassador, and if you have, you likely already know that she's a real sweetheart with a fun sense of humor.

Bailey is originally from Oklahoma and moved to Nashville in high school. She earned her business degree from Belmont University and used to be a “travel clogger.” We have been encouraging her to put on a show for the office sometime!

Before working with us here, she worked at Vanderbilt Walk-In Clinic as a patient services specialist. Bailey tells us that one of her favorite parts about working at Music City Plastic Surgery is that, unlike her previous employment where you only

saw patients once, she has the opportunity here to see the same beautiful faces over and over again.

“The office is tight-knit with a family feel. We are very close with all of our patients, and having the opportunity to build a relationship with each and every one of them is second to none,” Bailey says.

Outside of work, Bailey loves spending time with her Yorkie, Nash, and is a huge movie buff. We are grateful to welcome Bailey to the Music City Plastic Surgery team — she already fits right in!

VALENTINE'S DAY
WINE PICK

**Tesauro Recioto
della Valpolicella**



In November, Dr. Burgdorf and his wife sipped on this Northern Italy red wine to celebrate her birthday. It was so fruity and hearty and not super strong on the alcohol content that it made the spotlight for this Valentine's Day.

It contains flavors of chocolate, tobacco, and oak with notes of plum, blueberries, and black cherry. It delivers spicy hints on the nose and is elegant and well-structured on the palate. It has great length, and the tannins are finely marked. This delicious red pairs nicely with Italian pasta dishes, beef, lamb, and venison.

INSPIRATION

**“We become
what we think
about.”**

—Earl Nightingale