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HELP YOUR KIDS GROW UP STRONG AND SMART GET FRUITS AND VEGETABLES INTO THEIR DIETS

You probably heard your parents tell you to eat your vegetables so you can grow up big and strong. But did you know that eating fruit and vegetables can have a positive impact on a child's mind? A recent study from across the pond in the United Kingdom set out to put this theory to the test.

The study was published in BMJ Nutrition, Prevention & Health. Researchers sent surveys to more than 50 schools across England and received responses from 11,000 students. The survey asked schoolchildren about their mental health as well as their dietary choices. The average mental health score was 46.6 out of 70 for high school students and 46 out of 60 for elementary students.

When looking at the children's dietary habits, only 25% of high school and 28% of elementary school students reported that they ate the recommended five portions

of fruit and vegetables each day. About 10% of high school and 9% of elementary school students reported eating no fruits or vegetables at all. Those students who ate the recommended portions of fruit and vegetables scored on average 3.73 units higher in regards to their mental well-being than those who did not eat any.

While this newfound research provides a link between improved mental well-being to fruits and vegetables, there are many more benefits that come with eating the daily recommended portion. There is a plethora of minerals and vitamins hiding within our favorite fruits and vegetables that help with lowering cholesterol, reducing and maintaining a healthy weight, and protecting against diseases such as some cancers, heart disease, and Type 2 diabetes. They can also curb the appetite to stop you or your kids from reaching for an unhealthy snack. And they taste great!

Whether it's to improve mental well-being, grow stronger, or just add variety to your diet, you can't go wrong by incorporating more fruits and vegetables into your and your family's diets.



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2022: The Year of Refinement

HOMING IN ON VALUES THIS NEW YEAR

The new year is all about reflecting, resetting, and planning for the year ahead. Each year, around this time, I take the opportunity to check in on the goals I made for last year, reflect upon my accomplishments and what I could have done better, and plan for the future.

Last year, I aspired to read 40 books, either in paperback or audiobooks. It feels great to say that I crushed that goal, and I hit 47 before ringing in the new year! I typically find time on my commute back and forth between the OR and the office or any downtime I can find throughout my day. I usually find myself reading around six books at one time — it keeps things interesting. I'll read fiction and nonfiction and any topic, like business, parenting, mindset, or relationships. There is always something new to be learned, and I encourage my kids to read as well.

Before one of my sons got a phone, in the fourth grade, he read between 13 and 15 actual books — no pictures! Now, at 16 years old, with social media and interactions with friends, the only books he's reading are those required in school. ;(

**"2022 WILL BE A GREAT YEAR OF
REFINEMENT, AND I COULDN'T
BE MORE EXCITED!"**

Another big part of my life that I always try to capitalize on is date night with my wife to keep the spark alive and the romance flowing. We always aim for two nights a month, and I'd say that, with everything considered, we have been doing pretty well. Especially with the resurgence of COVID-19, we've been able to get creative at home, too.

I'm a firm believer in spending time with each of my kids alone without their other siblings. Whether this means coaching football, going out for a hike, or getting in some one-on-one time on the way to school, being present is important to me. Each year, I aim to try and plan two daytrips for each of the four kids. This year, I think I got one in with each, which again, given the pandemic, has been pretty good! Finding that balance between quality and quantity is crucial. Over the holidays, we will sit down as a family and map out 2022 and where we want to go and what we would like to do.



Jan. 13 is Make Your Dreams Come True Day, and based on New Year's resolutions, I like to frame out for my kids the idea of reverse engineering. With this process, I have them look at a large goal they'd like to achieve and backtrack to examine the steps necessary to get there. Then, they have a few goals in place to keep them on the right track for success.

I'm thrilled to announce that we have a lot of exciting things happening in the office! We are always looking for ways to grow and best serve you, our valued clients. We want to make sure we deliver the most outstanding experience possible. 2022 will be a great year of refinement, and I couldn't be more excited! Happy New Year!

—Dr. Mike

HOW TO KEEP NEW YEAR’S RESOLUTIONS

For Real, This Time

New Year’s Eve has come and gone, and now that the champagne is finished and the decorations are put away, it’s time to buckle down and work on those New Year’s resolutions. The only problem is ... your resolutions for this year and last year are the same.

Change is tough, so you’re not alone in being unable to stick to your resolutions. This year can be different, if you want it to be. Here are some tips to keep you on track.

Have a specific goal. Many resolutions are vague — along the lines of “exercise more” or “eat healthier.” That’s too ambiguous to inspire motivation, and vagueness leaves room for excuses. Make your goal more concrete so you can measure your success. Specific goals could include going to the gym three times a week, being able to bench a certain number of pounds, or only indulging in fast food once a month. Make your goal realistic — if it’s too drastic or difficult, it’s easier to give up.

Have a plan. Bad habits are hard to break, so change won’t come naturally. It’s important to consider how you’ll structure your day around your resolution and what obstacles you might face. When will you go to the gym, and what will you do if that time is interrupted? How will you plan meals to avoid spontaneous drive-thru visits? Write down what you want to accomplish and all the things that might

stand in your way. Then, figure out how you’ll deal with them before they happen.

Start small. On Jan. 1, you’re probably enthusiastic about your resolution and ready to hit the ground running. Not so fast — doing too much too soon is a classic mistake. It’s okay to be excited, but working out until you’re sore all over or constantly eating salads you hate will turn your resolution into a chore you’ll want to avoid. Start with light workouts or replacing some of your carbs with veggies. Once you get the hang of that, you’ll be ready to scale up slowly.

Using these guidelines, you’ll make lasting changes that extend beyond February. Get 2022 started off on the right foot, and next year, you’ll be ready to make a whole new resolution — and keep it.



MOMMY, IT’S YOUR TURN!

Mommy Makeover: Reveal Your Best You

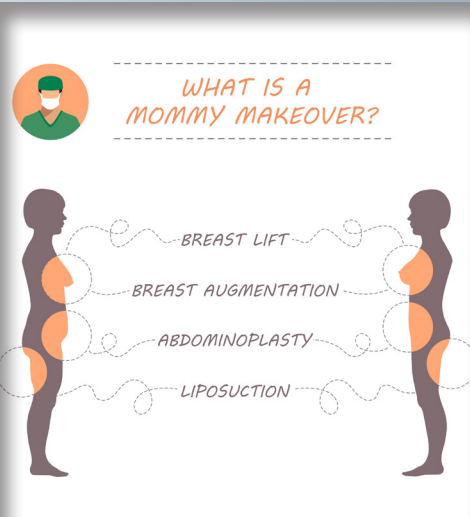
I was recently talking with an interior designer who mentioned that for her, January is always the busiest time of the year because as the fancy holiday decorations come down, homes are left feeling empty and in need of a change. In our office, we experience that as well, but on the opposite side of the spectrum.

Instead of feeling empty, it’s packed. People may have overdone it throughout the holidays and are setting resolutions to get back in the gym and be more mindful of the food they put in their mouths. Some may feel they’ve tried this route before, and it didn’t work for them and so opt for the surgical route for fast and lasting results. Or mothers, after devoting all of their time and energy to raising families, decide it’s their turn, and after the hustle and bustle is done for the holidays, it’s time for a mommy makeover.

The mommy makeover has evolved with the times, but it still involves two or more procedures, the most common being a breast lift with augmentation and tummy tuck to restore what both pregnancy and breastfeeding have taken away. In our office, we like to joke that our best description of your post-surgery appearance is “*Nashville Natural*.” In my opinion, the best results are when someone asks the question: “*Did she or didn’t she?*”

We can’t forget that focusing some attention around the midsection involves liposuction or body contouring, and that takes care of

some skin tightening to combat fat and wrinkling skin. Any incisions are hidden way down in the bikini line and the results restore a tight shape that more easily fits into a variety of clothing options. Mommy makeovers may also include tightening of the face, arms, legs, or even a labiaplasty. It can even just mean some filler and Botox to help restore some youth.



Being a mom is certainly no easy task, and you deserve to feel your best. Get started today by getting your copy of Dr. Burgdorf’s No. 1 Amazon bestselling book, “*The Mommy Makeover: Restoring Your Body After Childbirth*.” And after that, if you’re ready, give us a call. We are ready to start your mommy makeover!



National Hobby Month

THE BEAUTY OF ART

I’ll preface this by saying that my wife and I have different hobbies. She loves to get in the garden and tinker around, and I’ve just never enjoyed it — I find it to be merely manual labor. The feeling must stem from my allergy to freshly cut grass when I was growing up. While I loved playing sports, if the grass was freshly cut, I’d wheeze and huff and puff, but I always powered through it. Today, I just don’t want to garden in my free time, but as a way to spend time with her, I do it anyway.

A hobby of mine that I’m itching to get back into is painting. Back in high school and college, I used to draw and paint often. As my career picked up, I got away from it. But you could say that I still exercise my artistic side in the operating room, more as a sculptor than a painter.

Back in high school, I took a *Bob Ross* painting class in which you’d complete an entire painting in 30 minutes. Needless to say, I picked

up some techniques that I took with me to college. In that class, I completed one painting and gave it to my grandparents. It wasn’t that great, but they cherished it and had it hanging in their living room above the couch for years!

The painting I’m most proud of, however, was a Dutch master-technique painting of an apple and a pear. Today, it’s hanging in my mom’s home. Other paintings I did are scattered throughout my home in my closet, basement, garage, and even in my son’s room.

My staff often teases me as, during patient consultations, I fat-finger some depictions of procedures. I often find myself asking for forgiveness from my patients as I’m much more accurate with my precision instruments than trying to draw on a tablet with my finger — I promise.

My second son has a great artistic natural gift, and we both have our eyes peeled for any painting classes we can do together as a father/son bonding experience. I look forward to hopefully finding something to rekindle the passion!



Straight out of Napa Valley, the Frias Family Vineyard Lady of the Dead cabernet sauvignon is a heavy and hearty red that really hits the spot in the new year next to a warm and cozy fire.

A Californian red blend, Lady of the Dead contains flavors of red fruits, nutmeg, and cinnamon spice, complemented by notes of lush burgundy plums and blackberries. Sweet tannins balance out the taste on your palate. It’s fruity on the nose and a bit spicy, juicy, and smokey, for a full finish.

This medium- to full-bodied red pairs well with beef, poultry, venison, and veal. This lady is bold and ready to be taken seriously!

INSPIRATION

