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## INSIDE THIS ISSUE

A Mrs. Claus Makeover  
PAGE 1

Eliminating Visceral Fat

Sciton Laser Treatments  
PAGE 2

Our Christmas Traditions

Wine Spotlight  
PAGE 3

This 'Anti-Diet' Could Save  
Christmas  
PAGE 4

# INTUITIVE EATING: THE ANTI-DIET FOR THE HOLIDAYS

## WHAT IT IS AND HOW YOU CAN BENEFIT

If you've ever seen any "What I Eat in a Day" videos on TikTok or Instagram, you've probably come across the hashtag #intuitiveeating. It pops up under posts ranging from snapshots of green smoothies to reels of influencers sprinkling cheese over giant bowls of pasta. If you're not familiar with the term, you probably have a few big questions.

### What is intuitive eating, and why is it considered an 'anti-diet'?

At its core, intuitive eating is simply giving your body the food it needs in a mindful way. As psychologist Dr. Susan Albers explained in an interview with the Cleveland Clinic, "Intuitive eating is the polar opposite of dieting. Instead of following rules and

restricting what you eat, you trust your internal hunger, fullness, and satiety cues to help you decide what and how much to eat. No food is off the table."

This means you won't catch an intuitive eater counting calories, talking about cheat days, or staring longingly at a doughnut they want but just can't have. Instead, you might see them slowly savoring their food

and pausing between bites to decide whether or not they're full.

### What are the benefits of eating this way?

Intuitive eating isn't about weight loss, although some people who practice it do shed pounds. Instead, many articles point to other benefits like increased respect for

your body, less stress and guilt around food, and even a better understanding of your emotions. Ultimately, practitioners of this anti-diet claim to find more joy in eating than before.

### How can I learn more?

Intuitive eating is based on 10 principles, including "honor your hunger" and "feel your fullness." You can read about them at [Health.ClevelandClinic.org/what-is-intuitive-eating](https://www.health.clevelandclinic.org/what-is-intuitive-eating) or pick up a copy of the 1995 book that started it all: "Intuitive Eating" by Evelyn Tribole and Elyse Resch, two health professionals who specialize in nutrition and eating disorders.

Intuitive eating is an "anti-diet" for every age and body type. It may be just the strategy you need to heal your relationships with food and get more joy out of the holiday season.



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# BURGDORF BEAUTY INSIDER

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## Helping Mrs. Claus Get Christmas-Ready A CUSTOM MAKEOVER FOR SANTA'S LADY

Temperatures are continuing to drop, Santa's elves are busy in the workshop, stockings are hung, and all is merry and bright — Christmas is just around the corner! As Santa's big night draws closer, Mrs. Claus is also getting ready for the most magical night of the year! In fact, a few weeks ago, she made a surprise appearance at Music City Plastic Surgery, and I had the pleasure of discussing a "Mrs. Claus" makeover with the legend herself!

With such a special task on my hands, I was sure to be thorough to get Mrs. Claus looking her best for the holiday season. I started up top and worked my way down, taking care to hit all of the major areas most women express concerns with.

First, as she is out in the snow-covered North Pole, exposed to the elements, she shows signs of some sun and windburn damage. I offered her some broadband light (BBL) therapy treatment to minimize the appearance of rosacea, small veins, hyperpigmentation, and small lines and wrinkles. The result is a smoother skin tone and texture, restoring some youth.

Speaking of youth, Mrs. Claus is getting up there in age, but not to worry, because I was able to offer some solutions for drooping eyes and forehead. With some Botox, we can reduce wrinkles and fine lines on the forehead and around the eyes to smooth everything out. Then, with some eyelid lift surgery, we can remove excess and sagging skin to tighten up her heavy lids.

To plump up her lips for giving Santa a big smooch on his way out the door to deliver presents on Christmas Eve, some lip filler will do the trick to create a natural and full look. After being a mother to

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all of the elves in Santa's workshop, she was quick to mention she'd be interested in a breast lift and a tummy tuck, so I happily offered her a mommy makeover package to help restore her body to its youthful appearance.

I even mentioned we could include some liposuction to remove some of the results of the cookies she has been helping to bake for Santa. While we can't target the fat around her organs with liposuction, we can certainly hit the external fat present around her hips and stomach area.

At the end of her custom Mrs. Claus makeover, we can top it all off with a hydro facial to hydrate her skin and replace any moisture lost after slaving away in the kitchen all holiday season. It will brighten her skin and keep her looking her best for Christmas morning photos when Santa returns from his big night out!

—Dr. Mike



# NOT ALL FAT IS CREATED EQUAL

Did you know that there are two types of fat: subcutaneous and visceral?

Subcutaneous fat is the “pinchable” fat commonly found around your midsection, arms, and legs. Visceral fat, however, wraps around your organs, so it’s much harder to see or even notice. Compared to subcutaneous fat, visceral fat puts you at a higher risk for health complications.



While it’s difficult to measure, costly imaging tests can accurately report just how much visceral fat is hanging around your internal organs. As a cheaper alternative, you can use your body mass index, or BMI, as an indicator of healthy weight ranges and appropriate fat levels based on your body measurements.

You can also measure your waist size since visceral fat tends to congregate in your abdominal cavity.

According to Medical News Today, if a woman’s waist measures 35 inches or more, she likely is carrying too much visceral fat. The same is true for a man’s waist that measures 40 inches or more.

Some potential health concerns that can result from excess visceral fat include Alzheimer’s, high cholesterol, heart disease, and stroke. So, how do you measure your visceral fat, and how do you get rid of it?

The best course of action is to reduce and prevent visceral fat, which can be challenging, as the only true way to eliminate visceral fat and keep it off is through proper diet and exercise. Here are some methods to reduce your risk of harmful effects of excess visceral fat:

- Prioritize sleep and ensure that you are getting enough.
- Exercise for at least 30 minutes daily (aerobic exercises are especially beneficial).
- Consume a healthy and balanced diet consisting of proteins, fruits, and veggies.
- Avoid smoking.
- Reduce sugary sodas and drinks.
- Limit alcohol intake.
- Avoid trans fats.
- Reduce stress levels.

No matter how fit or in shape you are, having some fat on your body is normal and healthy. However, to keep your body healthy and performing its best, reducing visceral fat is essential!

# IN THE SPIRIT OF THE HOLIDAYS

## Celebrating Christmas Traditions

Christmas lights are up and holiday shopping is underway — it’s the most wonderful time of the year! As Christmas morning gets closer, I can’t help but be excited for a holiday with my family, carrying out our yearly traditions and relishing the time spent together.

Aside from our usual Christmas decorations and the “Elf on the Shelf,” which my daughter still adores (thankfully my sons help out with finding new creative spots and scenes), we have two traditions that are specific to our family.

When my wife was growing up, she and her family would open up one present at a time while everyone else watched. This way, they’d all share in the excitement of gift giving and nothing went unnoticed or unappreciated. On my side when I was growing up, we would all tear through the presents as quickly as possible, cheering and creating massive chaos along the way. We now try to carry out my wife’s tradition, and we start out opening one gift at a time. Of course, the kids get a bit antsy and we tend to break away from the organization a bit.

Another tradition we still carry out is one my stepdad started. The home is a two-story house, and each year, he made it a point to film everyone walking down the stairs on Christmas morning in their holiday pajamas while waving good morning. As a kid, I thought it



was cheesy, but I participated. Now, when we celebrate Christmas there, he still films us. As I have a large extended family, each family has matching pairs of pajamas and we march down the stairs together, waving and enjoying the moment.

No matter how silly or cheesy a tradition may be, I’ve learned to appreciate the uniqueness of it, for without traditions, Christmas just wouldn’t be the same! What special holiday traditions do you have?

## Forever Young and Forever Bare

### INTRODUCING THE SCITON LASER

In Mrs. Claus’ proposed makeover (see cover), we suggested laser treatment for her facial skin in the form of broadband light (BBL) to minimize the appearance of rosacea, small veins, hyperpigmentation, and small lines and wrinkles. Here in the office, we work with the Sciton BBL Laser, a multifunctional professional tool to combat redness and uneven skin tones while improving pigment and overall skin quality all over the body!

The Sciton Laser treatment uses pulses of light energy in short and long wavelengths to gently heat all skin layers, inducing the body’s natural healing process, which boosts the production of collagen and elastin in the skin. This smooths the skin, eliminates wrinkles, and decreases the size of pores, drastically improving skin over the entire body (such as the chest, back, hands, or arms) for years to come.

The Sciton Laser also contains a hair removal component to not only help you appear forever young but forever bare, too. It’s one of the quickest and most effective permanent hair removal tools out there — after all, who wouldn’t want to never have to worry about shaving ever again?

There is little to no downtime, and patients can resume normal social activities as there isn’t any intense post-care. During the winter and holiday months, now is the perfect time to consider laser treatment as patients must avoid sun exposure for approximately two weeks before and after treatment.

If you are ready for a smooth, youthful, and rejuvenated appearance, give us a call today to see if Sciton Laser treatment is right for you! We are ready to help restore your skin!



## TODAY’S SIP

### Promise Wine’s Cabernet Sauvignon



My wife and I recently had the opportunity to visit Napa Valley to explore different vineyards and wines. Hands down, one of our favorites was Promise Wine’s Cabernet Sauvignon — a beautiful balance of well-layered aromatics. With hints of tobacco leaf, boysenberry, blackberry, oak, and mocha, the flavor is rich with perfect acidity.

The story behind Promise Wine is beautiful and enchanting. With aspirations to make it in Hollywood in the entertainment industry, Stephen McPherson moved to Los Angeles, but his love of wine made him a frequent visitor in Napa Valley. On his wedding day, he made a promise to his wife, Jennifer, that he would open up a vineyard — and he did!

From there, Promise Wine was born. It’s nestled in a gorgeous part of Napa Valley on a hilltop overlooking a farm.

Promise Wine’s cabernet sauvignon is a bit pricey but worth every penny for celebrations during the holiday season! Enjoy!

## INSPIRATION

*“The best preparation for tomorrow is doing your best today.”*

*— H. Jackson Brown Jr.*