



307 Southgate Court,
Brentwood, TN 37027

Phone: 615.567.5716
MusicCityPlasticSurgery.com

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HAPPY KIDS 4 TIPS FOR RAISING HAPPY CHILDREN

As a parent, there is no better feeling than knowing your child is happy. And while there is a wealth of information and parenting advice available about how to raise successful and smart children, what about how to raise happy children? After all, happy kids are more likely to grow to be successful adults!

Here are some tips for raising happy children.

Don't focus too much on making your child happy all the time.

Obsessing about your child's happiness in the short term may lead to overcoddling, spoiling, and relying on materialistic items at the moment to appease your child. Instead, focus on creating meaningful experiences and bonding moments. You cannot force your children to feel any one type of emotion, but you can do your best to ensure they have the right coping skills to bounce back from life's setbacks.

Focus on your own happiness.

Researchers have found a link between depressed mothers and adverse outcomes for the child and a strong connection between happy parents raising happy children. Even though we cannot control our children's emotions, we can model positive emotional management by staying optimistic in tough situations and keeping control of our emotions during challenging times.

Provide praise regularly.

Self-esteem is strongly linked to our own happiness, and the same is true for your children, so it's crucial to offer praise when praise is due while redirecting negative behavior. You are your child's support system as they grow older and develop emotionally, and you're also

their motivator. Unconditional love and support go a long way in building high self-esteem and confidence!

Teach them to build relationships.

Children flourish and grow through relationships with their friends, teachers, and parents. Learning how to create, build, and maintain positive relationships with family, friends, coworkers, and more as they navigate life is an important skill to model and teach your children.



While each child is different, one thing remains the same: Their happiness and well-being are paramount! Most importantly, don't forget that love can translate to happiness — our love and encouragement can give them the best chance to be successful, happy adults.



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A Bursting Smile THE TRANSFORMATIVE POWER OF A GOOD BELLY LAUGH



With so many benefits of laughing, what isn't there to laugh about? Personally, my New Year's resolution is to laugh more and be more lighthearted. For me, one of the greatest joys of fatherhood is goofing off with my kids — especially through the notorious dad jokes. My youngest son, who used to love the dad jokes and would always give me a fist bump in exchange for a good joke, is now 13 and I'm lucky if I get an eye roll out of him anymore. However, my 8-year-old daughter still gets a kick out of them, and I can always depend on her to bounce some jokes of her own right back at me — it's a hilarious time!

Some of you may remember me mentioning her creative practical joke a few April Fool's Days ago. She disguised a chocolate-covered Brussels sprout as a chocolate-covered strawberry and served it to me. She never fails to keep me laughing. Growing up, my sister and I used to tease each other and throw our names into songs to taunt each other, and of course, I do this with my kids today to keep things fresh, fun, and light and to keep the laughter roaring through our home.

"WITH SO MANY BENEFITS OF
LAUGHING, WHAT ISN'T THERE
TO LAUGH ABOUT?"

At one point or another, you've likely heard the saying, "Laughter is the best medicine." If you've ever had a true, deep, uncontrollable, gut-wrenching laugh on a difficult, gloomy day, then you likely know that it's true — laughing is great therapy and can instantly take an "I can't wait for today to be over" kind of day and transform it into a brighter day. It's just that powerful and transformative!

In fact, did you know laughter is beneficial all around: physically, mentally, and emotionally? It can relieve tension and stress, boost your immune system, and release feel-good chemicals (endorphins) into your body. When we laugh, we bond with those who are laughing with us, and we strengthen those important relationships.

Laughing improves the function of our blood vessels, which promotes better blood flow throughout our bodies and lessens the risk of heart attacks and cardiovascular issues and complications. It also burns calories! Of course, a brisk jog or a weightlifting session will certainly be more beneficial in this department, but it's another perk, right?

On Jan. 24, we celebrate Global Belly Laugh Day, dedicated to showing appreciation for the moments that send us into a wholesome, deep laughter that has the power to turn any day into a good one.

Nonetheless, I'm a firm believer that if you aren't laughing at least a few times throughout each day, you have to change something up to incorporate more silliness into your life. In 2023, I'm setting out to laugh more with others and, in turn, make life less stressful and more enjoyable. I have nothing to lose! Who's with me? In 2023, let's welcome those deep belly laughs!

—Dr. Mike

WANT A BALANCED DIET?

Eat Dark Leafy Greens!

After a long day of work, sometimes we want nothing more than to come home and relax, unburdened by the worry of whether or not our dinner is healthy. Unfortunately, these days add up, and the longer these unhealthy meals continue, the worse it can be for you.

So how can you still eat a balanced diet even when you're exhausted or busy? The answer is to add dark leafy greens to your diet.

While any vegetable is better than a burger or a cookie, darker greens — like spinach, kale, bok choy, and mustard greens — provide many impressive health benefits. Because of their rich color, these greens have higher folate levels, a B vitamin responsible for promoting heart health and preventing cancer.

Along with B vitamins, dark leafy greens have tons of vitamin K. This protects bones from osteoporosis and helps the body

fight against inflammatory diseases. Their abundant antioxidants fight free radicals that can damage our cells and contain very low cholesterol levels. To top it off, they have minimal carbs and sodium too.

Incorporating More Dark Greens Into Your Diet

Unlike some people might think, you don't need to eat a kale salad every night or Popeye your way through a can of spinach to consume a healthy amount of greens. Even if you're in a rush, there are many simple ways to sneak some dark greens into your meals.

- **Wrap your favorite protein** in a tortilla and add spinach, arugula, or kale. Whether it's tuna salad or chicken breast, rolling



it together with some dark greens and light sauce is an easy way to eat healthy while on the go.

- **Stir-fry your veggies** with some chicken or tofu. Toss in greens like spinach, bok choy, or broccoli with garlic, onion, ginger, and soy sauce for an effortless weeknight meal.
- **Soften your greens in a soup.** Even if you're quickly making a can of Campbell's or ramen noodles, tossing your dark

greens into the broth right before it's done can help soften them.

Just make sure to chop them so they're small enough to slurp up from your spoon.

Any way you prepare them, darker greens are better for your health. Try to incorporate them into at least one meal daily to receive the excellent benefits they provide.

HOPE IS HERE!

Welcoming Our New Physician Assistant

The new year is always the perfect time to start anew, refreshed and rejuvenated! Out with the old, and in with the new!

2023 is blessing us with improvements, upgrades, awesome opportunities, and new staff members. We are always excited to welcome amazing talent to our Music City Plastic Surgery family. Thus, Hope, our new board-certified physician assistant injector has arrived, and we couldn't be more excited to introduce her to you! Born and raised locally, she attended Ravenwood High School in Brentwood, Tennessee, and then continued her educational journey at PA school in Orlando, Florida, where she obtained her Master of Medical Science in physician assistant studies.

From the Sunshine State, she then ventured to Santa Monica, California, where she was trained by top plastic surgeons and dermatologists from all over the world. After eight years, she decided to return home to Tennessee, where we were lucky enough to scoop her right up! Hope takes great pride in delivering the best results for her patients while maintaining a soft, natural look and approach.

She specializes in Botox, dermal facial fillers, thread lifts, laser treatments, micro-needling, PRP, hydro facials, and other non-surgical procedures. Hope can pretty much do it all! For a smoother appearance, plumper lips, or a younger, softer look, call today to book with Hope! We are excited to welcome her aboard the Music City Plastic Surgery team!



Improving Shape and Tone

THE MAGIC OF THE BODY LIFT

We've talked about breast lifts, butt lifts, and tummy tucks, but let's not forget the transformative body lift — the best of both worlds in 2023! Body lifts work to tighten up and improve the tone and shape of the waist, abdomen, thigh, groin, and buttocks in one procedure! Instead of only focusing on the front or the back of the body, a body lift offers you the opportunity to go all the way around and hit more than one spot.

With a body lift, you can opt for what we call an "upper body lift," which will target the breast and bra strap area on the front and back of your upper body, or a "lower body lift," which enhances and tightens up the abdominal and buttocks region.

Surgically, when we target the front of the body, excess tissue, skin, and fat gets

pulled down like a window shade and the belly button gets repositioned. On the backside, we start at the upper butt and pull everything up, getting rid of love



handles and droopy skin, while projecting on the booty area.

This transformative surgery is used primarily for patients who've undergone massive weight loss and are struggling with excess saggy skin. To help them reveal their final results after an incredible weight loss journey, a body lift eliminates extra skin and tissue and assists in sculpting an hourglass shape.

Downtime and recovery after a body lift procedure are relatively quick and easy — after the procedure, four drains are inserted and will remain in place for about a week to help promote healing and best results. For more information or to schedule a consultation, give us a call today! We are ready to help you to reveal your best you in 2023!

TODAY'S SIP Turley Zinfandel



It's still getting dark earlier and earlier, and the nights are still cool and crisp — Turley Zinfandel is the perfect hearty wine for this time of year! This full-body dark zinfandel offers notes of blackberry, cherry, raspberry, plum, oak, vanilla, pepper, and spice and has long legs. Its palate is soft and alluring, and it finishes long and uplifted.

It's hearty and tasty and pairs well with beef, lamb, and poultry dishes, or a fancy charcuterie board on a cold winter night, cozied up next to a fire. For a great, deep, tasty experience, try this plump wine out — it doesn't disappoint!

INSPIRATION

"Always keep your eyes open. Keep watching. Because whatever you see can inspire you."

— Grace Coddington