



307 Southgate Court,
Brentwood, TN 37027

Phone: 615.567.5716
MusicCityPlasticSurgery.com

PRST STD
US POSTAGE
PAID
BOISE, ID
PERMIT 411

INSIDE THIS ISSUE

Embracing the 'Luck of the Irish'
PAGE 1

A Viral Workout That
Actually Works!

Patient Spotlight
PAGE 2

Semaglutide Is Here

Wine Spotlight
PAGE 3

6 St. Patrick's Day Fun Facts
PAGE 4

'IRISH I KNEW THAT SOONER!' 6 FUN FACTS ABOUT ST. PATRICK'S DAY

Year after year, we celebrate St. Patrick's Day with green shamrocks, leprechauns, pots of gold, and Lucky Charms, but did you know that St. Patrick was actually British? Even more surprising, St. Patrick isn't even his real name!

Get ready to celebrate the luck of the Irish while impressing others with some fun St. Patrick's Day trivia.

The man's British roots run deep.

St. Patrick isn't Irish — he was born in Britain around the end of the fourth century. Legend has it that at 16 years old, he was kidnapped and sold into slavery by Irish raiders. After six years, he was able to escape back to Britain and returned to Ireland much later as a Christian missionary. Ireland named him the country's patron saint after he passed away.

March 17 isn't St. Patrick's birthday.

Many believe that we celebrate St. Patrick's Day on his birthday, but it's actually the day he died in 461 A.D.

That's not his name.

As mentioned earlier, St. Patrick is not his real name! When he became a bishop, Maewyn Succat changed his name to Patrick.

He didn't banish snakes.

Legend has it that St. Patrick banished all of the snakes from Ireland. In fact, even some portraits depict him doing so. However, fossil records show that snakes were never present in Ireland around his lifetime.

Corned beef and cabbage originated in America.

On March 17, everyone loads up on corned beef and cabbage in celebration, but did you know that in Ireland, they ate ham and cabbage, and the corned beef tradition actually began in America? In the 19th century, Irish Americans bought leftover corned beef from ships returning from China.

The first St. Patrick's Day parade happened in America.

Many believe that St. Patrick's Day was first celebrated in Ireland, but in 1737, the first St. Patrick's Day parades actually took place in Boston and New York City.



MARCH 2023

BURGDORF BEAUTY INSIDER

615.567.5716 | MUSICCITYPLASTICSURGERY.COM

The Luck of the Irish CREATING YOUR OWN GOOD FORTUNE

To have been a part of Notre Dame's Fighting Irish football was a dream come true — so, of course, St. Patrick's Day always holds a special place in my heart. However, one thing I'm on the fence about is the luck of the Irish. I'm not quite sure I buy into all the hype.

I'm not, never have been, and likely never will be, a lucky person. I don't believe in superstition. I recently traveled to Las Vegas, and each time I go, I gamble a bit. However, I don't go in with the mindset of winning. In fact, I plan on spending some money just for the entertainment aspect. If I do happen to win, it's a surprise, but as I said, luck usually doesn't bless me too often.

"I BELIEVE THAT WITH FAITH IN GOD, HARD
WORK, TENACITY, AND DEDICATION,
GOOD THINGS WILL COME TO YOU."

Instead, I try to create my own "luck" or success. Sitting back and hoping for luck and good fortune to find you is a passive approach, and I'd much rather take action and play a role in my success and the rewards that come with it. However, I'm not blind to the fact that some people truly get lucky and, many times, are just "luckier" than I am.

One thing I've noticed, however, is that when others sit around and hope and wish for good fortune, and luck does come their way, more often than not, they lose whatever they've gained pretty quickly. For example, when some people come into large sums of money by happenstance, they usually blow it right away and wind up where they were before they found luck. However, for those who work hard and put in the time, effort, and dedication, it seems they treasure good fortune much more and make it last.

So, while it's fun to think about "what if" when it comes to winning the lottery or winning big, betting on luck and gambling should be more



for entertainment than anything else. I always chuckle at the types of people who wear a certain pair of socks or underwear because they truly believe it brings them luck. When it comes to sports, some of my team members genuinely believed they needed to walk onto the field to a certain song or warm up a certain way or else they wouldn't play well. These superstitions never fazed me.

Instead, I believe that with faith in God, hard work, tenacity, and dedication, good things will come to you. Everything happens for a reason, and if it's meant to be, it's meant to be — but you need to work for it. So, while it's fun to think about the pot of gold at the end of the rainbow with leprechauns dancing around, never lose sight of the hard work one must put in to truly foster success.

Happy St. Patrick's Day!

—Dr. Mike

A WORKOUT TREND THAT’S HERE TO STAY

The Power of 12-3-30

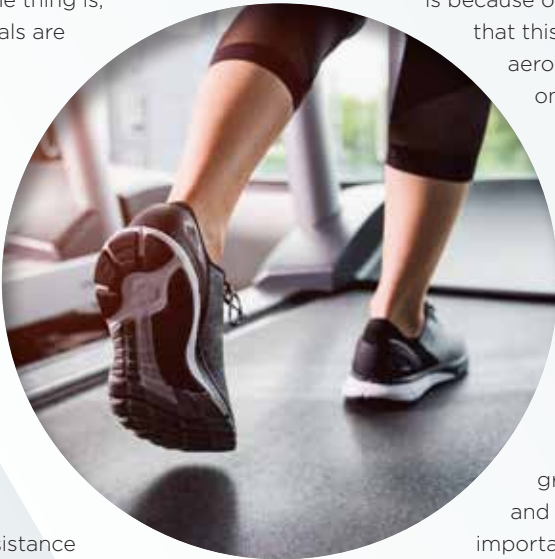
Workout fads come and go, but the benefit of aerobic exercise has never gone away. Right now, a popular exercise trend called the 12-3-30 Workout is circulating the internet. The thing is, this fad *actually* works, and fitness professionals are giving this exercise the green light.

So, what is it, and why is it so good for you?

12-3-30 Explained

The 12-3-30 Workout is pretty simple once you understand what the numbers stand for! Each number in the name correlates to a part of the exercise performed on a treadmill. Twelve percent is the incline you set the treadmill to, 3 mph is the speed at which you walk, and 30 minutes is the amount of time you walk. That’s it!

These three numbers create the ideal circumstances in which your body has the resistance to utilize its muscles while also moving fast enough to increase heart rate and reap aerobic benefits. And 30 minutes a day, five days a week, is the ideal exercise to ensure your heart, body, and mind stay healthy.



Benefits of the 12-3-30 Exercise

One reason this workout is gaining so much traction on the internet is because of the benefits. The first benefit users love is that this exercise gives you almost all of the same aerobic perks as running without the high impact on joints (thanks to that 12% incline!).

The second benefit the 12-3-30 Workout offers is endurance. Walking uphill instead of on a flat terrain causes us to activate more muscles, while 30 minutes of exercise forces us to remain at a high-intensity level for longer. This ultimately forces our bodies to acclimate to rigorous movement, which improves our health.

Like any other workout, the 12-3-30 is also great for weight loss, regulating blood sugar, and improving cardiovascular health. But it’s also important to remember that no one exercise should be your *only* source of movement. Consider adding the 12-3-30 exercise to your weekly rotation, or use it to follow your weight training or other strength exercises for the best results.

INTRODUCING SEMAGLUTIDE

The Solution for Effective and Sustainable Weight Loss



The FDA recently approved an innovative medication that promotes weight management in adults. Semaglutide, a safe and effective weight-loss drug, is available in injectable and oral forms. Semaglutide initially hit the market as a diabetic drug, and its weight-loss properties were instantly noted. Semaglutide mimics glucagon-like peptide-1 (GLP-1), a hormone that controls and regulates appetite, and can work to suppress hunger. As a result, you are less likely to overeat, snack out of boredom, and feel hungry outside of your mealtime.

In a recent study of obese individuals taking semaglutide for a bit over a year, the percentage of weight loss was between 15% and 20% depending upon the dose, with greater than 85% having a 5% reduction or more. Candidates must acquire a prescription, and regular health monitoring is crucial throughout the drugs administration.

It should be noted that few insurance companies cover the cost. You can expect to pay upward of \$1,000 per month. However, when weight affects your health, you must consider the cost of solutions. Fad diets, food plans, gym memberships, and equipment can be expensive. Replacing clothes for an ever-changing body from yo-yo dieting can add up. Semaglutide is well worth the price for a solution that works to take and keep the weight off! For those who are overweight, the health benefits of substantial weight loss are long-term.

With Semaglutide, you may begin to lose weight within two weeks of injection. As the summer months roll in, this effective solution is something to consider. Call us today to set up an appointment. We will evaluate you and get you started on the medication as soon as possible!

Patient Spotlight

BAILEY’S TRANSFORMATION



When we first met Bailey, a beautiful and sweet woman in her 20s, she had been considering a breast augmentation for roughly five years. Bailey had a depression, or a divet, in her chest that affected her appearance and, in turn, her confidence. She even noticed this making a difference in her personal and professional life. We were ready to get right to work to help Bailey achieve a desirable solution.

Using our 5-star sizing system, which involves both subjective and objective measurements, Bailey

showed us some dream photos and nightmare photos for an idea of her most plausible results. For some, a more augmented look is desired, and others seek a soft and natural image. It turned out that Bailey was interested in achieving our Nashville Naturals look — natural and attractive with a little projection that will have you wondering, “Did she, or didn’t she?”

Next, using our “6-string Assessment,” we relied upon some objective measurements that include the shoulders, hips, chest, buttocks, skin stretch, and face to help Bailey achieve the perfect results. When augmenting an area of your body, such as the breasts, it is important that the desired proportions are reflected in relation to other body parts.

Now, a year post-op, Bailey has reported that her confidence has skyrocketed, positively impacting her relationships, work, and personal life. She is happy with her healing, results, and boosted self-esteem!

Bailey, we are honored to have been a part of your transformation!



TODAY’S SIP

Linne Calodo

Outsider Zinfandel



With notes of black raspberry, oak, vanilla, cocoa nibs, patchouli, and black cherry, this zinfandel from Paso Robles, California, is both fruity and savory with a lasting and lingering finish. This rich, full-bodied wine is velvety smooth, and it pairs well with steak, pork chops, veal, or even poultry. The pairing actually brings out the fruity and spicy flavors of the zinfandel.

Dr. Mike recently shared a bottle of Linne Calodo Outsider Zinfandel amongst friends over a meal of pork chops and steak!

INSPIRATION

