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## INSIDE THIS ISSUE

Thanksgiving Reflections

PAGE 1

The Truth About Drinking Coffee  
Before Breakfast

Injecting Hope

PAGE 2

Celebrate Your Unique Talent on  
Nov. 24!

Sip of the Month

PAGE 3

The Power of Post-Meal Walking

PAGE 4

# WALK YOUR WAY TO BETTER DIGESTION

We all know the after-lunch slump leaves us counting the minutes to our next nap. But research shows that sleeping or lying down after eating isn't the best for health (no matter how good it feels). When you do this, you're not allowing your body the time it needs to digest your food properly, and you may experience various digestive issues, such as acid reflux and heartburn. So, *is walking the best activity to do after eating?*

The answer is yes! Walking is a light movement that can help your food move through your stomach and intestines, making digestion smoother. Not only can walking help improve your digestion after eating, but this simple exercise can also bring many other benefits:

- Regulating blood sugar levels
- Managing blood pressure
- Reducing the risk of heart disease

- Boosting your mood
- Improving sleep quality

Of course, regular exercise improves your overall health significantly, even if it's just a quick walk around the neighborhood!

### THE POST-MEAL WALK: WHEN AND HOW LONG IS BEST?

You gain the most digestive benefits if you walk right after eating. Waiting too long afterward may only minimally aid your digestive process. Be sure to get moving as soon after your meal as possible!

As for frequency, ideally, you should go for a stroll



after every meal. However, to get started, try going for a walk after dinner. You can increase your number of walks as you get accustomed to the exercise.

Ten minutes is all you need to reap the benefits of walking after eating. While you can walk longer if you'd like, 10 minutes is doable even with a busy schedule. Plus, if you walk for 10 minutes after every meal, that's 30 minutes of exercise daily! Take your dog with you or stroll with your headphones, listening to your favorite podcast. How you walk is up to you, but no matter what, you're doing your mind and body a huge favor!



NOVEMBER  
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# BURGDORF BEAUTY INSIDER



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## Counting My Blessings: A HEARTFELT THANK YOU

As visions of turkey, stuffing, gravy, and apple pie dance in my head, it's time to pause, reflect, and express gratitude for the many blessings that enrich my life. During the last several years, I have featured individuals and support groups in my life that continue to shape the way I view this beautiful life. I've given special thanks to my family, my children, my wife, my team, and you, my patients.



As we prepare to bid farewell to 2023 and I reflect on the recent struggles, successes, ups, and downs that I've experienced, my focus shifts to everyone who plays an instrumental role in my life. My family is my backbone and safe place. I love watching my kids grow, learn, and experience new adventures. I cherish time spent with my wife, and I love the family that we have created together. I live for the lazy Sundays and, on the complete opposite side of the spectrum, the busy afternoons spent attending different events or chauffeuring kids around town. For my family, I'm eternally grateful.

My oldest child is 18 and off to college, and I'm thankful that he had a successful first semester. I'm also secretly grateful that, in

Knoxville, he's only a few hours away from home — he's just far enough where he feels independent, but we can still visit him often.

Over the past few years, the workforce has gone through many changes. My staff has been incredibly supportive and has done a fantastic job weathering the storm to continue delivering the best service for our patients. Our patients enjoy and connect with each team member easily — it makes my heart happy to hear such positive feedback from each of you about our team.

From Savannah at the front desk to Bailey, our coordinator, our patients feel valued and welcomed. Triana, our nurse, works diligently to help our patients feel comfortable, and our injector, Hope, brings so much skill and personality to the team. Michelle, our practice manager, is a major force behind the scenes and helps to hold our team together while ensuring we deliver the best care possible. When I take a look at where I started and compare it to where the practice is today, I'm overwhelmed with gratitude for our team of rock stars.

I'm thankful for you. I've had such great patients throughout my career, and this year has been no exception. It's enjoyable to see past patients resurface and to have the opportunity to meet friends of patients who are just as enjoyable to get to know. I always joke that I'd never have to market anything if we could clone our current patients. I'm grateful for the referrals you send our way and for allowing me to practice a profession that I'm head-over-heels in love with.

"BECAUSE OF THE PLAN THAT GOD HAD FOR ME AND THE OPPORTUNITIES HE GRANTED ME, I'VE BEEN ABLE TO CREATE A PRACTICE THAT I AM PROUD OF THAT ATTRACTS AMAZING PATIENTS LIKE YOU!"

I feel blessed to have had such wonderful experiences and opportunities in my life. Where I grew up and the way I was raised plays a major role in who I am and I'm thankful for all that I've been exposed to. Because of the plan that God had for me and the opportunities he granted me, I've been able to create a practice that I am proud of that attracts amazing patients like you!

Each morning, I've made a habit of giving thanks for my countless blessings, and I quickly list off just a few things — big and small — that are at the top of my mind. I've found that it allows me to focus on the good in my life and helps to foster positivity for the rest of the day. If you aren't already doing this, I highly encourage you to give it a whirl! The holidays are a great time to get started! What are you thankful for?

From my family to you and yours, happy Thanksgiving!

—Dr. Mike



# COFFEE CONUNDRUM:

## Could Your Morning Brew Harm Your Health?

Millions of Americans start their morning with a piping hot cup of coffee. There's nothing like the familiar smell, comforting warmth, and hit of caffeine to get you ready for the day. But could this common habit actually harm our bodies? For some people, consuming caffeine on an empty stomach could cause unpleasant side effects.

No definitive data suggests drinking coffee before breakfast will negatively impact you in the long term. Only limited research exists on the matter, and the results are inconclusive. However, some people anecdotally report feeling worse if they drink coffee on an empty stomach, and nutritionists and dietitians believe certain people may be more susceptible to adverse side effects.

People with digestive problems should be the most cautious about their morning cup of coffee. Coffee stimulates acid production in the stomach, particularly when it's otherwise empty. That's not a big deal for

most people, but it can be for those with gastroesophageal reflux disease (GERD) or who are prone to acid reflux or heartburn. Coffee before food may make symptoms worse.

Those with irritable bowel syndrome (IBS) might also beware. Scientists have long known that coffee stimulates our colon muscles and can help people have bowel movements. Some consider it a bonus, but IBS patients are already prone to diarrhea. Coffee causes increased cramping for some, and the effect can be more noticeable on an empty stomach.

Coffee can also affect us emotionally. The beverage gives some people jitters, particularly without food. Research indicates



the effect is more pronounced in people with anxiety disorders, possibly because jitters mimic anxiety symptoms. Some studies suggest consuming coffee with food decreases the concentration of caffeine in our bodies and makes the effect less likely.

Ultimately, whether you should rethink drinking coffee on an empty stomach is up to you. People suffering from GERD, IBS, or anxiety should consider whether their liquid pick-me-up worsens their symptoms. The current research suggests that consuming coffee before food is probably fine for most other people, but it's always wise to listen to your body for cues. If you feel less than your best after your morning coffee, see whether a change in routine improves the situation.

# LYRICALLY INCLINED — MY HIDDEN TALENT

Each of us possesses a few talents and abilities that set us apart from the rest. While some talents may be readily apparent, such as being able to hold your breath for record-breaking amounts of time or possessing the ability to run or swim very quickly, others remain hidden beneath the surface.

Nov. 24, the day after Thanksgiving, is known as Celebrate Your Unique Talent Day, a time set aside to allow your special skills to shine. My family is incredibly talented, especially when it comes to musical ability, and because I can't carry a beat to save my life, I'm often a tad jealous. All three of my boys play musical instruments, and all four of my children sing in the church choir. They must have inherited this talent from my wife, who sang growing up and still sings in the choir here and there.

One of my sons takes after my dad in that he loves magic and card tricks. In fact, he



calls his talent "cardistry," and he's a master at shuffling and flipping cards and has dozens of tricks up his sleeve. In college, I took up painting, and while I enjoyed it, I wouldn't quite call myself talented in art — my paintings are now in my office and not

on display elsewhere because that's just the quality of the paintings that they are! Most of my artistic ability comes out in the office and operating room, where I have the opportunity to sculpt and create.

But, if you were to really nail me down and ask what I consider to be my "special" talent, I'd say that I'm particularly creative in re-creating lyrics to well-known songs. When I'm driving around with my kids in the car, I change the words around and slide their names and things that they enjoy into the songs. I'm also known to do this in the operating room. I hear things differently than how they appear in the actual lyrics, and while I have a good time with it, I usually irritate my kids, which makes it all the more fun!

Our unusual talents have the power to set us apart and ignite our passions while sparking creativity! What is your unique talent?

## Injecting Hope THE HALO LASER DIFFERENCE

It's laser season! As winter approaches and we say goodbye to the sun's scorching rays, now is the perfect time to rejuvenate your skin and address those nagging signs of sun damage, aging, and uneven skin tone. With reduced sun exposure and cooler temperatures, the risk of post-treatment complications such as hyperpigmentation is reduced, ensuring optimal results.

Hope, our board-certified physician assistant, is our non-surgical and injectables guru. She's



excited to share why the HALO Laser is an effective and popular solution for achieving a more luminous complexion and offer some quick facts about the laser procedure.

### CUSTOMIZABLE TREATMENT

The HALO Laser is highly customizable, allowing Hope to tailor the treatment to your specific needs. Whether you're looking to address wrinkles, fine lines, pores, sun damage, or overall skin texture, the treatment can be adjusted to deliver the results you desire.

### MINIMALLY INVASIVE

Unlike other laser treatments, which might require four or five treatments to achieve results, the HALO Laser requires one (sometimes two) treatment and allows you to return to your daily activities relatively quickly. Patients must, however, avoid the sun for a week.

### COMBINED BENEFITS

The HALO Laser is a hybrid fractional device that combines the advantages of using one wavelength for superficial skin layers and another wavelength to target deeper layers of the skin, allowing the treatment to target a wide array of irregularities.

### MINIMAL DOWNTIME

While patients may experience some redness and swelling after HALO Laser treatments, they can expect to quickly resume normal activities. When compared with other skin treatments, the downtime is very short!

If you are interested in rejuvenating your skin or addressing lingering concerns on your face, neck, or chest, call us today to set up a consultation to explore whether the HALO Laser is the right option for you!

## Sip of the Month

Dr. Mike and his wife recently cracked open a bottle of Crocker & Starr 85% Malbec 15% Cabernet Sauvignon and shared a meal while the kids were out of the house — the wine stole the show!

This Malbec blend was smooth and fruity with notes of purple plum, pink roses, vanilla spice, and black cherry. The first sip of this deep, inky blend ignites flavors of cocoa and raspberry with a smooth finish. This wine pairs well with steak, pork, lamb, poultry, and dark meat.

—Dr. Mike

## INSPIRATION

**"Life is 10% what happens to you and 90% how you react to it."**

**—Charles R. Swindoll**