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BRING ON THE BONDING!

IDEAS TO STRENGTHEN YOUR RELATIONSHIP WITH YOUR KIDS

Spending individual quality time with your children is critical to a strong bond. Conversations you might not otherwise have are easier to initiate when you have one-on-one time. Every kid wishes to spend time with their parent and have their full attention, so devoting one-on-one time to bond with your children is vital.

When you spend individual time bonding with each of your children, you'll learn even more about them than before! Of course, set aside the same amount of time and effort for each child to ensure no one has hurt feelings. Creating a colorful, sticker-filled calendar with everyone's special bonding time mapped out can keep everyone in the loop and excited about their respective activities! Here are some outing ideas to consider.

POTTERY NIGHT AT HOME (OR A STUDIO)

A crowd-pleaser for all ages, pottery can be a creative and fun activity to share with your child or teen. You can keep it

simple by sticking with clay, sculpting tools, and paints. Or, you can take your kid to a pottery studio where an instructor can guide you both. Whatever you choose, you and your child will enjoy letting your creativity flow while spending quality time together. You might even make your new favorite cup or bowl along the way!

ARCADE FUN NEAR YOU

While many kids spend much of their time with their eyes glued to screens already, an arcade allows you to turn that video game passion into quality family bonding. Have your kids show you the hip new games available while you school them with old-school classics like pinball or Skee-Ball. Most arcades have prize counters, so you can get souvenirs to remember the trip!

A NATURE WALK

Easy and affordable, a nature walk lets you and your child get some fresh air. Inspect all the plants, animals, insects, and leaves

you find on your path. This can be a great learning experience for younger kids and a fun afternoon activity for you both. Take it to the next level by having a picnic with snacks and drinks!

LUNCH AND A MATINEE

The phrase "dinner and a show" has been around for a long time, but lunch and a matinee turns the date classic into a family bonding experience. Going earlier in the day makes the food and tickets cheaper, and theaters tend to run more kid-friendly movies earlier in the day. Taking the time to go to one of your child's favorite pit stops, followed by a movie you can both enjoy, is the recipe for meaningful bonding!

When you take the time to bond one-on-one with your child, they'll be excited to go to new places and make new memories with just the two of you. Make these outings unforgettable by giving your child your full attention and enjoying each other's company.



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My Favorite People Call Me 'Dad'

FATHERHOOD IS MY GREATEST ACCOMPLISHMENT YET

Of all the things I've been called in life, "dad" brings the biggest smile to my face.

Hands down, being a dad has been the most rewarding, challenging, emotional, and amazing endeavor of my life. The four individuals who call me "dad" are my source of motivation and are constantly helping me strive to be a better individual, surgeon, husband, and father. They make me want to be the best version of myself that I can be. Children have a magical way of making nothing matter and everything matter all at the same time.

Becoming a father has been the best thing that has ever happened to me as well as the most difficult — I always wonder if I'm doing it right, and it's tough because you can't read a textbook and analyze whether or not you are parenting the correct way. Sometimes, you'll know right away if you made the right parenting decision, and other times, you won't know until years down the road.

As a dad, I'm always trying to update my knowledge and expand my toolbox to be a better parent. I've read a lot of books about parenting — some have been on how to be proactive as opposed to reactive, and others discuss different parenting methods and practices. My wife encouraged me to read one on understanding the

For Father's Day a few years back, I ordered my dad a gift from **StoryWorth.com**. Every week or so, he was sent prompts with questions to answer and he filled them out and collected them. This past Christmas, he compiled them all and put together a book with his stories, memories, thoughts, and experiences and gifted them! For any of you looking for the best Father's Day gift, this is something that I'd recommend, hands down!

"CHILDREN HAVE A MAGICAL WAY
OF MAKING NOTHING MATTER AND
EVERYTHING MATTER ALL AT THE SAME TIME."

teenage brain, and let me tell you, as a father with teenage boys in the house, it was life-changing!

With teens, as many of you are aware, it's a challenge! This book explained that the brain isn't finished growing and maturing until we are in our mid-20s. While this wasn't a shocker for me, it was a relief. It explained so many things that my kids have said and done and has helped me cut them some slack. Dealing with the teenage brain has certainly provided some challenges but it's something that I wouldn't change for the world — these kids are my saving grace. I've learned that at times, it's best to help them come up with the right decision on their own and to plant the seed and let them think that it was their idea all along.

All in all, I think my wife and I have done a pretty good job thus far and we've been blessed with some awesome, intelligent, engaging, and fun children. Our oldest son will be heading off to college, and all of our kids do well in most things they set their minds to. They do well in school, athletics, and extracurricular activities. When I was growing up, football was a big part of my life. My children are more enthralled with music, bodybuilding, rugby, volleyball, crafts, and gymnastics. I must admit that having them interested in activities that aren't the same as my interests has been a bit of a challenge, but it's opened up my eyes to a whole new world of possibilities. My kids teach me, encourage me, and push me to new limits.

I love being a dad!

—Dr. Mike

THE INTERMITTENT FASTING PHENOMENON

Separating Hype From Health Benefits

There always seems to be a new dieting fad every couple of months, but one that has stayed around longer than expected is intermittent fasting. Many of us couldn't imagine fasting for days on end, but intermittent fasting provides the benefits of fasting without asking us to wait days between meals. Intermittent fasting is a term used to describe eating patterns with differing amounts of fasting.

There are three main types. The first and most common type is time-restricted eating, and it's one of the easiest intermittent fasting diets to stick to daily. Time-restricted fasting has users decide on an eating window lasting between four and 12 hours. If it isn't during your eating window, you're actively fasting. The next is the 5:2 diet, which calls for two full days of fasting each week, with a regular eating schedule for the other five days. Finally, there's alternate-day fasting, in which users alternate between fasting one day and eating normally the next.



Regardless of which type of intermittent fasting you attempt, you'll likely notice many benefits within the first few months. Studies have shown that it can improve your cholesterol levels and help you maintain proper blood sugar levels. Many studies have shown that those who practice intermittent fasting have no problem shedding weight and also keeping it off. Many users report losing 3%-7% of their body weight within eight weeks of fasting. Studies even found intermittent fasting can lower the risk of breast cancer, Parkinson's disease, and other serious conditions.

Does this all sound too good to be true? That's because it likely is. The Journal of the American Medical Association looked at 108 studies conducted on the alleged health benefits of intermittent fasting and found that only six were supported by solid evidence. That doesn't mean the health benefits don't exist; we just need more research before saying intermittent fasting is as beneficial for our health as its users claim it to be.

DADDY DO-OVER

Men, This One Is for You!

Calling All Dads!

Let's be honest — fatherhood, while an amazing experience, can really take a toll! To regain a positive self-image, improve results from your workouts, and have the confidence to make an impact in any professional or social setting, we have the tools to set you up for success with our Daddy Do-Over services, tailored just for men.

In recent years, many more men have shown interest in plastic surgery. Every year, more options become available to help men feel more comfortable and acceptable going under the knife or receiving injections to rejuvenate their looks without looking like they really made the effort.

Here at Music City Plastic Surgery, Dr. Burgdorf is well-versed in the differences between male and female plastic surgery procedures and is prepared to help his male patients achieve the look they desire. With many new fillers and toxins on the market, we help men maintain their rough and masculine look while enhancing their youth. We can tame wrinkles and enhance facial longevity. PDO threads are a new, non-invasive, and non-surgical option to achieve the same results as a facelift without a "tight" and surgical appearance. The best part is that because men tend to scar and bruise more than women, PDO threads reduce



downtime, have less bleeding and scarring, and do not damage or disrupt hair follicles in the beard or sideburns.

With VASER liposuction, our high-definition liposuction in the office, we are able to sculpt out abs to help achieve the rock-hard six-pack look that most women tend to stay away from as they like to enhance a smooth, curvy look. But for men, the VASER liposuction helps eliminate fat and draws attention to the muscular physique.

If you're ready to turn back the clock with masculine and natural results, give us a call today — let's discuss your individualized Daddy Do-Over.

For the Love of Music

MUSIC IS THE FOUNDATION OF MUSIC CITY PLASTIC SURGERY

Music City Plastic Surgery — the name says it all! Music always has and will always play an instrumental role in my life and career and the culture here in our office. Music has a way of calming the most excited or anxious feelings, waking up a tired mind, or inspiring creativity. It can take you back in time and reawaken certain feelings. Have you ever listened to a song that you haven't heard in years, and in that moment, it feels as if time never passed? Music is a virtue.

On June 21, we celebrate World Day of Music, a time to share our love and appreciation for music. In my high school years, an outdoor amphitheater next to my house solidified my passion for music. Over the summers, I attended at least 10 concerts and saw some big-time artists like James Taylor, Peter, Paul and Mary (we were the youngest folks in the crowd for this one), and Bob Dylan. At the end of each summer when football two-a-days were back in full swing, my friends and I would sneak out to see the Allman Brothers and certainly pay for it the next day at practice. However, it was a fabulous time, and we'd do it all over again!



One of the best shows that I've ever seen was Paul McCartney live — I grew up loving the Beatles. The Grateful Dead also knows how to put on an amazing show and sitting in the 14th row for The Rolling Stones was an incredible experience. Through and through, music invigorates my soul.

In the operating room, music keeps the pace and sets the mood. It helps the entire team to get in sync with each other and lifts our spirits. In the morning, we may need something a little faster-paced to get us up and moving as well as tossing in some lively tunes toward the end of the day to keep everyone motivated. We listen to anything from Pitbull to country. At times, our musical tastes can be all over the place, but somehow it all makes sense based on the procedure. Music speaks to us here at Music City Plastic Surgery!

TODAY'S SIP

Let's Experiment With Gin

Every year on Father's Day, Dr. Mike, his father, and his grandfather would round everyone up and celebrate with a game of croquet in the backyard. In his grandfather's hand would always be a glass of his favorite cocktail — a gin and tonic — and Hendrick's was always his favorite gin! This Father's Day, in honor of his grandfather, Dr. Mike will be sipping on some Hendrick's!

Hendrick's gin has a cool cucumber undertone with flavors of juniper, rose, sweet orange, and elderflower. With a long finish, this gin is perfect for your favorite cocktails and is a high-quality, top-of-the-line liquor. Enjoy!

—Dr. Mike

INSPIRATION

