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# NATURAL STEPPING STONES TO LASTING WEIGHT LOSS

About 40% of Americans consider themselves overweight, driving rapid growth in both prescription and non-prescription weight-loss drugs and supplements. However, the best route to lasting weight loss for many people is more straightforward and costs less. Here are four natural ways to manage your appetite and shed pounds without pricey prescription meds or supplements.

### EAT MORE PROTEIN.

High-protein foods make you feel fuller for longer and help you consume fewer calories overall without the sugar rebound you get from carb-heavy snacks. Protein also helps maintain muscle mass while losing weight; muscle burns more calories than fat! Enjoy high-protein Greek yogurt, eggs, chicken, turkey, and fish to feel satisfied on less.

### DRINK MORE LIQUIDS.

Many people neglect hydration and mistake thirst for hunger. While there is no one-size-fits-all rule, according to the National Academy of Medicine, men need about 13 cups of water a day, and women need about nine, including the water and juices in fruits and vegetables. Staying well-hydrated will help keep your energy level high, your skin moist and radiant, and your mood upbeat.

### EAT, DON'T DRINK, YOUR CALORIES.

An 8-ounce glass of Coke has the same 100 calories as four medium-size carrots, but the Coke won't sate your hunger. The high-fiber carrots, however, will ease that hollow



feeling for a while. To help you feel satisfied throughout the day, add fiber-rich foods such as whole grains like oatmeal and brown rice, veggies, fruits like apples and oranges, and potatoes to your diet.

### FIND ENJOYABLE WAYS TO EXERCISE.

Sustaining physical activity is important in maintaining a healthy weight, but your workouts don't have to be a forced march. Find ways to reward yourself as you move, such as walking in your favorite park or listening to great music or podcasts on the treadmill. If finding an excellent personal trainer motivates you to get to the gym, then budget for that. Whatever it takes, your health is worth the effort!



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# BURGDORF BEAUTY INSIDER



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## Santa Isn't the Only One Getting Ready!

### MRS. CLAUS PREPARES FOR CHRISTMAS EVE AT MUSIC CITY PLASTIC SURGERY

Do you feel that? Temperatures are dropping, everyone's stockings are hung, and Santa's elves are busy preparing for an amazing holiday season — it's Christmas time! With Santa's big night drawing closer, Mrs. Claus is preparing for the most magical evening of the year! Just a few weeks ago, she made a surprise visit to Music City Plastic Surgery, and I had the pleasure of chatting with the legend herself about a "Mrs. Claus" makeover!

With such an important task, I was thorough in helping Mrs. Claus look her best for the holiday season. Starting from the top and working my way down, I focused on all the key areas most women express concerns about, ensuring she's ready to shine on Christmas Eve.

First, spending so much time in the snow-covered North Pole has left Mrs. Claus with a bit of sun and windburn damage. I recommended broadband light (BBL) therapy to help minimize the appearance of rosacea, small veins, hyperpigmentation, and fine lines. This treatment smooths skin tone and texture, restoring a more youthful look. She'll need to avoid the sun for a few weeks, making winter the perfect time for this refresh!

To maintain her youthful look, Mrs. Claus had a few concerns about her forehead and eyes — no surprise after years of looking over the elves and raising her brow at Mr. Claus! I recommended a touch of Botox to smooth

out wrinkles and fine lines on her forehead and around her eyes from all that smiling. For her drooping eyelids, an eyelid lift surgery would help remove excess, sagging skin, brighten her eyes, and soften that tired appearance.



To give Mrs. Claus's cheeks a bit more lift and fullness, we'll use cheek filler to restore volume lost with age. And for a fuller, natural look just in time to give Santa a big smooch before he heads out on Christmas Eve, a touch of lip filler will plump her lips perfectly. After years of being a mother figure to all the elves, Mrs. Claus mentioned she'd love a breast lift and tummy tuck. I was happy to offer her our mommy makeover package to help restore her body to a youthful appearance, just in time for the holidays!

This year, Mrs. Claus is looking to slim down — especially after baking all those cookies and pies! Her belly and breasts have grown a bit, so we've included a breast reduction and lift in her makeover to elevate and lighten her chest. We use the Galaflex internal bra crafted from

suture material for our breast lifts to help her breasts stay beautifully perky in the long run.

Mrs. Claus has been hitting her workouts hard this year and is ready to show off the results! To highlight her abdominal work, we offered Vaser liposuction, a body contouring procedure that uses ultrasound technology to remove fat and sculpt her abs. We paired it with Renuvion, a radiofrequency helium plasma device that heats the fibro septal network after liposuction to further refine and perfect her look.

After having many "kids" in Santa's workshop (the elves!), Mrs. Claus wanted a bit of tightening down below for added comfort. We performed a labiaplasty to help her feel more at ease during reindeer rides and to confidently wear some snug pants for Mr. Claus!

To complete her custom Mrs. Claus makeover, we're topping it off with a hydrating hydro facial to restore moisture lost from her busy holiday baking. This will brighten her skin and keep her looking radiant for those Christmas morning photos when Santa returns from his big night out!

Merry Christmas and Happy Holidays!

—Dr. Mike



# SLEEP STEALERS

## Avoid These Foods for Better Sleep

For the estimated 1 in 3 Americans who struggle with insomnia, avoiding sleepless nights is a top priority. Most people know to ease into relaxing activities and avoid blue light from digital devices for at least an hour before bedtime. However, avoiding certain foods that can keep you awake is just as important. Here are four of the worst culprits.

### RHYTHM WRECKERS

Cheese lovers, beware! Tyramine, an amino acid found in fermented and aged foods, including cheese, tends to trigger the release of norepinephrine, a neurotransmitter that can raise blood pressure. Alcohol also is believed to interfere with circadian rhythms by disrupting the body's sensitivity to natural sleep cues, such as waning light in the evening.

### ACID IGNITERS

For the estimated 1 in 5 Americans who suffer from acid reflux, the food and drink consumed before bedtime are pivotal to sleep quality. Foods that trigger this gastrointestinal disorder include spicy items and high-fat dairy products like ice cream. Sadly,

popular party fare, which includes cheese, tomato sauce, alcohol, and carbonated drinks, also can trigger heartburn.

### TUMMY TROUBLEMAKERS

As enjoyable as carbonated beverages may be, they can cause gas, bloating, and general stomach discomfort, preventing you from settling into sleep. Other potential triggers of stomach problems include citrus fruits, which have a high acid content that can fuel stomach acid. Citrus also acts as a natural diuretic, prompting you to awaken in need of a bathroom at night.

### HIDDEN CAFFEINE

Avoiding the caffeine in coffee, energy drinks, and soft drinks is a no-brainer, but certain teas can disrupt sleep, too. While even the highest-caffeine teas, including yerba mate and black tea, have less than half as much caffeine as a standard cup of coffee, all true teas — so defined because they are made from the Camellia sensinis plant — still have enough caffeine to disturb sleep. Only herbal teas like chamomile, peppermint, and hibiscus brews are caffeine-free. And chamomile, in particular, contains the added benefit of a plant-based compound called apigenin, which calms the brain.



# RELATIONSHIP-DRIVEN PLASTIC SURGERY

## How Our Team Brings Our Motto to Life

Over the past couple of years, we've taken on several projects here in the office. Dr. Mike often embraces the "Superman" approach, wanting to tackle everything himself. But he's realized that relying on a team and delegating tasks is far more effective. Recognizing that he can only be in one place at a time, Dr. Mike has come to value the power of teamwork. So, in celebration of Extraordinary Work Team Recognition Day on Dec. 4, he wanted to honor our incredible team!

Dr. Mike recently read "Who Not How" by Dan Sullivan, a book focused on building a team to handle tasks outside your strengths or interests. He realized his true gift is in the operating room, where he shines. When it comes to clinic logistics and paperwork, he knows his team is far better suited to manage these areas. This book reinforced the value of surrounding himself with skilled

professionals who excel at what they do, allowing him to focus on his expertise.

Michelle, our Director of Operations, is Dr. Mike's right-hand person and takes a significant load off his plate to keep things running smoothly. She's built a fantastic team that handles the day-to-day operations seamlessly.

Mary Kate, our nurse, supports early patient care and follow-up visits, assisting Dr. Mike during procedures to ensure everything goes smoothly.

Abby at the front desk is the first to welcome our patients with her bright, friendly smile, making everyone feel at home. Marina, our patient coordinator, works closely with surgery patients to ensure seamless communication and alignment, helping us deliver outstanding results. Loreen has been

invaluable in taking on certain procedures, allowing Dr. Mike to focus on his expertise while expanding our offerings with PDO threads and PRP treatments.

Our motto in the office is relationship-driven plastic surgery, and our staff truly embraces and lives by it daily! Here's to our team!



# Inject Beauty

## MEET LOREEN — OUR NEW INJECTOR

most recent role at another medspa, where she honed her skills over the past two years.

Loreen's journey into aesthetics is unique and inspiring. Growing up, she aspired to be a professional equestrian and even pursued a path toward the Olympics. However, her passion shifted, and she decided to ride for fun while pursuing a career in nursing.

Loreen's love for the operating room initially drew her into nursing, but when she discovered aesthetics, she knew it was her calling. "I'm not just a left-sided brain person," she shares, "so the great thing about aesthetics is that I get to use that analytical side, but also the artistic side of my brain. It's the perfect mix of both."

Loreen finds so much joy in seeing her patients happy with their results, calling it "the cherry on top." Her favorite procedures include full facial balancing with neurotoxins and filler, BBL Halo treatments, and thread lifts.

Outside of work, Loreen still rides and competes with her horses. She owns two — one she competes with, and the other, her first horse, is now retired. She's a bit of a foodie, originally from LA, and loves spending time at the barn or traveling with her husband.

Welcome, Loreen! We're so excited to have you with us!



Meet our new injector, Loreen! We're thrilled to welcome her to the Music City Plastic Surgery family. Loreen brings five years of injecting experience to our team, with her

### SIP OF THE MONTH

## Tres Perlas Pinot Noir



This holiday, treat yourself to something special! Tres Perlas Pinot Noir is one of Dr. Mike's personal favorites, and for good reason. Known for its rich flavors and smooth finish, this Pinot Noir is the perfect wine to elevate any holiday celebration.

Known for its balance and elegance, this wine offers a delightful blend of dark fruit flavors, like raspberry, blackberry, and plum, with subtle hints of spice and oak. Its silky texture and complex layers make it an excellent companion for holiday feasts, whether you're serving roasted meats, rich cheeses, or savory sides. This wine has a way of bringing out the best in any meal, making it a standout choice for the holiday table.

Dr. Mike is fond of this wine for its versatility — it's bold and impressive but smooth enough to be enjoyed by everyone. Happy Holidays!

—Dr. Mike

# INSPIRATION

**"Stay away from those people who try to disparage your ambitions. Small minds will always do that, but great minds will give you a feeling that you can become great too."**

**— Mark Twain**