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## FUN FACTS ABOUT THE FOURTH OF JULY YOU CAN SHARE WITH YOUR KIDS

What do your kids know about the Fourth of July? Do they know it's a day when you have a barbecue, spend time with friends and neighbors, and watch a fireworks show? These hallmarks of the holiday certainly do make it fun and memorable, but they don't really exemplify why we celebrate the Fourth of July, the anniversary of when the United States declared its independence from Britain.

So, along with the sparklers and hot dogs, here are a few fun facts about Independence Day you can share with your kids to help them understand the significance of the holiday.

**The Fourth of July marks our country's independence because it's when the Continental Congress ratified the Declaration of Independence.** This fact might seem like a no-brainer, but it contextualizes the holiday for kids. It's a great jumping-off point to talk about why the United States wanted to be its own country, what the Continental Congress was, what the Declaration of Independence said, and what it means to "ratify" something.

**Two future presidents signed the Declaration of Independence: John Adams and Thomas Jefferson. They both died exactly 50 years later, on July 4, 1826.** This fact is an interesting coincidence

sure to fascinate both kids and adults. It's also a great way to introduce kids to some of the Founding Fathers and share how they helped shape the United States today.

**In 1776, the year the United States was founded, only 2.5 million people lived here. Today, the U.S. population is 331 million.** Lots

of people have been born in the United States since it was founded, and millions more came here from other places, hoping to find a better life. Many succeeded, too. Many people want to call this country home!

**On the Fourth of July, around 155 million hot dogs are eaten in the United States.** Okay, so this fact might not have anything to do with American history, but it's still pretty funny! If anything, the fact that we have so many hot dogs to eat on that day is evidence of the prosperity so many people enjoy in the United States of America.



JULY 2021

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## NO, THE OTHER JULY HOLIDAY! THIS MONTH, ZANY DAYS ABOUND

When June rolls over into July, everyone starts getting excited for the Fourth — if they weren't already! But as important as that holiday is, it also is over very soon after the first of the month. July ends up feeling a little unbalanced as a result, because once we hit week two, there are no more days to look forward to.

Or are there?

One of my favorite things to do is read up on the zany, odd, or historically important days of the month — NationalToday.com is a great source for this — and when it comes to *those* days, July does not disappoint. If Independence Day is a serious holiday, consider the rest of these "unserious." For example, look at July 14, which is simultaneously both National Nude Day here in the States as well as Pandemonium Day anywhere people decide to introduce a little chaos into their lives.

To me, this almost seems like a "two birds, one stone" situation, as there's no better way to sow pandemonium than walking around nude, right?! Of course, some people may be worried that their naked appearance might sow either too much or too little chaos — and if that's the case, we are here to serve them!

Another of these holidays is July 26: All or Nothing Day. It sounds vague, but it really isn't, at least not in my mind. Go to work or take the day off. Weed the yard or relax in a hammock. Rock a three-piece-suit or party down in your birthday suit. All or Nothing Day is great because you can celebrate it no matter what you're doing, as long as you go all-in on it. Now that's something I can get behind!

I can also get behind anything that helps us through the dog days of summer, when it's too hot to get outside for most of the day and you've run out of things to do inside — there's a reason that July as a whole is known as National Anti-Boredom Month. After a year

of lockdown, I suspect most of us are better at keeping ourselves occupied at home than we would have been before. One good way is to mix-and-match the zany holidays like National Hot Dog Day (the 22nd) and National Vanilla Ice Cream Day (the 23rd) with the other July holidays — especially National Nude Day, which seems to pair well with everything.

Except fireworks. Do *not* pair National Nude Day with fireworks.

To be honest, and this is just my personal opinion, Vanilla Ice Cream Day probably needs something to jazz it up a little bit anyway. In our office and my family, "Don't be vanilla!" is something we actually say often. As a kid, it was my favorite flavor, but now I'm more of a chocolate chip guy. For that we have July 18, the far more general National Ice Cream Day.

Last but certainly not least, of course, is the Fourth of July itself — although with July holidays, it's technically *first* but not least. It may come early, but it's still the most important day of the summer, and in our family it means barbecues, cold drinks, and fun with fireworks. It's important to remember that our freedoms flow directly from the same events Independence Day celebrates, and that includes the freedom to enjoy ourselves on these zany holidays.

Which is of course what makes the zany holidays so important: Having fun with friends and family is just one way to carry the Fourth of July spirit all month long.

It's just good, old-fashioned fun. And there's nothing wrong with that.

-Dr. Mike



# DON'T FEEL THE BURN!

Summer is in full swing, and that means it's time for pool parties, barbecues, vacations, bike rides, and endless days at the lake or baseball field. It can feel great to soak up some sunshine after a long winter, but it can also lead to sunburns and aging skin. Sadly, many common sunscreens can be loaded with added chemicals.

However, you can avoid sunburns *and* chemicals by naturally preventing and treating sunburns. Here's how!

## NATURAL PREVENTION

Sunscreen is often the first tool people grab, but it doesn't have to be. Instead, try limiting the direct exposure you have to the sun. Wear hats that cover your head, face, and ears and loose clothing that covers your shoulders and legs. Avoid going outside during the hottest part of the day when the sun is at its most intense and try to sit in the shade.

## THE RIGHT SUNSCREEN

Store-bought sunscreen can be beneficial, but it's often filled with added chemicals and ingredients. Conversely, many homemade salves are not effective.

Opt for naturally made sunscreens and read the ingredients to ensure it doesn't contain unnecessary additives like parabens. These chemical compounds preserve beauty products but are potentially linked to cancer and other ailments. Do your research on every ingredient before choosing a natural sunscreen for your family!



There are key ingredients you need to look for when choosing the right sunscreen, and as a bonus, they are naturally occurring! Titanium dioxide and zinc oxide reflect and scatter the sun's harmful ultraviolet (UV) rays. Without these ingredients, you will only lessen your exposure to some of the sun's rays, but not the two most dangerous — UVA and UVB.

## TREATMENT FOR THE BURN

First, run a bath with cool, tepid water. Allow your skin to cool in the bath and use ice packs for quick relief. Stay hydrated by drinking water, which will help your skin absorb and hold in moisture. Regularly apply natural lotions or lubricants to further help your skin lock in moisture. Coconut oil, aloe vera, and honey can also relieve pain, swelling, and burning. (Do not use honey on babies who are 12 months or younger.)

# WHAT IS BODY CONTOURING REALLY LIKE?

## HERE'S WHAT TO EXPECT FROM YOUR PROCEDURE

A lot of the work that we do at Music City Plastic Surgery is pretty self-explanatory. Breast augmentation, lip filler, IV hydration — those are all exactly what they sound like. But what about “body contouring”? And what makes it different from the kinds of “lipo” procedures you see elsewhere?

The fact is, a lot of the liposuction stuff you hear about is just that — stuff. It's a marketing gimmick, for the most part. “Hydrolipo” gets tossed around. So does “laserlipo.” But at the end of the day, these don't really offer anything regular liposuction doesn't — and that's what forms the basis of our body contouring process.

With something like that, you really don't want gimmicks. You want reliable results by someone who does it full time — for some reason, it seems that a lot of “pop up” doctors are getting involved in this field. It's not the sort of thing a generalist doctor or a dentist can do well, though. The safe and correct method involves

Separation, Aspiration (sucking the fat), Fat Equilibration (incorporating fat transfer to smooth out any contour irregularities). You need to find a clinic you trust.

A big part of that is safety, of course, especially when it comes to anesthesia. But almost as important is an understanding of the fundamentals and an artistic eye. We call it “body contouring” because that's exactly what it is. We won't just remove fat; we'll look out for the end result, in terms of the aesthetic side and comfort too. Sometimes that means actually adding fat in places — and it always means being judicious in how we use our equipment. It's not just suction, it's sculpting.

If you want a gimmick term for our procedure, let's go with “safe-lipo,” because you won't end up with bad results. Although it can take up to six months to be fully settled, the fact is that within a few weeks to a month most people will be all healed up and back to normal, with minimal



marks on the skin (our incisions look like scratches the size of a pencil eraser, and they go away quickly!)

Want to know more? Give us a call. We're here to answer all of your questions and help you make the right decisions. And like we've been saying, if it's right for you, we offer “safe-lipo” too!

# AIN'T NO PARTY LIKE A 'VANITY' PARTY

... because a “VANity” party don't stop! Well, it does, but it's a van, so it's not hard to get it rolling again.

If you haven't seen our mobile aesthetics unit yet, you're in for a real treat — and you might think about throwing a van party with your friends! At its core, it's a van that has the highest standard of comfort and mobile aesthetics care. Think of it as the “Mystery Mobile” for your look: Our team of crack experts shows up and scares off the bad juju — in this case, the juju is that of a stagnant look, or maybe a bachelorette party the night before.

We can do injectables, Botox, lip filler, and other “top-off” procedures from the comfort of the van. And did we mention IV hydration? It's just the thing for the “morning after” or to keep the party rolling.

Popular at bachelorette parties and other girls-night gatherings, we're happy to drive anywhere in the area to meet your needs. We can come inside, or you can come to us and see the comfortable setup for yourself. We're also getting excited for football season — keep an eye out for the VANity in parking lots during your son's practices and throughout the season.

That way, when you're stuck in the stands for three hours straight, you and a friend can trade off watching the other's kid while one of you runs out to the VANity for a touch-up and top-off.

Keep an eye on this space for more VANity updates soon!



## SIP OF TODAY? IT'S BEAUJOLAIS!

It can be tricky to find refreshing wine during the summer — as you may have noticed the last few months in this newsletter, where I have spotlighted good old-fashioned water and a summer shandy beer. This month, we return to form with Beaujolais, from the same-named province in France.

This is a real thirst quencher, and it's great with summer barbecue fare as well. No matter how hot it gets, I gravitate toward this wine made with Gamay grapes — low in tannins and thin of skin, they produce a “red” wine in color only. Beaujolais drinks like a white wine, plain and simple.

Serve it chilled, just as you would a cold chardonnay, and don't hesitate to pour an extra measure into the glass. Search out this easy-drinking wine today, and you'll never be thirsty as the hottest time of the year rolls around. Great for food — and great for getting down a big bite!

## INSPIRATION

