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WHEN LIFE GIVES YOU LEMONS ...

Lemons don't just add a tart flavor to your favorite desserts or cool you down in a refreshing drink on a hot summer day. In addition to bold flavors, lemons also have powerful cleaning properties. Their acidity and oils cut through grease and can sanitize many of your household items.

The best place to clean with a lemon is in the kitchen. For the microwave, simply juice a whole lemon into a bowl of water, then plop the used peels into the bowl. Microwave the mixture for a few minutes, let the bowl cool before removing it, then wipe away the grease in the microwave. You can also use this method for your oven.

For odor-blocking properties, you can use a lemon as an air freshener. Leave half of a lemon in your refrigerator to trap and block potential smells and toss old lemon rinds down the garbage disposal. Run the disposal to clean the blades and freshen up the sink.

As for your kitchen tools, don't toss them out without trying this lemon trick first. Start by sprinkling salt on a wooden cutting board,



then slice a lemon in half. Using half the lemon (flesh-side down) like a sponge, scrub the board really well. Wipe and remove the leftover lemon juice and rinse the board before using it again. Not only will the board *appear* cleaner, but it also won't smell as bad, and the bacteria will be gone. You can also use this method to polish dining ware, spruce up copper, and even remove stuck-on food from plates.

Now, here's the real secret: Once you master kitchen cleaning a la lemon, you can use these same principles to clean other parts of your house. For example, salt and lemon can be used to scrub grimy sinks and faucets, while a few squeezes of lemon juice in a cup of water makes an excellent cleaning solution for mirrors and windows. You can even make your own reusable cleaning spray by fermenting lemon peels — and the peels of other citrus fruits — in white vinegar for two weeks. Remove the peels after two weeks and spritz the mixture over surfaces you need to clean!



MARCH 2021

BURGDORF BEAUTY INSIDER



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MUSIC CITY PLASTIC SURGERY CELEBRATES 9 YEARS OF SERVICE!

Time is *flying* with our practice. That's all that I can think of when I consider that it's been nine whole years since I first rolled the dice and opened the doors of this office. It's been a tremendous experience, which I attribute to amazing patients like you understanding what my team and I have been trying to do and helping us build that vision together. After all, that vision is why I opened Music City Plastic Surgery in the very first place, that rainy March so many years ago.

As someone who had a lot of experience with doctors growing up, I knew what good patient relationships looked like from a young age. I felt respected, considered, and heard. I knew the doctors and their staff, and they all knew me by name. But when I got to medical school, I saw that my experience was not by any means universal — or even common, unfortunately.

Here's a classic example: Doctors are "expected" to be late. You make an appointment for 9 a.m., but you don't actually see the doctor until 10:00. Some of that time is spent with the nurse getting your vitals and such, but soon you're led to a room, and then you wait for 30-plus minutes. It's baked into the business model of many practices, but that doesn't make it okay in the first place. They're telling you that your time is worth less. What would happen if you showed up to all your client meetings over an hour late? And "the doctor is busy" is not a good excuse. It's not a "busy" issue, it's a *scheduling* issue.

That's the kind of thing I saw and said, "Oh no, that is **not** how I want to do things when these are my patients." And as I began to practice medicine, I did my best. I showed the respect I'd want to be given, I

made sure I wasn't being double- or triple-booked, and I always put the patients first. Every day I asked myself, "Is this the kind of service I'd want my wife/mom/sister to get?" I let that guide me as I worked.

But there were still things I didn't have a lot of control over, and over time, I realized that I really wouldn't be able to provide the kind of care I wanted to unless I was the one running the show. Many plastic surgeons are driven by the numbers, and they hire like-minded people. I could only do so much good if I was the only person in the building doing things that way. So, I finally took the plunge. I left the partnership I was in, and in the course of a month, I found a space to operate out of, got funding from the bank, and put up a website. As busy as I was, I had plenty of time to second-guess myself: "What if I open up and nobody comes?" After all, I wasn't bringing a ton of my past patients with me.

As it turns out, that didn't matter. I was busier on my first day than I'd been at any time in the previous three years! Furthermore, some of those past patients ended up tracking me down anyway, which is the highest compliment anybody could pay me. And over the past nine years, I've been able to run things my way, with a team I chose specifically for their commitment to putting people first. Furthermore, we've discovered that treating patients with love isn't just a strong foundation on which to open a practice — it's a sustainable model for growth as well, which led us to our Big Hair Audacious Goal: Touch 10,000 lives with our work.

You can bet we're going to treat the 9,999th person with the same care and respect as we treated the first one.

-Dr. Mike

LAUGH MORE, AGE LESS

As we age, we're told to wear sunscreen, eat more vegetables, take vitamins, and even walk more — all in hope that our internal clocks will slow down and we will age better. But something as simple as laughter could actually be one of the easiest ways to slow the ticking clock of aging.

Scientists have long known that laughter can be therapeutic and help us live longer. It has been shown to reduce wear and tear on our bodies and improve our relationships. A Norwegian study found that those who prioritized humor were more likely to live past 70 than those who didn't laugh often.

At a biological level, laughter can reduce tension in your muscles and activate a powerful stress-relief response from your brain by releasing dopamine. Just one chuckle may even improve your breathing and heart function! In fact, laughing can work wonders for the heart. One study showed that laughter therapy helped reduce the blood pressure and cholesterol levels of its participants. Their blood circulation improved, too. Studies have also found that regular laughter can help strengthen your immune system, and it has long-term benefits for those with respiratory conditions.

In addition to your body, laughter is also good for your social life. (And we don't mean that people will want to spend time with you if you have all the good jokes!) Throughout history, laughter has been an evolutionary sign of understanding. When there are language barriers, laughing together can create camaraderie and a tighter bond between people of different cultures. The dopamine release that comes with



laughter aids in stress relief and creates powerful memories that can improve your mood and strengthen friendships.

Of course, laughter has its downfalls, too. Laughing at someone else's expense is detrimental to their health and can harm your relationships. So, stick to light jokes and actively seek shows, cartoons, or people who make you laugh. You'll feel good, and your body will be pretty happy, too.

START PLANNING FOR BIKINI SEASON

BIKINI BODS CAN STILL TAKE TIME

Right now, warmer weather means that many women are thinking about the bikini bod they want to be rocking come summer. If you're one of them — and why shouldn't you be? — we've got some planning tips to keep in mind as the warm months approach.

We've helped all kinds of women achieve the bikini body of their dreams. They've seen the boost it can have to their confidence and happiness. The first step is learning more about you, and helping you figure out what's right for *your* body.

For example, if you've been blessed with a baby since last summer, you really should check out Dr. Burgdorf's bestselling book, "The Mommy Makeover: Restoring Your Body After Childbirth." In it are answers to many of your questions, especially when it comes to things that diet and exercise won't really impact.

Something else to keep in mind is that different medical treatments will have different recovery times. With breast augmentation, it only takes about a month to see the final results, but liposuction is going to give you beach-ready contours in 4-6 months. If you're planning for summer 2021, it's good to take those numbers into account. We'd hate for you to miss out on summer, and it's avoidable with careful planning.

As you can imagine, our schedules start to fill up about now. Give us a call today and schedule a consultation, and we can at least pencil you in as we talk things over and find out what's right for you.



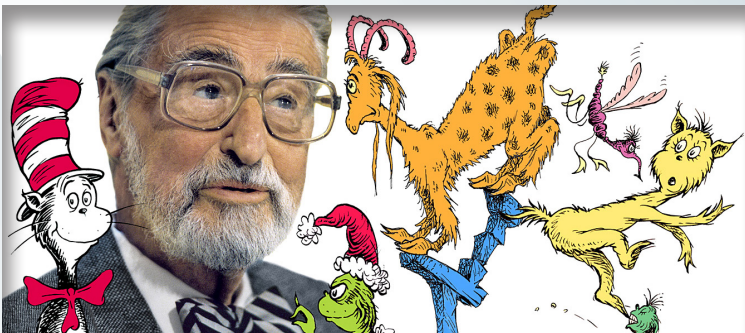
OH, THE PLACES YOU'LL GO

THIS MARCH, DR. MIKE CELEBRATES DR. SEUSS

As the father of four young kids, I'm very familiar with the works of Theodor Seuss Geisel, aka Dr. Seuss. His birthday is March 2, and this year he'd have been well over a hundred. His influence is still felt around the world. Even just reading his name or saying it aloud, your mind probably takes you back to some of his specific works — and to the place and time in your life when you encountered them.

For example, I remember running into Dr. Seuss' illustrations in medical school. In his make-believe worlds, characters have extra fingers or no arms at all without any impediment to their happiness. But when those kinds of things happen in the real world, it's a much less lighthearted situation. When you're learning about such things, which often includes hands-on experience, it's important to still be able to smile at the end of the day. And that's why once in a while a Dr. Seuss character would appear during our lessons, illustrating the medical condition we were studying!

But Dr. Seuss' real impact on my life has been through my children. Three of the four have gone through a "Dr. Seuss phase" as they learned to read. Between the fun rhymes and the full-page illustrations, there's always something to catch a kid's attention. Eventually, each kid would grow out of their books, and I'd have to wait for the next one to be old



enough for the food lessons in "Green Eggs and Ham" or the positive messages in "All the Places You'll Go." We're in one of those phases right now, and I read Dr. Seuss with my daughter. She's great at keeping me up past her bedtime — especially since I know this is the last time I get to do this with one of my kids. It's so fun to hear her read the familiar rhymes to me these days. All I can do is cherish each moment until the time comes to put Dr. Seuss back on the shelf for good.

So, happy birthday, Dr. Seuss! We'll never forget the memories, the importance of creativity, or your encouragement to march to the beat of our own drum.

SPRING AT 'THE SHELL MOUND'

PEY-MARIN'S RIESLING IS JUST THE TICKET

Are you ready for spring yet? I know I am, and I'm savoring the start of the season with a glass of Pey-Marin's "The Shell Mound" riesling. It's almost sure to be one of the driest wines you've ever tasted, but something about it transports me to budding trees and warming waters. And just as we can see the future of the year arriving in spring, "The Shell Mound" can also be stored away for a later date, although I guarantee it will tempt you from the cellar — calling out to be enjoyed!

Should the day become unseasonably hot, there's no better way to cool down than with a sweating glass of this aromatic (but not fruity) riesling. I really think you'll appreciate this one, and I hope you'll join me with a glass as we toast to spring.



INSPIRATION

