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HELP YOUR KIDS ACHIEVE MORE THIS YEAR

WITH SIMPLE, ACTIONABLE GOALS

With every new year comes an opportunity to reinvent ourselves or start down a new path toward self-improvement. Making resolutions is a big part of many families' New Year's traditions, and parents often have a desire for their kids to take part in that tradition when they're old enough. Following through on resolutions is tough, especially for young children, but with your help, they can achieve their goals.

PRACTICE WHAT YOU PREACH.

You are your children's role model for almost everything, including following through on New Year's resolutions. So, ask yourself if you follow through on your own resolutions. When you proclaim that you will read more books or finally get a gym membership, do you actually try to do it? Your kids will assign as much importance to New Year's resolutions as you do, so by sticking to your own commitments, you can help them stay on track, too.

KEEP THINGS SIMPLE AND ACHIEVABLE.

When your kids are forming their resolutions, their first attempts will probably be very broad. Statements like "I want to be more kind" or "I will try to help more around the house" incorporate good values but don't include any actionable steps. Help your kids think of tangible ways to act on those goals. For example, if they want to be tidier, a



good resolution might be for them to clean their room once a week or take responsibility for one household chore every day.

DON'T DO ALL THE WORK FOR THEM.

While it's important for you to help your kids formulate their goals, be sure that you aren't taking over. If they're ultimately responsible for their resolutions, they'll feel more compelled to keep them. Instead, suggest different goal areas they could improve, such as home, school, or sports, and let them elaborate.

When it comes to creating habits, nobody is perfect, so even if your kids falter on their goals in the middle of February, don't worry. The important thing is that you continue to encourage them every step of the way.



JANUARY 2020

BURGDORF BEAUTY INSIDER



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BEAUTY IS BUILT FROM THE INSIDE OUT

THE MISSION BEHIND OUR 'BUILD YOUR BEAUTIFUL' CAMPAIGN

Music City Plastic Surgery is excited to announce 2020 as the year of Build Your Beautiful! After months of careful planning, prepping, and some well-deserved celebration, we launched our new campaign late last year, and we think it's the most important mission we've ever had because it's all about doing things differently. We've always known our patients are beautiful, and they come to us to be able to recognize that beauty in themselves. But our new mission is to really *live* this ideal, and help our patients live it, too.

Hollywood has it backward. Most plastic surgeons only operate with a one-track focus on what's on the outside. They only care about their own assessment, their own artistic interpretation, and their own investment in the technology they can use to create what they perceive as beautiful. While a degree of each of these is certainly important to a professional process, they are *hardly* what we're all about.

We're making "Nashville Natural" the new standard. What this means is we're taking an empowering approach to the stigma of plastic surgery with a singular goal in mind: to help our patients discover the beauty they've possessed all along. Our mission is to enhance their lives by recognizing what makes them beautiful on the inside, then giving them a way to express that beauty on the outside so they can show the world who they truly are.

The root of this mission began in one moment with a patient nearly a year



ago. It was her first time receiving any sort of cosmetic surgery, and she was understandably nervous. When I asked her if she was ready, her reply was "Yes, please make me beautiful." That statement hit me like a shock wave, and I stopped our pre-op procedures. I sat down next to her, took her hands, and I told her the truth: "You already are beautiful." There was a sense of understanding and appreciation between the two of us in that moment that I won't easily forget. I make it a point to make sure all of our patients understand this same thing because for every one of them, it's also true. Our patient coordinator Awndria noticed this truth in our interactions with our patients, put a name to it, and the natural progression of the Build Your Beautiful mission took shape.

The most inspiring result we see in our patients is not something we can actually physically see. Yes, they may come to us for a physical alteration of some sort. But the idea

behind Build Your Beautiful goes so much further beyond that. As that patient later put it, "Beauty is so much more than what I was seeing." She could finally be her true self, and they could finally enjoy how wonderful that person was.

I call that the ripple effect. Everything starts with a single action, but it becomes about so much more than that action. We help our patients build better lives for themselves but not because we're building it for them. It's because we're providing one small, singular action that then helps them go on to utilize their beauty, both inside and out, in ways they were unable to before. Our patients are the ones who exemplify what it *really* means to Build Your Beautiful. We're just here to let them know they can do it.

-Dr. Mike

YOU ARE WHAT YOU EAT

3 BEAUTY BENEFITS OF A HEALTHY DIET

People can take a thousand different things into consideration when choosing their diet. Maybe they have allergies, need to control a health condition, or need to gain or lose weight — or maybe they just want clear skin, bright eyes, and healthy hair.

That’s right: What you eat impacts not only your health and weight but also your features! The starting line for both health and beauty is your plate, and it’s possible to eat your way to victory (or, at the very least, a vast improvement). To set yourself up for beautiful skin, eyes, and hair, check out the diet advice below.

CLEAR SKIN

Research on the topic is still underway, but Medical News Today reports mounting evidence that eating more omega-3 fatty acids and slow-digesting foods and less dairy can help reduce acne. Some evidence shows that during puberty, acne is more common because our bodies produce more of the growth factor IGF-1. Unfortunately, many dairy products and quick-digesting, high-glycemic-index foods, like sweet cereals, white breads, and enriched pastas, also raise the level of IGF-1 in the body. However, foods with plenty of omega-3s — like fish, nuts, wild rice, spinach, and kale — can reduce inflammation and help calm breakouts.

LESSONS FROM THE FIELD

HOW FOOTBALL TAUGHT ME TO LIVE WITH NO REGRETS

Midway through my freshman year at Notre Dame, I made the decision to try out for the varsity football team. This was after I failed to earn a spot on the lacrosse team after making it through a series of cuts during which they ended up not taking any nonscholarship athletes. This was the first time I could remember not being on a team of any type for a full season. Football was my first love, so my mind immediately turned to Notre Dame’s celebrated sport. Since I chose Notre Dame for academics and not athletics, I naturally wondered about not being big enough, fast enough, or strong enough to play there. But I didn’t want to live with regrets and thoughts of “what if.” I wasn’t going to let fear define me. So, I spoke with the coach and laid out a plan to try out the next fall.

Over Christmas break that year, the movie “Rudy” came out. If you haven’t seen it, “Rudy” is based on the life of Daniel “Rudy” Ruettiger. It shows the hard work and resilience it took for him to overcome many obstacles to pursue his dreams of gaining acceptance to and then playing football for the University of Notre Dame.

It was “good news, bad news” with that movie for me. It came at the perfect time to excite me to return to South Bend after Christmas break, but it also inspired a bunch of others to consider playing football, many of whom did not deserve to be on the field. About three hundred guys showed up at tryouts. They accepted about five of us.



BRIGHT EYES

According to the Age-Related Eye Disease Study, upon which both the American Optometric Association (AOA) and the American Academy of Ophthalmology (AAO) rely, nutrient-dense foods are key for bright, healthy eyes. Nine foods in particular top the list: fish, nuts and legumes, seeds, citrus fruits, leafy greens, carrots, sweet potatoes, beef, and eggs. Of course, drinking plenty of water is recommended too!

LUSTROUS LOCKS

Your hair’s appearance and how fast it grows do depend on age and genetics, but diet also plays a role. According to HealthLine.com, protein, biotin, and antioxidants all help hair grow and/or safeguard your follicles. Try adding more eggs, berries, spinach, fatty fish, sweet potatoes, avocados, nuts, seeds, sweet peppers, oysters, shrimp, soybeans, and lean red meats to your diet to reap those benefits.



It took some transition time for me to elevate my play to the college level, but I finally earned my way to dressing out as part of the team for game day. Then, the next week in practice, I promptly injured my knee and was out for the rest of the season. My doctor told me I should never play football again. But I had tasted success, and I would not let that stop me. I worked hard, surpassed expectations, and made it back ahead of schedule to attend summer camp. I played the next two years for Notre Dame and earned my monogram letter.

Without the lessons I learned from Notre Dame football, I may never have overcome my fears and opened Music City Plastic Surgery. Football taught me to face my fears head on and remember the importance of living with no regrets. Music City Plastic Surgery might not be around today to help instill confidence in others if not for the valuable life lessons I learned on the field.

As we move into the new year together, I think we could all benefit from asking ourselves this question: What fear is holding us back from today?

WHAT OUR PATIENTS ARE SAYING

ABOUT THE CONFIDENCE WE PROVIDE

Our Build Your Beautiful campaign means the world to us because it lets our patients and any future patients know what we’re truly all about: giving you the confidence you need in order to feel beautiful on the inside and out. This has been our mission all along, and we’ve been thrilled to share it.

“Dr. Burgdorf is a fantastic plastic surgeon. He genuinely cares about his patients and makes them feel comfortable and heard. I have spent the last eight years feeling self-conscious about a broken nose, and, after my surgery, I feel like me again. I cannot thank Dr. Burgdorf and his team enough.”

–Paige T.

“I was very insecure about myself, but Dr. Burgdorf and his staff made me feel extremely comfortable and were very informative. I didn’t even have any questions after the consultation. I’m very pleased with my results, and I gained my confidence back. They do amazing work, and it’s truly life changing. I couldn’t have asked for a better experience. I’m truly thankful. I highly recommend Music City Plastic Surgery!”

–Tammy R.



“From talent to personality, everyone at Music City Plastic Surgery has completely won me over. When meeting Dr. Burgdorf for my consultation, I knew he was who I wanted for my breast augmentation. I am now six months post-op and couldn’t be happier with the amount of confidence I have gained. There is no way to thank them for all they have done. I recommend them 10/10 every time!”

–Katherine K.

We’d love to help you recognize your inner beauty and find the confidence to bring it to the surface. Give us a call at 615.567.5716 to schedule an appointment and Build Your Beautiful.

ROBERT MONDAVI CABERNET

THE PERFECT WINTER WINE

Some wines just seem like they were created to be enjoyed during the chilly winter months. Robert Mondavi’s Private Selection Cabernet Sauvignon aged in bourbon barrels hits every mark.



A Cabernet Sauvignon boasts a big personality, and I think this is something essential during a time of year when winter drab can get you down. Winter reds warm us up with full flavor that ignites our taste buds and a bit more alcohol content that keeps the good cheer going. Plus, their full-body flavors stand up to heavy winter meals.

Robert Mondavi’s Private Selection Cabernet takes things a step further by aging in bourbon barrels. This makes for an extra powerful wine in both taste and booziness. With a hint of dark berries and fresh fruit that lingers on the palate, you won’t be able to stay away once you’ve had your first sip.

INSPIRATION

