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## CELEBRATE NATIONAL ICE CREAM DAY

BY MAKING YOUR OWN SWEET TREAT!

Whether you're a fan of mint chocolate chip or just plain vanilla, nothing cools you down on a hot summer day quite like ice cream. It's only fitting then that National Ice Cream Day lands on July 19 — right in the middle of the hottest month in the U.S.

Ice cream's history stretches as far back as 500 B.C. when Middle Eastern royalty combined sweet flavors with ice for a cool treat. Ice cream made its way to North America in the 1700s, and it remained a dessert for the wealthy and famous for years. George Washington even spent \$200 on ice cream throughout the summer of 1790. (That would be \$5,611.20 in today's dollars!)

Thankfully, these days you don't have to be rich to enjoy ice cream. In fact, you can even save money by making it yourself! Celebrate National Ice Cream Day by creating this everyday treat using these tips.

### MAKE IT HOW YOU WANT IT.

You can flavor your ice cream however you'd like, but there are a few basic ingredients that are necessary for most batches: milk, sugar, gelatin, and eggs.



Dairy-based products like milk are the most common foundation for ice cream. Sugar adds the sweet, scrumptious flavor we all love, and gelatin aids in thickening the mixture. The eggs happen to be one of the most important ingredients because they give ice cream its classic texture while reducing the rate at which it melts. This ensures your ice cream remains in near "mint" condition as you enjoy it.

*Healthy Alternatives:* Use bananas or almond milk for dairy-free ice cream. For vegan ice cream, use agar powder instead of gelatin and eggs. For those looking to avoid sugar, honey is a naturally sweet substitute.

### GET TO WORK!

You'll need to heat your ingredients on the stove prior to churning and cooling your ice cream. An ice-cream churner is the easiest way to create a perfectly smooth texture, but if you're looking for an activity to wear out the kids, then have them shake their own ice cream! Simply place all your ingredients in a small baggie, close it up, and place that baggie in a larger one with ice cubes. Shake firmly for at least 15 minutes for homemade creamy goodness.



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# BURGDORF BEAUTY INSIDER



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## KEEPING THE SPIRIT OF TRADITION ALIVE SUMMER CELEBRATIONS WITH FAMILY

Every family has some type of tradition they adhere to. We do these repetitive activities because they bring meaning to our lives and contribute to who we are or help define our families. During a time when world events threaten to change or eliminate so much family tradition, I find it even more important to hold onto traditions. One of my favorite traditions that I'm nowhere near ready to let go of is celebrating summer and the Fourth of July.

I grew up in a neighborhood that was originally built as a community of summer homes for people to spend the season on the nearby lake. By the time my family moved into the neighborhood, it had become a year-round community, and it turned into a neighborhood much like any other. The only difference was that we had the joy of spending our summers on the water.

Every year when I was young, my parents would take us down to the lake for supervised fun, but the real fun began when we started getting into our teens. It was almost like a rite of passage to be able to leave the house on your own, grab a few friends, and bike down the giant hill to the lake together. If we weren't working, you could find us somewhere in, on, or near that lake. Our summer afternoons were filled with boating, waterskiing, inner tubing, and eating pizza and ice cream from the shops on the marina boardwalk. It was our ticket to freedom, and the only fee we had to pay was huffing and puffing our way back up that giant hill at the end of the day. But it was well worth it.



Since having my own kids, one of our summer traditions has been to head back to that lake and do many of the same activities I did growing up. The small community hasn't changed much over the years, but that's part of what keeps the tradition feeling so special. We still take the boat out and have introduced the kids to tubing and waterskiing. They love it as much as I do, and it's a joy to share that tradition with them.

But one of my favorite parts of summer has always been celebrating the Fourth of July. Looking back on it, that day was like many other summer days growing up, but the biggest difference was that we spent it all together, grilling out and watching the fireworks over the lake. They shoot fireworks off the boardwalk and out over the water, so my entire family would pile into the boat and anchor out in the middle of the lake to watch the fireworks right over our heads. It was always spectacular and such a great end to such a great day.

But here we are in 2020, the year of coronavirus. Travel plans and outdoor activities have been stunted, and the pandemic has threatened to strip families of things they love doing together — if we let it. Sure, I may not be able to take my family to the lake like I normally would, but that doesn't mean I can't make the Fourth a memorable day. You can bet we'll still grill out, and we'll turn our backyard into an arena for activities to rival the fun we'd have on the lake. Traditions are meaningful because of the people you share them with, and we'll hold onto our tradition of celebrating the Fourth of July however we can. So, don't let this pandemic take away your spirit of tradition — use it instead to create new traditions your family will cherish forever.

-Dr. Mike



# MAKE YOUR GAME NIGHTS EXTRA SPECIAL

## WITH A FAMILY ENTERTAINMENT ROOM

Families around the world are finding new ways to spend time with each other, and their homes are changing accordingly. Whether your family members are video gamers, movie enthusiasts, or board game fans, everyone can benefit from having a dedicated entertainment room. Here are some tips for putting one together.

### USE YOUR SPACE WISELY.

Consider the advantages and challenges of your available space. You don't want small spaces to feel cramped, and you don't want large spaces to feel empty. If your room is small, then design the space to serve multiple purposes, like installing a bar with a TV on the opposite wall. If your room is large, then why not have two or more TVs to let visitors play multiple games or watch different shows? A projector can also be used to maximize a room's space. It allows you and your guests to utilize an entire wall without requiring much physical space.

### SET UP SURROUND SOUND.

Whether you're using your entertainment room for movies, music, video games, or all of the above, investing in high-quality speakers will pay off instantly. You can set them up around the room for clearer, more immersive sound for movies and games, and by spacing out each speaker, you can eliminate cord clutter and tangle.



### SOUNDPROOF YOUR SPACE.

Trying to impress your guests with great sound doesn't mean that your entire neighborhood has to hear what you're watching! Soundproofing not only helps shield your neighbors from action game explosions and booming movie scores, but it also improves the sound quality in the room. Thick curtains and carpets, wall-mounted foam panels, or freestanding acoustic panels work for basic soundproofing, but if you plan to utilize your space every day and night, then consider hiring a contractor to help estimate materials and cost for a more sophisticated soundproof space.

### HAVE GREAT LIGHTING.

There's nothing more inviting than a well-lit space, and this also applies to your entertainment room. Whether you're playing a board game or putting together puzzles with the whole family, mood lighting can make the experience feel even more cozy and special. Try experimenting with different, stylish lamps or overhead fixtures to light up your space.

# HAS COVID-19 GIVEN YOU A 'COVID 20'?

## FIGHT THE FAT WITH LIPOSUCTION

A million and one products and services out there claim they can help you "get rid of your fat with ease." Some of them freeze, some of them shake, some require pills and powders. But none of them can guarantee fat loss or removal the way liposuction can.

If being stuck at home for the past few months has caused you to put on a little extra weight that you're unhappy with, liposuction is a great option for helping you look and feel better than ever. It's the only procedure that can absolutely guarantee results, and the best part is that the way we do it is minimally invasive and has a great recovery time. And by that, we mean there's almost no recovery time at all!

The procedure is incredibly gentle, involving numbing, creating a few small holes in the targeted area, and removing fat pockets in that area. Whether it's to decrease love handles, a stomach pooch, or thickness in the legs or arms, liposuction is always an outpatient procedure that results in little to no scarring after healing.

One of our very own staff members, Awndria, just recently got her own liposuction touch-up at Music City Plastic Surgery. She was excited about the procedure and wanted to share her experience with those who might be skeptical about going through it themselves, so she documented her entire before and after experience on social media. Her personal insights make it clear: Liposuction is something to be



excited about, not fearful of. In fact, her procedure was so easy on her body that she was back at work with us the very next day!

Whether it has accumulated over several months or several years, weight gain can make you look and feel far from your best. If that sounds like you, we'd love to talk about how liposuction could be a great solution. Give Music City Plastic Surgery a call so we can schedule a consultation either in person or by video.

# VITAMIN C SERUM

Summer is officially here, which means more time spent in the sun. Most of us know how important it is to protect our skin by consistently wearing sunscreen, but many may not know how important vitamin C is to keep our skin healthy, too. That's why during the entire month of July, Music City Plastic Surgery is offering **10% off** its vitamin C at-home serum product when you mention this newsletter article!

You've probably heard that vitamin C can help keep your immune system healthy, but it does so much more than that. It's an antioxidant that can protect skin cells from damaging free radicals caused by UV exposure, and it's also essential to the growth, development, and repair of all body tissues. Plus, it's involved in the formation of collagen and the absorption of iron, and it stunts melanin production, which means it can lighten brown spots, even out skin tone, and enhance skin radiance. Vitamin C can do it all!

The vitamin C serum we sell to our patients is a fantastic addition to your at-home regimen. Its synergistic, high-concentration formula is designed to optimize absorption in the skin and is backed by peer-reviewed research as one of the best formulas to help prevent free radical damage that can lead to the appearance of premature aging.



This is the perfect product to add to your summer regimen if you want to keep your skin glowing without sacrificing your time in the sun. We have two different versions, including one for more sensitive skin, and we'll provide an online consultation or assessment of your skin to let you know which product is right for you. And be sure to **mention this article to get 10% off your next bottle** when you come in to see us.

# ESCAPE TO ITALY WITH A BOTTLE OF BRUNELLO DI MONTALCINO



If you had overseas travel plans this summer that may have shifted thanks to current world events, you can still create a little bit of that magical experience in your own home by indulging in a fantastic Italian wine. One of my favorites is Brunello di Montalcino.

This sangiovese wine is hailed as one of the best to be found in Italy. It may not be a light summertime wine, but it'll definitely transport you directly to the Tuscan countryside. It's produced from thicker-skinned berries, leading to exceptionally bold flavors, high tannins, and high acidity. The fruit makes it popular, but the tannins and acidity are what make the wine reach its peak perfection a decade after bottling. It's well worth the wait, but if you want to escape to Italy now, there's no better choice than a Brunello.

# INSPIRATION

