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## HEALTH BENEFITS OF FAMILY GARDENING

### GIVE YOUR KID THE GIFT OF A GREEN THUMB

Yes, there will always be football season, basketball season, and soccer season, but right now, it's gardening season. That means it's time to roll up your sleeves and play in the dirt. If you've been searching for a way to get the kids away from technology and engaged with the real world, gardening is the perfect activity for the whole family to enjoy. Not only is it fun, but it's also beneficial for your kids' development.

For example, gardening can improve your children's analytical abilities. As Dr. Wendy Matthews says, "Gardening exercises important reasoning, initiation, planning, and organization skills." Furthermore, several studies, including one at Texas A&M University, suggest that gardening improves a child's attitude toward fruits and vegetables and may make them more likely to choose them as snacks. Gardening helps kids identify with where their food is coming from, and nothing tastes better than a freshly picked strawberry or pea pod they grew themselves.

Jack Gilbert, a scientist at the University of Chicago and a parent himself, and his co-author, Rob Knight, emphasize the health benefits of garden time in their book, "Dirt Is Good: The Advantage of Germs for Your Child's Developing Immune System." The two found



that exposure to different microbes, like those found in a garden, strengthens a child's immune system and makes them less likely to develop allergies.

If this is your first time gardening, you don't need much to get started. Grab a few shovels, a pair of gloves for each family member, and fresh potting soil, and you'll be set. Then, you can decide together which plants you'd like to grow! Carrots are fun because of the surprise factor — just imagine your child discovering that the part they eat grows below the ground! Peas are tasty and fairly easy to grow, as are strawberries. The options really are endless. Depending on the growing season in your area, you can choose to buy seeds or opt for rooted plants.

Last but certainly not least, the best part of gardening as a family is the healthy, fresh produce you'll get to enjoy all summer long!



MAY 2020

# BURGDORF BEAUTY INSIDER



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## RIDING OUT THE STORM WITH CASSIQUE

The first week of May is National Pet Week, and even though he's not with us anymore, I'd like to honor our English Yellow Lab, Cassique. My wife and I used to joke that he was our first born. I wanted to get a dog right away after we got married, but my wife wasn't ready for the commitment yet. When we went to see Cassique's litter, though, he climbed up on my wife, put his little head on her shoulder, and the rest was history.

Cassique loved to eat. He'd sneak around all night long. But as soon as I got up, he'd go tearing through the house to his bowl. At the time, we had hardwood floors, and Cassique would make such a racket sliding all over the place that he was practically like Kramer from "Seinfeld." It got so bad that when we had our second child, we started feeding Cassique outside. He had this big, blocky head, so blocky I could reach down and put my whole hand on it, and a penchant for ignoring me when I told him to come. Still, Cassique was a wonderful companion.

He accompanied my wife through several bad storms when we were living down in New Orleans, and he's the reason I left New Orleans when Hurricane Katrina hit. At the time, my wife was visiting her folks with our son, and I was planning to stay at home and work in New Orleans. It sounds crazy, but you have to remember that we had big storms come through all the time. We were used to it. We'd usually pick up a couple of bottles of wine, have a party, and ride the storm out.

I knew Katrina was a different kind of storm when our neighbors, who were supposed to watch Cassique while I was at the hospital, started packing up to evacuate. They'd been in New Orleans 50 years or more, so when I saw them packing, I knew it was going to be a serious storm. With our neighbors gone, I didn't have anything to do with Cassique while I was at the hospital. I considered sneaking him into the hospital and locking him in my office, but in the end, I decided to drive him up to Mississippi and drop him off with my wife.

When I got up to Mississippi, I started hearing about the terrible things my colleagues were going through. If I had stayed, I would have been wrapped up in it, and I would have probably tried to be a hero and done things that were too risky for a guy with a young family to be doing. I ended up waiting out the storm in Mississippi. I have Cassique to thank for that.

The whole time we had Cassique, my wife struggled with allergies. It was one thing for her to take medicine for it, but when my middle son came along, he had such bad allergies he was constantly wheezing and on a nebulizer every night. As a kid, I'd had bad allergies to dogs, and my wife still had them as an adult. Cassique was really my dog, and I knew what we had to do.

At that point, he was maybe five or six on the totem pole in our house. Our family was in full swing, and he wasn't getting anywhere near the kind of attention he used to get. Between that and my son's



allergies, we ended up giving him to my dad as a wedding gift. Cassique hit the lottery with that move. He got to be the center of attention again, and for the rest of his years, my stepmother talked to him like he was a person. She paid more attention to Cassique than she did my dad!

Cassique passed away a few years ago, but he lived to be 12 years old. For a lab, that's a pretty good run. Since then, our family has expanded a little. We're at four kids now, and my youngest son has a fish. He loves it, and taking care of it is a great way for him to learn about responsibility. But it's just a fish, and it will never fill Cassique's shoes.

-Dr. Mike



# LET YOUR MAKEUP SAVE THE PLANET

## WITH THESE VEGAN BEAUTY BRANDS

Reducing animal products isn't just an animal cruelty concern — it affects the environment too. In the past, animal products have been a staple in the beauty industry, carrying concerning implications for the world around us. But for many, wearing a fresh face of makeup is an essential and empowering part of their daily routine. Luckily, vegan makeup has become easy to shop for and is more affordable than ever. Start with these trusted brands.

### E.L.F. COSMETICS

Did you know one of America's most affordable brands is also completely vegan, hypoallergenic, and cruelty-free? You'll never go back after trying the Instant Lift Brow Pencil (\$2). Not only is it easy to use, but it also comes in a variety of shades. The Baked Highlighter (\$4) is also famous for looking a lot more expensive than it is. Plus, you can rest easy knowing your makeup isn't tested on animals.

### MILK MAKEUP

Known for its clean and convenient packaging, this vegan brand specializes in travel-friendly skin care and natural makeup looks. If you prefer bold options, they have statement products like their acclaimed tattoo stamps, metallic eye shadows, and face glosses. The Hydro Grip Primer (\$15-\$30) won Allure's Best of Beauty 2019 award, and rightfully so! It's one of the few primers that'll leave your skin hydrated all day long.

### INIKA ORGANIC

Organic, vegan, *and* halal, this beauty brand has gone above and beyond to provide clean makeup for people of all philosophies. The prices reflect its high-end status, but the products have won multiple industry accolades for achievements in execution and production. The Baked Mineral Bronzer (\$65), Certified Organic Liquid Foundation



With Hyaluronic Acid (\$65), and Long Lash Vegan Mascara (\$45) are some of the brand's most sought-after products.

Now you can shop happy, healthy, and eco-friendly with any makeup budget!

# QUARANTINE TIPS

By now we have been at home for an extended period of time and we are surely developing new habits, good and bad. I want to give us all some encouragement in order to maintain our healthy and beautiful appearance. Here's a couple of quick tips to ensure that our inner beauty continues to shine through.

**1. Hydrate** With all of us being at home, there's no excuse for not having access to a refillable glass of water. We should try to drink 8 full glasses of water a day. I encourage all of my patients to start off the morning with two glasses of water before breakfast. I mix my energy drink before my work out and get a full 32 ounces before I eat my breakfast. That immediately starts my day off on the right foot.

**2. Avoid the Pantry** Since I've been home, I hear the call of the pantry frequently throughout the day. I have to resist the urge, and I would encourage you to resist that urge as well by staying on your regular schedule, including scheduled meal times. Some advocate taking on a "grazing" diet. If you're going to do this, I recommend you graze on healthy foods. Nuts, fruits, and water are great options for grazing. I like to remember this advice about hunger: Often times when we feel like we're hungry, we are just thirsty. A quick glass of water can satiate your hunger and avoid the consumption of empty calories.

**3. Combat Cabin Fever** I find I need to change my work environment pretty frequently to avoid feeling stuck in one spot. A laptop helps with this. I can sit in my office at home, on my back porch, on my couch. I make sure to stay off of my bed though. Otherwise I feel the pull of naptime calling to me.



**4. A Bonus Tip to EXTEND Your Products** Since you're spending most of your time indoors, you can probably forgo the sunscreen. I say this with caution because the potential development of a bad habit of avoiding the sunscreen altogether.

1. If you're using Latisse one quick tip is to use one applicator per day instead of one applicator per eye. This will extend the applicators that are needed to apply Latisse. You could potentially just use one drop on the applicator per day as well. Obviously with minimizing the dose, the effect is likely to be minimized as well. But it won't be eliminated and/or you won't go in reverse and lose the thickness/fullness that you developed.
2. Extend your Retinol treatment by using every other day instead of every day. Since the constant barrage of different environmental elements is likely reduced with less travel and commuting, the higher need for removal of effected skin cells will also be minimized.

Hope that helps you this month as we look to break out of the quarantine. Remember, we are sending products direct to your door at no shipping charges to you. Give us a call at 615-567-5716 to replenish your supply. And, we look forward to seeing you in the office very soon. Be well.

# MEET MOLLY, OUR NEW NURSE PRACTITIONER

Molly has been a nurse for six years. She completed her undergraduate studies at the University of South Carolina and graduated from Vanderbilt University in 2018 as a nurse practitioner. At Music City Plastic Surgery, Molly will be helping with patient consults and follow-ups. Eventually, she will take over injection and filler treatments.

Growing up, Molly's family owned a small chain of pharmacies. Her dad was a pharmacist. That exposure to the health care field left her confident that she wanted to put her knack for helping people into action in our industry.

However, Molly's road to aesthetics wasn't direct. Before joining the team at Music City Plastic Surgery, she worked in emergency medicine for six years. While she loved the variety of challenges and the occasional adrenaline rush of the emergency room, Molly knew it wasn't a long-term solution for her. She had always been interested in aesthetics, and when she heard we had an opening at Music City Plastic Surgery, she reached out.

"When people are confident about how they look," Molly says, "it makes them better in all areas of their lives — they become better moms, dads, and spouses." That ripple effect is what drew her to our clinic.



Molly has called Nashville home for four and a half years, and when she isn't at work, you can find her whitewater kayaking and — despite being raised in Anderson, South Carolina — snow skiing.

## CELEBRATE MOTHER'S DAY WITH A BOTTLE OF SPARKLE 2017



In honor of Mother's Day, our featured wine this month is Arrington Vineyards' Sparkle 2017. A silver medalist in the 2020 San Francisco Chronicle Wine Competition in the Wines of the South Category, Sparkle 2017 features a refreshing and dry aroma.

This classic sparkling wine showcases scents of fresh flowers and Asian pear layered with flavors of lemon and green apple.

Sparkle 2017 was produced using traditional European methods, with early-picked grapes that bring refreshing acidity and delicate flavors. It is predominantly a Chardonnay varietal, with a hint of Muscat. Sparkle 2017 pairs well with Brie-Style cheese, buttered popcorn, salami, egg dishes, fruit-based deserts and shortbread cookies. If you have a Mother's Day picnic planned, a chilled bottle of this silver medal winner is sure to earn you gold stars!

# INSPIRATION

