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INSIDE THIS ISSUE

Celebrating Halloween in Style
PAGE 1

Is Celery Juice All It Claims to Be?

Our New Drive-Up Concierge Service
PAGE 2

Turn Your Scars From Spooky to Secret

Imbibe Your Halloween With
Festive Wines
PAGE 3

Give Your 'Clean' Beauty Products a
Second Look
PAGE 4

WHAT DOES 'CLEAN' REALLY MEAN?

The “wellness economy,” which includes any business or service that focuses on wellness activities or a healthy lifestyle, has soared over the last few decades. Consumers increasingly care about what goes into and onto their bodies, and this has led to \$4.5 trillion in revenue in 2018 alone for this subset of the economy. COVID-19 has brought about a new interest in wellness, and beauty and other personal care businesses are riding the wave by increasing their output and marketing. But “clean beauty” is a new enough concept that it doesn't have a legal definition or strict regulations yet, which makes it hard for consumers to know if the products they're using are actually as safe for them as they claim to be. So, how can you know if your products are safe?

DON'T RELY ON COMPANY CLAIMS.

Large retail companies are pros at stretching the truth or sugarcoating it in an appealing way, especially when it comes to marketing techniques. Don't trust a beauty business simply because it says its products are clean. Businesses can say just about anything they want when no legal requirements prohibit them from doing so. Also, be wary of products that claim to be “100% natural” or “paraben-free.” Products labeled as such can still cause allergic reactions or contain toxic heavy metals.

READ INGREDIENT LABELS CAREFULLY.

Ingredients are always listed in order from the highest concentration to the lowest. Just because an ingredient is featured on the front of the

packaging doesn't mean it's going to be high on the product's ingredients list. So, be thorough in your research and avoid products that contain potentially toxic ingredients:

- Parabens (methyl, propyl, butyl)
- Ingredients beginning with PEG
- Phenoxyethanol
- Mineral oil
- Paraffin
- Petrolatum
- Propylene glycol
- Butylated hydroxytoluene (BHT)



These are just a few commonly found ingredients — with mixed safety reviews — lurking in products that claim to be clean and safe to use.

When a trend spikes in any industry, some take advantage solely to make money. This can create a market flooded with products, leaving consumers questioning which are imposters. When it comes to beauty and wellness products, these imposter companies can still get away with a lot. Be your own advocate for your health and take knowledge into your own hands before applying any product to your body.



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GETTING IN THE HALLOWEEN SPIRIT TRADITION THAT'S TOO GOOD TO SKIP

Even though Halloween celebrations will likely look a little different this year than they traditionally do, when October rolls around, how can you not get excited just the same? I've always loved Halloween, and no matter what ours looks like this year, you can bet we'll find a way to celebrate in style.

Growing up, my family was all about getting creative when it came to Halloween and, as many of you know, I'm not one to blend into the crowd much. I believe it started back in my youth when I would always try to think up the best and most original costumes possible. I can bore you and list off every single one of my Halloween costume adventures, but one of the most memorable from my childhood actually belonged to my sister. She spent weeks crafting a dining table out of cardboard, complete with chairs and place settings around it. At the very center she poked her head through as the “main course.” It was a hilarious costume, but come time to trick-or-treat, not only was she so wide that she couldn't fit on front porches with other kids, but with a giant table above her shoulders, she also couldn't bring her arms up to accept the candy handed to her! It was one of the most hilarious Halloweens we've had to date.

As a reminder that I don't take myself too seriously, but still love donning a good costume, I've included a picture of a Halloween a little closer to the present. As you can see, I still embrace finding the most original ideas and tend to choose the most obnoxious costume around. The added benefit I have these days is that I can thoroughly embarrass my children with my choice of costumes.

These days, with four kids to wrangle, Halloween is no less exciting than it's always been. I'm thrilled my own kids get into their costumes just as much my family did, and I can't wait to see what they come up with this year. My middle son often takes the title of “most off-the-wall costume,” and this year, I imagine he'll go for something satirical, like a monster mask with a medical face mask over it, or a basket with a backboard so neighbors can toss him candy from a safe social distance.

My daughter will undoubtedly want to dress as something to do with princesses or unicorns, while the rest of my boys have reached the age when they compete to see who can put together the scariest



costume. I always remind them to simmer the creepiness down just a little so they don't scare their sister, but it's admittedly hard to tell them no, just because I just love seeing them get so into the spirit of the holiday.

It's tough to say whether or not the usual Halloween gatherings will still take place or if our neighbors will be up for participating in candy handouts this year. Whatever the case, my entire family still intends to dress up and celebrate. My wife and I will still don some crazy wigs, and we'll drag out our bins of decorations to adorn the house. We'll let the kids indulge in collecting candy one way or another, and when all is said and done, we'll still come home to that traditional bowl of bubbling chili and smile about yet another Halloween for the books.

-Dr. Mike

THE CATCH-ALL CURE OR JUST JUICE?

CELERY JUICE, THE NEWEST FAD

Every couple years, a new “healthy” food or drink makes its rounds through celebrity social media accounts. Some of them are okay and actually have health benefits, but others are outright dangerous. Over the past few years, it appears that celery juice is one of the latest health fads purported to help with weight loss, skin health, digestive issues, and more. Some claims even border on the miraculous. So, how many of them are true?

Celery juice is what the name suggests: celery stalks that are juiced into a drinkable liquid. Proponents of the trend suggest drinking 16 ounces every day to break down fat in the liver. Celery is very nutritious and contains flavonoids, which aid against inflammation, and nitrates, which promote heart health. Celery is also relatively low in calories (85 calories per 16 ounces of juice), which means that if you drink it in place of another beverage, like soda or a sugary coffee drink, it could aid in weight loss.

Some downsides to celery juice, however, are the loss of fiber and the high amounts



of sodium. Celery stalks are rich in fiber, and juicing them removes this nutrient. Sixteen ounces of celery juice also contain around 400 mg of sodium, which is roughly 17% of the recommended daily amount. If you already consume sodium excessively, like many Americans, drinking celery juice might not be good for you.

In summation, drinking celery juice certainly isn't dangerous and could even have some positive effects on your health, but it's far from a miracle cure. It should also be noted

that none of the claims made by the self-proclaimed celery juice creator, Anthony William, have any basis in science. William, who describes himself as a “medical medium,” holds no degree related to health care.

The bottom line with celery juice, much like any purported single-food solution to all that ails a person, is that even if it's healthy for you, the only ways to a truly healthier lifestyle are through a better overall diet and plenty of exercise. No one should expect celery juice to substitute for that.

THAT'S NOT MONSTER MAKEUP ...

DON'T LET YOUR SCARS STEAL THE SHOW

The Halloween season can be a fun time to showcase your dedication to the spooky holiday by adorning yourself in gruesome and gory makeup, but unless you're Frankenstein's monster with bolts in your neck and scars on your face, by the time Nov. 1 rolls around, unsightly scars may be something you no longer want.

At Music City Plastic Surgery, our goal is to minimize any potential scarring that happens during routine procedures we do. A lot of our scar work, however, consists of helping people who've ended up with scars as the result of something that occurred outside our control. In life, accidents happen that lead to injuries, and sometimes those injuries leave behind scars that make the bearer feel self-conscious.

Scars are finicky things but nothing to take lightly. There are usually three main reasons a scar is noticeable: The contour of the scar is either raised or depressed; the scar is discolored, often turning red or white over time; or the orientation or location of the scar stands out. When we do an examination of a scar, we take all three of these into consideration and create a plan that best allows us to bring the scar back in line with the skin surrounding it.

We'll always try to hide a scar in a natural skin crease or bodily line if the situation allows for it, often depending on what type of scar it is



and where it sits. We usually ask our patients to wait at least one year after their accident for the procedure because scars have a tendency to change as they settle. And we'll be transparent: Because it's a procedure that alters your skin, it does take some time to heal, and it won't look very pretty in the process. But our tactics put the end result first, and we've had many patients who are thrilled when they finally see it.

Frankenstein's monster may need to see a different type of medical professional for those bolts in his neck, but if you have a scar that's been bothering you, schedule a consultation with us and we'll see how we can help.

WE'RE BRINGING OUR SERVICES DIRECTLY TO YOU!



While Music City Plastic Surgery is still open for services, we understand there are those who would prefer to not spend prolonged time in public areas for health and safety concerns. But if wrinkles or discoloration are leaving you feeling more discouraged than usual, we now have a way to help! Music City Plastic Surgery has often provided in-home services for gatherings like “Botox parties,” but now, to minimize public exposure and risk, we've created a concierge drive-up service!

We're excited to announce that several of our med spa services, like Botox, IV infusions, and other injectables are now available for “delivery.” We've customized our company van for optimum health, safety, and comfort so when you schedule an appointment, we'll travel to wherever you are and administer your services without having to step inside your home. A nurse practitioner will get you set up in luxury comfort that makes it feel like you're lounging in a stretch limo or a

private jet before safely and cleanly administering your injectables or infusions.

Nearly every industry has had to enhance its delivery game in the chaos of the current world we live in, so we've decided to do the same. This on-demand service brings beauty directly to you, with your convenience and safety at the very forefront of our minds. Our nurses are an extension of our office, so you can expect the same level of training, careful touch, and high safety value, all wrapped up in incredible convenience. We want all our patients to get the basic beautifying touch-ups they need during a time when they may not feel comfortable being in public places or around large numbers of people, and our concierge service makes that possible.

Whether you're looking for a little “BOO-tox” to keep from feeling too scary this Halloween, or you just find yourself in need of a rejuvenating touch-up, we're here to help. Visit our website or call our office to schedule a direct-to-you appointment today.

DELICIOUSLY SPOOKY WINES AT NOT-SO-SCARY PRICES

What's Halloween without a little BOO-ze to celebrate? Get in the spirit with two festive wines that both come in under \$20.

Unruly Dark is a 2016 vintage red blend from California with bold aromas of dense black cherry and spice notes, while blackberry and mocha flavors dominate the front of the palette. This wine can stand up to any meal but would actually be the perfect choice to pair with the candy you sneak from your kids' buckets.

7 Deadly Zins is a 2017 old vine zinfandel crafted to be full-bodied and seductive. Jammy berry fruits, aromas of leather, oak, and spice notes make it round and layered, leading to a lingering finish of currants and toffee. This is the wine we'll be enjoying with our annual hearty Halloween chili.



INSPIRATION

