



3803 Bedford Ave. Suite 102
Nashville, TN 37215

Phone: 615.567.5716
musiccityplasticsurgery.com

PRST STD
US POSTAGE
PAID
BOISE, ID
PERMIT 411

INSIDE THIS ISSUE

How to Deal with Fear in 2019
PAGE 1

Cleaning Your Makeup Brushes

How to Keep New Year's
Resolutions in 2019!
PAGE 2

How the Mommy Makeover
Helped This Mom Get Her
Confidence Back

This Month's Wine Feature
PAGE 3

3 Wives' Tales That Are True
PAGE 4

MOM REALLY DOES KNOW BEST

3 WIVES' TALES PROVEN TRUE

"Make a face like that, and it'll stay that way forever." You may have heard something like this from Mom's book of wisdom. Maybe you never disputed the idea that mother knows best. But as you grew up, it slowly became clear that hair doesn't grow back faster and thicker if you shave it, cracking your knuckles doesn't cause arthritis, and gum doesn't stay in your stomach for months after you swallow it. After a whirlwind of wives' tales over the years, many common claims have been put under scrutiny. Wives tales have been known as pseudoscience and blind intuition, but even as many were disproved, some surprisingly proved to hold weight. Here are three wives' tales that have proven to be true.

GARLIC CURES COLDS

For decades, moms have professed the healing properties of garlic, suggesting it can cure colds and help the body fight sickness. It turns out they were absolutely right. Garlic has antiviral properties that strengthen the immune system and nutrients that help combat illnesses. The effects of garlic can actually be more effective than over-the-counter flu medications. Some studies show that regular consumption of raw garlic lessens the likelihood of getting a



cold, so if you feel a tickle in your throat, try a clove before you open the medicine cabinet.

HEARTBURN MEANS A HAIRY BABY

It's hard to list wives' tales without bringing up one about pregnancy. Many are solely based on intuition, but a few that sound odd have proven to be true. In 2007, a study done by Johns Hopkins attempted to debunk the myth that heartburn during pregnancy would mean a hairy baby at birth. Instead of proving it wrong, they found that 82 percent of women with severe heartburn during pregnancy gave birth to hairy babies. Turns out the hormones that cause heartburn in pregnant women also affect fetal hair growth.

JOINT PAIN PREDICTS THE WEATHER

Did you ever look at your mom with skepticism when she would predict rain because her knees hurt? If so, you might owe your mom an apology, because there is a scientific connection. The drop in barometric pressure that's common during storm weather causes pain in arthritic joints.



JANUARY 2019

BURGDORF BEAUTY INSIDER

615.567.5716 | MUSICCITYPLASTICSURGERY.COM

NEW YEAR, NEW FEAR

With the start of the new year, people are taking on all types of new tasks and experiences. While the prospect of goal setting is beneficial, the process of starting something new can frankly be daunting. You're probably familiar with those fearful butterflies you feel in your stomach when you start a new experience, so I want to spend some time exploring the subject of fear. Everyone knows what it's like to feel afraid: faster breathing, pounding heartbeat, turning stomach, and racing thoughts. Fear plays an interesting role in people's lives. Sometimes fear can be motivating, and other times, it can be paralyzing. It all just depends on how you approach it.

There have been several moments in my life where, upon starting a new venture, I felt enormous waves of fear. My first day walking onto the Notre Dame football field is a great example. Once tryouts were complete, I joined the team who had already been practicing together for a few weeks during summer two-a-days. Being uncertain how I would fit in, physically, as well as socially, I had a choice. I could cower on the sidelines or I could get in there and face the challenge. With the first hit, all my concerns and worries disappeared and I just focused on playing. From that point on, I knew the rest of the concerns would take care of themselves.

While the experience was a little unsettling, taking action on the football field was much easier than taking action in my practice world. I still remember the nerve wracking



feeling of opening my practice that first day almost seven years ago. I had basically been flying by the seat of my pants. It had been only a month since I decided to open my own solo practice and all the tasks I needed to do to make it happen just kind of fell into place. It was definitely a blessing from God. Within only a month, we were able to secure a location, build a website, get a phone number, and purchase all the necessary equipment. While it was slightly chaotic and definitely stressful, the fluidity of the process solidified my decision and let me know that this was God's plan for me.

Throughout all of my big experiences, whether out on the football field or in the office, I've found that taking action is far better than squandering away valuable time with worry. Taking action relieves fear and

anxiety. If I allowed myself to succumb to the "what if" thoughts I had on the field (What if I'm not strong enough, or fast enough, or big enough?) or the "what if" thoughts about the office (What if I can't make it on my own, or stay open, or get enough patients?), my life would have ended up far different than what it is today.

So to anyone out there who is feeling fearful about taking on a new task in 2019, my advice is don't let the fear get the best of you. Take action, make the hit, or throw caution to the wind. You'll never know what could happen unless you try.

-Dr. Mike

THE SECRET LIVES OF BRUSHES

WHY, WHEN, AND HOW YOU SHOULD CLEAN YOUR MAKEUP TOOLS

Makeup brushes are some of the most useful tools in your cosmetic arsenal. They help you apply your makeup flawlessly to achieve your signature look. But if you don't take the time to clean them regularly, you could be at risk for some serious skin care issues. See why you might want to consider giving those trusty bristles a good scrub.

WHY DOES IT MATTER? According to a poll conducted on behalf of Anisa International, 61 percent of women who use makeup brushes clean them less than once a month or not at all. Your dirty makeup brushes are breeding grounds for acne-causing bacteria and skin-irritating organisms — which you wipe across your face every time you use your brushes.

In addition to the ickiness, dirty brushes are more difficult to work with. If you're going for a light sweep of blush for your grandma's 80th birthday party, you're going to have trouble achieving that look with the neon pigments coating your brush from last week's costume party.

OKAY, EW. HOW DO I CLEAN MY BRUSHES? There are many ways to clean your makeup brushes, but you don't have to go out and purchase a special brush cleaner. Simply swirl the bristles in



a shallow mixture of antibacterial dish soap, olive oil, and warm water to deep clean the brush. Be careful to avoid getting water near your brush's ferrule, which can damage the glue that holds it together. Gently squeeze out the excess water and shape the bristles before laying your brush out to dry over a cup or on a towel. For frequent makeup users, a spray cleanser can make it easier to clean your brushes daily, but you will still need to do regular deep cleanings to keep bacteria at bay.

I'M SOLD. HOW OFTEN SHOULD I CLEAN MY BRUSHES? The answer here can vary depending on the kinds of brushes you use and how often you use them. If you're a makeup artist, cleaning your brushes after every application is recommended, but if you're just a makeup fanatic, you may want to clean your brushes once a week. For the average makeup wearer, 1-4 cleanings per month will get the job done if you only apply light amounts of makeup. Remember that even though foundation brushes are larger, eyeshadow brushes often have the most gunk.

So much of your makeup application relies on having a nice canvas, so protecting your skin from built-up oil and acne-causing bacteria is worth the few minutes it takes to clean your brushes.

'A WHOLE FAMILY EXPERIENCE'

HOW THE MOMMY MAKEOVER HELPED THIS MOM GET HER CONFIDENCE BACK

There are so many mothers out there who, after having children, work really hard to get their bodies back to their prepregnancy weight. But despite even the best effort to maintain a workout routine and healthy nutrition plan, sometimes the human body just refuses to change. In addition to feeling self-conscious about their figures, they feel like they are being selfish or shameful any time they consider plastic surgery as a viable option. The vast majority of our patients here at Music City Plastic Surgery who have had the Mommy Makeover procedure admit to having some trepidations even researching plastic surgery, but after their first consultation with Dr. Burgdorf, their mindsets drastically changed.

One particular patient credits her wonderful experience to Dr. Burgdorf's patience and his inclusion of her family throughout the entire process.

She explains: "Any mom knows what having kids can do to your body, and while I felt very blessed to have my children, I was also very self-conscious of my figure. It was to the point where my insecurities were not only affecting me personally, but my relationship with my husband as well. I knew I wanted to do something to help, so I was working out and eating healthy, but nothing was changing. That's when I started doing research on the Mommy Makeover. After talking to friends and investigating online, I found Dr. Burgdorf. The day I walked into his office, I still had some reservations. I felt really guilty about the whole idea. It just seemed like a huge commitment and a lot of time away from the family."

Fortunately, as soon as she consulted with Dr. Burgdorf, her fears were assuaged. "He just made me feel really comfortable about it by helping me realize that it wasn't selfish of me to want to enjoy what I saw when I looked in the mirror. What's more, he even took the time to talk my husband and my kids about the procedure to ensure that we all knew what to expect. In fact, my daughter came with me for every appointment.

It was really a whole family experience throughout the entire process, and I am so happy with the results! It has not only improved my physical self, but I also feel like a better wife and a better mom. I'm now three months postsurgery, and I'm already working out with my daughter. She told me last year that she wanted to run the Music City Half-Marathon. I did a 5K with her last year prior to the surgery and felt awful. But yesterday, we ran 4 miles together, and it was absolutely wonderful!"



*Models

OUR MOTTO FOR 2019

MAKE LISTS, KEEP TRACK, AND DON'T BE COMPLACENT

As people all across the world prepare themselves for 2019, many are pondering resolutions they can set for the upcoming year. They might make plans to spend more time with family, lead a healthier life, or learn a new language. While I am a big proponent of goal setting, I believe that resolutions need to be evaluated every day, week, or even month rather than just at the beginning of January.

Reports indicate that 80 percent of resolutions are forgotten by the end of February. While the percentage is high, I doubt this information is surprising. Anyone who frequents the gym can attest to the phenomenon that occurs from January to March: The building goes from being filled to capacity to a ghost town by the first day of spring.

Over the years, I've noticed that from my perspective as a business owner and family man, I can achieve my goals much easier if I keep them at the forefront

of my mind over the entire year. I do this by starting each day making a list. I love lists because they help me organize my day and they show me what I'm prioritizing. They also allow me to start my day on my terms so I don't have to immediately jump on my email and worry about how I will get through all the tasks in front of me.

This method really worked for me this past year and led our office to have some big wins. We changed up our medical record system, hired new staff, and worked on team building. I've been transitioning the injectables portion of my practice to our expert nurse injector Haleigh, who's work can be seen on her spicy Instagram page of @Injectabitch. Another important win was getting our new aesthetician Katheryn up and running, who now provides services so many of our patients desire. I've also been consulting with other surgeons through Burgdorf Business, an entity that allows me to train and coach other surgeons on the ins and outs of running a business. It's been a great year, and I anticipate 2019 going the same way. Here at Music City Plastic Surgery, one of our core values is "Don't Be Complacent." As we head into the new year, my team and I will keep that value in mind as we continue to search for ways to improve the experience for our patients.



'COME QUICKLY, I AM TASTING THE STARS!'

RING IN 2019 WITH SOME CRISP BUBBLY

There are many legends regarding the origin of sparkling wine, but the most popular and perhaps most fanciful myth has been in circulation since the 1600s and involves monk Dom Perignon. As the story goes, the monk was making white wine in the Champagne region of France. Due to the fluctuating temperatures one chilly season, something quite strange occurred during the fermentation process inside the bottles, thereby carbonating it. According to legend, when Perignon went to check on his wine, the corks started spontaneously popping all around him. He then took a small sip and cried out, "Come quickly, I am tasting the stars!"

As you ring in 2019 and hold that Champagne flute high above your head, make sure it is filled with a sparkling wine so crisp that it could have been taken from the starry sky itself. Dr. Mike's personal favorites are Louis Bouillot Perle d'Or Vintage and Veuve Clicquot Yellow Label Brut.

INSPIRATION

