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ZUCCHINI, AVOCADO, AND SWISS CHARD — OH MY!

A GUIDE TO EATING SEASONALLY THIS JULY

When you eat something during its harvesting season, you get the most out of your meal. In-season fruits and vegetables are more nutrient-dense than their out-of-season counterparts, and there's no matching the flavor profile of fresh, in-season produce. Even better, because in-season foods are so bountiful during their peak, you can save a lot of money by shopping with the season. This July, enjoy some tasty foods during their prime with this handy guide.

FRUITFUL HARVEST

Avocado toast lovers rejoice! Your season is here. Avocados are in season during July, joining many other fruity favorites. Gorge yourself on scrumptious blackberries, sweet strawberries, and bountiful tomatoes. Don't forget about the cherries and blueberries, too! Because these fruits are so plentiful this time of the year, it's easy to find ingredients for your favorite recipes. Host a Latin-inspired foods night with fresh guacamole and salsa, or make a delectable shortcake with a blackberry and strawberry mixture on top.

GRILL GAME SO STRONG

There's no better time to fire up the grill than July, and not just because of the weather. Zucchini and corn reach their peak during July, and these grilling favorites pair well with steaks, burgers, hot dogs, or fish. Go low-carb by stuffing your zucchini with vegetables



and a protein for a charred skillet bowl. Even better, add some corn to your fresh salsa to add an extra zing to your tacos. Regardless of how you utilize them, zucchini and corn are sweetest, juiciest, and freshest during July.

GO GREEN

Filling your plate with plenty of greens is never easier than in July. Pick up a bundle of spinach, arugula, lettuce, Swiss chard, or any other leafy green, which are all juiciest and freshest during July. Cucumbers and green beans are bountiful this time of the year, as well. This July, add some fresh flavor to your water with cucumbers or create hearty salads with any of the leafy greens mentioned above. After all, there's no better way to celebrate the middle of summer than by consuming its most delicious foods.



JULY 2019

BURGDORF BEAUTY INSIDER



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WHAT'S THE BEST LESSON YOU CAN LEARN FROM AN ICE CREAM CONE? DON'T BE VANILLA!

Picture this: It's late afternoon, and you just got off work. The temperature is so high that you can see those wavy heat lines steaming off the sidewalk in front of you, and the sun blares down on you, causing you to squint from the brightness. Even in the quick jaunt to your car, sweat beads start to form on your brow. It's been a long day at the office, and this heat is only making it longer. What's the one thing that could make this sweltering day better? A sweet, delicious, freezing-cold ice cream cone!

When you go into an ice cream shop, which flavor do you look for first? Mint chocolate chip? Cake batter? Pistachio? Rocky Road? With literally hundreds of flavors to choose from, you can either stick with your all-time favorite flavor or you can try something new. In all of your pondering though, I'm willing to bet my right ear that you didn't pick plain ol' vanilla.

"AIMING TO BE JUST LIKE
EVERYONE ELSE — WITH
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UP — IS SAFE, BUT IT IS ALSO
BORING."

"Don't be vanilla" has been my life motto for as long as I can remember. It's the one I use both at work and at home to help me remind myself and others that standing out in a crowd is better than blending in. While vanilla ice cream works well as a base for toppings like hot fudge, whipped

cream, and sprinkles, the ice cream itself is forgetful. The same goes for taking a "vanilla" approach to life.

Aiming to be just like everyone else — with no added flavor or toppings to jazz you up — is safe, but it is also boring. For example, if I wanted my practice to be vanilla, I would have made it resemble a hospital: stark, sterile, and cold. Instead, my team and I have decided to make the office stylish, welcoming, and spa-like. We want our patients to feel comfortable and are constantly looking for ways we can make the experience even better.

"Don't be vanilla" was a personal motto long before it was ever a professional one. Even in high school, I dared to stand out. Whether I was in classes, with my friends, or out on the football field, with my mullet flowing out from under my helmet, I endeavored to make myself known. Being a face in the crowd never excited me, and I just think that life is more fun if you're able to be your true authentic self without fear of striking out.

Even now, I try to add a little extra flair and style into my wardrobe to keep things light and interesting. I'll wear crazy socks or pocket squares to work as a *lagniappe*, a Cajun word I learned that means "a little something extra." Sometimes, it needs a lot of extra, as evidenced in the Christmas edition of this newsletter where I highlighted some of my favorite holiday suits — either way, it's never just boring old vanilla.

When my oldest son was born, I vowed to impart this motto to him and any of my



future children. Fortunately, I haven't had to try too hard to convince any of them. They are so far from vanilla as individuals that they just don't need that much encouragement. It's truly amazing to witness.

To anyone out there who needs an extra dose of confidence, I'm here to tell you that life is so much more fun when you are living it like your favorite ice cream flavor. Putting yourself out there is scary. I get it. But living a life stuck in vanilla is so much scarier.

-Dr. Mike

SOMETHING TO RAISE YOUR BROWS ABOUT

A LOOK AT EYEBROW TRENDS THROUGH TIME

People spend a lot of money and time on perfecting their eyebrows. They're plucked, tweezed, thinned, trimmed, painted on, tattooed, or filled in — all in an attempt to create the ideal fullness and shape. The variety of tools out there like brushes, spoolies, needles, and ink hint at our brow-obsessed world. A look at brow trends through history reveals that humans have given this facial feature special attention for centuries.

1600S PERSIA AND INDIA: THREADING

This precise method for grooming brows is thought to have originated in ancient Persia, where women used thread to remove specific hairs. Threading often marked a female's transition into womanhood. It was also practiced in India and the Middle East.

1920S AND '30S U.S.: BIG SCREEN READY

Take a look at a movie from the 1920s and you'll notice thin, drawn-on brows with little arch, a la Marlene Dietrich. In the '30s, Greta Garbo bucked this trend and rocked a fuller arched look.

'40s AND '50s: EMBRACING STRONG AND SOFT

Brows began their ascendance to a fuller, softer state thanks to the influence of Katharine Hepburn. In the '50s, Audrey Hepburn built on that look and embraced a strong, thick brow.



'60S AND '70S: FROM THIN TO THICK

From the strong, defined brows of Elizabeth Taylor and Edie Sedgewick to the thinner, drawn-on styles of Twiggy and Sophia Loren, this time period saw brow shapes as polarizing as political standings.

TODAY: FULL AND PROUD OF IT

Still recovering from the ultrathin styles of the '90s, many are getting those overplucked brows restored, shaped, and thickened by beauty experts. Some people have turned to microblading, which uses a special tool to make tiny, hairlike cuts in the brow which are then flushed with pigment for an even fuller look.

If the current trend ever reverses and you're tempted to pluck away, remember that eyebrows are there for a reason: They keep sweat, rain, and moisture out of your eyes, and they are also important for creating different facial expressions. So, whatever the current trend, embrace your brows!

THE MOMENT THIS PATIENT KNEW DR. MIKE WAS THE SURGEON FOR HER!

Once you make the commitment to helping yourself feel more confident through surgical enhancement, there's perhaps nothing more important than conducting your own research to determine which plastic surgeon is right for you and your journey. Only a surgeon who demonstrates how much they care about your results, like Dr. Burgdorf, is the best to guide you on the path toward self-peace and overall confidence. Here at Music City Plastic Surgery, our client Jacqueline knows this better than most.

"After spending months researching which surgeon would be the best option for me, I decided on Dr. Burgdorf and came in for my first consultation and evaluation in 2014. At the time, I was a little overweight. After talking with him, Dr. Burgdorf explained, 'I can do the surgery, but because of the excess weight, you aren't going to get the results that you want.' I agreed with him and told him that I would work hard to lose weight and then come back, and he encouraged that decision. He grabbed the fat on my stomach and told me he was going to take all of it and throw it all away in the trash!

"It might sound silly, but when he grabbed my stomach, I knew immediately that he was the surgeon for me. In that moment, he seemed to understand how badly I wanted that part of my body gone. When you're an obese person carrying around that kind of extra weight, you constantly feel uncomfortable. That part of my body was trash to me, and it needed to be discarded! Dr. Burgdorf understood that.

"I listened to him. I went home and worked hard to lose over 100 pounds! When I came back in for the surgery, I felt so satisfied with my initial choice to work with Dr. Burgdorf. The results are amazing,



and I definitely feel like I got my money's worth. What's more, his staff are the kindest people I've ever met. Even on a holiday weekend, they called and texted me at home to make sure my recovery was going well. Honestly, if you are considering making these changes for yourself, I highly recommend spending some time doing your research. I guarantee it will take you to Music City Plastic Surgery!"

VIDEO GAME MANIA

National Video Games Day takes place this year on July 8. While a holiday commemorating this pastime might seem controversial to millions of parents who get annoyed by how many hours their kids want to spend in front of the computer or TV, I tend to take a little more nuanced approach because I used to play them as a kid.

"The Legend of Zelda" and "Mario Bros." were the two games that I really spent some time playing because I loved the adventurous aspects of both. I could explore new terrain alongside the characters, and I always felt like I could create the kind of journey I wished to have during the game. But while I loved going on these virtual adventures with Mario, Luigi, and Link, I had no problem powering down my Nintendo, hanging up my controller, and heading out into nature to have some adventures on my own.

Just as with anything else in life, video game moderation is key. I understood this concept as a young kid, and now as a parent, I'm struggling right along with all the other parents to pass



WHAT DO GAMERS KNOW THAT WE DON'T?

It along to my kids. I'm constantly telling them, "Go outside and live in the now. Don't live your whole life vicariously through a video game." For the most part, they do a fairly good job of finding a balance, but not without my wife's and my bellyaching.

While I do believe there are negative consequences of too much video game play, I honestly believe and can personally vouch for some of the benefits players can experience. For example, my kids play "Minecraft," which can help teach younger players the value of strategy and planning ahead. Additionally, the dexterity involved with managing the controller while watching the screen significantly increases hand-eye coordination. Even in the surgical world, if I'm doing an endoscopic brow lift or putting vessels back together after a breast reconstruction, I have to watch what I'm doing on the screen rather than watch my hands as they work. That part of the process can be disorienting for someone who either doesn't have practice or isn't board-certified, and I honestly think that video games helped lay the foundation for that ability.

Again, while there is definitely such a thing as too much video game play, you can rest assured if you've raised a gamer — there are plenty of mental, emotional, and physical benefits they can take away from gaming.

A WINE YOU'LL WANT TO COOL OFF WITH ...

ROBLEDO'S 2011 CUVÉE BRUT

When he's not busy in the office, Dr. Burgdorf spends much of his free time working with A Vintage Affair (AVA), an organization dedicated to supporting women and children in the Nashville area through first-class wine charity events. AVA has several amazing celebrations each year, including their Annual Grape Stomp Festival, scheduled for Oct. 5. Get your tickets early!



One winery that is often featured at these fun-filled AVA events is Robledo Family Winery. A result of nearly 40 years of Reynaldo Robledo's effort to learn as much as he could about the unique type of farming associated with cultivating grapes for wine, this winery has a wide selection of bottles that are all worthy of a taste. But with all the glorious sunny weather forecasts, the one Dr. Burgdorf suggests you try is Robledo's 2011 Cuvée Brut, a wine that teases and allures us with its festive, light-drenched, pale gold shimmer and joyful display of neat, lively bubbles. Cool off with a flute today!

INSPIRATION

