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GET SMART ABOUT SUGAR

Eliminate This Hidden Hazard From Your Diet

Most Americans know that too much sugar in their diet is bad for them, increasing the risk of heart disease, cancer, obesity, Type 2 diabetes, and other chronic conditions.

While avoiding candy, desserts, and sugary drinks may be the first thought that comes to mind when you think about reducing sugar, that may not be enough. You may be getting hidden sugar in other foods that masquerade as healthy choices, such as granola, processed snacks, and smoothies. Hidden sugars are a major reason 12%–16% of most Americans' daily calorie intake comes from sugar, instead of the recommended 5%–10%. Here are three ways to eliminate hidden sugars from your everyday diet.

Read Labels

Did you know that ketchup is more sugary than ice cream? Marinara and other sauces are sugary culprits as well. Some canned

foods also contain large amounts of sugar. A consumer's best defense is to read labels. The most prevalent ingredients are listed at the top. Also watch for its many other identities, including high fructose corn syrup, maltose, and dextrose.

Choose Full-Fat

Nonfat or low-fat foods might seem like a healthy choice, but they often contain more sugar and calories than the full-fat alternative. Also, full-fat foods tend to be more satisfying. For a pleasing dessert, try combining a full-fat dairy topping with fresh fruit. The natural sugar in fresh fruit doesn't rocket straight into your bloodstream in the same harmful way the sugar added to processed foods does.

Increase Protein

Not only are protein-rich foods good for you, but they also curb your appetite and carb cravings. In fact, they have the



opposite effect as sugary foods, which tend to *increase* cravings and weight gain! Protein-rich meat, fish, eggs, avocados, and nuts can all be tasty allies in reducing hidden sugars.

Don't tackle all these dietary changes at once. Choose one at a time and stick with it until it feels natural. Embracing new habits gradually makes them more likely to stick!



Santa's Sleigh-Ready Makeover

How the Big Guy Got His Glow (and His Groove) Back

At the risk of getting permanently stuck on the naughty list, let's talk about something few dare to mention out loud: Santa Claus could use a little makeover. Not a total reinvention, but a strategic refresh to keep Santa and his magic fit, confident, and ready to soar come Christmas Eve.

Before any elves start sending passive-aggressive notes from the shelf, let's be clear: This makeover is strictly hypothetical. Santa would have to come sliding down the chimney, asking for a consultation himself. Consent is key, even at the North Pole. But once he does, we'd get straight to work helping him trade that "bowl full of jelly" belly for something a little more aerodynamic.

Phase One: Operation Cookie Control

We all know Santa's diet has been heavy on cookies and milk for, well, centuries. They're delicious, but not exactly macro-balanced. So, earlier in the year, we'd have him commit to a healthier lifestyle and diet. He'd start a GLP-1 medication, the same family as semaglutide or tirzepatide, as part of his New Year's resolution to eat better.

The Big Guy's lost plenty of that "extra insulation," especially visceral fat, that sneaky, unhealthy kind that hides deep around organs. That's the fat responsible for his Santa-sized belly that jiggles like a bowl full of jelly. By reducing it, Santa would look trimmer, breathe easier, and keep his heart in tip-top shape. Because if anyone needs stellar cardiovascular endurance, it's the man delivering gifts to billions.

Phase Two: Tightening the Tinsel

Of course, massive weight loss comes with its own set of challenges, namely, extra skin. Santa would be in the "massive weight loss" category (50 pounds or more), so he'd qualify for a total body lift, also known as a circumferential belt lipectomy. It's like removing a wide "wrestling belt" of excess skin around the waist, tightening the tummy, lifting the thighs, and even giving the backside a little lift.

Then comes the upper body work. With the fatty tissue in his chest reduced, we'd help him out with a gynecomastia excision and remove excess tissue and re-sculpt his chest using a free nipple graft. This

will reveal a sleeker, stronger silhouette to match all those biceps he's been building hauling sacks of toys.

Phase Three: From Chin to Chimney-Ready

Santa's not quite ready for a full facelift (he's got to keep that twinkley-eyed charm), but a bit of fine-tuning wouldn't hurt. Renuvion, a helium plasma treatment that gently tightens the skin around the chin, arms, and maybe even those famous rosy cheeks. Paired with ultrasonic liposuction (using devices like Vaser and MicroAir), it smooths and sculpts without losing the jolly essence we all love. Think "refreshed grandpa energy" rather than "retired mall Santa."

If we're going for the full effect, we might throw in a brachioplasty to trim the "bat wings" on the upper arms with scars hidden neatly along the inside seam, like a well-tailored suit. For good measure, we may also consider a thigh lift to keep things sleek under the red velvet trousers.

Phase Four: Skin So Bright, He'll Outshine Rudolph

After all the sculpting and lifting, it's time to bring back that North Pole glow. A little laser treatment would even out Santa's pigmentation and tone down the rosy cheeks (or at least make them less dependent on frostbite). Then we'd get him started on a proper skincare regimen with Alastin or SkinCeuticals. Of course, we can't forget the sunscreen because even under moonlight, snow glare can burn.

And since Christmas is all about giving, we'd never forget Mrs. Claus. She deserves a little pampering too, perhaps with a copy of "The Mommy Makeover" tucked in her stocking. After centuries of managing elves, reindeer, and Santa's cookie habit, she's earned it.

The Grand Finale

In the end, the Santa Makeover isn't about vanity; it's about vitality and ensuring he feels as good as he makes everyone else feel. A lighter, fitter, healthier Santa means more Christmases to come, and maybe even a little more room in the sleigh.

So, here's to a new era at the North Pole, where magic meets modern medicine, and Santa's ready to take flight feeling lighter, stronger, and healthier than ever.

—Dr. Mike

Whiff Wizardry

PERFECT YOUR PERFUME INTO A SIGNATURE STATEMENT

Your perfume can make a bold and aromatic statement when you enter the room, but why settle for one when you could create a signature scent all your own? Perfume layering is the art of mixing and matching fragrances to create something uniquely you. Whether you want to pair delicate florals with a hint of smokiness or re-create one of your favorite desserts with vanilla and strawberry aromas, the possibilities are endless. Get ready to spritz on the next level of self-expression with this spray-by-spray guide to make your fragrance stand out.

Appreciate the power of pairs.

Simplicity is key when mixing a new perfume potion. Focus on just two scents that will work well together. Generally, you should start with smells in the same family, vibe, or mood. Decide if you want to create something woody, floral, fresh, citrus, or sweet. If you're unsure where to begin, vanilla, musk, and most citrus aromas are safe go-tos for layering, bringing out subtle notes that can make a big impact. The more scents you add, the harder it is for any of these notes to shine, so stick to two.

Layer like a pro.

Start with heavier products, like lotion or oil, to create a good base for layering lighter sprays. Using thicker creams helps make your one-of-a-kind perfume last longer, giving you more mileage from your creation. If you only use spray perfumes, spritz on whichever has a

stronger or richer smell first, then layer lighter scents. While a 1:1 ratio is an easy way to combine these products for scentful success, play around with it. Every time you try it out, add an extra spray of vanilla or a little extra musk until you find the perfect blend.

Allow your skin to decide.

Everyone's body chemistry is different, and how a fragrance interacts with your skin might smell different from how it does on a sample paper or when sprayed into the air. Test combinations on your arm to see how your natural scent blends with your chosen fragrances. Give each layer time to settle into your skin before adding another layer.



Elf Antics and Family Traditions

Keeping the Holidays Magical in the Burgdorf House

I'm not even sure what my daughter said exactly, but it got me thinking about our holiday traditions. We've always done Elf on the Shelf, and I figured she might have outgrown the whole magical phase of things. But then, a few weeks ago, she asked if we could still bring the elf out and do the whole routine. She gets a huge kick out of trying to figure out where the elf is hiding and what mischief it's up to, and I'm all for it!

Now that my sons are older, I've started roping them into helping. I only have one son still living at home, so he's mostly in charge of elf duty these days. I think he secretly enjoys the responsibility, though he'd never admit it out loud.

When it comes to gifts, we've put our own spin on things. In my family growing up, gift-giving was a total free-for-all. Everyone opened everything at once, and it was chaos. My wife's family did it differently, opening gifts one at a time so everyone could focus on each person's reaction. We've adopted that approach, and it's been amazing. Watching each person unwrap a gift and genuinely react makes the whole experience last longer and feel more special. Somebody usually plays Santa, and we go in order. It's a blast!

We've also kept the tradition of walking down the stairs in matching Christmas pajamas, even if it means painstakingly parading past the camera right after waking up. Sure, it's a little difficult for the kids, but the memories are priceless. Every year, we see how much everyone has grown and changed over the last 12 months.

This year, though, we're doing something different. We're going on a cruise. My wife, who usually manages our skiing trips around this time, finally said, "Nope, we need a warm trip this year." So we're heading to somewhere in the Caribbean, and we've convinced ourselves that Santa can find us on a cruise ship. It's going to be a blast: sun, warmth, and a break from the snow during the coldest season of the year. I can already tell it's going to be one for the books.

—Dr. Mike



GLOW INTO LASER SEASON

TRANSFORM YOUR SKIN WITH BBL FOREVER YOUNG & FOREVER BARE

It's officially laser season, which means it's the perfect time to give your skin a little extra love and care. If you've been thinking about tackling redness, pigmentation, or those stubborn fine lines, let's talk about two powerhouse treatments: BBL Forever Young and Forever Bare, both performed with the cutting-edge Sciton laser system.

BBL: Broadband Light for Youthful Skin

Let's start with BBL (Broadband Light). This treatment is like hitting the "refresh" button for your skin. Using pulses of light at varying wavelengths, it gently heats the skin's deeper layers to trigger your body's natural healing response. This triggers fresh collagen and elastin production, two key building blocks for smooth, youthful-looking skin.

BBL helps minimize the appearance of rosacea, small veins, hyperpigmentation, and fine lines, leaving your complexion more even and radiant. Over time, it can even help

refine your pores and improve overall texture, giving your skin that lit-from-within glow.

BBL treatments can be done all over the body, including hands, chest, back, arms, or anywhere you want to restore a more even tone and texture. The results can be pretty dramatic, improving both pigment and overall skin quality. The effects are long-lasting when maintained with regular treatments. Think of it as training your skin to stay more youthful.

Forever Bare: Smooth, Hair-Free Confidence

If your goal is smoother, hair-free skin, Forever Bare BBL may become your new favorite treatment. Unlike traditional "zap" laser hair removal methods, Forever Bare uses a continuous motion, delivering light energy evenly across the treatment area. This makes it faster, more comfortable, and incredibly effective.

The laser gently heats hair follicles, damaging them to prevent future growth.

There's little to no downtime, and you can get back to your normal routine immediately after, whether that's heading to brunch or hitting the gym. It's a simple, efficient way to achieve lasting smoothness without the hassle of shaving or waxing.

Why Laser Season Is the Perfect Time

Laser treatments work best when your skin isn't exposed to too much sun, which makes now the **ideal time** to start your sessions. Cooler months mean less UV exposure and better healing, helping you achieve optimal results safely.

So, whether you're looking to brighten and rejuvenate your skin or finally say goodbye to unwanted hair, the Sciton BBL system has you covered. With Forever Young and Forever Bare, you're investing in skin that looks and feels confident, refreshed, and radiant.

'TIS THE SEASON TO SHINE

20% Off Laser and BBL Deals!

This December, we're making it easy to treat yourself (or someone you love) to a little holiday glow!

For a limited time, enjoy **20% off full-face laser treatments**, perfect for freshening up your skin before all the holiday parties and family photos.

Do you want to get extra smooth for the season? Grab a **Forever Bare BBL hair removal package: buy three sessions and get the fourth one free!**

Whether you're preparing for festive gatherings, cozy nights with loved ones, or just want a seasonal pick-me-up, our December specials are designed to make you shine all season long.

INSPIRATION

**"Don't let
yesterday take
up too much
of today."**

—Will Rogers