

RADIANT LIFE[®]

THE AESTHETIC WELLNESS MAGAZINE

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VOLUME 7 • ISSUE 3



BREAST SURGERY

Making the Investment

TOP 10 Reasons for Nose Surgery

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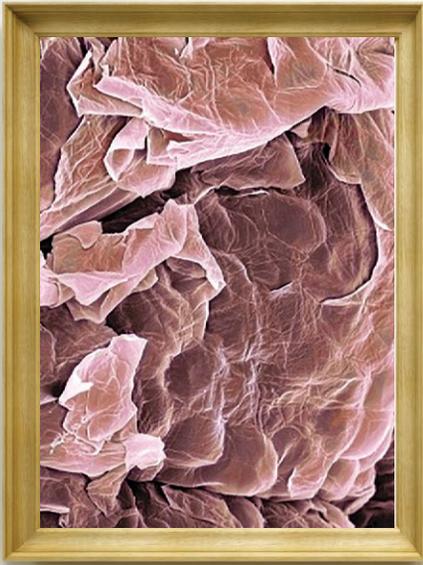
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A message from our PUBLISHER

Dear Readers,

It's fall. My favorite time of year! A time when the leaves are brilliant colors of orange and red, mixed with energetic yellow. The smell of dirt and dried leaves hangs in the air making me reminisce of the past autumns I've spent on this earth as a child, a friend, a mother and a grandmother.



Unfortunately, the breeze is also cooling, reminding some of us that harsher weather is well on its way. Check out the Great Ideas for the Best Styles this Fall Season article to stay warm and trendy! Thigh High boots are back in style. Can you say S-E-X-Y!

With this season comes gorgeous fall weddings and the start of holidays! Take a little stress off yourself and start prepping now for all those "smile for the camera" moments. Inside this issue of Radiant Life, you'll find your guide to The Fall Makeover: For Women and Men. Don't spend time during these wonderful occasions worrying about the bags under your eyes, or the sagging in your jowls; see what steps you can take now, with minimal to no downtime, to say "cheese" and beam with confidence. Not only will you feel better, but your poise and happiness will certainly spread to your loved ones.

Autumn marks the transition from summer into winter. Whether you want to turn back the hands of time with anti-aging procedures and products or you just need to work on your inner health and mental well-being, let this season mark a transition time for you. Be your best you. And let your family and friends bask with you in happiness and love.

It's time to shed the old and look forward to new growth in the coming year. Get started early.

Here's to fall. Cheers!

Debbie Taylor



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RLM Checklist for Plastic Surgery

Consider that you've done your research about the plastic surgery procedure of your choice. You've searched the Internet, investigated board certification, viewed before and after photos and witnessed the benefits firsthand from others who have had plastic surgery. Now it's time to consult with the plastic surgeon of your choice about the procedure. Cosmetic surgeons are known for taking extensive time with people in consultation for plastic surgery. Yet, your own personal checklist can help remind you to discuss these items that may make a difference in plastic surgery treatment.

1. **Identify the type of board certification, hospital affiliation, hospital privileges for procedures, membership in organizations and continuing education classes of the surgeon.**
2. **Identify how many times the surgeon has performed the procedure.** Inquire about complication rates and the reasons for complications. Complications are rare, but some complications may be unavoidable for select individuals.
3. **Identify the type of facility that the procedure will be performed in and ask about accreditation of the facility.** Inquire about equipment that is accessible to the facility such as a respirator and tools to maintain body heat during and after surgery.
4. **Inquire about the type of support that is provided to you following the procedure and during the recovery period.**
5. **Understand alternatives to the procedure.**
6. **Prepare a list of your medical history,** including: medical conditions, allergies, prescription drugs, over-the-counter medications, herbal supplements and vitamins. Inform the surgeon if you or a family member had a previous adverse reaction to anesthesia. Do not fail to disclose this information in consultation with the surgeon.
7. **If you smoke, quit smoking weeks before the procedure** and refrain from smoking following the procedure.
8. **Maintain a list of pre- and post-operative instructions** that is readily available to you at home. Do not miss completing any of the instructions.
9. **Inquire with the surgeon about the need for recovery aids,** patient comforts and healing remedies before the procedure. Purchase such items before your plastic surgery procedure.
10. **Have an escort drive you home** and stay with you for the time that your surgeon requires you have assistance.

The Top 5 Recovery Tips

1. **Schedule adequate time off** for the recovery period.
2. **Purchase recovery aids** such as elevation pillows and compression garments before surgery. Have ice packs, ice chips and gauze on hand for swelling. Purchase appropriate foods and drinks. Sensitive areas such as the facial features may fare better with gauze that has been soaked in ice chips.
3. **Keep a positive attitude.** Do not be discouraged if you don't look your best following surgery. The final results take time.
4. **Follow the instructions of your surgeon,** including showering, medications, and activity restrictions, such as refraining from exercise and sun as well as fluid and diet intake recommendations.
5. **Contact your surgeon immediately about any adverse reactions.**

Reduce Pre-op Anxiety- Be Prepared

The normal human response to the new, the unknown or the uncertain is stress, worry, fear, and anxiety. Plastic surgeons and their office staff members are not only medical and technical professionals, but they know that a patient's well-being often means dealing with his or her very real concerns, whether it is from actual bad experiences or mental and emotional uneasiness. Alleviating anxiety is as much of a partnership between doctor and patient as the actual treatment being performed. There is a right course of action that brings peace to the patient.

Get the Right Information

There is no such thing as "too much information" for a prospective plastic surgery patient. Plastic surgeons are not threatened by questions, they invite them. You are the best manager of your own health, bar none.

Get the Right Medication

Sometimes simple or even lengthy explanations aren't enough to calm a patient prior to surgery. At that point, many plastic surgeons may administer some prescription anti-anxiety or antidepressant meds to mellow things out in the days leading up to the procedure.

Get Proper Rest and Relaxation

Anxiety can affect moods and sleep patterns. It is vital to get proper rest and do as much as possible to remove any avoidable stress-causing situations from a patient's life before the procedure.

Get Prepared for After-Care

For a smooth transition into recovery mode, it is optimal to have everything ready and in place once you arrive home after treatment.

Reducing your anxiety is about being informed and also looking forward confidently to the new you.

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THE AESTHETIC WELLNESS MAGAZINE

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ASK RADIANT LIFE
(YOUR QUESTIONS ANSWERED)



KEVIN O'BRIEN

PRESIDENT OF THERMI

The past 25 years have seen dramatic changes in the way aesthetic beauty care is created. Severe, irreversible and invasive surgical treatments are no longer the first choice for those just starting to show the effects of natural aging.

Today, for instance, face lifts – once being sought after by women as young as their late 30s, are now the final level of beauty care for those who have entered their sixties, and beyond.

This tidal wave of change has been driven by new technologies – each of them was revolutionary in their day, but today, most of them now increasingly limited to those with severe cosmetic needs. Instead of lifts and tucks – or even liposuction for many needs – less drastic, gentler and far more effective treatments are becoming the norm.

In addition, the profile of the cosmetic and aesthetic patient has changed. Where once she was 45-plus, with increasingly serious signs of personal aging, she is now both he-and-she, and they often begin in their 20s. There are now three distinct age groups where patients receive different care, each type of care specifically intended for their age group and natural anti-aging needs.

Changing The World Of Anti-Aging & Natural Beauty...

One Patient At A Time



The youngest are in their 20s, up to age 35, and their care is primarily on the surface, though they will also receive Botox or other neuro-modulators, along with fillers to reshape the flow of the skin to retain a more naturally youthful appearance. Microdermabrasion, chemical peels, laser skin treatments and a host of other tech-driven care also serves the needs of those in their 20s and early 30s.

From about 35 to 55 – the age range which has seen the most benefit from technological breakthroughs – superficial treatments and minimally-invasive Botox and fillers can no longer effectively halt – let alone reverse – the apparent natural aging of the skin. Here is where technology-driven treatments to literally shrink the skin – as well as providing much longer-lasting tech alternatives to injectables and fillers – to sustain and even reverse the natural appearance of aging.

Finally, for those above age 55, the needs of aging skin often call for surgical treatments to remove or tighten sagging skin suffering from an excess of laxity. But even here, both the Botox/filler regimen and the subcutaneous skin-tightening treatments that were useful when patients were younger can still work in cooperation with the surgery to provide the maximum, natural-looking benefits for patients.

While all of this is important, those new technologies allowing patients to take advantage of totally non-invasive surface-level dermatology treatments, along with minimally-invasive treatments that work right under the surface of the skin – this is where the real breakthroughs are being made.

Kevin O'Brien is the President of Thermi®, a fast-emerging leader in the tech-driven fields of skin tightening, technology-based alternatives to Botox, and even to previously-impossible surface-only skin tightening in delicate areas, such as around the eyes. His company's technology is all based around the use of focused radio frequency energy to literally place a carefully metered level of heat to a precise location, where that heat can do the most good.

"Our peer-reviewed, FDA-approved technology does one of three things," O'Brien explained. "Our most popular treatment, ThermiTight®, actually tightens the skin tissue while literally melting fat cells. It is used primarily in the lower face, the neck, the arms and other problem areas. It can replace liposuction – but more important, it can tighten skin and remove fat in areas never "open" to liposuction treatments.



“Our second procedure, ThermiRase®,” he said, “is a peer-reviewed micro-injectable way of putting just the right amount of therapeutic heat on selected nerves to accomplish what Botox achieves – but our treatments last for years, not months, as they take away frown lines, restoring a peaceful and more youthful look.

“Our final procedures, ThermiSmooth®, O’Brien pointed out, “uses the topical, totally non-invasive application of gentle heat to treat fine lines and wrinkles, often around the eyes. It removes circles and other aging lines with a procedure that patients say “feels like a warm, moist massage that I wish would never end.” But end it does, and when it does, the patient looks naturally younger, more well-rested and even happier than prior to the treatment.”

The Thermi is built around three primary tools. First, there’s the heat applicator, a wand-like radio frequency (RF) device that actually places the heat on or just under the skin, allowing doctors to literally sculpt the tissues being treated. Next is a sophisticated infrared video camera that, linked to a large flat screen monitor, allows the doctor to see the skin’s exact temperature in real time, guiding his every move. Finally Thermi provides doctors with a specially-developed computer to help regulate the heat, second by second, centimeter by centimeter, as the doctor provides pinpoint treatment that shrinks skin, paralyzes “wrinkle-causing” nerves and softens and relaxes the tissues around the eyes.

“We have not only created this technology,” O’Brien explained. “We created a Clinical Advisory Council of advanced physicians – men and women who have the soul of researchers, every bit as much as they are committed patient-care therapists. These remarkable physicians have helped us to develop medically-sound treatment protocols, as well as helping new-to-our-technology physicians transition quickly into skilled Thermi professionals.

These new physicians often become active members of our Council as well, adding their own patient care ideas and innovations to the cause of helping all of our physicians meet all of their patients needs.

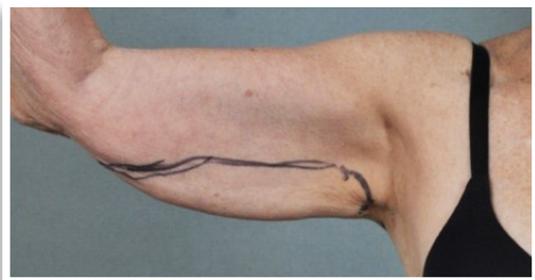
“We, and all of our physicians, are driven by what physicians call the “holy grail” of aesthetic medical care – the three things that every patient looks for and hopes for. Measurable effectiveness, seen almost immediately, Little or no down-time, and, No pain!”

“Following guidelines established by our Clinical Advisory Council,” O’Brien said, “physicians can insure that their patient treatments are painless. Based on our refined technology, there is little or no down time, even for the most intensive treatments. Finally, because of how RF treatments work, results are seen almost immediately, and they stay visible for at least a year, and often much longer. In addition, repeat treatments have been proven to not only make their effect known more quickly, but to last longer.”



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BEFORE



AFTER 2 TREATMENTS

DENIS BRANSON, MD

THERMIrase®



BEFORE



AFTER 12 WEEKS

JEFFREY CARUTH, MD



For Beautiful & Natural Results that Reshape Your Life, Seek Out Dr. Lisa Taylor

Beauty takes on many dimensions at the practice of Dr. Lisa Taylor in Oklahoma City, Oklahoma. With such a great opportunity to interview Dr. Taylor, we couldn't resist discussing the goals of plastic surgery patients, as well as the rewards of selecting Dr. Taylor.

The practice of plastic surgery hones on reframing beauty and correcting deformities for a new lease on life, all based on your own goals for enhancement. Dr. Taylor embraces her patients with a personalized, custom approach, specializing in plastic surgery of the face, breast and body. In fact, Dr. Taylor is known to keep up to date with the latest advancements that omit or reduce downtime, minimize discomfort, and offer long lasting, highly satisfactory results. Indeed, Dr. Taylor will likely be your best ally for improving imperfections and rejuvenation. Let's get her take on the optimal approach!

TELL ME ABOUT YOUR PRACTICE.

I consider it a great honor to serve patients from all walks of life, and earn their trust and appreciation, as I have for the last 17 years. I take

pride in being board certified in plastic surgery and enjoy sharing my expertise with patients for a mutually rewarding experience.

Most important to me is the well-being and happiness of my patients. We spend a great deal of time in consultation defining goals. I answer questions to help patients make well informed decisions. I have had great success in treating many types of patients, and many types of problems, specializing in a broad range of procedures, which I attribute to the thorough training I received in plastic surgery, as well as my general surgery training.

In the end, we are not high pressure. I encourage the individual to go home and discuss our consultation with the family, meditate, pray or seek multiple consultations until they are assured they have made the right decision. My practice is a full service practice with many options to the individual—head to toe—including surgery and non-invasive procedures. Definitely the most rewarding part of my life's work is seeing the patient happy with their results and the improved self-confidence.

WHAT OTHER TYPES OF NON-SURGICAL TREATMENT DO YOU OFFER?

Of course we offer BOTOX to decrease dynamic wrinkles of many areas but most commonly the vertical frown lines in the brow area. Wrinkles in this area give an aged, tired or angry appearance.

Over 10 years ago we started using dermal filler in the face to improve areas of deflation and wrinkles. Unfortunately women typically don't age as nicely as our male counterparts, secondary to our smaller facial bones, jaw lines and dentition. We also lose fat over our already smaller facial bones and our skin seems to sag more unattractively. Dermal fillers are magical in that they soften and plump the deflation of the aging face.

Over the years I have purchased many of the highest quality laser devices to bring sophisticated tools and modalities to my practice. Pulsed CO2 laser increases elastin and collagen, and improves the texture of the skin. After CO2 you will experience approximately 30% improvement in facial skin texture and fine wrinkles. We have laser hair removal for the body and face; Vaser Shape which reduces

minimal fat in unwanted areas of the body using heat and radiofrequency with five treatments administered weekly. Bonus: Vaser Shape feels like a soothing, hot-stone massage.

The newest technology I am very excited to have added to my practice is a device that restores elasticity and offers skin tightening, Thermi RF, a modality using radio frequency and heat, to tighten the skin without surgery! Using ThermiTight and ThermiSmooth we can tighten the skin of the eyes, face and body. This non-surgical approach offers safe, effective and consistent results. The Thermi technology is remarkable for someone not yet ready for a facelift but has loose or sagging skin of the jowl area or neck. In addition we are seeing amazing results with skin tightening of the thighs, knees, arms, elbows and abdomen!

HOW DO YOU DEFINE BEAUTY AND WHAT ARE YOUR GOALS FOR THE PRACTICE?

What a tough question. I am not articulate enough to describe beauty, I think it is indescribable, but beauty to me hints of grace, a person confident and at peace with themselves and others. Beauty looks smooth, kind, well rested, in proportion with symmetry, nice tone of muscles and skin, looks athletic, natural and healthy. I see this beauty blossom when an individual has resolved a wish or desire by having a procedure they have wanted for some time, with the troubled area enhanced they stop focusing on that and the real beauty of self confidence expands.

My goals for my practice is to continue to grow as an individual and surgeon, to continue to learn and improve my skills and judgment, to be able to offer the most advanced state-of-the-art technology and procedures in plastic surgery to make this process of life and aging proceed pleasantly and patients

coming to seek my expertise are happy to call me their doctor and friend.

BESIDE AN IMPROVED PHYSICAL APPEARANCE, WHAT OTHER BENEFITS DO YOU SEE IN YOUR PATIENTS WHO HAVE UNDERGONE COSMETIC OR RECONSTRUCTIVE SURGERY?

When I see a patient in consultation, they perceive something that bothers them that they are unable to resolve on their own. Following treatment, I see the patient more confident, self-assured, and happy with themselves.

Recently I had a patient, a breast cancer survivor, who had a double mastectomy 10 years earlier. After completion of recent breast reconstruction, she quickly changed from reclusive to noticeably more gregarious. Proud again of her physique, she put a pool in her backyard, and is pleased in her bathing suit in front of friends and family.

WHAT MAKES A DOCTOR A GOOD SURGEON?

A good doctor listens to her patients. She is compassionate. A good doctor is not motivated by money or time. She

is motivated by how she can best serve the patient and doing her very best job. Being a good surgeon always means doing the right thing. Sometimes this means you have to say that the patient is not a good candidate for surgery. Proper education, training, experience, and judgment are also vital to make a good surgeon.

While there is no such thing as a fountain of youth, many people have found great benefits from cosmetic treatments offered by top-level plastic surgeons to prevent and rejuvenate facial aging. Indeed aesthetic procedures do exist so people can reclaim what was lost due to aging, stress, pollutants, sun, gravity, bad genes, and unhealthy lifestyle habits, as well those with imperfections at any age.

To defy aging or improve an imperfection, schedule a personal consultation with a top notch plastic surgery practice. You can custom design an appropriate approach for your busy lifestyle this season, or next. The ravages of aging or imperfections need not be evident any longer. There are several types of procedure that can help preserve a youthful appearance and turn back the hands of time.



The Fall Makeover: For Women and Men



There is a long-overdue and growing trend for women and men to pay more attention to taking care of themselves, from being more fashion-conscious, to regaining and maintaining physical fitness, to rejuvenating their bodies with specialized products for the skin

and hair. If you are a girl or guy, you would do well to spend the next 10 minutes reading over some vital information on how to be better friends with that person you see in the mirror every day. It's great information that allows you to be ready in time for the holiday season of cheer.

Face It!

Men may have had misgivings about the mere mention of skin care, but more and more men have joined women in their decision to proceed with medical grade skincare. For men, a virile, younger-looking appearance serves them well in career advancement and for their love lives. In fact, the vast majority of facial enhancements allow



men to retain that rugged look while smoothing the skin.

For women, a soft, elegant, vibrant facial appearance serves her well today. Fine lines and wrinkles may be reduced or removed, due to medical grade skincare, and a youthful appearance that exudes confidence is highly desirable among women and men today.

Refine It!

Facials aren't just for women anymore. Men can enjoy the invigorating splash of an organic facial to clean pores and tighten skin. But don't just do it once. Developing a routine facial regimen is quite beneficial for exfoliating and detoxing the skin, as well as removing pesky oil build-ups that create regular blackhead and whitehead problems. Concerned about aging? Who isn't? Specialized Vitamin C, oxygen or collagen facials put the brakes on the stress, sun, and other issues that promote aging. How often? Your skin care specialist can give you a good idea of how long you should wait between appointments based on your skin issues. Expect to mark down some type of facial enhancement on a monthly or quarterly basis. The benefits are noticeable at the onset and build over time.

The Eyes Have It!

You most likely don't realize that eye lid surgery, also known as blepharoplasty, is a vastly popular plastic surgery procedure for women and men in their late 30's to 60's. Why? Saggy, puffy eyelids are a telltale sign of aging, and even premature aging due to stress and lack of sleep. Many women and men believe it is a small price to pay for a more youthful look that offers them career advantages. The procedure may be performed under local or general anesthesia and does not require a significant amount of time. In fact, skin, fat and/or muscle removal may be accomplished through eye lid surgery to bring out the eyes for a more youthful appearance. Within

two to three weeks, life after surgery will be normal and the results can last for ten or more years.

Thermi technology offers a minimally invasive approach to dramatically improve puffy, saggy eyelids. No needles, no incisions and no downtime for a reasonable price makes this choice the most popular for eyelid rejuvenation this season.

Suck It Out!

Weight loss, exercise, and other toning efforts are the preferred way of dealing with the effects of mid-life spread. However, many women and men turn to liposuction to remove troublesome fat from their backs, hips, bellies, and other areas. Then, for more refined results, some women and men turn to high-definition liposuction or liposculpting to counter their bodies even further, including etching to create that abdominal six-pack appearance. Thermi technology works well to remove excess fat and tighten skin for many areas of the body, including the face. Too, fat transfers using liposuction have been the latest trend to sculpt the buttocks.

Male breast reduction procedures are rapidly eclipsing other forms of plastic surgery for most any adult age. Plastic surgeons remove excess fat and skin in the breast area, allowing men to feel much better about themselves without the "man-boobs" and enjoy walking around without their shirts off. Recovery is approximately one week.





Comb It!

Finally, as you think through your improvement checklist, how are you feeling about your hairline? Is it receding? Looking thin in places? Do you have the proverbial bald spot? Hair transplantation among women and men in their 40's to 60's is commonplace these days. There are various techniques that remove and transplant hair clusters to balding areas with prime results, which can be a great investment for women and men who wish to appear younger with a head full of hair.

Rejuve It!

Women and men might also consider microdermabrasion from time to time to keep skin healthy and vibrant. Removing dead or damaged skin occasionally helps the rejuvenation process.

You've probably already guessed what chemical peels do. They improve the appearance of skin by removing or peeling off the top layers of skin. Such treatments can treat certain kinds of acne and reduce fine lines on the face. Discolored skin can also be addressed. Often, patients will be given topical pre-conditioning

creams to apply prior to treatment and advised to stop taking certain medications that might interfere. At the appointment, the specialist will apply the appropriate chemical solution to the treatment. During such a peel; patients feel warmth that lasts 5-10 minutes. At times, the treatment temporarily stings. After a chemical peel, a broad-spectrum sunscreen should be used. Depending on the scope or depth of the peel, it may take 1-14 days for redness, scales, or swelling to completely clear following a treatment. However, patients continue to report dramatic results

in enhancing their appearance. A little pain for much gain.

Photo-Rejuv It!

Some women and men can opt for the less invasive technology of what's termed the "photofacial" or "photorejuvenation." Using a hand-held device, aesthetic professionals aim timed blasts of intense pulsed light (IPL) on areas of skin to stimulate the

growth of collagen. Treatments take 30-60 minutes, depending upon the amount of skin to be targeted. What happens? These IPLs cauterize small capillaries in the skin, reducing sun damage, scarring, age spots and other pigment discolorations. It's a great facial exercise for once or twice a year!

Some patients compare photofacials to what happens

to a picture after adjusting it in Photoshop computer software. The best news of all is the same-day recovery feature of such treatment versus that of chemical peels or other laser re-surfacing treatments.

Are You Ready for It?

Your makeover may take some time for full results, but why not get started? **RLM**

Choosing Your Breast Surgeon

Choosing your plastic surgeon wisely is important. This is particularly true for breast enhancement and revision breast surgery to avoid the risk of unnecessary reoperation and uncorrectable poor surgical outcomes. In upcoming issues, we'll be giving you pointers for selecting the right plastic surgeon for all breast enhancement procedures. Right now, let's consider breast augmentation and revision breast surgery.

Breast Augmentation

For breast augmentation, the proper selection of breast implants with the aid of the right breast surgeon using the 5-point system will help avoid troubles, including:

- An inappropriate breast implant size that may make your breasts look like a sock, basketball with rippling skin or may result in other deformities.
- If implant sizers are used during surgery, you may be subject to unnecessary drugs, prolonged operation, increased tissue trauma and bacterial contamination. All of which increases risks for infection and capsular contracture.

Your breast dimensions and stretch characteristics must be measured through the objective, scientific processes used by highly skilled breast surgeons

prior to surgery. Breast implant placement is another consideration. Select plastic surgeons have refined their techniques and have a preference for incision location to enhance safety, reduce reoperation or more complex surgery risks, and optimize outcomes. In fact, some plastic surgeons offer less invasive techniques that may be appropriate for certain women interested in increasing breast size.

Revision Breast Surgery

For revision breast surgery, know that revision breast surgery due to a poor outcome is more complex. There are a limited number of plastic surgeons that have advanced expertise in revision breast surgery; even less that offer reduced invasiveness and trauma. The following tips are wise to employ when selecting your plastic surgeon.

- Ensure that the plastic surgeon is board certified by the American Board of Plastic Surgery.
- Find out how many times your plastic surgeon has performed the specific revision technique you need or breast augmentation using the specific implants, technology, and incision location that is being proposed.
- Find out if your plastic surgeon has published any papers or been requested



to present lectures to other plastic surgeons for the purpose of educating professional groups on advanced breast augmentation and revision techniques.

Highly accomplished plastic surgeons also tend to provide the benefits of using the latest technology to assist in surgery. Advanced, smaller instruments with better lighting allow for greater precision and less trauma to the treatment area. Add to this, quicker and longer acting anesthetics, the breast procedures may be less risky and less discomforting at select plastic surgeons practices.

TOP 10

Reasons for Nose Surgery

Nose surgery can be one of the most refreshing changes that women, girls, men and boys may experience today. People that select nose surgery tend to be primarily focused on this change in appearance only because they have witnessed firsthand the types of issues because of the abnormality of their nose.

- If you've suffered from ridicule during school that contributed to a disinterest in participation of social activities.
- If you've shied away from careers that require a high level of interaction between staff members and the public.
- If your parents knew that your nose bothered you, but did not allow or otherwise prevented the procedure from being performed.
- If you've been concerned about breathing difficulties due to the abnormality of your nose.



What's Wrong?

Since the nose is a central focal point on the face, it is important to evaluate the specific features of the nose in order to decide on the right approach to nose surgery. The at-home approach to evaluating your reasons for nose surgery may be valuable. This is because when you meet with a nose surgeon, he or she will take time to evaluate the precise features of the nose that are bothersome to you, including:

- 1** Lumps or bumps that may appear on the nose any time after birth.
.....
- 2** Nose depressions that appear as indentations on surfaces of the nose which may be present at birth or thereafter.
.....
- 3** Nostrils of the nose that are very wide or conversely, very narrow.
.....
- 4** Nostrils of the nose that appear to be too open.
.....
- 5** Nose with pointed nasal tip.
.....
- 6** Nose with flat nasal tip.
.....
- 7** Nose with bulbous nasal tip.
.....
- 8** Nose that is crooked in a frontal or side view.
.....
- 9** Nose is off center in relation to the face.
.....
- 10** Nose that is asymmetric in any other way.
.....

Nose surgery success has been traditionally associated with the changed appearance of a specific treatment area located on the face. Whether the improvement from nose surgery meant altering shape or otherwise improving appearance, there is no doubt that nose surgery results offer an enhancement



for many people today. Quantifiable results of nose surgery are simple to demonstrate through the improved appearance of a treatment area. More recently, the neuro-scientific benefits associated with plastic surgery have been realized. Numerous studies have provided evidence that other aspects of life may be positively influenced through plastic surgery. Evidence has mounted demonstrating the benefits of improved self-image and self-esteem through plastic surgery. People interested in plastic surgery may receive added benefits as a result of plastic surgery, but the end all and be all should be focused on the level of commitment to improve the appearance of a specific treatment area.

If any of the above descriptions apply to your nose, you may be a candidate for nose surgery. Yet, this list is a partial list of qualifications that you must meet in order to be a candidate for nose surgery. Plastic surgeons will review medical history, medications that you are taking, maturation of the individual for surgery, as well as, the extent of cartilage and bone that may be required to alter in order to achieve satisfactory results.

The bottom line is that most people interested in nose surgery do not usually seek out the procedure for vanity purposes. People interested in nose surgery often feel that the results of surgery will improve their quality of life. By the same token, it is important to understand that nose surgery is designed to improve the appearance and sometimes the functionality of the nose. People that have nose surgery may be more comfortable interacting with others following surgery. They may have an improved self-image and greater confidence. Yet, nose surgery will not be guaranteed to be life changing in any way.

People interested in nose surgery are advised to seek out plastic surgeons that have extensive experience with nose surgery. People are also advised to research information about nose surgery through third party resources. It's also important to note that nose surgery will not provide perfection of the nose. Yet, most all people that undergo nose surgery are pleased with the outcome of the procedure. 

Making Your Breast Surgery Investment

Breast surgery is one of the longest standing groups of procedures in plastic surgery. For at least forty-five years, the breast augmentation procedure has been performed in the United States. And today, there are more procedures of the different types of breast enhancement being performed than ever before.

The good news is that breast enhancement does not have to be a complex procedure. In addition, plastic surgeons have learned how to diminish discomfort and downtime to allow for a very high satisfaction level. It's wise to find out if all or a portion of your breast surgery costs can be covered by insurance. It's also wise to protect your investment as you would for any other investment.

When Necessary, Yes!

Breast surgery candidates have two types of insurance that may be available for their breast surgery procedure today. Standard health insurance may cover all or a portion

of the costs for breast augmentation, breast reduction, breast lift, and breast reconstruction surgery in select cases. There are also insurance plans that some plastic surgeons provide which cover expenses associated with possible complications that may occur after breast surgery.

Women interested in breast augmentation, breast reduction, breast lift or breast reconstruction may receive pre-approval from their insurance company for the costs associated with their procedure. Yet, every insurance carrier has a different policy and each policy offers distinctive benefits for the different types of breast surgery. In fact, women interested in breast

surgery compensation will have their case evaluated for medical necessity before approval of the expenses associated with the surgery. By the same token, there are some safeguards in place to protect women with a true need for breast surgery. The following offers a recap.

Breast Augmentation

The breast implants manufacturers often offer warranty programs that cover a breast augmentation patient's need for reoperation should a breast implant leak or rupture ten years after the initial procedure. Some warranties provide insurance coverage for plastic surgeon, anesthesia, and facility fees.



Revision Breast Surgery

Breast revision surgery may be covered by insurance depending upon the reason for the procedure. For example, leaking or ruptured breast implants may be covered by insurance. Revision breast augmentation surgery due to capsular contracture may be covered by insurance companies. Though, some insurance companies do not provide coverage for breast revision surgery. Finally, revision breast surgery due to the mal-position of breast implants, the altered appearance of breast implants because of weight loss or gain, or concerns about systematic disease are not usually reasons for insurance companies to absorb the costs of revision breast surgery.

Breast Lift

The breast lift procedure may or may not be covered by insurance. Breast lift cases involving congenital deformity or related to disease are usually seriously considered by insurance companies.

Breast Reduction Surgery

Breast reduction surgery is considered by insurance companies should the surgery be required due to back, shoulder, or arm pain as well as skin conditions. Breast reduction insurance approval may not occur until after the procedure. Yet, breast reduction patients can commence the pre-approval process prior to breast reduction surgery.

Breast Surgery Complications

There is third party independent insurance coverage available through a number of plastic surgeons' offices that applies to breast surgery complications. This type of insurance covers costs associated with the diagnosis, treatment and management of complications that may occur within 30 days of breast surgery. The complications covered under this type of insurance may include complications such as infection, bleeding, DVT, and pulmonary embolism. Plastic surgeons may absorb the costs for this type of insurance policy. 

Breast Reconstruction

Insurance coverage for breast reconstruction is governed in most states by local law. The Women's Health and Cancer Rights Act of 1998 requires that post breast cancer victims be permitted authorization for insurance coverage that includes medical and surgical expenses to cover breast reconstruction. Most of the states follow this Act and insurance companies support the Act. Lumpectomy and radiation results of abnormality are often covered by insurance as well. Post breast cancer patients may be covered for breast augmentation, breast lift, or breast reduction surgery.



Single Mother?

STAY HEALTHY

Researchers suggest that women in certain countries who experience single motherhood between the ages of 16 and 49 may face an increased risk of disability and poor health in later life.



The study found that 1 in 3 women surveyed from the US had been a single mother before reaching the age of 50. The study, published in the *Journal of Epidemiology & Community Health*, analyzed data from 15 different countries and found that the health risks appeared to be greatest for single mothers in the US, England, Denmark and Sweden. According to the authors of the study, single motherhood is associated with an increased risk of multiple health problems, including adverse cardiovascular episodes, poor mental health and increased mortality. While many studies have focused on the immediate associations between single motherhood and health, few have investigated how single motherhood during early and mid-adulthood impacts upon health in later life. Additionally, very few studies have examined whether these associations between health and single motherhood are consistent across different countries. The authors were keen to address this issue on account of differences in how single motherhood is perceived across the world.

For the study, the researchers analyzed data for 25,125 women aged over 50 who had participated in one of three nationally representative surveys. These were the Health and Retirement Study in the US, the English Longitudinal Study of Ageing in England and the Survey of Health, Ageing and Retirement in 13 other European countries. Each participant was asked questions about their childbearing and marital status, along with questions about their capacity for routine daily activities such as maintaining personal hygiene, and instrumental daily activities such as driving. All participants were also asked to rate their own overall health.

Participants were identified as single mothers in any year when they had children under the age of 18 and



were not married. All participants were asked to report all children's birth or adoption dates, as well as specify the beginning and ending dates of any marriages.

Study Findings May Indicate 'Cycles of Disadvantage'

The researchers found that 1 in 3 women from the US surveyed had been a single mother before the age of 50. In comparison, around 1 in 5 women surveyed in England and West European countries, around 4 out of 10 surveyed in Denmark and Sweden and around 1 in 10 women in Southern Europe reported having been a single mother.

In every country, single mothers were frequently younger, had less money and were less likely to marry than women who remained married during motherhood. On average, single mothers from the US and England also had lower levels of education.

Women who had been single mothers for any period were more at risk of physical disability and poor health in later life in comparison with women who had raised children with a

partner. This association was greatest among single mothers in the US, England, Denmark and Sweden.

The following women were at particular risk according to the study's findings:

- Those who became single mothers before the age of 20
- Those who became single mothers through divorce
- Those who were single mothers for 8 or more years
- Those who raised two or more children.

According to the researchers, their findings could indicate selection and causation in "cycles of disadvantage." For example, the risk of single motherhood is increased by poverty, which may reflect previous health disadvantages.

The existence of strong social support in certain countries may explain why the associations were not as strong in some geographic regions. The authors state that in regions such as Southern Europe, the cultural emphasis placed on family solidarity means that single motherhood is not associated with any increased health risks. 



Great Ideas for the Best Styles This Fall Season

Each season, designers put out new looks and styles for the public. These looks set the stage for what colors, shapes and materials are going to be 'in' that season. Your fall clothing choices also have an effect on your appearance and maybe, your health! Let's take a look at a preview for what Fall 2015 will bring.

Clothing Colors

First, account for your skin tone when deciding on your colors for this season. Warm-toned people should notice that the color they choose brightens their complexion, minimizes shadows, and gives them a healthier look. Cool-toned people would see the exact opposite effect with the same fabric. For example, if you think you may be cool tones, try a blue fabric. It should give you the same healthy glow a warm person would notice with yellow. If you'd really like to perfect your fall colors to accent your skin tone, consider investing in an artist's wheel and holding the colors up to the bottom of your jaw. You might be surprised by the differences you see.

Now, let's talk base colors in fashion. Base colors always play a part in fall clothing. Whether it's your winter white, ivory or nude, your grey, chocolate or camel, base colors look chic with just about any look. Warm colors, such as a deep red or toffee always come into play during the fall season. The colors of the autumn leaves always seem to play a part in fashion, whether it is sweet potato or crimson colors, the many shades of fall can be seen through these colors. Cool colors, such as grape purple, pine green and navy blue also make an appearance, adding a touch of brightness into the seemingly calm sea of fall colors. We've got a few more to highlight for you!

Pink. The girly and feminine color on long or short coats might be this season's biggest hit. Pairing it over an all- white outfit, you can't go wrong.

Navy blue. Navy blue is the new black this season. Switch out at least some of your all black attire for navy blue and stay in touch with this fall's "in" color.

Winter White. This color is perfect as a base or worn from head to toe. You cannot go wrong with winter white and this season's designers will present you with beautiful and crisp varying white pieces that can be worn from head to toe.

Clothing Fabrics

Fashion forward thinking extends to fabrics that can adjust to the changing climate and those that denote they are “wick away moisture” fabrics. Wick away moisture fabrics are designed to prevent the appearance of perspiration on your fabric. You can always choose light, 100-percent cotton fabrics for your first layer this season. This fabric is breathable to absorb moisture. Another anti-perspiration fabric is light wool which helps transfer heat away from the body to provide a cooling effect. Wool and polyester both will adjust to the wearer’s heat and humidity for ultimate comfort in the fluctuating temperatures of this season. Perhaps, you want your personality to be reflected through your fabrics. Leather and suede are sultry and sexy. Denim is durable and loved everywhere. Certainly, there are many others you may think of. Still, there are some “favs” that are expected to be at the forefront of the season.

.....
Leather Thigh Highs are a necessity this fall. Top designers are creating leather and suede thigh high boots. So grab those leather leggings or leather peplum top you purchased last season, and pair them with your new thigh highs for a show stopping night!

.....
Grunge in menswear will be back this fall. From the grunge look gone chic to the menswear inspired girly vest with oversized trousers, fashion this fall has no limits for men or women.

Metallic will step onto this scene this fall, casting all eyes on you when you step out in the evening or cocktail dress, shining from head to toe.

Words of Caution: Wash new clothes before you wear them. If you are prone to allergies, check for warnings about allergic reactions before you buy- even select dyes may cause allergic reactions today. Synthetic materials like nylon and Lycra may be problematic in underwear. Go with cotton instead to prevent moisture and heat that is the breeding ground for yeast infections.



Wear Apparel In Style

To wear apparel in style this season, you’ll want to heed the warnings of doctors and researchers who have witnessed firsthand how the way you wear your clothes may affect your health.

Tight stomach jeans may cause intragastric pressure or intra-abdominal pressure which may trigger acid reflux — pushing stomach acid back up through the lower esophageal junction, where the esophagus and the stomach meet, causing heartburn. If left untreated or mismanaged, acid reflux may eventually result in lung fibrosis (scarring) which may become life threatening.

Many young men who wore tight skinny jeans prevented their testicles from dropping which elevated the temperature of the testicles to kill sperm. Too, tight jeans twisted off the blood supply to testicles in some men and the loss of blood flow to the testicles happened quickly, led to removal of the testicle and can be life threatening.

Tight Neck Ties and Tight Top Buttons in Men’s Shirts have been linked to elevating the risk for stroke, based on recent study results published in the journal Stroke Research and Treatment.

Body Shaping garments on the lower abdominal region and the upper thigh may result in meralgia paresthetica, irritation of the nerves in the front and outer aspects of the thigh. This condition is associated with burning, pain, tingling in the thigh area and hypersensitivity to the touch.



Now for Accessories

First, the fun part. What's in style for this season?

Medium and large sized satchels are what's hot this fall season. The structured silhouettes and medium to large size create a perfect bag for the fall season.

Yes, that means the Doctor Bag is back! The class bag comes in different colors and materials, with the staple shape and handle; you can use this bag for the office or for a lunch date.

The Clutch takes on a whole new meaning this fall. Stepping up the game from the traditional small sized clutch with no handles, designers have created clutches of all sizes. The closer you hold your bag, the more chic it is!

Next, health. Bags and purses should not weigh more than 10 percent of your body weight. Otherwise, you may be at risk of putting too much pressure on the trapezius muscle in the shoulder, which extends up the back of the neck to the head and may cause a migraine. The next health tip is to refrain from placing your bag on the floor. Besides the old wives' tale of bad luck, this practice spoils the appearance of your bag, while collecting bacteria from the floor. This bacteria has been known to include staph and E. coli. And wipe your bag down daily for the best in cleanliness. To be certain to walk with grace while carrying your bag, select bags that meet the top of your waist and walk. If you can't swing your arms, the straps are too short. If too long, your gait will be off.

Jewelry

BIG is what fall season's jewelry is all about. Whether is an oversized chain necklace or bracelet, large chandelier earrings, or headpieces, this season for jewelry, you gotta go big or go home!

Chains, whether they are completely metal or have rope intertwined, chain necklaces and bracelets are making a huge statement this season.

Chandelier Earrings. These large

statement pieces are excellent for a cocktail party or an evening out. Bring in that transparent trend of last season, and you can do no wrong with a transparent chandelier earring.

Grunge. Not only has this trend taken over clothing, but grunge has also dipped its toe in the jewelry pond. Pair those spikes or pearls mixed with chain necklaces with those biker boots you bought last season and a mini dress and show them what you're made of!

Earcuffs. This semi-badass, semi-chic look has taken over, and can be found at high-end retail stores down to inexpensive little boutiques. Pair it with a pair of denim shorts and a cutoff tee, or with your new metallic dress for night out with the girls!

With regard to jewelry and your health, quality is always the preference. There are laws that limit the use of lead in jewelry, but not all jewelers abide by the regulations. A recent study of jewelry found in common U.S. department stores determined that ninety percent of the pieces they tested had chromium and nickel, which can cause allergic reactions, and ten percent of the pieces had cadmium, which is a toxic metal that's been the subject of other jewelry and toy recalls. The warning for jewelry is for adults and children.

Cosmetics

When talking about cosmetics, let's start with skin protection. The sun may feel like it has taken a back seat once fall comes around, but don't let it fool you. Just because you may no longer be able to lounge by the pool and soak in those rays does not mean the sun is not affecting your skin. Just because you don't feel the sun does not mean it is not there. So, stay protected! Apply sun screen if you are going to be outside. There are also make up products, such oil-free moisturizer spf 20 that can help protect your face from the sun! Regardless, be certain to apply a moisturizer to help protect your skin from make-up. Now, for the trends.

The Cat Eye is back and better than ever! Instead of grabbing that black eyeliner for the traditional cat eye, grab a silver or violet and give your cat eye a new edge!

Copper and Prune Eye Shadow. This unique color matches perfectly with the fall colors, and is great for a night out paired with a cat eye or a lunch date with just mascara.

Red Lips have never really gone out of style, but this season they are making a bold statement. Put on a red lipstick, matte or glossy, for running errands or pair it with a full face of make up for a night out.

Glitter. On the eyes or on your dress, you can do no wrong when you have this on your face or your body!

The good news is that we not only have trends that support the lifestyle you want to reflect in Fall 2015, but new ways to adopt best health practices for selecting and when wearing your clothes this season! 



Targeting Your Belly Fat

A Comprehensive Approach

Imagine that we are walking along a hiking path, enjoying nature, thinking good thoughts, and suddenly, we hear a rustle in the bushes. Our body thinks, bear (or in Paleo times saber toothed tiger-Oh my). Either way, the hike is ruined and you are now faced with a decision. Is it Bambi or is it a bear? Do I need to run or not. What you are experiencing is called a stressor.

At the same time we are hearing the rustle in the bushes, a complex hormonal cascade begins within the body, and the adrenal glands begin to secrete cortisol and adrenalin. The cortisol prepares the body for the fight-or-flight response by

flooding the blood with glucose (immediate energy), and inhibits insulin production in an attempt to prevent glucose from being reduced in the blood. The cortisol also shrinks the blood vessels (increasing blood pressure) and the adrenalin increases the heart rate and respiration. We are now ready to run! But suddenly out runs Bambi, who sees you, freaks out, and has their own fight or flight response and runs off back into the woods. You then utter a sigh of relief and whatever flows off your tongue and your body stops the cortisol, releases norepinephrine (sort of an anti-adrenal hormone) and returns your systems to normal.

The Stress Factor

That's how your body works. The problem is that work related (or life related) stress keeps the cortisol flood gates open. So your blood pressure is always up, your heart rate always elevated and you're essentially always running away from the bear. Eventually your body experiences blood sugar level imbalances (leading to diabetes), lower thyroid function (leading to weight gain), adrenal fatigue (leading to sleep disturbances, impaired cognitive function, lower immune system and slower wound healing) lower testosterone levels (leading to decreased muscle mass, lower bone



density and slower recovery rates) and increased belly fat storage!

Yep, stress causes more abdominal fat, and this has a stronger correlation to certain health problems than fat deposited in other areas of the body. Some of the health problems associated with increased stomach fat are heart attacks, strokes, higher levels of “bad” cholesterol (LDL) and lower levels of “good” cholesterol (HDL), which can lead to other health problems.

The Cortisol Culprit

But let's give cortisol a little credit where it's due. Cortisol is a steroid hormone that is responsible for a wide range of processes within the body including immune responses, the regulation of metabolism, and acting as an anti-inflammatory! That's right, it actually increases as we sleep and should be highest when we wake up! Crazy huh? But without the release of adrenalin, cortisol helps the liver make new glucose (called gluconeogenesis) so that we wake up in the morning all bright eyed and bushy tailed and ready for the day! It's also produced in exercise to give us a little more energy

to get the workout done. And that's ok, the increase in energy substrates (stuff that gives us energy) is used by the muscles for exercise.

So, the balance of cortisol levels that are present within the body at any one time is extremely important for our overall health. Having too much or too little cortisol in your system can cause a number of issues that range from minor to serious. The effects of having too much cortisol in the body, because we cannot shut stress off, can include rapid weight gain (especially belly fat), high blood pressure, muscle weakness, and severe mood swings that manifest in anxiety and depression. On the other hand, individuals who possess an extremely low amount of cortisol are susceptible to experiencing problems such as dizziness, fatigue, and muscle loss.

Under normal circumstances, cortisol levels will fluctuate throughout the day and night in a rhythm called a circadian or bio-rhythm that peaks at our normal waking time and reaches its lowest around 4 AM. So in a normal body we should see high levels of cortisol in the morning which gradually falls off as the day and night go on. Unfortunately, in our current high-stress culture, the stress response is always activated so the body does not have a chance to return to normal. This can lead to health problems resulting from too much circulating cortisol and/or from too little cortisol if the adrenal glands become chronically fatigued (adrenal fatigue).

So, the stress hormone, when it is unable to switch off causes problems with our health, but also does something very interesting. It triggers the body to store more fat, especially around the belly area. That's because the increase in blood sugar (gluconeogenesis) triggers the production of insulin and other things which in turn triggers the fat cell to store more fat, especially in the belly.

Controlling Your Stress

When it comes to shedding stubborn belly fat, exercise alone is not the only answer. The key really lies with controlling your stress, monitoring what you eat, and perhaps more importantly when you eat, and then choosing the right type of exercise to engage in.

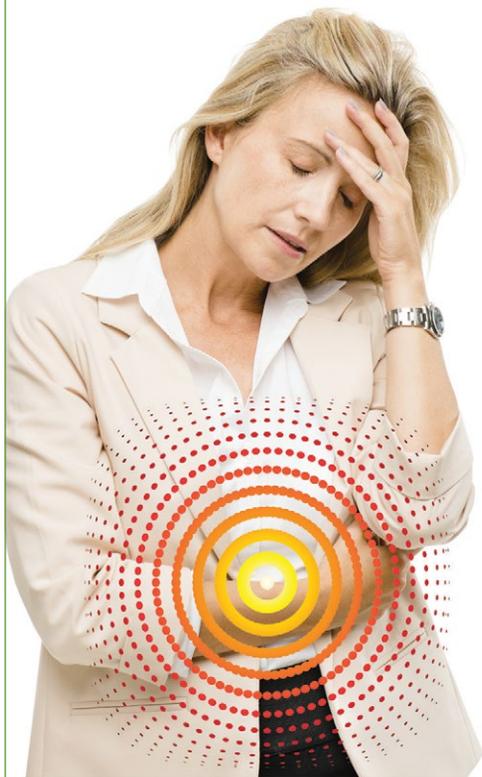
So, how do we lower our cortisol levels when we are under chronic stress? Research shows that **drinking black tea** reduces cortisol by 47%. Interestingly, exercise (which increases cortisol) also lowers it too! Exercise does this in two ways. First, it teaches the body to use cortisol to its advantage by burning more sugar in the muscles. That means it takes far more cortisol to cause the negative effects than if you were sedentary. Second, research finds that exercise reduces stress and lowers inflammation. It works much the same as sitting and meditating which has been found to reduce stress by more than 20%.

Music by far is one of the best stress reducers with some studies finding a reduction of as much as 66%. Personal trainers believe that if you exercised and listened to music that would be enhanced. Also, prayer has been found to reduce cortisol and stress by 25%, and to reduce your chance of depression by over 70%.

Being happy, especially laughter helps reduce stress too. In some studies it lowered stress by a whopping 39%.

Food for Thought

When and what you eat is vital in weight loss because you need to reset your insulin resistance and avoid foods that promote weight gain and inflammation. Eating shortly before you go to sleep for instance increases your fat absorption and chances of weight gain. Basically, your body needs time to reset, detoxify itself and handle repair and





inflammation from the day. Eating before you go to bed interferes with this process. You should allow at least 12 hours between your last meal at night and your first meal of the day to deplete your glycogen stores and start shifting into fat burning mode. That means if you eat breakfast at 7am your last meal should end at 7pm.

It's important to realize that the benefits of reducing belly fat (called visceral fat) go far beyond aesthetics. Abdominal fat—the visceral fat that deposits around your internal organs—releases proteins and hormones that can cause inflammation, which in turn can damage arteries and enter your liver, affecting how your body breaks down sugars and fats.

The chronic inflammation associated with visceral fat accumulation (fat around the organs) can trigger a wide range of systemic diseases linked with metabolic syndrome.

This is why carrying extra weight around your middle is linked to type 2 diabetes, heart disease, strokes, and other chronic diseases, and why measuring your body fat and your waist-to-hip ratio is actually a better indicator of your health status than the body mass index (BMI) used by your medical office.

Solutions for Stress

Stress management has an important part in controlling your cortisol levels and needs to be addressed if you are chronically stressed. If you don't address these factors the cortisol will eventually lead to adrenal fatigue and thyroid dysfunction which will interfere with the conversion of T4 to T3.

So what is the solution? First you need to make sure you are **sleeping at least 7 hours a night**. If not then you cannot recover or combat the necessary physiological factors that are addressed by a good night's sleep. Next, if you drink alcohol then know that excess alcohol can cause issues with cortisol and stress. Some alcohol is better than others, beer and grain alcohol tend to be the worst, while red wine is healthier because it can lower cortisol levels.

Next, **you need to exercise**. But not just any exercise. The best form of exercise is called HIIT or high intensity interval training which has been found to have the best results with cortisol control and weight loss. One study found that whole body vibration training actually targets the reduction of belly fat because of its direct effect on cortisol.

HIIT training also increases testosterone which not only reduces cortisol but also encourages the gain of fat burning muscle and the increase of bone density, something walking and other cardiovascular programs

cannot achieve.

Finally, we know that systemic inflammation, causes elevated cortisol levels. If we can naturally decrease inflammation in the body and minimize stress, decreased cortisol levels should follow, resulting in decreased chronic disease risk and improved wellness. The biochemical processes leading to and preventing inflammation are complex and multi-faceted, but we do know that diet plays a major role in inflammation and that this inflammation plays a major role in disease.

Fructose, primarily in the form of high fructose corn syrup hidden in processed foods and beverages is the primary contributing factor to widespread and seemingly out-of-control obesity. The top offenders in this category include: grain-based desserts (cakes, cookies, donuts, pies, crisps, cobblers, and granola bars), breads, breakfast cereals, prepackaged and processed lunches, sodas (including energy and sports drinks), prepackaged juices, coffee drinks and fast food. This is only a partial list, however we can easily add baby formulas, enhanced water drinks (vitamin water), dried fruits and most "diet" foods and snacks to that list too.

Obviously, maximizing our intake of anti-inflammatory foods and minimizing the pro-inflammatory ones are the best step towards controlling inflammation. As such we should follow a low sugar, low fructose diet, eliminate as many processed foods as possible including wheat based foods, soda and fast foods. Eating more grass fed and wild caught meat along with more vegetables is the key. We can reverse the effects of long-term stress and regain our health. By combining good nutrition, productive exercise, reducing stress and identifying any nutritional shortcomings, we can quickly change our body and change our lives. So laugh, pray, exercise and listen to music. And remember, fitness is not a goal, it is a by-product of a life well lived. 

Your Outdoors Diet



As you head out camping or into the backyard for a barbecue, you don't have to let your diet slip. Those of you who are putting a great deal of effort into your work-out routine training regimen and following a strict diet likely don't want to let a three- or four-day weekend of camping or a barbecue dinner party set you back.

Fortunately, if you plan your camp diet correctly, meaning your food intake and being prepared, there's no reason why you have to let being out in the nature hinder you from eating well.

Let's take a look at the main meals that you should include in your outdoors diet. All of these can easily be made strictly off the heat of a fire, making them ideal regardless of your accommodations.

Breakfast properly

The very first meal of your day is what will set you up with all the energy you need to go about all the activities you have planned. It's important, then, to look for a high-quality source of carbohydrates to pair with your protein in your camp diet.

For this, oatmeal can't be beat. All you'll have to do is boil a pot of water

over the fire and then mix it with your oatmeal. Sweeten it with a touch of honey for a quick calorie and energy boost and you're all set.

Next to this, cook up some eggs in another pan, preparing them any way you prefer. Don't toss out all the yolks, however, as they will supply you with a lasting source of energy for the day as well as a number of important nutrients.

Finally, to finish off the breakfast, have a banana smeared with some natural peanut butter. This will give you more carbohydrates along with some healthy fats, making sure you won't be hungry an hour later and spoiling your healthy camp diet.

Make your midday meal high-quality muscle food

When lunchtime rolls around, you'll want to have a good, substantial meal to get you through until dinner. Canned tuna will work well here since it requires no cooking at all. Simply pop open the can and place it in a whole wheat pita.

This is also a convenient lunch meal to take with you if you're going out on a hike since it will stay good without being in the fridge and the pita will help keep everything together nicely.

In the cooler you're bringing, pack along a few vegetables of your preference to add to the tuna pita sandwich and boost the flavor and nutritional quality.

To eat along with this, take one or two apples and a few slices of low-fat cheese for calcium and another boost to your protein intake.

Dining campfire style

For dinner, the main things you'll want to stay away from here are hot dogs and store-bought burgers. These are usually far too high in total fat content while severely lacking in protein.

Instead, either prepare your own hamburgers using lean ground beef or, even better, place a lean steak or chicken breast over the fire to cook.

Baked potatoes are also going to work the best for campfire meals



since they require very little prep work and will cook up very quickly. If you don't want potatoes, quick-cooking brown rice is another option that works well and you'll simply prepare this in the same manner you prepared your oatmeal.

Try to grill some more vegetables with this meal if you can for added nutrients and fiber or simply serve some raw broccoli, carrots and cauliflower. These vegetables will easily keep well in a cooler for days at a time, so they are ideal for the camping scenario.

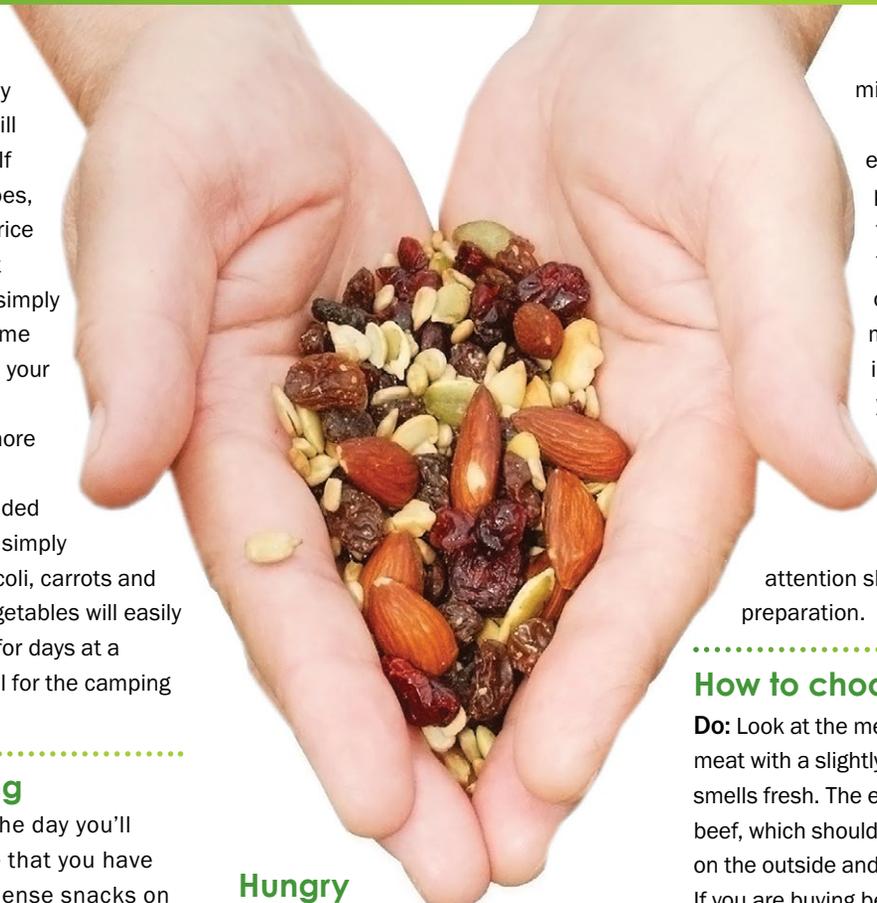
Smart snacking

Finally, throughout the day you'll also want to be sure that you have some good energy-dense snacks on hand. These are going to help top up your energy tank and ensure that you aren't running on empty. These snacks should be easy to transport so that whether you're out on the river, up on the trails or just relaxing around by the fire, they are fast and easy to turn to.

Good, smart snacking options include dried fruit, nuts, pretzels, beef jerky, lower-sugar protein bars, as well as whole grain cereals such as shredded wheat or corn bran. You don't want to cut the carbs too much throughout the day as then you will struggle to maintain your energy levels.

Instead, keep a healthy dose of both carbs and protein with each meal alongside some healthy fats and you'll be right on track with maintaining a healthy diet.

Keep these points in mind as you come up with your camp diet meal plan. As long as you can bring a cooler filled with healthy foods, you'll have no trouble eating properly while you're away from home.



Hungry for meat?

There is no manlier thing to do then to get grips in the kitchen with a great hunk of meat. A slab appeals to something primal within us, something deep in our souls. Maybe it's the hunter in us or maybe it's just that it tastes so good, but whatever it is, we just want to get our hands on it. In fact, a recent U.S. survey (Foodborne Disease Active Surveillance Network) of 14,000 adults confirmed that guys were far more likely to go for a plate of meat while women would stick with vegetables.

Regardless of why this is, one thing is for sure: As men, we can't claim to rule the roast and then cook disastrous dishes. And the greatest of disasters could arise from mishandling and

mistreating meat.

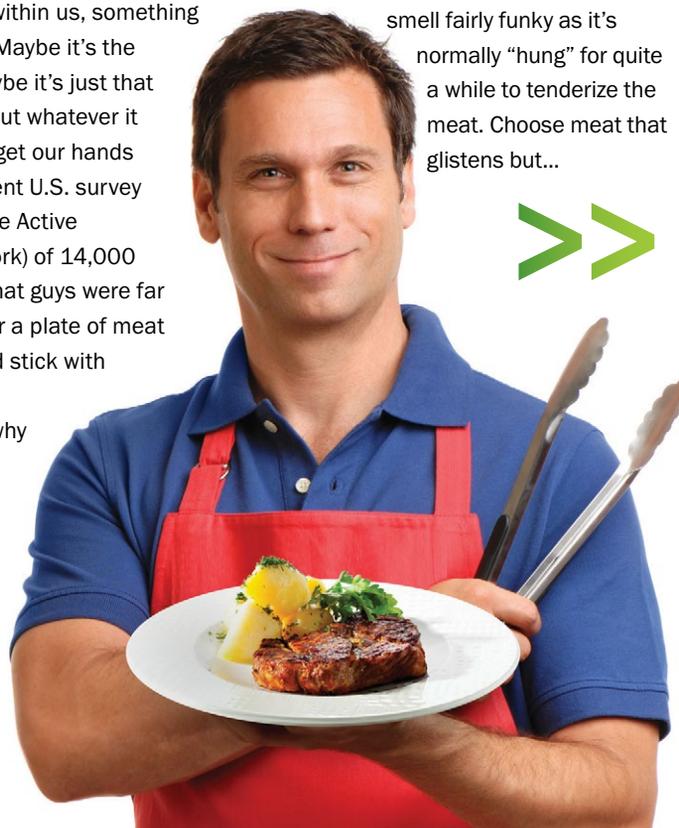
There are a few easily avoidable pitfalls when it comes to dealing with meat. The most important of our timeless meat dos and don'ts involves choosing your meat. However, temperature and storage should also be considered.

Furthermore, attention should be paid to preparation.

How to choose your meat

Do: Look at the meat carefully. Choose meat with a slightly moist surface that smells fresh. The exception is dry-aged beef, which should be dark, brownish-red on the outside and appear very dry. If you are buying beef from a reliable source (and forming a good relationship with your butcher is as important as any), then ask to try a smidgen of raw beef. Game is an exception and can

smell fairly funky as it's normally "hung" for quite a while to tenderize the meat. Choose meat that glistens but...



Don't: Buy meat with "fridge burn," when it looks dry and fibrous. The same goes for sausages. Avoid greasy looking or very wet meat (unless it is wet-aged beef). If you can, give the meat a sniff -- your nose is right next to your mouth for good reason. If it smells funny, don't take the risk.

What meat you can eat pink?

Do: Eat beef as rare as you like. In fact, carpaccio is a dish of entirely raw beef. Lamb can be eaten pink, although, choose a lean cut such as a cutlet as undercooked lamb fat is pretty nasty. Pork should always be cooked through thoroughly -- apart from the incredible pork from Extremadura in Spain that can be served slightly pink. Eat game birds and meats pink (venison, duck, partridge, pigeon, and quail should all be served slightly underdone to retain moistness). Hamburgers, made with good beef, can be eaten pink too.

Don't: Eat pink chicken. The only place this is done is in Japan, where chickens are slaughtered that day and eaten. Still, many people get ill from it. Don't ever eat pink meat unless it comes from an entirely reliable source. In fact, don't ever eat meat if you aren't 100% sure where it came from.

How you should store your meat?

Do: Wash your hands before you start. Check the temperature of your fridge and store raw meat or poultry in sealed containers at the bottom of the fridge so any spillage won't contaminate other food. Use a plastic Ziploc bag if you don't have any Tupperware. If you are chilling cooked

meat, allow it to cool naturally, but as quickly as possible (in a larder or cool room if you have one). Refrigerate in cling-wrap or aluminum foil.

Don't: Add hot products to your fridge as they will raise its temperature causing bacterial growth and can stop the refrigerator from working entirely. Don't leave meat uncovered in the fridge or at the top. Don't salt meat you are storing, as this will draw out all the moisture making the meat drier and getting less of a sear on the outside when it cooks.

Do: Plan -- 95% of success in the kitchen is good planning and the other 95% is hygiene. Planning gives you time to do the things you need, such as thawing frozen meat slowly in the fridge until it's completely defrosted. Freeze your meat as quickly as possible after buying it, making sure it is thoroughly sealed. Use thawed meat within two days (maximum) after thawing. You can freeze cooked meat. When possible, thaw in a sealed container to avoid run-over from the liquid leached out in the thawing process.

Food can, contrary to popular belief, be frozen for years as long as it remains entirely frozen all the time; however, its texture can change (freezing destroys fibers in meat), so bear this in mind when doing freezing for long periods. Make sure the meat is at room temperature before cooking -- let it rest out of the fridge for an hour or so. This will ensure even cooking.



Don't: Do not rush it. Don't defrost meat under hot water -- you risk food poisoning and destroying the quality of the meat as it will absorb water (which won't make it moister during cooking). Never refreeze raw meat under any circumstances. Cook it, let it go cold and use it as cold cuts, in slaws or your leftover recipe of choice.



Words to the Wise: Improperly handling meat

Primarily, you aren't going to get invited to anyone's dinner party if you poison guests at your own. And poisoning a girl on a first date is never going to make for a great relationship. Make sure everything is clean before you start (working in a professional kitchen, or even looking in one, you will get a feel for how neat and clean everything is and this makes service -- or cooking for a dinner party -- a whole lot easier).

Food poisoning occurrences double in the summer months, so take your time when barbecuing. Make sure you control the heat of the barbecue and start things in the oven if you want to be doubly sure. And use separate preparation boards for meat, fish and vegetables to maintain optimal sterilization. RLM

Trending in Dieting

Diet trends are one thing. Foods that please your palate are another. We've found some common ground that may offer some answers for just about anyone.

Gluten Free Has a Slimming Effect and Much More. First, it's important to know that the majority of foods containing gluten have little nutrients. Stay away from grocery breads, pastas, and most wheats! These foods

are likely to be high in gluten and may elevate your blood sugar levels, which signals your body to store fat and age faster. A diet filled with gluten may also contribute to inflammation, cramps, and bloating. Gluten in starches raises your blood sugar levels and contributes to stomach fat, heart disease, and arthritis.

Stick with Low Carb. Low fat diets are out and low carb diets are in. This

means sticking to plenty of fruits, vegetables, and lean protein. The news is that many dietitians refer people to MyPlate to help them eat right.

Q and A with Your Doctor for Dietary Recommendations. Word is out that doctors will be more involved with helping you plan your diet. Since The Affordable Care Act focuses on prevention, it might be wise to inquire about your diet with your doctor this season.



Organic and Eco Friendly. From packaging to foods, organic and eco-friendly are the ticket. If you eat right, these types of special treats are not likely to cost much more either.

Drink Water! In short, drinking 6-8

eight ounce glasses of water each day helps to prevent strain on your body and brain. Water can also help fill you up faster so you consume less food. In addition, water keeps your brain thinking clearly through stressful situations for those who tend to eat excessively because of

emotional triggers. So, seek out a favorite container and bring water with you wherever you go. When walking outdoors, know you need more water. Check in with a personal trainer to make sure you are getting the right amount you need for your work out.

Ask RADIANT LIFE

Q: What Can I Do to Prevent Scarring from Breast Augmentation?

— Alisha W., Miami, FL

A: There are several types of approaches to breast augmentation. Each breast augmentation approach involves one or more incisions. Women interested in breast augmentation may select the under the breast, at the crease. Alternatively, women interested in breast augmentation may select to have incisions made in the arm pits or through the belly button. Regardless of the discreet location of the incisions, scars ultimately appear following breast augmentation surgery. The degree of scarring is usually minimal. Regardless, plastic surgeons focus on minimizing the extent of scarring.

Techniques for Scar Reduction

Plastic surgeons take strides to reduce the ultimate appearance of scars in breast augmentation surgery. Plastic surgeons use techniques that limit the extent of trauma to the treatment area and reduce tension on skin which helps to reduce the extent of scarring. Plastic surgeons may advise the use of scar creams to reduce the appearance of breast augmentation scars. Other recovery aids such as compression garments or select natural healing remedies that limit swelling help to reduce the appearance of breast augmentation scars. One of the latest advancements is the laser to assist in the prevention of breast augmentation scars. The laser helps to reduce infection, scars and accelerates wound healing. Though, the use of the laser in breast augmentation may not be part of the procedure for every woman interested in breast augmentation. There are a select number of plastic surgeons that may use the laser in breast augmentation procedures. RLM



Do you have questions about treatments, products or procedures? Write to ask@radiantlifemagazine.com. We cannot respond to questions individually, but each issue of Radiant Life Magazine will include a column in which our network of physicians answer the questions we receive.

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