

COMPLIMENTARY ISSUE

BODY to LOVE™

HEALTH AND BEAUTY FOR WOMEN AND MEN

2018

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READY FOR BIKINI SEASON

TIPS FOR GETTING
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FOR THE BEACH

THE HEALING POWER OF COLD

THE COOL NEW TREND
OF CRYOTHERAPY

MEN ABDOMINAL ETCHING

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BODY to LOVE™

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Dear Readers,

It's that time of year again! The weather outside may still be cold, but warm sunny days and swimsuits are right around the corner and we want you to look your best. This issue of *Body to Love* has everything you'll need to confidently shed those bulky layers and prepare to hit the beach or head for the pool.

Women, prepare to WOW in that bikini. We have the latest information on getting your body bikini-ready. Worried that you have too many curves in all the wrong places? We have the info for you on liposuction. Need a little boost to enhance those cheeks or augment those breasts? Check out the article on body fat transfers. Using the newest technology, aesthetic professionals can turn that extra unwanted padding into fuller breasts or give your cheeks back that volume of your college days. We also give you the latest information on laser treatments for hair and blemish removal, and tips on adding implants as well as using injectables to add the finishing touches.

In this issue of *Body to Love* we are excited to introduce a new approach to body sculpting without surgery thanks to the EmSculpt® by BTL Aesthetics. Also, what you need to know about male breast reduction, and facelifts for men. It's a competitive world out there, at the beach and in the board room. Regain your confidence and give the competition a real run for their money.

Finally, to look like a million bucks on the outside, you need to take care of the inside. We offer tips on keeping your heart healthy; the benefits of cryotherapy for pain and healing; and how to jump-start your transformation with a juice cleanse. You'll also find information on healthy snacks to help you along the way. So, what are you waiting for? Get started on that beach body today!

Debbie Taylor
Publisher, CEO
Body to Love Magazine

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BODY to LOVE™

SUMMER 2018

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Get Ready For BIKINI SEASON

It's that time of year again!

That magical time when most women stress about having bikini-ready bodies. No one wants to be that person that walks around in a tiny bikini and is judged by people who believe she has no business wearing such a revealing suit. Even if it is just for your own positive state of mind, you may be stressing about your weight, how your body looks, your age, or your body hair. Luckily, with technological advancements, almost any problem can be erased. Now, shaving, waxing, and dieting are not the only options, just the

most cost effective and least invasive. If you do not have the time or patience to sculpt your body the old fashioned way a plastic surgeon can help. Life is stressful enough as is to worry about how you look all the time. Let your doctor take that weight off your shoulders. If you start now, you may even heal by the time you go to the beach!

LASERING

One procedure that can help you sport a bikini-ready body is lasering. Different physicians offer a variety of laser services ranging from blemish removal and hair removal to body rejuvenation. With the use of lasers your skin can appear smooth and touchable under your bikini. No one will be whispering about your sun marks or body hair after one of these procedures.

LIPOSUCTION

Another procedure that could be beneficial in preparing for bikini season is liposuction. Liposuction is where the doctor literally sucks excess tissue, mainly skin and fat tissue, out of various parts of the body. This tissue can then be discarded or even recycled. Have you ever wished you could take the fat from your stomach and use it to enhance another area of your body?

Now it is a possibility with procedures like the Brazilian butt lift. You wouldn't



even have to worry as much about rejecting implants because your own tissue is being used to accentuate whichever feature you desire.

Many women get work done on their arms and legs. When you think of bikinis, many people focus on flat stomachs. However, a flat stomach can be ignored if there is hanging skin on the arms or legs. No one wants to be able to mock a seagull with their skin wings. Liposuction or skin tucks can be useful to tighten the arms and legs and show off the sexy muscle that is hiding under the skin or fat tissue.

IMPLANTS AND INJECTABLES

However, during this time implants and injectables are also an option. If you have skin that has lost its youthful glow and plumpness,

implants or injectable materials can be used to give you the appearance you had when you were young. This can also be utilized by people who were born lacking certain features like breasts or lips.

Why lips? Well, no one wants to display a bikini body without confidence in her face. A tight, soft body may attract people initially, but their attention and attraction is maintained through a pretty face and confident smile. Everything needs to be attractive to feel confident enough to walk on the beach in that cute bikini you've been dying to wear.

When walking the beach or moving it is important that all areas are firm and not just the stomach, even though the stomach is the most popular complaint because it is the hardest to maintain.

That being said, make sure you research the procedure

you crave, the doctor you intend to use, and consult your general doctor to make sure the procedure is safe. A summer body is not worth a health risk or your life.

No one should feel the need to hide themselves while others are flaunting their sexy bodies. Also, make sure you consult a knowledgeable plastic surgeon, with appropriate credentials, before agreeing to the surgery. There should be a consult where you learn the details of the surgery, the risks, and get an idea of how you will look once you are healed. Not all women are made to have tight bodies, big boobs, or a tight butt. In fact, it can look weird if a woman gets implants to achieve a look, but ends up with an appearance that is not proportionate.



Whatever you decide to do, make sure it is what is best for you and it is something you really want. These results are typically permanent and require a lot of work to cover up. Also, make sure you are safe and prepared to avoid complications and negative side effects. Next, get ready to enjoy a summer bikini body! 🍹



ABDOMINAL ETCHING:

FOR MEN ONLY

Everyone knows that women all over the United States are enjoying the benefits of aesthetic procedures; whether they have Botox® injections or full surgical procedures. Many people are engaging in the anti-aging options available today to improve their appearance, health, and self-esteem. Unfortunately, almost half of the population is missing out on these potentially life changing treatments. The number of women seeking out aesthetic treatments, especially cosmetic surgery, far outnumbers the men.

Men are more likely to undergo hair restoration or perhaps laser treatments, but seldom do they seek out surgical procedures. Until recently, it was assumed that as a male, you must simply accept your appearance and go about your life, no matter its effect on your self-esteem. Fortunately, that is changing. Now, men can enjoy improved abdominal appearance with abdominal etching.

Abdominal etching provides men with a more cut and defined look. The procedure, a variation of liposuction, removes precise lines of fat to reveal the patient's natural muscle tone. It is performed under either local or general anesthesia and can be performed as an outpatient procedure. The best candidate for abdominal etching is someone who already has well-toned underlying abdominal muscles which can be emphasized by the etching procedure. Good candidates also include patients who have previously undergone abdominoplasty or liposuction and want to achieve a more fit, chiseled look. Men considering abdominal etching surgery should follow a healthy lifestyle of proper diet and exercise as the longevity of the results depend on it.

For those unsure of what abdominoplasty and liposuction entails, read on.



THE TUMMY TUCK

A tummy tuck or abdominoplasty surgically removes excess fat and skin and tightens muscles in the abdominal wall to create a flat stomach. This is a major surgical procedure, which involves cutting the abdomen from hipbone to hipbone, and results in a significant scar. Following the procedure, you will have to severely limit strenuous activity for at least six weeks and may need to take a month off of work to recover properly.

Liposuction (Lipo) is a fat removal procedure performed under either local or general anesthesia and patients can resume their normal activities the following day. During the procedure a cannula (thin tube) is inserted through small incisions in the skin to loosen excess fat beneath the skin. The fat is then suctioned out. The incisions leave small (an eighth to a quarter inch long) scars that fade and are barely visible after a year or so.

Abdominal etching is a procedure that may result in some bruising, swelling, redness and minor pain. As with any invasive procedure, there is a risk of infection, and it may require some downtime for recovery.

THE SIX PACK

Today, society pressures men to have perfect Ken-doll bodies — rippled with bulging muscles, flat stomachs, and handsome faces. Men falling outside this standard often suffer reduced self-esteem and flagging confidence. Fortunately, today's technological advances in aesthetics can help. Now, men can enjoy the ultimate in abdominal appearance without surgery thanks to the EmSculpt™ by BTL Aesthetics.

The recently introduced EmSculpt™ is a powerful magnetic pulse device for non-invasively tightening and firming abdominal muscles and helping to trim fat. This revolutionary device creates a pulse magnetic field that causes firm abdominal muscle contractions—much like doing stomach crunches. It utilizes

a scientifically developed computer algorithm that defines the range of magnetic pulses, creating an optimal mix of varying strength muscle contractions to firm and tighten the abdominal area. The EmSculpt treatment regimen consists of a total of four thirty-minute treatments completed over a two-week period. Non-invasive abdominal etching requires no recovery time, so no one need know your great abs are not the result of hours of sweaty workouts at the gym.

The result is not only an improved appearance, but also increased self-confidence. If a man's self-esteem is raised, his personal and work lives are more likely to see a higher degree of success also. Confidence helps people become more popular and successful in many aspects of their lives. In today's highly competitive world, having confidence is more important than ever.

The ideal candidate for abdominal etching is the man that already follows a healthy lifestyle of exercise and good nutrition. This is not a quick fix for the obese, but rather for those who have tried their hardest to achieve their dream body but just can't quite achieve a washboard stomach or six pack no matter how many crunches they do.

Enjoy the body you've always wanted but never thought possible! ■



Get Those BRIGHT EYES

Most women want to look like the models in magazines or actresses on television. They all have wide, bright eyes, pouty lips, and symmetrical features. Most people have symmetrical features and pouty lips can be easily obtained through injections. However, what about wide, bright eyes? No woman looks the same, so not all women have large eyes. Some may have their eyes sunken deeper into eye sockets, drooping eyelids, and those tell-tale bags under their eyes. As one old saying goes, a real woman can attract a man with her eyes alone. She can flirt with him with those orbs and leave him spellbound.



BLEPHAROPLASTY

Women with drooping brows, fatty lids, and bags under their eyes may feel that their eyes are too weighed down to be considered desirable and attention-grabbing. Luckily, there is a way for women with these qualms to flirt their bright eyes to the point that they win a suitor's heart. It is called a blepharoplasty.

A blepharoplasty is a surgical procedure that may remove extra tissue around the eyes to make those peepers pop in a way makeup alone cannot. With this procedure, all women can flutter their eyelashes and show off the big doe eyes they crave. Some people are also born with what is called a "single eyelid". This is a stereotype of Asian individuals. To fix this, an Asian blepharoplasty is formed to create a crease that is common in other ethnicities.

However, some women may be born with bright, round eyes and know how to work them as teenagers and throughout young adulthood. As we age, elastin and collagen are not as abundant and the skin starts to sag. What was once smooth and supple may become wrinkled, flabby and hang

unattractively. This includes the eyelids. The lower lid can become darker and droop to make the person appear exhausted and maybe even unapproachable. The upper lid can appear heavy as it covers the once youthful eyes like a veil. Since the eyes are the windows to the soul, it is important that they can be seen to show a person's true inner beauty. However, age can hide these magnificent features or cause them to lose appeal. A blepharoplasty can assist people experiencing this dilemma.

BEST CANDIDATES

People who are best fit for this surgery are those who are at least 35 or those whose eyes are affected by genetic traits. People with troubling illnesses, such as cardiovascular disease and diabetes may not be able to receive the procedure, for fear that injury or even death could be the result. As usual, participants should be emotionally stable, physically stable, and knowledgeable about what they are getting into.

This procedure can be completed with incisions on top of the eye, in the corner of the eye, or below the eye. Fatty tissue, skin, and muscle are then separated so that the unwanted tissue can be removed to open the eyes a little wider. Since this is a quick, minor procedure, most are placed under local anesthesia, so they go



through the procedure with minimal pain. Since it is a minor surgery, assuming there are no complications, patients recover quickly and return home within hours after the procedure.

Typically, the surgery has minimal complications. There will be some pain and swelling that could require medication and a cold compress. There may be some burning and itching that could require eye drops, but if there appears to be swelling your physician should be consulted. There is also a risk that it could be difficult to close your eyes after surgery. Make sure you discuss any side effects with your doctor. Also, discuss the potential risks before the surgery to see if you feel the procedure is still worth it. We all know that sometimes the treatment has more side effects than the problem, this one is no different.

After the procedure, you will be required to follow-up with your doctor to view progress, healing, and remove stitches, if necessary. Your doctor will also instruct you on how to properly clean your eyes, how often to use a cold compress, what medications can be taken for pain, and what drops may be required to assist with healing.

Make sure your doctor has good ratings and the appropriate credentials. No one wants a chop job on their face. Also, make sure you consult your general physician and be truthful about any pre-existing conditions you may be experiencing. Lastly, be prepared for the surgery. Make sure you have someone to be your chauffer, take off work for appropriate healing, and have the necessary supplies to help yourself heal better and faster. If done right, a blepharoplasty can be beneficial for many people and produce bright, youthful eyes that show your bright youthful soul. ☺



PASSIONATE CREATIVE COMPREHENSIVE

Get to Know

Dr. E. JEFFREY DONNER

Passionate, Creative, and Comprehensive...

These are the words used to describe Dr. Jeffrey Donner of Colorado Spine Institute.

Passionate: Dr. Donner is driven by his desire to help eliminate pain and give his patients their lives and mobility back. **Creative:** This talented orthopedic and spinal surgeon holds over two dozen U.S. Patents on medical devices he designed. **Comprehensive:** Although he is a noted surgeon, Dr. Donner evaluates his patients to determine whether less invasive, non-surgical solutions will resolve his patients' problems before pursuing a surgical option. A proponent of regenerative medicine, Dr. Donner is on the leading edge using such innovative treatments as PRP (platelet rich plasma) and stem cell technology.

Dr. Donner received his medical degree from Temple University School of Medicine in Pennsylvania; and has over 25 years of experience in Orthopedic Surgery and in the more specialized area of Spinal Surgery. He is dual board certified in both Orthopedic Surgery and Spinal Surgery and Fellowship trained in Spinal surgery. He specializes in the diagnosis and treatment of pain involving the entire spine, the cervical, thoracic, lumbar, and sacroiliac area as well as all extremities and joints. In addition to being a sought-after speaker at national and international spinal symposiums, he is the author of several scientific journal articles and a number of textbook chapters on a variety of spinal issues.

Recently, Body to Love Magazine spoke with Dr. Jeffrey Donner about the world of orthopedic and spinal surgery today.



E. JEFFREY DONNER, MD

BTL MAGAZINE: Dr. Donner, what sets you and the Colorado Spine Institute apart in the field of orthopedic and spinal medicine?

DR. DONNER: I am a comprehensive clinician, meaning, I don't just perform surgery. At the Colorado Spine Institute, we utilize a range of modalities to help our patients. Whenever possible, we will use less invasive, non-surgical options. We are involved in a large number of clinical trials, and have developed many medical devices that help our patients. We work very hard to help people by eliminating their pain so they can enjoy their lives.

BTL: What changes have you seen in your field in the last few years?

DR. DONNER: Until recently, spinal surgery was shrouded in mystery. It was not as well understood as other types of surgery. Fortunately, that has changed, as has the technology. Spinal surgery is now a very high technology arena and we have many more ways to help severely injured patients.

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For additional information about Dr. E. Jeffrey Donner and the Colorado Spine Institute, including details about their various services and procedures, please visit: www.colospine.com

BTL: What do you love most about your profession?

DR. DONNER: I am passionate about helping people and eliminating their pain. That's what gets me out of bed in the morning. I enjoy solving the difficult problems that cause the pain and finding creative ways to correct them. This has led me to develop some revolutionary new medical devices which has helped advance our ability to help patients; to advance the field of orthopedics.

BTL: What new services are you excited to offer?

DR. DONNER: At the Colorado Spine Institute, we are very excited about regenerative medicine and non-surgical solutions to spinal problems. We're currently using stem cell technology to treat patients as well as PRP to help patients heal more quickly. Recently, we added a new energy-based device to our facility, the BTL EmSculpt™. We believe that by using the EmSculpt to rebuild the body's core muscle strength, it will help reduce spinal problems and pain.

The BTL EmSculpt™ is a non-invasive body-contouring device developed by BTL Aesthetics, that uses powerful magnetic energy pulses to non-invasively tighten and firm muscles and reduce fat with very impressive results. It stimulates the muscles by releasing high intensity focused electromagnetic energy, which triggers muscle contractions in the targeted area. These contractions are considerably more effective than doing a series of crunch or plank exercises. By using a mathematical algorithm, the E-Sculpt creates almost 20,000 pulses of varying strengths and durations in a single session.

Studies have shown that a protocol of two treatments a week for two weeks, a total of four 30-minute treatments, produced an approximate increase in muscle thickness of nearly 15%, and an approximate decrease in abdominal wall fat of 20%. Patients have seen remarkable improvement in their shape and core muscle strength with EmSculpt.

BTL: Dr. Donner, how would you summarize your professional philosophy and that of the Colorado Spine Institute?

DR. DONNER: My philosophy is to help every patient as well as I can, to do my best to solve the tough problems affecting them. At the Colorado Spine Institute, we have an outstanding team of professionals. They are highly skilled, extremely caring, and very passionate about helping our patients. We look for solutions, not just what kind of surgery we can perform. We pride ourselves on doing what makes the best sense for the patient, to ease their pain and address their issues. We also keep their budget in mind and present them with as many options as possible. Our mission is to help each patient as effectively and as cost consciously for them as possible. We utilize a regenerative medicine focus in addition to performing surgery if necessary. We simply want our patients to have the best, pain-free lives possible.



The Colorado Spine Institute

MALE FACELIFT

GROWING IN POPULARITY



Though most of society focuses on women's struggles with societal views, men face similar dilemmas. While women are supposed to be young, dainty, and gorgeous, men are supposed to be strong, serious and have masculine features.

As men age, they become less strong, lose their libido and go through their own sort of crisis. They start feeling in competition with younger men, just as women do with younger women. So, they even dye their hair in order to chase away the gray or they maintain a sophisticated salt and pepper look. As time goes on, it becomes more and more important for the older generation to continue to be attractive, so men have started resorting to plastic surgery procedures as well.

Throughout history it has always been known that women have to be constantly gorgeous. From the beginning of time there have been findings of different types of makeup and dress outfits that are used to dress someone up, typically women, to attract a man; an expectation which remains to this day.



Women were always supposed to be desirable and socially acceptable in order to attract and keep the attention of a man. In modern times, this ideology extends far beyond the dating realm. In their pursuit of ultimate beauty, women go to great lengths to manifest their absolute aesthetic appearance. For example, many women buy expensive beauty products, makeup, clothes, and even surgical procedures all in the name of beauty. This gave way to multiple procedures like the facelift, to keep women looking young and desirable.

THE MALE RATIONALE

A lesser-known fact is that men suffer similar issues. One procedure gaining popularity is the male facelift. Men want facelifts for similar reasons as women. But instead of the social expectations of beauty beholden to women, men choose the facelift to chase away the signs of aging that can hint at weakness. Men

want to get rid of wrinkles, tighten their necks and faces, and rejuvenate their faces in order to appear strong, virile and powerful. Additionally, aging men still want to be desired by women. They also want to maintain their competitive edge in the work force. Though employers want people with experience they do not necessarily want an elderly staff. Older people are perceived to be fragile, weak and slow. The male facelift can restore the confidence that aging may have started to erode. No one wants to feel old, undesirable, or weak, men included.

However, since this procedure is becoming more popular, practitioners are finding differences between the two surgeries. The surgeries are generally the same in technique, but the two genders vary greatly in their skin type and genetic make-up. Men typically have thicker skin. This will invariably lead to longer healing times. Also, men tend to bleed more than women, so additional precautions need to be taken to protect

male patients before, during, and after the procedure.

If the patient follows the surgeon's specific directions, there will be a lower incident of complications. Another difference between the two sexes when it comes to a facelift is that men have more hair follicles than women. This does not affect the procedure itself, or the healing process, but it may create a need for a new shaving technique. Since a facelift tightens the skin of the face by pulling the skin and hairline together, the hair follicles may be moved up on the face, which will change the pattern the man used to use to shave.

Lastly, since men have different hairlines and facial structures, the incisions must be carefully placed. On women, the incisions are hidden right under the chin, near the ear, or in the hairline. But, men's hairlines recede, their cheeks are more rounded, and their chins are more prominent. There may be fewer spots for inconspicuous incisions on a man. However, the

procedure itself is the same in technique and can provide the same benefits. Tighter, more youthful skin on the face means more confidence and more favorable reactions from peers.

Before, men who were self-conscious about themselves felt that they were isolated and were meant to be alone and suffer. Once a man reached a certain age, it was decided that he would become less attractive in the business world and romantic world. This line of thinking often led to feelings of anxiety, depression, and low self-esteem. Fortunately, it has become more acceptable for men to face their insecurities and actively seek out ways of fixing the issues instead of simply tucking them away.

The facelift is merely one example of ways men are becoming proactive in addressing their fears and insecurities associated with aging. And if the aesthetic boost has the added benefit of a boost to a man's self-esteem, then this procedure is indeed money well spent. **EM**



Reshape Your Body

BODY FAT TRANSFERS

A procedure that has been around for ages, but is gaining popularity, is the body fat transfer. For years, people have had body parts transferred from one area to another if it could be. For example, skin grafts have been used to repair areas where the skin has been so badly damaged that the skin will never grow back. Ligaments have also been moved to a different part of the body than where they originated in order to replace worn or broken ligaments. Fat has been used to do the same thing. Some people have fat injected into their faces to make themselves look younger or have fat used to enhance body parts that they wish were bigger.

This procedure can be very beneficial for multiple reasons. One reason is that a fat transfer is a natural way to achieve the desired look. Prosthetics, creams, and other treatments can be expensive, the fat transfer is one procedure that can be done naturally which will give a natural appearance. Another reason fat transfer is a useful procedure is there is less of a chance for the transfer to become infected or be rejected. Other people's donations or prosthetics can cause the body to reject the implant, which may cause complications.

Though exercise and diet can help many people lose the weight they want in places and enhance others, this may not help everyone. Fat transfers can be good for people who do not see the results of exercise and dieting regardless of how hard they work. Some people are in a lifestyle where exercise and diet can be very hard if not impossible. This procedure is great for people who need breast implants or would benefit emotionally from having a certain body part accentuated. However, this procedure should only be done on those who are healthy both physically and emotionally. Make sure you consult with your doctor before you decide to follow through with this procedure.



MINIMALLY INVASIVE

The best part about this procedure is that it is minimally invasive. Most procedures can be very painful and must be

done under anesthesia. However, this procedure can be done under "twilight sleep", which is when the person is only partly asleep and not completely knocked out. First, the areas where the fat is

coming from and where it is heading to are cleaned and sanitized to prevent infection. Next, the fat is taken from the donor body part before it goes through a spinning process and then is carefully injected into its new home. In order

to assure that the fat stays where it is wanted, the doctor typically injects more than is needed. This is because it takes days for the fat cells to actually settle and before that happens, many of them dissolve in the body. The procedure is generally quick and smooth and provides the person with the smooth, youthful, healthy appearance they are looking for.

RECOVERY PERIOD

Though this procedure is minimally invasive, it still requires a recovery period. As with all procedures involving anesthesia, the fat transfer procedure requires that the individual has someone drive them home after the surgery. Also, it is recommended that the individual engages in only light physical activity for two to three weeks following treatment, which may mean taking off work for some

of the time. Like all medical procedures, the individual will need to allow their body to heal so that there are no complications, such as infection. Also, while the bandages are still on, which tends to be a few days, the individual should not shower or get the treatment area wet. After the procedure, the individual may experience redness, swelling, bruising, and discomfort. Ice and creams can be useful to provide relief from the swelling, redness and bruising. The discomfort or pain can be monitored by the doctor and pain pills may even be prescribed if needed. However, over-the-counter medications, like Ibuprofen or Tylenol may also be used to reduce pain and swelling if the person can tolerate them.

Like all medical procedures, there are risks that must be acknowledged and monitored. Though severe complications are rare, minor complications include swelling, bruising, pain and scarring. There can also be excessive bleeding, an uneven appearance or feel to the area, and infection. Any abnormal condition must be noted by the doctor in order to watch for warning signs of a complication. Complications are usually rectified.

Though this procedure is very popular, an individual must consider his or her own needs and desires before going through with the procedure. The positives, risks, and recovery must all be kept in mind before making a decision and a knowledgeable doctor must be chosen. If all goes right, this procedure may increase an individual's self-esteem and image. ➤



COMBINING AESTHETIC PROCEDURES

One Fee, One Recovery

In a world full of an ideal beauty, people strive to fit in. They buy the newest appliances, the hottest clothes, and go on the trendiest diets in order to be a part of the "beautiful popular crowd". Some lucky few are able to achieve the results they want on their own, whether it is due to genetics, knowing the right people, or through a lot of hard work. However, many will never have their ideal bodies or looks and are tempted to be satisfied with the newest technologies that come out or the "in" clothes. Unfortunately, things can only brighten your mood for so long and do little to nothing to raise your self-esteem and confidence. Luckily, plastic surgery contains many options that can help you achieve your dream look.

Everyone knows there are countless procedures that can be done to enhance the human body. The techniques in plastic surgery range from injections, to laser procedures, to simple procedures, to full sculpting surgeries. However, to get everything you want perfect with individual procedures can take months or more time. Some of the injections, treatments, or lasers alone can take a few sessions to get the desired results. Affording multiple procedures may require financial planning. Luckily, there

are now packages that can help the patient get the full look desired in as little time as possible and even help them save some money.

SKIN CARE

One example of a type of package that can be pursued is a skin care package. This package can consist of facials, laser treatments, skin regimens, and other skin enhancing treatments to help clear and tighten the skin. These treatments may work well for acne, wrinkles, and skin damage.



INJECTABLES

Another example is using multiple injectable products to achieve the ideal face. Some people will use Botox-like products to firm the facial features and enhance features, while using another form of injectable to create volume in a sunken area or skin fold. There are even cases where injectable products are used to enhance or maintain the effects

of a facelift, or are used along with skin-care treatments to have smooth, gorgeous, youthful skin.

FACELIFT/NECKLIFT

A very noticeable place where skin tends to hang is the neck and face. Throughout life, we always have our heads held high to reveal the most flattering view. A view that does not include a double chin or a turkey waddle made of extra skin. However, there are ways to get rid of this unflattering sight.

One way people hide their extra skin is with clothing and makeup. If a woman has a lot of wrinkles she may wear foundation and powder to make her skin look smooth, soft, and younger. To hide the skin hanging off her neck she may wear a scarf, turtleneck, or any other form of clothing that will cover the extra skin.

However, eventually, people get tired of putting on makeup and wearing these types of clothes. It gets especially difficult in the summer when everyone is sweating and wearing less clothing. They may also be tired of seeing their age every time they look in the mirror. It is very important to love your reflection and be sexy to yourself, which may not be possible if you have wrinkles and a turkey waddle. Luckily, there are other options.



Many women try expensive creams, peels, or lasers to make their skin less flawed and shine with the beauty of youth. Eventually the creams will not help. Once the less invasive options stop working, women start turning towards more dramatic measures. Many women choose injectables to fill in skin folds and depressions. Injecting the various materials will make the skin taught and appear youthful, soft, and even natural. Many people get injectables and the results are not very noticeable. However, these materials may become necessary more frequently and more may be required to achieve the same effect. But there are many signs of aging that respond best to a face and necklift. A facelift is a procedure that is used to pull the skin of the face up towards the scalp. Extra skin is removed to leave a tight, smooth, well-rested look that reduces the signs of aging. This procedure is very common and effective if done by a talented surgeon.

If the neck is more of an issue than the face, some women will get a necklift. During this procedure, the skin on the neck is pulled tightly under the chin. This will eliminate the uncomfortable waddle and leave a beautiful, smooth neck that resembles that of a younger woman and is extremely touchable.

However, some women have issues



with both. A procedure that would help with both issues with

minimal invasion is a facelift necklift combination. This surgery pulls all the skin on the face and neck up in one appointment. The recipient will have both goals completed at the same time to achieve the look he or she craves. Hitting two birds with one stone.

MOMMY MAKEOVER

A common example of combining treatment options is seen with the mommy makeover. Many women lose their "sexy" bodies when they have kids. They look at pictures and crave the body they had in their youth or even envy others for what they feel they have been deprived. Therefore, they decide to get a mommy makeover. This treatment is a customized plan to have the woman feeling sexy, young, and toned. Depending on the woman, mommy makeovers can include filler and skin treatments, tummy tuck, breast augmentation, liposuction, and fat transfer. Then, the surgeon can even use energy-based treatments to help the body heal quicker and more effectively, reducing risks.

So where does this save you money? When you purchase your customized bundle of treatments that require anesthesia, you will only have to pay one

anesthesia fee and one facility fee. Plus, you will only have one recovery.

Too good to be true? Well, like most things that appear to be too amazing to not be a dream, these combination practices do have a few draw backs. One of these is there could be more risk factors that need to be monitored. Since more body parts are being worked on, there is higher risk of infection and stress. Also, these procedures may be done at the same time, but they can require a longer recovery time and more monitoring than if one procedure had been done at a time. Some combination procedures are even done in a hospital setting where the patient can be monitored overnight for any complications. Plus, since you are under anesthesia longer than normal, there could be risks associated with being under anesthesia for that long period of time.

So, if the benefits out weigh the risks, then combination procedures could be a great choice for you. You could hit two or more birds with one stone while saving money in the process. If this sounds like the best option for you, then meet with a well-known plastic surgeon to decide which treatments would help you achieve your dream looks and how they could be combined to give you the best bang for your buck. ☺

Male **BREAST REDUCTION**

Women are not the only clientele in the plastic surgery realm. The number of men purchasing and going through with procedures is rising over the years as plastic surgery becomes more mainstream.



➤ Physical appearance is an important contribution to self-esteem and quality of life to most people. We all know that many American women participate in body modifications through plastic surgery. Many women are not fully happy unless they are society's version of pretty. You know, Megan Fox pretty eyes, Angelina Jolie full, pouty lips, Jennifer Lopez voluptuous figure, and to mention the perfect breasts that are perky and a little larger than a handful. Some women believe that if they have the attributes that are deemed desirable, they will be gorgeous and have a high self-esteem. It is known that high self-esteem leads to a higher quality of life. If you feel confidently about yourself, not only will you like

are known to get rid of acne and unwanted hair, but, like women, have their own standards to meet that may require more invasive procedures. Men are expected to be tall, strong, and muscular, kind of like John Cena. If they aren't, they are expected to have flat features, especially chests. Unfortunately, some men are genetically predisposed or through weight gain, accrue adipose tissue in the chest area. This condition is known as gynecomastia. Regardless of the reason, these men tend to experience low self-esteem and may even feel emasculated by what may be deemed as a feminine trait. To solve this problem, many men get breast reduction surgery.

complications. Also, those who are generally not healthy and have a lowered immune system will be less likely to fight off infection. Another requirement is that the male client be older. This is due to the fact that breast development is complete at adult age. Hormones and even some medications can increase the effects of the disorder. So, these must be monitored as well. Otherwise, getting the surgery will be pointless because, even after the surgery, the breasts will continue to grow and more reductions will be required to maintain the results. Finally, if the gynecomastia is due to weight gain, the procedure should not be performed unless the client has lost weight.

which could lead to a negative appearance or worse. Next, there will be a consultation. Here is where the physician will complete a physical examination of the patient and determine what specific results the client desires. Then, the procedure will be scheduled and the physician will provide a specific list of instructions. This will include, like most procedures requiring anesthetics, orders to stop eating or drinking after midnight and what medications should be taken, increased, decreased, or stopped completely prior to the surgery.

The day of the surgery is when the magic takes place. Typically, the surgery is not very long and is either simple with localized anesthetic or the patient is put completely under for more intrusive procedures. For men with a mild case of gynecomastia, a scalpel will be used to simply remove the breast tissue, then the incision site will be sewn up. However, for cases where there is more adipose tissue and excess skin, the patient may need to be put under. In these cases, a tube may be inserted and fat sucked out through liposuction then the excess skin would be removed before finally closing the incision site. With a talented physician, this process can be simple and provide the desired results.

After the surgery, the client must be driven home and must rest. The amount of downtime required depends on the surgery, but a follow up and the appropriate cleaning techniques are always required. This will prevent infection and negative outcomes. If you are emasculated by male breasts, now is the time to remove them with the help of a skilled surgeon. [👉](#)

you, but others will like you more. People are drawn to confident people. Also, the better you feel, the greater you will perform, which will promote success. So, plastic surgery sometimes fixes the traits that women are ashamed of, giving them self-esteem, success, and a better quality of life.

Women are not the only clientele in the plastic surgery realm. The number of men purchasing and going through with procedures is rising over the years as plastic surgery becomes more mainstream. Many men

PHYSICAL CONSIDERATIONS

To participate in the surgery that treats gynecomastia, the male must meet a few standards. First off, the male client must be moderately healthy. As with all surgeries, if someone is not healthy, a wide variety of complications may occur. For example, anesthesia, which is used in most surgeries to sedate the patient, may cause complications for those with cardiac issues. So, be open with your physician. Your physician may take precautions to reduce the risk of

Otherwise, weight gain can continue to occur in the chest area, and, again, require more procedures to maintain the results.

Once the male is a candidate for the procedure, the preparation for the process is as important as the process itself. The first step is to find a trustworthy surgeon to perform the procedure. He or she will be able to verify if the client is eligible for the procedure. Also, without trust or the skill or knowledge required, the surgery may be botched,

The Wedding Makeover

One of the most important moments in a woman's life is her wedding day. As children, most girls fantasize about their weddings, the white flowers, the handsome groom waiting at the end of the aisle, their dress, and most importantly, their beauty. All brides want to feel beautiful on their special day, a positive experience that the woman can

look back on and smile. All eyes will be on her, so in order for the day that will change her life forever to be perfect, her appearance must be gorgeously flawless. Many hours and a lot of money go into the preparation for this day. It is expected that women pay for professionals to do their hair, makeup, nails, and even decorate. No expense can be spared to make this day perfect.

If a woman is not satisfied with

the preparations that are made, she has another option as far as her looks go. Just like a woman can revitalize herself after giving birth with the mommy makeover, she can rejuvenate her look and become the gorgeous bride she always dreamed she would become. This makeover consists of various treatments and surgeries that can enhance a woman's look in a way makeup alone cannot.

PEELS, LASERS

Among the least invasive procedures are peels, lasers, and light treatments. There are many different peels that allow the woman's skin to exfoliate, leaving a fresh, smooth, flawless layer. These can be given to reduce wrinkles, acne, marks, and other imperfections that could take away from the beauty of the bride. Lasers allow for the same effect by zapping away imperfections. There are even specialized lights that can cause different effects to enhance the woman's beauty in a similar fashion. Lasers may also be used to remove unwanted body hair.

INJECTABLES

Another set of treatments that can be performed to increase the soon-to-be bride's confidence are injectables. This is where a needle is placed under the skin and a substance is injected to fill unwanted space. Some injectables tighten the skin to reduce wrinkles and noticeable sagging. Others are used to enhance certain features and make them appear bigger. One example, is a woman's lips. Many women choose injectables in order to create fuller lips to achieve the desired pouty look. Regardless of the feature, injectables can be used to enhance the feature or make the skin appear smooth and supple.

TUMMY TUCK

However, some women are not satisfied with these techniques and require more invasive procedures, like surgeries. One such surgery that is common before a wedding is a tummy tuck. If a woman has sagging skin or extra fat, it can be removed to reveal a smooth, gorgeous stomach. Who doesn't want to have an irresistible bikini body for their honeymoon? Liposuction can also be performed in order to enhance the bride's physique. During this procedure, excess fat is sucked out of the body. This tissue is either discarded or put in another area of the body. For example, some women get Brazilian butt lifts. This is where the fat tissue is taken from an unflattering area, like the stomach, and placed into the buttocks to provide a curvier appearance. Some women may also choose some form of lift. During these surgeries, sagging

skin is tightened. As people age, the skin becomes less supple and begins to sag due to loss of collagen and elastin fibers in the skin. In order to defy gravity and aging, the drooping, unflattering, excess skin can be removed to leave behind a smooth, beautiful appearance of any part of the body.

Many women dream about their wedding day from the time they are little girls and learn what marriage is. They expect the gorgeous venue, the flower filled aisle, the handsome groom beaming with pride at his gorgeous bride, the intricate white wedding dress that identifies a bride, and the gorgeous appearance that outshines the beauty of the event. All eyes will be on the bride and she must feel confident in her looks in order to enjoy this special ceremony. Makeup, professional hair styles, an expensive dress, and a fresh manicure can also help achieve this goal. However, some women require more to make this day extra special. Some women get a wedding makeover so that she appears to be a beautiful, young, blushing bride with whom everyone is in awe. They can choose less invasive procedures, like lasers, peels, light treatments, and injectables to assist in enhancing their natural beauty. These can remove imperfections, leave behind a smooth complexion, fix sagging features, enhance lacking features, and remove unwanted hair. The bride-to-be can even go a step further and remove sagging skin or extra fat through surgical procedures. Every woman's wedding must be extra special, and this can only be done if she feels and looks her best. In fact, many people attending a wedding may opt for enhancements! In any case, the season is ripe for enhancements now. ➔



HAPPY HEART HAPPY LIFE

Everyone has a heart and as you know this is the most important organ of the body. Your heart pumps blood to all parts of the body so it can work and keep you alive and functioning. If your heart is in poor health, this can lead to the inability to function properly and even death. In order to keep your life happy and healthy, it is important to take care of your heart. Following are some tips that will keep your heart smiling and working its hardest.



1. EXERCISE >>

Many people don't like it, but it is important to exercise even if only a small amount daily. Exercise not only makes you strong and helps with weight loss, it also helps to exercise your heart. If your heart is nice and strong, it will be able to pump as hard as it needs to and keep working properly. Exercising will also increase the blood flow and oxygen in the body to prevent the heart from overworking. It will also allow your body to get the nutrients and oxygen it needs. Everyone says exercise is important, but no one can stress enough just how important exercise is and the impact it has on your life.



2. KEEP WATCH OVER THE FUNCTIONING OF YOUR CIRCULATORY SYSTEM

Make sure you regularly monitor your blood pressure and pulse to ensure that your heart is working at the level it's supposed to. If it is working too much or too little, the heart could eventually stop working altogether. Also, make sure to get EKGs and cardiograms when recommended by your physician. This means going to annual check-ups and following the doctor's orders. These advanced tests could tell you if you have issues with your heart. If your heart is not working as it should, you could be prescribed medication, be given techniques to increase the productivity of your heart, and even have surgery if it is required. No one is happy when they are sick, this includes your heart. Make sure it is healthy to ensure you are healthy.



3. MAINTAIN A HEALTHY DIET

Let's face it, what's bad for us tastes better than what's good for us. Chocolate is better than an apple and French fries are better than a salad. Unfortunately, our taste buds are traitors and are setting us up to fail. If we constantly eat junk food, eventually our arteries could become clogged with bad cholesterol and fat could form around the heart. This can make the heart work too hard and could lead to death. However, this does not mean you can't eat junk food. Just make sure everything is in moderation and you are getting the nutrients you need to stay healthy. Crushing the heart and making it work too hard will not make it happy, just as it wouldn't make any of us happy.

4. QUIT SMOKING

Everyone knows smoking is bad for your lungs and could eventually lead to cancer. But, few realize that smoking can have negative consequences on the rest of your body as well. Smokers are at greater risk for heart attacks and strokes. Regardless how old you are, if you quit now, you will significantly lessen your chances of these possibly fatal conditions.

5. STAY AT A HEALTHY WEIGHT >>

This goes both ways. If you are overweight, your heart could be crushed and could receive less blood and oxygen if blocked by cholesterol. If you are underweight, your body is most likely not getting the nutrients it needs to keep working. So, if the rest of your body is shutting down, your heart will too. If it has nothing to pump, the heart can't work and will eventually stop. Make sure you are taking in adequate calories while making sure your diet is wholesome and healthy.

Exercise to keep off extra weight and keep your heart happily pumping. Keep your weight at a healthy number for your sex, size, and age to keep your heart at optimal health.

Everyone knows heart health is very important. A blow to the heart typically means instant death because blood and oxygen cannot be transmitted all over the body. To keep your heart healthy, which will keep your body running as it should, and ultimately keep you happy and healthy, you must monitor the heart and follow suggestions, stay at a healthy weight, eat healthy foods, exercise and stop smoking, if you haven't already. To live your life to the fullest and be happy, you have to be alive with a properly functioning heart. ☺



5 HEALTHY SNACKS

When you search the internet for "healthy snacks," you might be surprised by the results you get. The majority of sources of course reveal companies trying to sell their own products. Just saying their snacks are healthy obviously works for them, but few if any made my list of healthy snacks. Fact is, most sources are extremely confused about health and snacks. Most dwell on the low fat choices. It would seem we still do not yet fully comprehend the concept of

healthy versus low calorie or low fat. So, let's check out the top 5 healthy snacks and learn why.

The list below is not in any particular order of one being better than another. In reality, you are best switching up your snack choices in order to provide variety to your diet, as well as limit the amount of one food over another. Nonetheless, these snack choices are based on convenience. They are there to prevent you snacking on bad things.



#1 NUTS

Eating nuts has been associated with plenty of health benefits, from increased cognitive function, as well as keeping your heart healthy. Now, scientists have added more benefits to that list: People who eat a lot of nuts might have a lower risk of mortality and developing chronic diseases, including respiratory disease, neurodegenerative disease, diabetes, cancer, and heart disease, according to a study published in the *International Journal of Epidemiology*.

In the study, researchers examined data from the Netherlands Cohort Study, which included information about 120,000 Dutch 55- to 69-year-old men and women from 1986 to the present day. Among other markers they measured nut intake by asking about portion size and the frequency at which the participants ate tree nuts, peanuts, and peanut butter. What they found was remarkable. There were substantially lower mortality rates in those who ate a handful of nuts every day (about 15 grams).

The nuts they ate were mostly peanuts, but before you dive for that peanut butter you should understand that the researchers found no improvement among people who ate peanut butter, which

typically contains non-healthy additives like salt and vegetable oils. But in those who ate peanuts, their mortality risk was lowered.

It's been known for some time that nuts – which are rich in essential nutrients like fiber, protein, minerals, monounsaturated and polyunsaturated fatty acids, and antioxidants – have plenty of health benefits. One 2010 study notes that "by virtue of their unique composition, nuts are likely to beneficially impact health outcomes. Epidemiologic studies have associated nut consumption with a reduced incidence of coronary heart disease and gallstones in both genders and diabetes in women. Studies also consistently show that nut intake has a cholesterol-lowering effect. But the new study is really the first to show that those benefits are so wide-ranging and encompassing – and can extend past heart health and helping people manage weight/diabetes, especially if the individual substitutes their unhealthy snacks for better choices.

Nuts like cashews and almonds make for a crunchy way to add more protein and healthy unsaturated fats to your diet. Almonds and other nuts are a naturally high source of vitamin E, calcium, magnesium, copper, and potassium and are rich in protein and fiber.

Nuts pack about 6 grams of protein per 2-ounce serving, with only 4 grams of carbs per ounce. Walnuts can help you snack your way through a low-carb diet, not to mention their lofty levels of mega-healthy omega-3 fatty acids. When purchasing nuts, opt for salt-free to keep your sodium intake in check (or mix the salt free with salted) and try to limit peanuts due to their higher risk of mold.

#2 HARD-BOILED EGGS

Not just for breakfast, these smooth white orbs possess an abundance of branched chain amino acids, which are the most anabolic amino acids in the body. This makes the humble egg a muscle-preserving power snack that can be eaten anywhere. Boil up a carton's worth of inexpensive eggs and stash them in your office fridge for vending times when you feel tempted by the machine. They are a wise snack choice.



Fact is eggs are extremely nutritious. A whole egg contains all the nutrients required to turn a single cell into a baby chicken, so that means everything in it is

available to help keep you and make you healthy. A single large boiled egg contains Vitamins A, B5, B12, B2, folate, phosphorus and selenium. Eggs also contain decent amounts of Vitamin D, Vitamin E, Vitamin K, Vitamin B6, Calcium and Zinc. An average egg is about 77 calories, 6 grams of protein and 5 grams of healthy fats.

Eggs also contain various other trace nutrients that are important for health.

Really, eggs are pretty much the perfect food. They contain a little bit of almost every nutrient we need including cholesterol. Yep, I know we have been told cholesterol is bad, but we need it to keep our cells healthy, reinforce cell membranes, make bile, absorb vitamin D and digest fat. While eggs contain about 212mg of cholesterol, it's important to keep in mind that dietary cholesterol in foods does not necessarily raise blood cholesterol levels.

#3 PLAIN GREEK YOGURT

In recent years, Greek yogurt has gone from an obscure item in the dairy

aisle to a cultured rock star. To be fair both regular plain yogurt and Greek style yogurts are healthy; however, Greek yogurt is strained extensively to remove much of the liquid whey, lactose, and sugar, giving it its thick consistency—which does give Greek yogurt an undeniable edge, as long as manufacturers do not add sugar back into it. By straining the yogurt you not only get a creamy taste but you also get something which contains twice as much protein as regular versions, supplying about 23 grams of protein in each cup serving with half the carbs. You'll also reap the rewards of gut-friendly probiotic bacteria and bone-building minerals.

Plain Greek yogurt can contain up to three times less sugar than flavored types, so try to add your own fruit to keep the sugar in check. Greek yogurt isn't the only smart choice on the dairy aisle. Traditional Icelandic yogurt, called skyr, typically has even more protein than its Mediterranean counterpart (about 15-20 grams per serving) and a praise-worthy creamy texture that is still low in sugar without compromising too much taste. Like Greek yogurt, it's made by straining away

the excess liquid, leaving behind the ultra-thick yogurt that's laced with gut-friendly probiotic bacteria.

#4 COTTAGE CHEESE

This curd-riddled cheese product is laced with casein protein, about 28 grams in a cup. Casein is a slow-digesting protein that supplies your growing muscles with a steady supply of vital amino acids. In about 100 grams of cottage cheese we find about 100 calories with 4.5 grams coming from fat, 2.6 grams from sugar and 11 grams from protein. We also find vitamin A and D, B complex, and some trace elements that include calcium, iron, magnesium, phosphorous, potassium, sodium, selenium, and zinc.

Apart from the above nutrients, cottage cheese contains potassium. Potassium acts as a fluid-balancing element in the body and is an important component in neural activities of the muscle and brain. It, along with magnesium, also relieves muscle cramps as long as adequate hydration is maintained. Intake of potassium on a regular basis prevents the risk of having a brain stroke, since it lowers blood pressure and the contraction of blood vessels.

Cottage cheese is notoriously high in sodium, but you can compare nutrition labels to find brands that contain less.

#5 AVOCADOS

Avocados are tasty, nutritious and contain a wide variety of nutrients, including 20 different vitamins and minerals. As far as snacks go, they may be the world's most perfect snack. In 3.5 ounces or 100 grams you will find vitamin K,

folate, vitamin C, potassium, vitamin B5, vitamin B6, and vitamin E. It also contains small amounts of Magnesium, Manganese, Copper, Iron, Zinc, Phosphorous, Vitamin A, B1 (Thiamine), B2 (Riboflavin) and B3 (Niacin).

With about 160 calories, 2 grams of protein and 15 grams of healthy fats, it's a winner!

Avocados also contain 9 grams of healthy carbs, 7 of those are fiber and 2 "net" carbs for energy. Avocados do not contain any cholesterol or sodium, and they are low in saturated fats. Bottom Line: Avocado is a green, pear-shaped fruit often called an "alligator pear." It is loaded with healthy fats, fiber and lots of nutrients.

So, here's your list of healthy snacks that are natural, healthy and for the most part not yet destroyed by the commercial food industry. There are three main reasons that will help remind you that eating healthy is the best choice to make for your diet. Eating healthy helps to provide the necessary nutrients that your body needs to create new cells, clean toxins, and to just function every day! That in itself should be all the convincing that you need. But here are a few other points. Eating healthy helps prevent future diseases such as diabetes and cancer, and, with exercise, helps you to maintain a healthy weight.

Bon Appetit! 🍴



THE HEALING POWER OF CRYOTHERAPY

For years, people have used ice or other methods of applying cold compression to treat headaches, swelling and to reduce pain. Cryotherapy is taking the healing process to a whole new level.



Cold has been proven to reduce swelling because it slows the body's natural immune responses to cushion the area and attempt to heal the damage by causing more pain. Also, the use of ice has been shown to decrease a fever and the damage and discomfort one can cause by lowering the body's internal temperature. It has also been proven that the shock of cold to the skin can take the mind off headaches and send the nerve endings to a different sensation.

Have you heard of heat or water therapy? These forms of therapy are where the body is fully emerged in either heat, light, or water. Heat is known to relax muscles and stimulate regrowth. Light provides a wide variety of benefits. Lights can reduce acne, remove blemishes, heal, remove infection, boost mood, improve skin tone, and a wide variety of other treatment options. Water therapy has been shown to improve strength, soothe pains, and provide relief to mental disturbances. Now,

there is such a thing as full body cryotherapy where the whole body is immersed in the cold for beneficial purposes.

One benefit of cryotherapy is to soothe arthritis pain. Many adults and even some kids are forced to struggle with the agony of inflamed joints every day of their lives. For those who have experienced this pain, they know that medication alone cannot help and eventually the heat therapy can even leave scars on their bodies from constant use. Immersing your body in the cold slows down your body's responses, and thus your brain's reactions to the various pain receptors. Your body does eventually go numb and you are relieved from the pain for a little while. It will also relax your muscles and soothe the inflammation from injury or over use. This is also seen with ice packs and creams such as Icy Hot, which are used to reduce the pain of fatigued muscles.

Allowing yourself to be in the cold will also enhance your sleep cycle. It has been proven that those who sleep in rooms with cooler temperatures fall deeper into the sleep cycle.

This not only makes you feel more well rested, but does many other wondrous things to your body. When you sleep, your body is repairing itself, hence why you sleep a lot when you are hurt or sick. Therefore, if you sleep deeper, your body will heal itself more and allow you to experience less pain and illness. Also, the rejuvenation of a good night's rest enhances your skin, hair and features to make you appear youthful and pleasant. Those who do not sleep well eventually develop more wrinkles and uneven skin tones. The healthier your body is and the more weight you can lose, if you have excess weight, adds to enhanced quality of life. Overall, sleeping in a cool environment is amazing for your health.

Another benefit of this unusual form of therapy is the evening of skin tone. As with many procedures, such as CoolSculpting®, the skin can be made flatter, tighter, and fat can even be "frozen" off. Who wouldn't want to lose a few pounds and even some baggy skin by putting up with some cold? Also, the cold can freeze off

blemishes, such as warts, zits, and even unknown, unpleasant growths.

According to those who have experienced this therapy, cryotherapy can also mediate depression and mental illness. Seriously, the chilling effect can be therapeutic on some by reducing pain and slowing down the body. Slowing the body can relax the body and force it to use its energy on survival rather than depression. Also, pain itself can cause depression, so with less pain, there can be less psychological discomfort. However, like all forms of therapy, cryotherapy is not intended for all patients and should be prescribed, or at least acknowledged, by a doctor to avoid foreseeable consequences. ☸



Trending in WELLNESS

Whether its self-esteem, intimacy or rules for life, many today are focusing on areas of improvement. Too, you don't have to be a keen observer to make an impression in your mind of the people you see based on their first impression. On the up side, motivational strategies that involve little or no downtime do exist so people can reclaim what was lost or what they never thought they had. So, let's get right down to it!

ENHANCING SELF ESTEEM

We tend to go through life evaluating ourselves and others according to a scale of worth. The idea of self-esteem is the amount of value that we consider we are worth. These values vary from person to person. We may have times in our lives that we believe we have little value even when others may feel we hold greater value. If we get into thinking negatively about ourselves or placing little value on ourselves, we may fall into low self-esteem as the result. The economic downturn, getting older, a highly competitive job market may all be reason to justify influencing our self-esteem. Perhaps, this is why so many have turned to adopting healthy habits to enhance self-esteem, including **ACTIONS** and **THOUGHTS**.



ACTIONS

- Communicate assertively.
- Set achievable realistic goals. When you achieve them, congratulate and treat yourself, and allow others to congratulate you.
- Accept compliments-say thank you and smile.
- Act like the person you want to be-play that role for long enough and you will become that person.
- Visualize positive change.
- Look after yourself by eating healthy, exercising and doing more things you enjoy.
- Stand, walk and talk confidently.
- Change your image, such as hair, clothes, makeup and cosmetic treats.
- Take up a new hobby or interest.
- Learn a new skill.
- Reward yourself for achievements and success no matter how small.
- Thank others and show your appreciation to allow others to appreciate you.
- Do things for others, such as help a friend in need. Making a contribution will help you feel better about yourself.
- If you can do something well, let others notice. When they notice your work, their opinion of you will be raised which will elevate your self-esteem.

THOUGHTS

- Pause to take a breath every now and then.
- If you have a reaction to something, determine the trigger, decipher if it is fact or opinion, determine if the reaction is not out of proportion, identify realistic important goals, remove unrealistic unimportant items from your mind,
- Keep your internal critic in check.
- Compare the worst case scenario to the best case scenario. Ask yourself, how important will this be in six months?
- If you have a negative thought, imagine a friend telling you they had this thought. Ask yourself, what would be your recommendation,
- Ask yourself, are you living in the



present, ruminating in the past or worried about the future. Remain focused on the present by creating a plan of things you can do to feel better and better.

ENHANCING INTIMACY

By enhancing intimacy with yourself and the world around you, you may leverage your self-esteem and glow with a sense of well-being. There are many ways to express intimacy. It may be socially, such as liking to belong to groups that provide activities that you love doing. It may be community activities, professional associations and may share ceremonial routines with their friends. Intellectually, intimacy may be expressed by sharing your opinions, feelings and ideas daily with others.

You may express intimacy by standing strong in your beliefs, values and actions. Emotionally you may express intimacy by sharing your feelings in a process that is not overwhelming or shallow. Physically, you may share intimacy with a partner by dancing in the house and working on the house with a "honey do" list. Recreationally, you may share in intimacy with yourself and others by going to the beach, boating, fishing, swimming, adventuring to new places, and meeting new people. Aesthetically, you may enjoy intimacy by experiencing the outdoors, theater and music. By focusing on all

of what is important to you, you can leverage intimacy. Affectionately, you and your partner may express intimacy by understanding each other's desires for affection to openly receive and give it. Sexually, your sexual expression may relate directly to the depth of your precious intimate friendship with your partner. Spiritually, you may experience oneness with each other whereby you are both silenced by each other and sometimes, tearful. To be intimate, you do not accept the standards of people around you. You set your own standards and focus on things that you excel in. After all, you are on a life journey to become a specialist at who you are. It's important to feel you are good enough, give enough, have enough, and are nice enough.

Find someone that you can share in congratulations when you accomplish something worthwhile. Put yourself first when you need to. Be expressive, if something unsettles you about another, as the circumstances occur. Communication is descriptively, not critically. Think about your most important values and act on them be it an active life, high achievement, wisdom, inner harmony or any other worthy value. The transformation of intimacy with yourself and others may just become a guiding light through passion in timelessness, inspiration in thoughts, and meditations in thoughts of sanctuary. ☸

the JUICE CLEANSE



OUR BODIES ARE FILLED WITH TOXINS!

They are in what we eat, our water, even the air we breathe. No matter what we do, we are in contact with things that are not good for us. Our bodies fight off most of the toxins with our immune system. However, this obviously does not last forever. As we age, our immune systems become weaker and as do our bodies. This process can speed up depending on our diets, if we exercise, and if we participate in negative activities like drinking, smoking, and eating too many Trans fats. Therefore, we need to take care of our bodies if we want to lead a long, healthy life. They do such a great job protecting us on the daily that we shouldn't take them for granted. Like workers, if we treat our bodies poorly they will give up on us, quit, and our corporation, in this case life, will no longer be able to sustain itself and continue. However, if we take care of our bodies, treat them right, and make them happy, they will work longer and more effectively. So, besides exercise, eating right, and monitoring our health, how can we aid our bodies in the fight for survival? Juicing is one way that we can cleanse our bodies and assist the process of keeping ourselves healthy.



Juicing is a fad. Everyone is buying those expensive blenders that grind up fruits and vegetables into a shake-like substance. Some add vitamins and minerals, others add protein among a wide variety of options. There are so many options! However, this fad is not just a popular trend, like fad diets that tend to crash and burn and may do more harm than good. This trend is actually great for your body! Not only do you get all the fruits and vegetables your body requires, along with some vitamins and minerals that may be hard in your current diet, but these shakes can help cleanse your body and remove toxins that aim to harm it.

ANTIOXIDANTS

How does juice cleanse your body? Well, the ingredients you choose to make your shake, typically raw fruits and vegetables, are filled with antioxidants. We all know that these antioxidants are good for you, but what exactly do they do? Well, they bind with toxins and drag them to the kidneys where the duo is turned to urine and escorted out of the body. Antioxidants are like little superheroes ridding your body of evil.

DETOXIFICATION

Juicing also helps with detoxification. Basically, this means flushing your system to get rid of all the negative particles that may be hiding within it. Your body fills with fluid that washes you from the inside and removes anything bad for your body in waste form, typically through urine. Having a shake full of trace minerals and drinking about 16 ounces daily, will encourage the body to flush itself and clean itself out, leaving mainly the good stuff.

GETTING STARTED

How do you jump on this fad? Well, first you have to purchase a juicer or a blender. There are many brands and types for various prices, so make sure you do your research, read reviews, talk to people, and find the right one for you. Then, you must purchase ingredients. Raw fruits and vegetables will typically make up the majority of a full glass of juice. You may choose to add vitamins, powders, milk, and even commercial shakes to get all the good stuff that you want. After, you follow the instructions on your blender,

some require the products be peeled or softened, others require liquid, make sure you don't break your new best friend. Then, once the shake is at the consistency and flavor you desire, enjoy! Unfortunately, some of these concoctions may not taste the best even though they are rich in the nutrients your body craves. If that's the case, and you can't find a way to sweeten the beverage, hold your nose and chug with big swallows.

CONSISTENCY

Another way to join the juicing bandwagon is to be consistent. Consistency is everything. If you do not commit to a healthy action or lifestyle choice, it will not actually help your body. You can't do one sit up and expect six-pack abs to magically appear. It takes time, effort, and constant exercise participation. To find a schedule that works right for you, do your research. Accept your current lifestyle and use it to your advantage. Even if you don't have the time every day to make your juice, doing it a few times a week can help as well.

Cleansing your body is just a step away. Make sure you do your research, buy quality ingredients, tilt your head back, and swallow every last drop to cleanse those evil toxins from your body. ☺



Ask THE EXPERT

Do you have questions about treatments, products or procedures?
Write to ask@BodyToLove.com.

Q: What are the top exercise tips for losing weight?

— Alexa S., Savannah, GA

A: Exercise and a healthy lifestyle of eating are the two top priorities for weight loss. After all, it's lack of thereof that are the two biggest contributors to being overweight. Here's some quick tips for exercise!

Entice yourself with some ways to challenge your reasons for not working out. Turn your dread for exercise into passion. Change up a "quitter" trend with enthusiasm. Give up not knowing how to exercise. Start to see results. Put a twist into your lack of time with motivation for exercise. All may be accomplished, as follows:

- Be realistic and set sub goals.
- See a personal trainer for a free training session and learn about your target heart rate for fitness training. Consider retaining a personal trainer for at least 12 weeks to help ensure that you see results. After all, they know how you can obtain results from your workout.
- Prevent soreness by properly warming up and stretching out before and after exercise!
- Remain in your target training heart rate during exercise (find out from a personal trainer) and exercise with a cardiovascular work out (any exercise in which one foot is off the floor) for at least 25 minutes. Use light weights for strength training.
- Make it fun! Try a ballroom dancing or another type of dance class. Explore a hiking trail or a climbing wall. Join a local sports team.
- Every six weeks, change up your routine! This will enhance the opportunity for you to prevent plateaus in your goals and boredom. 



5

GREAT WORKOUT VIDEOS

Having a workout routine is important. However, it can be difficult to find a workout option that works for you. If going to the gym simply is not an option for you, workout DVDs could be your best option.

1. BEACH BODY



One of the more vigorous workout programs is run by Beach Body. However, the company offers many different types of workouts for almost any level. There are videos with weights and equipment, others without, and even videos that let you have fun and dance while working out! If you are a member, you have access to a huge community of supporters and fellow people in the same boat as you, trying to better themselves.

images: www.beachbody.com

2. CARDIO DANCE EXPRESS



A single video that is great for people with busy schedules is Tracy Anderson's Cardio Dance Express. Many people hate cardio, but love dancing. In this video, both are combined to build

muscle, tone the body, and burn fat. All this is done in an intense ten-minute segment that is designed for people of all exercise levels. However, if you have more time, you can do more than one for quicker results. Just make sure you have a water bottle handy. You will be working up a sweat!

image: tracyanderson.com

3. 900 CALORIE BURN



A less expensive, yet not less effective, option is IGNITE's 900 Calorie Burn video. This video contains four twenty-five minute segments that each burn 900 calories. Though these videos are quick, they are intense, hence the major calorie burn. Each segment focuses on a particular part of the body and consistently powering through all will give you the results you crave.

image: collagevideo.com

4. BEGINNER LEVEL YOGA



If you are not a fan of moving at a fast pace, you may consider yoga. There are many different yoga videos out there, but an effective one to start with is Element's Beginner Level Yoga video. This video teaches beginner yogis how to effectively move your body, maintain proper posture and build your muscles through lengthened contractions instead of quick-moving contractions that are typical of other workout routines. Yoga instructors have tight bodies for a reason, now you can sport the same look if you work hard enough.

image: collagevideo.com

5. RIPPED IN 30



Jillian Michaels is an amazing woman! She is sexy, hardworking, and now pretty wealthy after coming out with videos meant to train ordinary people how to get the results they want. She teaches all levels, but makes every pupil love and hate her at the same time. They love her for the results, but hate her for the pain they go through to get there. Any of her videos produce results, but the *Ripped in 30* video teaches you how to lose up to twenty pounds in a month! Talk about fast results!

image: jillianmichaels.com



THAT CAN CHANGE YOUR LIFE

A Whole New Approach to
Women's Intimate Health



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