COMPLIMENTARY ISSUE

RADIANT YOU

A WELLNESS MAGAZINE FOR WOMEN

EMOTIONAL EATING

WHY WE DO IT, AND HOW TO STOP

TURN BACK THE HANDS OF TIME

TARGETING YOUR BELLY FAT

Interested In Feminine Rejuvenation?

Meet
Cheryl Briggs

SPRINGFIELD, MO

DERMA HEALTH

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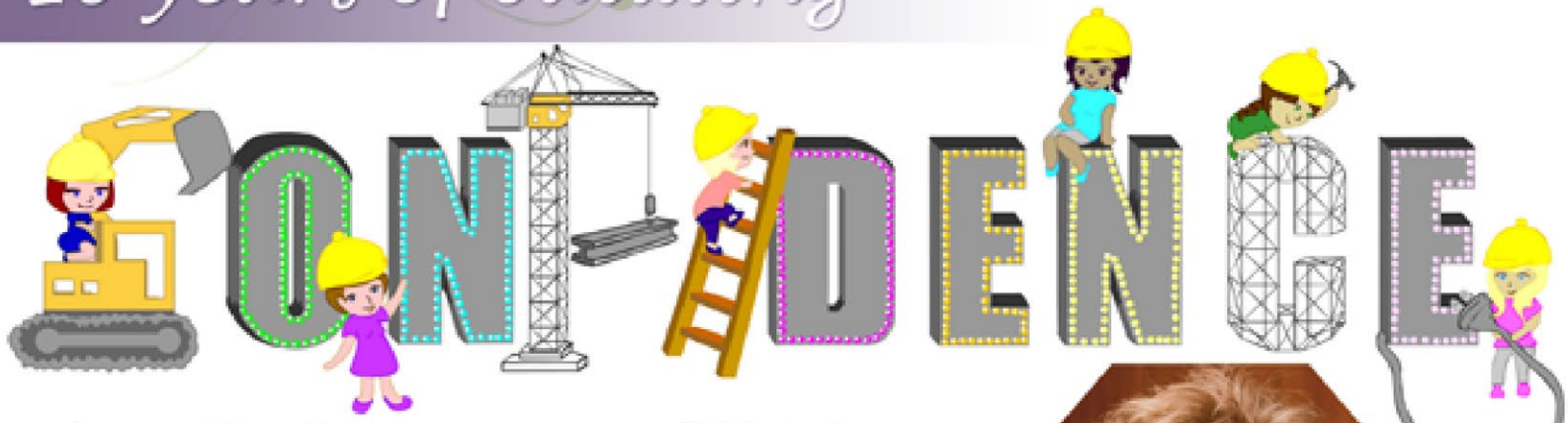

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RADIANT YOU

A WELLNESS MAGAZINE FOR WOMEN

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A MESSAGE FROM OUR PUBLISHER

Debbie Taylor, Publisher/CEO

It is with pleasure and excitement that the team of Radiant You magazine launches this national premier issue to share with you. "Radiant You - A Women's Wellness Magazine" celebrates ladies who live life to the fullest – and strive to be the best they can be. Each issue is filled with news and information on intimate, ladies-only topics, body rejuvenation trends, and general health and well-being. From vaginal health to anti-aging treatments and exercise to menopause. We've got you covered from head to toe.

In this inaugural issue, I particularly enjoyed the article on Page 6 "Feminine Rejuvenation? I'm Interested." You know, it has become commonplace to talk about male sexual dysfunction, but women's concerns have been thrown to the wayside. FINALLY, we're able to talk about a taboo subject that most women feel embarrassed to even bring up at their gynecologist's office. Not anymore!

No longer will women hide under the covers and accept that as we birth babies and go menopausal we have to give up on sexual satisfaction. No longer will we stand in the shadows wondering what it would be like to have that youthful, intimacy again.

Ladies, today has arrived and it is a beautiful day! Enjoy this complimentary issue of Radiant You. Go shine, girlfriend!

Debbie Taylor

Q&A
questionanswer

YES or NO?

Q Do you feel "loose" vaginally since childbirth and/or menopause?

Q Do you feel dry during intercourse?

Q Do you have trouble reaching orgasm?

Q Do you occasionally dribble or leak when you sneeze, cough or exercise?

Q Have you ever "not quite made it" to the bathroom on time?

Q Have your intimate relationships suffered due to these changes?

Q Are you experiencing a loss of self-confidence? Loss of interest in sex? Loss of desire?

YES AND KNOW!

A You don't have to trade motherhood for sexuality. You can be Mommy and Sexy at the same time.

A You don't have to trade the years in your life for the life in your years. You can be over 50 and sexy at the same time.

A Vaginal delivery and menopause should not cost you your sexual health and well-being. It's not for sale.

A You're not the only woman thinking about it. We're just not talking about it. So start talking to someone who can do something about it.

Start the Conversation

How would you rate your vaginal tightness?

1. Very loose
2. Moderately loose
3. Moderately tight
4. Very tight

Has your relationship with your partner been adversely affected due to childbirth or the natural aging process?

1. Definitely
2 Somewhat
3. Minimally
4. Not at all

Do you experience discomfort during intercourse due to dryness?

1. Yes
2. Often
3. Sometimes
4. Rarely or never

How would you rate your level of sexual desire?

1. Very Low
2. Low
3. Moderate
4. Very High

How confident are you about becoming aroused during sexual activity?

1. No confidence
2. Very low confidence
3. Moderate confidence
4. Very confident

Do you experience urinary leaking or urgency?

1. Usually
2. Sometimes
3. Rarely
4. Never

If you answered "1" or "2" to any of the questions above, you may be a candidate for new treatment options available. See *Feminine Rejuvenation? I'm Interested* article on page 6 for more information.

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"FEMININE REJUVENATION? I'M INTERESTED."

By Jackie Gonzalez
Vice President of Women's Health for Thermi®

The first time I heard the term "feminine rejuvenation", I didn't know what it meant. I'd heard of "mommy makeovers", and figured it was some kind of abdominal liposuction or something. When I found out it was referring to vaginal tightening, I just laughed. Really? Have we not nipped and tucked enough of our body parts, that now we have to focus on that? Has the world found yet another way to make us feel that we're not ok "as we are"? And by the way, how much disposable income do you have to have in order to spend it on tightening your vagina? The women I know are paying for babysitters, college tuition, weddings, and sometimes, all of the above. Having a massage is a splurge! Ridiculous, I thought. "Feminine rejuvenation" is for strippers and pole dancers, not for card carrying PTA members, thank you very much.

So it was ironic that a colleague and serial entrepreneur in the medical device industry approached me about joining a small company to grow their business. Of all things, it was the business of "feminine rejuvenation". I've been in the healthcare industry for over 25 years. I'd worked with Pfizer when Viagra was launched, worked with AstraZeneca on reducing risk for breast cancer, and was the VP of sales for Cialis for a short time. My father was an ob/gyn during the baby boom and the Marcus Welby generation. Admittedly, the world of aesthetics was not my forte. And as a consultant, I had the luxury of saying "yes" or "no" to opportunities, depending on my level of interest. Feminine rejuvenation? Not interested...

Until I researched the subject of vaginal laxity. I discovered that there are women who had such strenuous (or multiple) vaginal births that they could not retain a tampon. I remembered being at the gym after one of my three kids were born, and having that happen. It was awful, it was scary, but for me, it was temporary. I can't imagine what it would be like to live like that. And if their muscles are that lax, then what must sex be like for them? What would it be like for their partners? The more I read, the more serious this issue became. This wasn't just about vanity. This was about women's health. I wasn't laughing anymore.

Enter Red Alinsod, MD, a world-renowned urogynecologist and pelvic surgeon who had pioneered work in the area of vulvovaginal surgery. By this time, I was fully engaged, and working with ob/gyn's and urogynecologists across the country to follow a study that was being done in the area of vaginal laxity using a new technology – temperature controlled radio frequency. While the prevailing treatment for this condition was either surgical or the use of lasers, this new technology, ThermiVa®, allowed women to be treated without cutting, burning, or searing the skin. And they could do it in the office, fully awake, no anesthesia involved. 30 minutes once a month for 3 months. Bam. Done. Tight vagina. Happy couple.*

Dr. Alinsod's practice is in Laguna Beach, California, where women spend a whole lot more time in bike shorts and bathing suits than they probably do in Minnesota. As it turns out, there are a lot of women out there who have problems other than loose vaginas. They just don't like the way they look.

Again, not my forte. Mine has served me well, and as far as I'm concerned, there's not a right way or a wrong way for a vagina to look. Or, as a male friend of mine once said, "I never met a vagina I didn't like." Still, I'm not crazy about toe rings or tattoos, but I'll defend to the death any woman's right to have them.

Being the patient-centric physician that he is, Dr. Alinsod began offering the treatment to women who complained of sagging or enlarged labia, as an alternative to surgery. Similar results: better look, less rubbing and chaffing, more comfortable fit to jeans, bathing suits, etc.*

Then something extraordinary happened. The physicians in the study started hearing from their patients that not only did they feel the effects

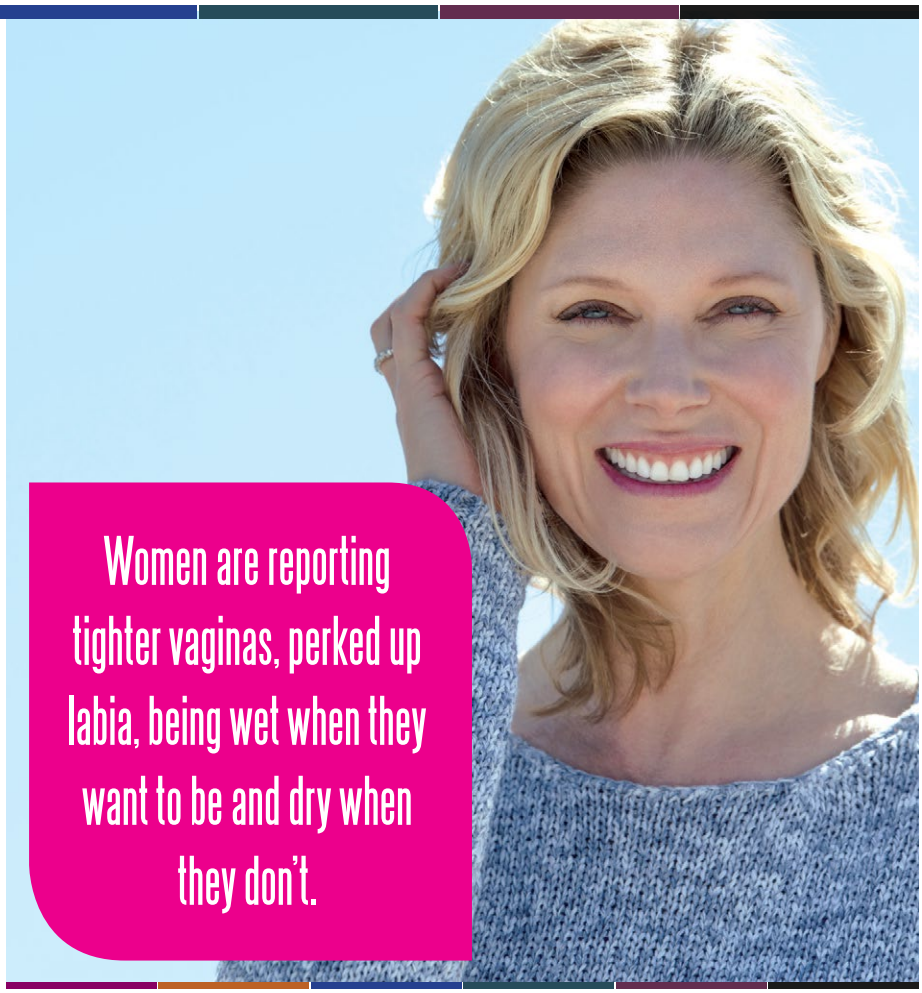
of vaginal tightening and labia reducton, but that the "leaking" wasn't happening when they laughed or coughed. And they weren't doing the crab-walk to get to the bathroom. You know, the walk you do when you're bent over, knees clenched, and your feet are trying to get the rest of you to the nearest ladies room before something terrible happens.

Then, at the Clinical Advisory Council meetings where ob/gyn's like Jeff Caruth of Plano, TX and Susan Murrmann of Memphis, TN shared clinical findings, there were reports of menopausal women who were chucking their lubricants and estrogen creams because they didn't need them anymore after their ThermiVa treatments. There's a cruel irony that just when you don't have to worry about birth control, or kids picking the lock on the bedroom door, your spontaneity is gone because you have to get your lubricant. There's a buzz-kill.

So now we have lots of smiles going on in this study. Women are reporting tighter vaginas, perked up labia, being wet when they want to be and dry when they don't. Is that the reason we're hearing about better orgasms? A first, we thought it was a natural by-product of women feeling better about themselves, more confident in their sexual prowess. But if that were the case, Dr. Alinsod questioned, why would we not be hearing those same reports from post-surgical patients having the same procedures? Dr. Alinsod believes that the nerves are essentially re-programmed to respond to stimuli in a process he calls "thermal neurogenesis". Women call the process "WOW!".

Fast forward 9 months (an appropriate gestation period, no?), and I am proud to serve women and the physicians who provide their care as the Vice President of Women's Health for Thermi.

This is so much more than "feminine rejuvenation". As women, we are so much more than the sum of our body parts. We're complex, holistic beings who use our bodies for purpose and pleasure. Our vaginas and wombs bear children, and they're sacred spaces to engage in the apex of intimacy. Our breasts nurse babies, and they provide/respond to stimulation. Our femininity is not a zero sum state of being. We don't have to choose between being mothers or lovers. We don't have to choose between being hot and having hot flashes. And we should never be afraid of laughing too hard.



I'm so glad that I accepted the invitation of Paul Herchman, CEO of Thermi; and Kevin O'Brien, President of Thermi, to be a part of this new chapter in women's health. I love to hear women talk about reclaiming their sexuality, restoring their well being, and reviving their relationships. I love to hear men talk about their wives initiating sex for the first time in years. I love to help physicians – especially ob/gyn's – talk about things that women want to talk about. And I love to hear them tell their stories.

So whether you're a card-carrying member of the PTA or AARP, pole dancer or ballroom dancer, to each her own. You get to live out your life with resignation or vitality. It's your choice.

Feminine rejuvenation? You bet.
Now I'm interested.

For patient and physician testimonials, see Pages 8 & 9.

continued >

**Full study results can be found here: Alinsod, Red, "Temperature Controlled Radio Frequency for Vulvovaginal Laxity", Prime International Journal of Aesthetic and Anti-Ageing Medicine, July/August 2015, p. 16-21 (print).*

Jackie Gonzalez is the Vice President of Women's Health for Thermi in Dallas, TX. She is married with three grown children, and spends her time convincing anyone who will listen that ThermiVa is the answer to world peace – one woman at a time.

What ThermiVa patients have to say...

"I notice I am more aroused and more wet and don't need lubrication anymore.... now I feel healthier and sexier. I know the radiofrequency has helped both the inside and outside of my vagina."

—Patient AL2*

" I did not tell my husband that I was getting it done. But he noticed that I was initiating intimacy more often. He finally just flat out asked what was going on. He is not so grumpy now. "

—Patient DI12***

"I have now finished all three of the ThermiVa treatments and am still in awe of the results I have gotten. I can't believe all this has happened to me without the need for surgery and with treatments that were comfortable, felt actually good, and were totally relaxing. And having absolutely no downtime was great. I could have sex the same day as the treatment, and had no blisters, burns, or complications."

— Patient AL7*

"I was getting worse and worse and more insecure and upset when I laughed, coughed, ran, bent down, and many times with no rhyme or reason urinating. I started making fun of myself with my close girlfriends! After 3 years of it getting worse I looked into getting a bladder lift and started the process until my doctor told me about ThermiVA.

The testimonials were all positive so I thought why not me? First and foremost I had my consultation with Dr. Ong, her ease and comfort making me feel comfortable in a subject that seems to be not talked about often made me feel relaxed. Being a pioneer of the technique and a student of the founder of ThermiVA was also a big plus for me.

I had my first treatment and to my surprise I experienced immediate positive results! I give it a few more days, then a week and a month passed by and I did not lose even 1 drop of urine! My vaginal walls have tightened and I do have more sensitivity during sex. I have already referred one of my best friends to this amazing treatment and after her 1st treatment she is having the same results as me! Now I'm telling all of my sisterhood who I know experience these same issues.... There is help for us ladies and we are not alone!!! Dr. Ong and her staff are AMAZING!!!!

DO NOT MISS THIS OPPORTUNITY TO IMPROVE YOUR QUALITY OF LIFE!!! "

—Patient ON21**

"I wanted to share with you some additional and very exciting news since you completed my first ThermiVa treatment. My urine incontinence has stopped completely. I have regained the ability to start and stop my urine flow which I have not been able to do for years."

—Patient AL3*

" I came in for one concern but was pleasantly surprised that I had an improvement in other areas. "

—Patient DI19***

"Such a comfortable and pleasing treatment with absolutely no complications. Immediately I felt my labia and vulva to be tighter, a lot less saggy, and a definite 'WOW!' in the way it looked."

—Patient AL1*

*Courtesy of Patients of Dr. Red Alinsod
** Courtesy of Patients of Dr. Cheri Ong
*** Courtesy of Patients of Dr. Edward Dickerson

What ThermiVa physicians have to say...

"ThermiVa is a grand slam home run. I have treated 8 patients and all that have come in for their second treatment are very pleased. Three have cleared their stress incontinence after one treatment. Four have had their first treatment and I have not yet seen them back for their followup. The procedure is very simple and there have been zero complaints. I set it for 45 degrees and treat external for 12 minutes (4 min each for left, right and superior) and internal for 12 minutes (6 min posterior and 6 min anterior). I doubt that the laser people can match the ease, lack of complications, low cost of the equipment and complete patient satisfaction that I see."

– Don Clemons, MD,
Renovus Medical Spa,
Johnson City, TN

"The ThermiVa patient is unique. She is seeking discretion in treating a very personal concern. Many are looking for improvement in aesthetic appearance, some desire increased sensation and lubrication, but, all desire a better sexual experience over all. What we have experienced as physicians administering ThermiVa therapy for our patients is immediate results and gratification. The tissue literally changes before our eyes. When patients return for their next session and note a remarkable difference in their look, feel and pleasure it makes the thirty minute long, one on one session absolutely worth it. It's an exciting sense of accomplishment, similar to what is felt immediately post op. Our ThermiVa patients have quoted delight from their partners as well; some of which are oblivious to the fact that they are even having the treatments. One patient commented that her partner told her "I don't know what you're doing, but keep on doing it"! Another's husband said she hasn't felt that good since before she had children. We can tell a remarkable difference in the tightness of the probe from one session to the next, and yes we actually do remember the severity of laxity encountered at the initial visit because the change is that dramatic. So far as physicians, Drs. Miklos, Moore and I are very pleased with the ThermiVa results we have seen in our patients. We have turned skeptical optimists into believers and lifelong Thermi clients. We have not yet tried the entire Thermi line but with these results we will not be able to keep the patients at bay."

– Soyini M. Hawkins, MD MPH,
Office of Drs. Miklos and Moore, Atlanta, GA and Beverly Hills, CA

"If I would not have done the cases myself and took pictures I would not believe the results. There truly is a visible difference. Everyone was "tighter" but they were also not leaking urine or passing air from their vaginas. The external opening was physically tighter and no longer gaping open. One patient said "the barn door is closed now". Every patient has been very happy with their results and they also state that not only do they feel like things are tighter but they feel that intercourse is much more pleasurable and orgasms are better. One pt who was particularly interested in G-spot changes states that this has been a game changer for her. So in summary. I was looking for treatments that did not require surgery and long recuperation times. ThermiVA has provided a no downtime procedure that works. My patients were looking for non-invasive treatments and are thrilled with the results. Who could ask for more. I am a ThermVa believah. Loving it."

– Elizebeth Harmon, MD,
Salem Women's Center,
Salem, OR

Spotlight on

Cheryl Briggs

Cheryl Briggs and DermaHealth: Celebrating 10 Years of Boosting Confidence

Cheryl Briggs spends her days making people look and feel more confident, in a beautiful location at DermaHealth Laser and Skin Care Clinic. Cheryl is an acclaimed nurse, well known for the signature aesthetic and general health practice which she owns. She is a true innovator, utilizing new technologies and scientific breakthroughs, as well as long-held natural healing, to create incredible results for her clients. Celebrating its 10th anniversary, DermaHealth is a 6,000 square foot one-stop-skin-shop facility located in Springfield, Missouri. When we first learned about her work, we were absolutely thrilled.

Cheryl manages to balance a hugely successful business, clients, and staff and is involved in many community organizations. Aesthetics and well-being have become second nature to her. She nurtures the spirit of enterprise and reimagines what is best for clients in order to deliver transformations in appearance and life quality. As Cheryl explained, "We are an education and treatment center. We believe that our best client is one who is informed. We also believe that to achieve the best results our clients need to participate in helping to reach their goals. In this way, we keenly listen to our clients' desires to develop the optimal approach for enhancement."

Several nurses at DermaHealth are national trainers for injectables and lasers. You can feel confident you are in the best hands at DermaHealth. The practice has received high marks for professionalism and the practitioners are known for participating in continuing education courses for the good of the client. Indeed, Cheryl Briggs and the team at DermaHealth are likely poised to be your best allies for anti-aging.

DermaHealth specializes in a host of anti-aging procedures, such as skin analysis, skin rejuvenation, stem cell therapy, fat transfers, bioidentical hormone replacement, acne treatment, vein reduction, hair reduction, chemical peels, body contouring, and laser therapy. In fact, the facility owns nineteen lasers. Add to this the three physicians, six nurses, and three aestheticians, you'll have plenty of choices to set yourself up for success with an ideal approach to general well-being and anti-aging.

DermaHealth is known for staying at the forefront of the latest and most advanced therapies. Bioidentical hormone replacement is quite popular at the practice and the rewards are numerous. As Cheryl explained, "Bottom line, bioidentical hormone replacement therapy makes you feel better. People find many types of enhancements in their quality of life and it may be one of the best things our clients can do for their skin and libido. This therapy may thwart off diseases. Studies have documented that bioidentical hormone replacement therapy may reduce the risk of heart disease, stroke, and breast cancer by 80%." Another advantage that the practice offers is stem cell therapy. As Cheryl explained, "I was told I needed surgery to repair cartilage damage in my knee. Alternatively, I chose stem cell therapy to grow new cartilage and now I do not need surgery."

The practice also recently introduced ThermiVa for vaginal rejuvenation. ThermiVa is a non-surgical, radiofrequency device that addresses issues some women encounter in the most intimate area of their body. Not only is sexual function improved, but ThermiVa also improves bladder function. ThermiVa also helps to rejuvenate and tighten the vaginal tissue that has been damaged due to child birth or natural aging.

When asked about common misconceptions among clients, Cheryl shared some words to the wise. As she explained, "So much of what we experience at physicians' offices is being told you have to live with it versus a solution that would improve life quality. This is not the fault of the physicians. Since Obamacare, they have been bogged down by paperwork. It makes it hard for physicians to listen to patients. The good news is that there are advanced solutions for clients so they don't have to contend with their problems and can be really be happy. At DermaHealth, we are uniquely positioned to listen and respond to our clients' needs."

It is eye opening for many of DermaHealth's clients to learn that technology has advanced so much; making treatment less invasive, more comforting, and a means to forgo more invasive procedures in many cases. As Cheryl added, "Also, lasers don't have to hurt. You just need to select the right practice and modality. We have nineteen lasers to choose from. So, if one laser can't be tolerated by a client or doesn't produce the results you really want to see, we have other lasers to select from. We actually use two lasers in some cases to optimize the results, but we don't charge for two procedures. In terms of hair reduction, it used to be that hair reduction for the full back meant an hour and a half uncomfortable procedure. Now, we can achieve hair reduction for the back in about fifteen minutes and it's not really uncomfortable. Advanced treatments don't have to be expensive either. We work to meet each clients' needs and budget. "

A minimally invasive approach seems to top the charts at this practice! When queried about top tips for anti-aging, Cheryl tuned us into some great suggestions. "First, start early doing little things throughout your life to postpone or forgo bigger treatments later. When the time is right, undergo bioidentical hormone replacement therapy. In addition, you'll want to select a no fluff non- perfumed medical grade skincare system. Also, avoid the sun by using sunscreen regularly. Finally, hydrate consistently. Be certain to drink lots of water!"

Looking good on the outside and feeling good on the inside are DermaHealth's top priorities! In essence, Cheryl Briggs' work is inspiring! The desire to achieve our best image inspires us to eat healthier and exercise more frequently; but it can also leave us craving for the days when we were younger, slimmer, smoother-skinned and more confident in our appearance and well-being. Open since 2005, you can be confident DermaHealth has the experience to help anyone can reclaim a more youthful face, as well as be healthier and feel great. Now, you can reap the rewards of lessons learned in previous years and benefit from the many cutting edge advancements at this practice. When you visit with DermaHealth, be sure to discuss your goals and dreams. You may be surprised to learn that you can fast track your goals and turn your dreams into the reality sooner rather than later.

*" We keenly listen to our clients' **desires** to develop the optimal approach for **enhancement."***

Schedule your consultation with the amazing staff of DermaHealth today on the DermaHealth and Laser Skin Care Clinic website: www.mydermahealth.com. You can also call the office at 417-447-7777. Their office is located at 1850 S Stewart Ave., Springfield, MO 65804; behind the Plaza Shopping Center east of Glenstone.

Want To Turn Back the Hands of Time?

Two Personal Stories

Even if you find the promise of a youthful, smooth, facial appearance, there's a fair chance that you're put off by the time commitment, the cost, the interference in your daily life activities, and the risks associated with facial surgery. Still, enter Facial Plastic Surgery and ThermiRF technology, a non-surgical approach which really turns back the hands of time for many. Two former patients responded in unison, "I just wish I hadn't waited so long!" As Mimi explained, "I wasn't ready for a facelift surgery. It just sounded too serious for me. I was bothered by my slight facial sagging in my lower face and jowls. I didn't care for the lines around my eyes. I felt these imperfections held me back on the dating scene for quite some time. I have also been on a job hunt and felt my older appearance didn't fare well when compared to more youthful competition. When I learned about ThermiTight and ThermiSmoooth, needless to say, I was more than excited." As Charlene added, "I had postponed less invasive options. I waited until my facial sagging was moderate in my lower face, and my loose, excess fat and skin was really troubling me. My husband noticed I had aged, but he didn't care. It was me who didn't like what I saw in my mirror every morning. Finally, I decided to obtain a consultation, and am so happy I did."

"For my treatment, I didn't have to play around a bit with the idea I'd miss work, and to find assistance

with my child during recovery. First, I learned that I wouldn't require more than a day or two of downtime. In years past, the only option for facial sagging was a surgical face lift, but I was relieved to learn I qualified for a non-surgical approach through the ThermiRF technology. " Mimi said.

Charlene added, "I didn't mind preparing myself for a few days of downtime once I saw the results that looked like I could appear ten years younger than I am. Today, there are many recovery aids to allow for a speedy, smooth recovery and enhanced healing. Anti-inflammatory medications and steroids may be used to reduce inflammation. Medications prescribed for use during the recovery period enhance healing. I learned that discomfort wasn't really an issue at all. Since liposuction could be performed simultaneously, not only was I not concerned about the pain factor, but I also could benefit from a cost savings, too." Medical risks and complication rates have also been dramatically reduced for facial surgery when compared to years past. The use of anti-inflammatory medications and steroids further reduces the risk of excessive scar formation.

Mimi jumped in, "I was happy that I could have a same day procedure, and be home for a slight recovery overnight. I had the procedure on Friday, and was back at work on Monday."

Charlene explained, "I was happy to visit my plastic surgeon twice to obtain a thorough evaluation. I found that I experienced an exclusive level of care. My plastic surgeon's office was custom designed with a soothing ambiance that centered on excellence in care, privacy, and safety.

The choices for facial sagging have been dramatically improved since the advent of ThermiRF technology. For the right candidate, the procedure offers results you can really see. There is no real scarring to be concerned about, no bleeding, and little downtime associated with ThermiRF technology! Consequently, a shorter recovery process is typical. With facelift surgery, there may be a ten day recovery process. It is not uncommon to remove excess fat through liposuction with a facial procedure, as well.

Knowing that the return to work scenario is often enhanced for facial sagging can be very appealing. Understanding that techniques have vastly improved is comforting. Witnessing the benefits of advanced technology is encouraging. The reduction in the risks of complications, in the right hands, is reassuring.

As Charlene explained, "My more youthful appearance has paid out various dividends. The results are naturally appealing. I feel more confident, beautiful and proud to be a woman at 60."

As Mimi added, "I am very comfortable with the results of my Thermi treatment. I don't focus on masking my appearance with make-up anymore. I have real, natural results, and wouldn't mind going for another treatment next year. I get lots of compliments about how well I look at 45!"

Of course, every individual is unique. Every plastic surgeon has an armory of tools available to make a realistic treatment plan for most anyone with facial sagging. It is no wonder that people who have face and neck procedures tend to be very satisfied with the results. RYM

Time for Light Facial Rejuvenation?

Now is the time of year that women and men begin to put on their thinking caps to decide on the priorities for enhancing their lives. Whether it's to kick back and relax, grab a getaway, find a new love, or locate a new job, this time of year seems to be the time that we know everyone will soon be out of the woodwork of winter, and wanting to look and feel their best.

A little pampering with light facial rejuvenation treatments may be blossoming for your lifestyle this season, so check out some of the popular facial rejuvenation treats that can support your goals.

Injectable Fillers: Immediate response fillers work for all skin types to smooth out fine lines, wrinkles, and skin folds. The results can last up to 6 months. Facial filler results may last from six months to 18 months depending upon the filler type and degree of aging.

Laser Skin Resurfacing: Designed to stimulate collagen production in the dermis skin layer while resurfacing upper layers of your skin, laser skin resurfacing works well for sun damaged skin, sagging skin prevention, and facial rejuvenation. For tighter, more radiant skin, investigate laser skin resurfacing which may easily become a regular treatment that fits into your lifestyle.

Microdermabrasion: For early stage aging, microdermabrasion is a non-invasive treatment that accelerates the exfoliation process while removing dead skin, and revealing refined skin. Routine treatments allow for enhanced results for vibrant, more youthful skin.

Photofacials: Photofacials work on repairing damaged skin cells while increasing collagen production. For fine lines, wrinkles, and a sense of radiance consider photofacials whereby you can often achieve noticeable results in one treatment.

The Many Invigorations of YOGA

It's lively. It's purifying. It's mental empowerment. It's energizing. It's spiritual. It's mystical. It's enlightening. It's physical. It's transforming.

It's yoga, a healthy lifestyle habit that approximately 15 million in the U.S. enjoy, according to The Yoga Journal. Originating in India centuries ago, there are many branches of yoga today. According to the American Council on Exercise, Hatha yoga is the most popular form in the U.S. which focuses on concentration, soothing stretching, and strengthening. As American Council on Exercise added, researchers discovered that women, who practiced hatha yoga 3 days per week, demonstrated a significant improvement in flexibility, muscular strength, endurance and balance. There's also many other benefits that have been reported about yoga, particularly considering the many types. For example, Pranayama yoga involves breath fitness and breath control to build on energy and vitality. Mantra yoga focuses on controlling your mind through the chant of repetitive words. Ashtanga yoga, also known as power yoga, is an intense work out that builds strength and flexibility. Now, let's take a step back, before you decide on the best yoga form, you'll want to consider your goals. Then, you can contact a few facilities to find out if their practitioner offers the type of yoga that can help fulfill your goals, including:

- **Exercise** with yoga may offer aerobic, muscular and flexibility training for goals of a light and strong body with cardiovascular and muscular strength. Both weight loss and weight maintenance goals can be achieved with certain types of yoga.
- **Brain Energy** is stimulated with yoga so you can be more focused, experience short term memory improvement, and improve unhealthy behaviors triggered by your brain.
- **Relaxation** can be accomplished with yoga that focuses on controlled breathing for stress relief and a calm mind.
- **Purification** of the mind and body can be achieved with yoga because it is detoxifying, while being sweat-producing for the prevention of illness.
- **Injury Prevention** is another benefit of yoga, while helping you to limber up with improved flexibility and coordination.
- **Stamina** can be achieved through yoga that focuses on challenging your body's abilities.
- **Open Energy Channels** with yoga postures, visualizations, and meditation that awaken your mind and body energy, create inner awareness, as well as release emotional and spiritual blockages.
- **Body Alignment and Posture** can be enhanced with yoga that provides an improved postural alignment throughout your entire musculoskeletal system.
- **Rhythmic yoga**, such as offered by Sanskrit chanting, corrects breath, resonance, rhythm and tongue position. Unique vibrations can be experienced

with each style while chanting verses from the Rig Veda, Yoga Sutras, Shankaracharya and the Bhagavad Gita.

- **Therapeutic practices** can found in yoga that is designed for restoration, healing, and transformation.
- **Scriptural Study** involves the united force of the breath, mind, body, emotions and spirit to bring out a route for truth and wisdom. This technique is designed to leverage intellectual decision making skills and provide depth of knowledge about inner spiritual experiences.
- **Self Inquiry and Self Realization** focuses on the spirit of your mind by unconsciously tapping in to your inner comparisons and contrasts of information from past thoughts and experiences for clear thinking.
- **Health** is a focus in all yoga styles and each type of yoga provides advantages for specific medical conditions. For example, the British Medical Journal reported that following three months of Sava Sana, yoga participants in a study experienced an average of a 26-point drop in systolic blood pressure (the top number) and a 15-point drop in diastolic blood pressure (the bottom number). Yoga has also know been known to assist with poor circulation, diabetes, mental health, gastrointestinal conditions, autoimmune diseases, fibromyalgia, carpal tunnel syndrome, the prevention of osteoporosis and degenerative arthritis, as well as, enhanced quality of life for people with HIV and cancer.

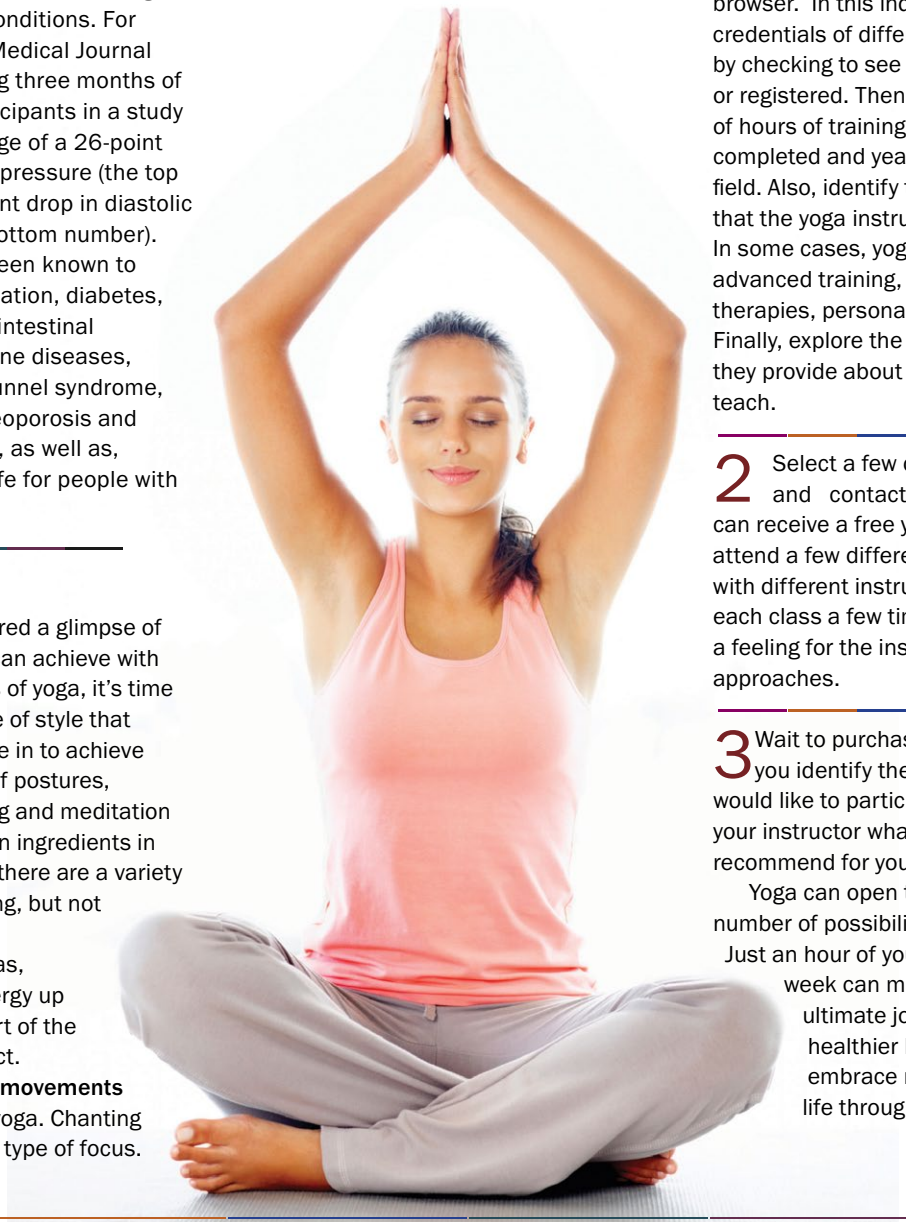
The Style

Now that you've captured a glimpse of the types of goal you can achieve with the different branches of yoga, it's time to think about the type of style that you'd like to participate in to achieve your goals. A variety of postures, synchronized breathing and meditation with poise are common ingredients in all styles of yoga. Yet, there are a variety of techniques, including, but not limited to:

- **Visualization**, such as, imagining drawing energy up your spine, may be part of the yoga formula you select.
- **Flowing, dancelike, movements** offer a gentle type of yoga. Chanting and rhythm is another type of focus.
- **Intense physical activity**, including head stands, toe touches and side bends, may be the way to go.
- **Yoga using equipment**, such as cushions, blankets, straps and blocks, offers a slower pace and detailed attention for those who are less agile, injured or ill.

Selecting a Yoga Instructor

There are thousands of trained, certified and experienced yoga instructors. There are equally as many yoga studios and a plethora of yoga styles. This abundance of options can make choosing a yoga instructor feel daunting and somewhat impossible. Still, there are ways to search for and find a yoga instructor who is just right for you.



1 Make inquiries with friends, health clubs and yoga centers. You can go online to learn more about the yoga teachers in your area by typing "yoga your city state" into your Internet browser. In this inquiry, screen the credentials of different yoga instructors by checking to see if they are certified or registered. Then, identify the number of hours of training that they have completed and years of experience in the field. Also, identify the type of training that the yoga instructor has completed. In some cases, yoga instructors receive advanced training, such as in holistic therapies, personal training, or Pilates. Finally, explore the detailed information they provide about the style of yoga they teach.

2 Select a few different teachers and contact them to see if you can receive a free yoga class. Then, attend a few different types of classes with different instructors. Return to each class a few times so you can get a feeling for the instructors' different approaches.

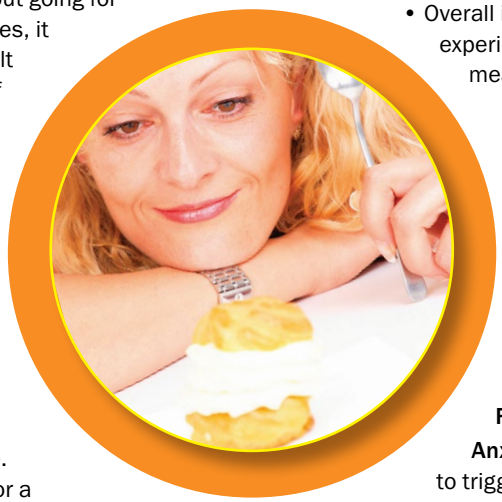
3 Wait to purchase a yoga mat until you identify the type of yoga you would like to participate in. Then, ask your instructor what type of mat they recommend for you to purchase.

Yoga can open the door to a great number of possibilities for enhancement. Just an hour of your time, three times a week can make a difference. The ultimate joy of a calm spirit and healthier lifestyle can positively embrace many aspects of your life through yoga. RYM

GETTING TO THE BOTTOM OF EMOTIONAL EATING

The taste of sweetening pastries can be inviting. The aroma of festive fat-filling meals can be quite enticing. The flavors of delightful appetizers and after dinner hour treats can be tempting. We may even think, "Well, if such food was designed for eating, then we should be able to indulge". But, should we eat anytime we want to? What about portion size?

As we stop to consider all factors, we may find we are experiencing a binge of emotional eating. It might be that you buy a bag of potato chips with the intent to nibble, but wind up eating the whole bag. It might be slicing a piece of cake, but going for seconds. At times, it might be difficult to keep track of what you're eating and why. If so, this is a sign of emotional eating. But, no need to be alarmed- most people eat on emotional level to some degree. So, let's think for a minute.



- Today, what did you eat and why did you eat it?
- Was it hunger or a craving?
- Was it boredom or loneliness?
- How about guilt?
- Was it sadness or anger?
- A reward?
- Was it stress?

If you've answered yes to any of these questions, then it might be time for you to get down to the bottom of your emotional eating. In fact, research has demonstrated that post bariatric surgery patients who engage in mental health appointments are more inclined to reach their weight loss goals. During these appointments, patients learn how to contend with emotions without the assistance of food. They also learn how to manage through family and social situations that involve food in a healthy way. They may learn how to integrate exercise into their lifestyle as well.

Know Your Triggers!

A good way to get into the nitty gritty of emotional eating is to create a diary. In this diary, you'll want to document the reasons why you are eating and a bit more, including:

- Your feelings before you ate
- Who you ate with
- How fast or slow you ate
- Portion size in relation to your palm size
- What you were doing while you ate
- Your feelings after you ate
- Overall impression of your experience eating each meal

Once you've identified your emotional triggers, you can find ways to cope and engage in alternatives, including:

For Stress and Anxiety, try exercise to trigger positive energy through the release of endorphins that occurs during and after exercise.

For Loneliness or Boredom, reach out to someone by speaking with a friend, joining an extracurricular activity or a support group specific to your needs.

For Cravings, drink an eight ounce glass of H_2O to fill you up and to prevent you from binging. Herbal tea with a hint of honey can take care of your desire for sweetness.

For Anger or Sadness, try grounding by focusing on positive thoughts in the present or listening to a favorite song. Take a walk to center yourself, if necessary.

For Feelings of Being Overwhelmed, Yoga and Tia Chi are known to relax your mind and body, along with exercise.

In fact, you can make out your own special list of alternatives. With a bit of enthusiasm and a dose of perseverance, you can change your emotional pattern of eating. By allowing your intellect to take over when planning your alternatives, eventually emotional eating habits can disappear. Now, it's time to pick up that diary to begin to jot down all the details you need to assess your situation. Soon after, you'll be enjoying carefree eating in a whole different way! RYM

TO BE, OR NOT TO BE ASSERTIVE

As children, we experience warmth, love and caring from our parents. This fosters assertive behavior. As adults, we can reflect on the times when our parents spent quality time with us to have fun or teach us things and this leveraged our assertiveness training. As our parents listened to us, they demonstrated that our opinions are important. As our parents considered us and included us in decisions, we developed self-respect. It was how our parents viewed us as children that became a mirror of our self-images. We learned how to think, how to love, how to solve problems, what to value, and how to cope. But, there's no reason to think we can't learn more. Why not? With assertive behavior, you can glow with a sense of well-being and much more.

Assertiveness allows you to transfer your enthusiasm for life. Assertiveness allows you to experience greater intimacy in life. With the ability to be more persuasive, honest and diplomatic, you can stay on track for assertive thinking. By being open minded, direct, firm and kind, you can solve problems rather than avoid them. By being willing to change yourself, you can make real changes based on appreciative communication and cooperation. The power of the right expression can allow you to thrive through many changes. Add to this good eye contact, the optimal tone of voice, firm but relaxed body posture, and concise "I" statements, you may have an assertive work of art. Just in case, here's a well-known few tips that can take your communication to the top.

Think Gray! Black and white thinking does not stimulate communication. Sometimes, things are gray.

Lose Outcome Control: The outcomes of situations cannot go into robotic control with too much determination. Alternatively, find a balance as you move through situations and be open for communication.

Reflect Respect: Respect yourself, others and set the expectation that they will respect you. It's about "I want" or "I need", not "You did this".

Build Confidence: Don't derail from knowing and expressing that your needs are just as important as others are, like "You are so wonderful to surprise me with aesthetic treats that you know I will enjoy."

Empathize! After someone shares some words with you, pause for a moment, take a breath and take time to think about what was said. Consider summarizing back what the person told you so that you can reinforce to them that you are listening and care.

Be Politely Honest: It's the fine line, precision based presentation of information that could prove to be very fruitful for fostering enhanced communication.

Nix Blaming or Apologetic Behavior: Long winded blaming or apologetic communication is not healthy for conversations. Maintain quality for stimulating conversations.

Be Fair: Stick with facts and be specific when presenting information about bothersome situations. There is no room to be judgmental or critical which could rile up argumentative forces.

Stay Away from Assumptions: Making assumptions is like taking a long walk up a mountain looking forward to what you think must be a lake on the other side, but not really knowing what's on the other side. Inquire before you make assumptions in conversations; you might be happily surprised.

Be Inquizative: In conversations, it's helpful to know what the other person is thinking.

It's Ok to Disagree: One of the greatest beauties in the world is that people have their own opinions. It's ok to agree to disagree, in some conversations. In stressful situations, try shifting your energy to exercise, sports or some other physical activity to alleviate those strains.

Assertiveness allows for win-win communication. There's nothing to fear and much to gain. By incorporating a few simple strategies, you have the opportunity to enhance your communications and relations. By sharing in more intimate conversations, you can enjoy more of life in other ways. RYM

Respect yourself, others and set the expectation that they will respect you.

One of the greatest beauties in the world is that people have their own opinions. It's ok to agree to disagree.

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 a 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.

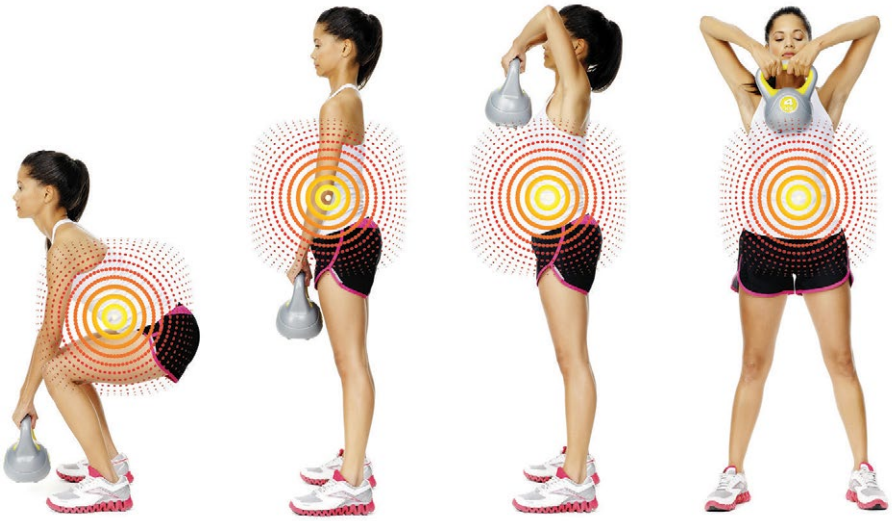
So, how do we lower our cortisol levels when we are under chronic stress? Research shows that **drinking black tea** reduces cortisol by 47%. Interestingly, exercise (which increases cortisol) also lowers it too! Exercise does this in two ways. First, it teaches the body to use cortisol to its advantage 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. *continued*>



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. RYM

ALTERNATIVE THERAPIES for REJUVENATION

"It's not the years, it's the mileage." Indiana Jones in Raiders of the Lost Ark said after a very long day of attempting to reclaim the prize he was after. All of us know people to whom time has not been kind, and then we come across those who seem to defy the so-called "ravages of time" and have seemingly discovered the mythical Fountain of Youth. Most of us relish the thought of rolling back the personal odometer of the aging process.

Mention alternative treatments and holistic medicine, and a lot of us may conjure up visions of being immersed in weird, bad-smelling potions as medicine men perform tribal voodoo rituals. Rest easy. Like the sands of the hourglass, the days of our lives can be enriched and extended with a number of widely embraced alternative treatments that will do wonders for your overall health and appearance.

Are you looking to revitalize your mind and your body? Alternative therapies may be exactly what you need to rejuvenate yourself. Whether you are in physical pain, have mental stress or you just want to continue a healthy lifestyle, alternative therapies can provide you with a gentler and long lasting remedy. First, it is beneficial to know the history of alternative therapies before looking at different types of treatments available.

Alternative therapy and holistic medicine employ an exceptionally large range of practices and can be traced back thousands of years to all different parts of the globe. With everything from acupuncture to yoga, these practices each have their own unique history. Alternative therapies have not always been acceptable in the U.S. In fact, alternative medical studies have only recently been offered in traditional medical colleges but still in limitation. Today, the practice of alternative therapy has become more commonplace in the U.S. In many cases, holistic medicine is used in conjunction with conventional medicine. In addition, some insurance companies are covering a portion of the costs.

The list below includes some of the most popular alternative therapies. Each has its own distinct characteristics and provides different benefits. The following alternative therapies have both physical and mental effects.

Aromatherapy

When people say "follow your nose" they are saying that this sense guides us through life, helping us to avoid sewers, makes stays in locker rooms short, and also huddle close to ovens baking chocolate chip cookies. It is clear that as one of our five senses, smell can often be a warning sign and a mood-changer. It also can send calming, healing messages to our brain, which then distributes the good vibes to the rest of our body.

Essential oil extracts from plants are used to alter a person's mood, cognitive function or overall health. Typically inhaled through the lungs, the natural oils stimulate the brain. This stimulation has a therapeutic effect. One example of an aromatherapy benefit is through the inhalation of eucalyptus oil in order to ease congestion. One of the key things to remember is that there are absolutely no artificial ingredients used in aromatherapy. Everything is completely natural and in its purest form.

Aromatherapy is not meant to cure illnesses or diseases. In fact, it may not work for everyone. If you only expect it to help a little

continued>

bit with a physical condition, stress or other psychological factors, you may be pleased with the outcome. When used regularly, aromatherapy can have a more profound effect. Although aromatherapy can not cure diseases such as AIDS or cancer, when used properly, it can ease nausea, calm fear and enhance mood. For instance, many cancer centers will provide cancer patients with aromatherapy which prevents discomfort after surgery.

Homeopathy

Whether your goal is to treat allergies, asthma, digestive disorders, headaches or rashes, homeopathic remedies are used by millions of Americans regularly. These remedies follow three distinct principles:

- Like cures like- whatever is the cause of the problem may also be the cure for it as well.
- Minimal Dose- the remedy is taken in extremely diluted form.
- The single remedy- even if you have multiple symptoms, only one remedy is given to cure it.

The treatment for each person depends on their own personal health history, body type and current symptoms. The best part about homeopathic remedies is that each is completely individualized for the patient. All remedies are completely natural so side affects are very rare and addiction is impossible.

Yoga

Yoga is not Pilates, or aerobics. It is not just for Hollywood types. It will not turn you into a human pretzel, even though over time you will be amazed by the flexibility you might gain as a result. Yoga is an activity that centers a person, which in these days of our "always being on" Blackberry culture is highly beneficial.

If you have not taken a yoga class, you are missing out on an amazing experience. Not only is it great for your body, but it truly enhances your state of mind and spirit. In fact, many of the poses are meant for your body and for your mind. One of the best examples of this type of pose is called Sava Sana. Sava Sana is performed at the end of a strenuous routine to completely relax the body, especially the mind. Sava Sana is one of the most difficult poses to master because it requires you to completely clear your mind of all thoughts and feelings. You are supposed to drop every thought that enters your mind and fall into complete relaxation. It sounds easy, but blocking every thought from entering your mind is actually a very difficult feat.

The core intention of yoga is to achieve balance; physically, mentally and spiritually. The beginning poses may seem strange at first but when you continue with a routine yoga class your body will notice a variety of benefits, including:

- Grow stronger
- Be more toned
- Have more flexibility
- Achieve greater balance
- Diminish stress and anxiety

Although yoga may not be a fast beat cycling or aerobics class, you should never leave a yoga workout feeling tired. If you do not leave with more energy than you went in with then it is said that you spent time "fighting" yourself and forcing yourself into poses.

Acupuncture

Anything with the word "puncture" in its name sounds like something to avoid at all costs. Not so with acupuncture.

Acupuncture has been around in various forms since The Stone Age, but it erupted into the mainstream American consciousness in 1972 when then-President Richard Nixon visited China. Nixon's delegation was led on a tour by the government's hosts, and one demonstration featured a patient undergoing major surgery while fully awake using acupuncture instead of anesthesia. Later this incident was discovered to be a ruse. However, New York Times correspondent James Reston, who was one of the reporters covering Nixon on this trip, underwent acupuncture treatment for pain after an emergency procedure. He later wrote about his experiences in his newspaper, to much acclaim. Acupuncture received additional legitimacy in the West when the Internal Revenue Service permitted it to be deducted as a qualifying medical expense.

Who would have thought that sticking tiny needles into strategic points all over your body could actually provide health benefits? As it turns out, acupuncture can help with a variety of problems such as back pain, headaches, labor pain and much more. The purpose of acupuncture is to balance the flow of energy or Qi through meridian pathways of your body. By placing very thin needles in selected pathways, it is believed that you can rebalance your energy flow, as well as facilitate healing and wellness. There are minimal risks involved with acupuncture so make sure you use a certified acupuncture practitioner.

Alternative therapies offer another way to proceed with healthcare. As with all medical procedures and remedies, there may be risks. So, it is important to check with your physician about any remedies you plan to take. You should also inform your physician about any drugs, holistic remedies, over-the-counter products and supplements you are taking several weeks before any medical procedure. Certain remedies may need to be stopped at least two weeks before surgery. Yet, now that the first step in your research is done, don't delay. Check with your physician about holistic remedies so you can have a chance to reap the benefits for the rest of this year! RYM

A FAVORITE VITAMIN LIST

Do you ever wonder why your parents forced you to eat your spinach when you were younger? Well, it is probably not because they disliked you; it is because they wanted you to get your vitamins! According to the U.S. National Library of Medicine, it is crucial for your body to have 13 different vitamins in order to grow and function properly. It is likely that you get almost all of these vitamins already in the food you eat.

We could tell you how important it is to take a multivitamin daily but the reality is that most Americans do not take their vitamins on a daily basis, and many may not need to. Your body can maintain a healthy balance by eating a wide variety of foods. Yet, supplements may be the answer for you if your lifestyle diet does not fulfill your dietary vitamin needs.

Did you know that the term "vitamin" came from from "vitamine," a combination word from vita and amine, meaning the "amine of life." The word "amine" refers to a group of compounds. In 1912 organic micronutrient foods that were thought to prevent beriberi and other similar dietary-deficiency diseases were considered chemical amines. The "e" was subsequently dropped to shorten it to "vitamin."

Historically, it was common practice in ancient Egypt to feed liver to someone suffering from night blindness. They didn't know it was a Vitamin A deficiency back then. They just knew it worked. On long ocean voyages, a ship's captain and crew knew that taking along fresh fruits and vegetables to eat prevented scurvy and other illnesses.

Later, in late 18th and early 19th centuries, scientists isolated and identified a number of vitamins. Rickets in rats was resolved by lipid in fish oil and the fat-soluble nutrient was called "antirachitic A". Consequently, this first "vitamin" process ever isolated, was originally called "vitamin A", although now it is called vitamin D.

Vitamin B1 was discovered in rice bran in 1910, setting off a flurry of vitamin discovery in various foods for the next three decades. Another notable in vitamin history is Frederick Hopkins, who concluded through studies that some foods contained "accessory factors" in addition to proteins, carbohydrates, fats, and so they were essential to the health of the human body. He shared the 1929 Nobel Prize for Physiology or Medicine for the discovery of a number of vitamins.

In the mid-1930s, the first commercial yeast-extract and vitamin C supplement tablets were available for sale to consumers. Until then, vitamins were gained only through eating instead of pill-form. Dietary changes in that era were based on the different foods grown during each season, thereby regularly altering a person's intake. For the past 60 years, vitamins have been available as multivitamin dietary supplements in most drug stores and supermarkets.

Following is a list of the 13 vitamins that are essential for maintaining a healthy lifestyle. These vitamins are also on the list of the U.S. National Library of Medicine. It would benefit you to read on to become better informed about vitamins. Then, check in with your physician and a dietician to ensure that you are on track with your vitamin goals.

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Vitamin A- Do you know where your beautiful skin comes from? It is due, in part, from all those A vitamins you are digesting. Since vitamin A is an antioxidant, it helps protect your skin from environmental exposure. Vitamin A also promotes a healthy immune system, improves bone and cell growth and helps prevent vision problems. Vitamin A is primarily found in whole milk, eggs, and fortified cereal, orange or green veggies such as carrots and sweet potatoes, and orange fruit such as peaches, mangoes and oranges.

Vitamin D- We take in the vast majority of our vitamin D from sun light. Although we need vitamin D on a daily basis, it is very possible to get too much of it, which can be harmful to your health. Vitamin D is crucial because it absorbs calcium which promotes growth within our bones. Other than the sun, we can get vitamin D from egg yolks, fish oils, saltwater fish and liver.

B Vitamins: It is a fact food provides us with the energy we need to get through the day. Vitamin B helps regulate the process that your body uses to turn that food into energy, making it crucial for you to make sure you're getting enough vitamin B. B vitamins come primarily from proteins such as fish, eggs, poultry, meat and dairy products. The following is a list of the different B vitamins.

Thiamine- converts carbohydrates into energy and is necessary for the function of the heart, muscles and nervous system to function properly.

Niacin-helps maintain healthy skin and nerve function.

Pantothenic Acid- critical for the metabolism and synthesis of carbohydrates, proteins and fats.

Riboflavin- produces red blood cells and is important for vision.

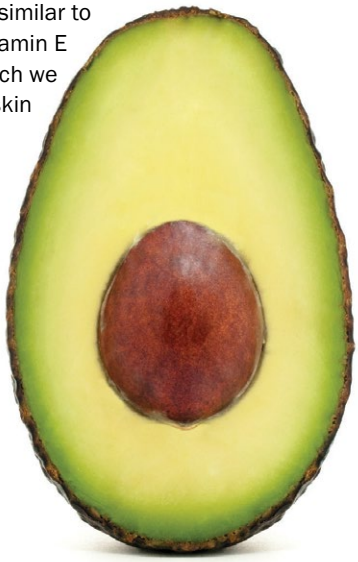
Biotin- promotes cell growth and fatty acids.

Vitamin B-6-breaks down proteins and helps with nerve and brain functioning.

Vitamin B-12- makes red blood cells and regulates nerve cell functioning.

Folate- helps make red blood cells and DNA.

Vitamin E- Also similar to vitamins A and C, vitamin E is an antioxidant which we know helps protect skin from environmental exposures such as tobacco smoke and radiation. Vitamin E helps with the immune system and metabolic processes. You can get plenty of vitamin E from vegetables oils, nuts, avocado and leafy greens.



Vitamin C Much like vitamin A, vitamin C is good for your skin and helps protect it from environmental exposure. In addition, vitamin C is important for your bones, teeth, gums, blood vessels and connective tissue. It also helps your body to absorb iron as well as calcium, thus promoting healing. You can get plenty of vitamin C from fruits and vegetables such as red berries, bell peppers, broccoli, tomatoes and even some juices.

Vitamin K- An interesting fact about vitamin K is that by not getting enough of it, you are likely to bleed more. In fact, newborn babies receive a shot of vitamin K shortly after they are born because of this. Vitamin K helps your body make proteins for healthy bones and tissue. Vitamin K typically comes from green vegetables and dark berries.

This overview of the different vitamins your body needs and where you can find them in your daily diet will hopefully encourage you to pay attention to just how important it is to take vitamins if your diet is not comprised of the foods listed above in the right quantity. Multivitamins can be beneficial. Yet, your physician recommendations for the types of vitamins you need are the best recommendations to follow. So, check in with your physician to see what is best for you. RYM

Resolutions for a Refreshing Smile

Everyone likes to feel refreshed and fresh breath with a beautiful smile fits in perfectly with the traditions of healthy living. Whether you already have a healthy oral hygiene regimen or know it's time to better support your oral hygiene, there are usually new ways to improve the health of your mouth for a refreshing smile.

Tooth Brushing Twice a Day: Tooth brushing should be performed twice a day for at least two minutes each session to remove the sticky build-up of plaque before it becomes hardened calculus and leads to cavities. Consider an electric tooth brush and sudsy cleaning for deep cleaning that may make you feel like it's the first time you've really brushed thoroughly. Be certain to change out your tooth brush every two months or so.

Dental Flossing: Dental flossing twice daily removes food debris that is responsible for causing the formation of plaque. Flossing also accesses areas that are difficult to reach with a tooth brush. Cavities on the sides of the teeth and in difficult to reach areas are better to prevent than to treat with dental fillings, root canals or dental crowns. *continued*>

Mouthwash: Mouthwash assists in controlling cavity causing plaque. So, take a swish twice a day.

Waterpik: If you are concerned about bacteria or have gingivitis or periodontal disease, check in with your dentist about placing 5-6 drops of unscented bleach in with the water to kill bacteria.

Tongue Cleaner: Tongue cleaner may be used once or twice day to remove unhealthy bio film layers, help prevent plaque build-up, and freshen breath.

Nutrition: Proper nutrition helps to prevent losing the glisten on your teeth from tooth enamel. So, it's wise to focus on enamel nurturing foods filled with calcium and phosphorus, such as chicken, meats, cheeses, nuts and milk. To scour your teeth for deep cleaning, indulge in crunchy vegetables and fruits like apples and pears. Drink fluoridated water, milk for calcium, and unsweetened tea. Stay away from drinks and foods that contain sugar and acid that causes cavities. You can use a straw if you must drink sugar drinks and use sugar substitutes when possible.

Dental Visits: Now is a great time for a dental check-up. You'll certainly benefit from a deep cleaning, screening for cavities and even tooth whitening. It might be time to change out the old dental fillings to replace them with improved materials for enhanced aesthetics and functionality.

Dentistry Etiquette

Hey! It's OK

....to inquire about your oral care products at your dentist's office where you can learn about prescription strength fluoride toothpaste to keep your teeth strong and prevent cavities. Investigate the advantage of tongue cleaners that swipe off bacteria, as well as, know the right type of toothbrush, dental floss and mouth wash for you.

...to inquire about sedation dentistry aids through oral medication and patients comforts to take the fear and anxiety out of dentistry when you call for your dental appointment.

...to ask your dentist about his or her background to identify advanced expertise in dental implants for a leading edge over dentures and bridges, dental veneers for a white well-aligned smile and dental bonding for small chips, cracks and gaps.

...to inquire about patient financing with terms and interest rates that may be more appealing than your credit cards.

...to bring your toothbrush in a protective case and dental floss with you wherever you go to remove food debris that gets caught between your teeth when eating.

...if you use a straw when drinking acidic drinks to help prevent decay causing acid from creating cavities in your teeth.

...to ask about bad breath and dry mouth syndrome aids to keep your oral cavity feeling fresh, healthy and clean.

...if you chew sweetened, sugarless gum containing xylitol so you can stimulate saliva flow that offers deep cleansing qualities.

... if you take in a bit of mouth spray every so often to freshen your oral cavity.

...if you get your teeth whitened since you can select just about any shade you want at your cosmetic dentist's office.

...if you see your cosmetic dentist twice or more often every year to keep your oral cavity up-to-date and prevent more costly, invasive, restorative dental treatments. RYM

Your Healthy Mouth Diet

Your diet plays a role in the preservation of your oral cavity. Certain foods can thwart off unhealthy bacteria, deter plaque build-up that otherwise leads to tooth decay, strengthen enamel for glistening teeth, and refreshes your breath.

Let's Start with Breakfast

By adding a cube of cheese and a cup of green tea to your breakfast, you can combine Ph balancing qualities, bacteria killing agents and enamel strengthening. Cheese offers a protective coating for your teeth, while stimulating saliva flow and helping to balance your Ph to assist with fresh breath and defiance for cavity causing bacteria. Green tea also deadens cavity causing bacteria. So, it's not a bad idea to drink a few cups daily. As you begin your day's events, grab an apple or a pear which are known to "scrub" your teeth and may dislodge food debris.

Mid-Morning Snacking

It's great to start snacking with an eight ounce glass of water for fresh breath and an anti-cavity strategy. Your teeth will also welcome a straw if you drink any dark colored or acidic drinks to prevent tooth staining and tooth decay. Fruits are a healthy part of lunch, specifically when you select Vitamin C rich kiwis to support the collagen building blocks for firm gums which are less likely to experience gum disease. Add to this celery sticks; you can massage your gums, clean between your teeth and neutralize bacteria with increase salvia flow. Of course, remember to bring water along with you to enjoy the benefits of six to eight glasses each day!

Dinner Time

Raw vegetables positively influence your oral cavity. In particular, carrots, cauliflower and cucumbers stimulate salvia flow for deep cleaning and may diminish tooth staining due to bacteria. For dessert, it's wise to include strawberries which offer a hint of whitening for your teeth.

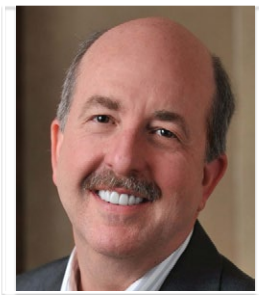
EDITORIAL ADVISORY BOARD

Red Alinsod, M.D.

Dr. Red Alinsod is instrumental in the development of aesthetic vulvovaginal surgery. He founded "CAVS" (Congress for Aesthetic Vulvovaginal Surgery) in 2005 and is considered one of the pioneers of this evolving field. He is currently the Chair of the Women's Health Advisory Board for Thermi, developing specific devices and treatments for women who suffer from labial and vaginal laxity. Dr. Alinsod is highly sought after in presenting talks locally and nationally and in teaching physicians the art and science of pelvic reconstructive surgery, as well as aesthetic vulvovaginal surgery. His one-on-one surgical preceptorships have had profound effects in the practices of many gynecologists and urologists.

Dr. Alinsod graduated from Loma Linda University School of Medicine in 1986 and completed his OB/GYN residency from Loma Linda University Medical Center in 1990. He headed the Gynecologic Services at George Air Force Base, CA, and Nellis Air Force Base, NV, and left the left the Air Force as a Major in 1994. Since that time, Dr. Alinsod has built a large and successful urogynecology, pelvic reconstructive surgery, and aesthetic vaginal surgery following. South Coast Urogynecology is a unique center of excellence and has served the women of Orange County with distinction. His patents and inventions include the Lone Star APS Vaginal Retractor, the "Sling with Bladder Support", and the Alinsod Surgical Table and Stand. The Alinsod Scissors, pickups, and clamps were all developed by Dr. Alinsod specifically for pelvic reconstructive surgery and to this day are the only instruments specifically designed for urogynecologic surgery.

Jeffrey C. Caruth, M.D.



As the Medical Director of Plano Aesthetics, Dr. Jeffrey Caruth is at the leading edge of exciting new advances in the field of cosmetic surgery and aesthetic medicine. Since 1992, he has been one of the premier board-certified OB-GYN physicians in Plano, TX. Dr. Caruth enjoys helping his patients look their best with the latest breakthrough technology, from body contouring and medical weight loss to smart breast augmentation, anti-aging and skin rejuvenation.

A graduate of Texas A&M University, Dr. Caruth received his medical degree from the University of Texas Medical Branch and completed a residency in obstetrics-gynecology at Baylor University Medical Center, where he was the chief resident his last year. He has been board certified since 1995.

Dr. Caruth is considered a national certified expert in the latest pioneering rejuvenation techniques. He was one of the first to perform radio frequency ablation of facial nerves to reduce frown lines on the face. Because of his expertise in feminine rejuvenation and body contouring, Dr. Caruth trains other physicians in the most advanced procedures, including ThermiVa. Dr. Caruth is one of the few surgeons performing the "AWAKE" breast augmentation procedure. As a full-service Cosmetic Surgeon, Dr. Caruth also offers services related to women's overall health such as personalized hormone therapy; medical weight loss and the Dr. TED Diet.

Edward E. Dickerson, M.D.

Dr. Edward E. Dickerson, IV is the owner and medical director for Cape Fear Aesthetics, Rejuvenating Med Spa, and Fayetteville Plastic Surgery. Such a unique distinction compliments his Otolaryngology-Head & Neck Surgery practice.

Dr. Edward Dickerson was born in Landstuhl, Germany. He attended West Virginia State College, where he received a Presidential Scholarship. Dr. Dickerson graduated Cum Laude with an undergraduate degree in Chemistry. Dr. Dickerson was commissioned in 1988 by the ROTC program and branch Medical Service Corps.

Dr. Dickerson then attended the prestigious and historic Morehouse School of Medicine located in Atlanta, GA. He relocated to Fort Sam Houston, TX to complete his surgical internship at Brooke Army Medical Center. Dr. Dickerson then served as the 2nd Brigade Surgeon of the 325 Airborne Infantry Regimen in the 82nd Airborne Division here at Ft. Bragg, NC. He then returned to Brooke Army Medical Center to complete additional training in Otolaryngology-Head & Neck Surgery. He then returned to Ft. Bragg to serve as the Chief of Staff of Otolaryngology-Head & Neck Surgery at Womack Army Medical Center. He ultimately achieved the rank of Lieutenant Colonel (LTC).

Martin A. Garcia, M.D.

Dr. Garcia received both his undergraduate degree and medical degree from Vanderbilt University, where he played football and baseball in the SEC. He completed his residency in OB/GYN at the University of Alabama. He has been in private practice since 1983. During his 29 years he has served on numerous medical advisory boards seeking his insight and expertise. As well, he is often called upon to preside over medical staff at various area hospitals.

With a strong belief that patients should receive "total care," Dr. Garcia's patient-centric approach has earned him the trust and dedication of many life-long clients. Among his special interests and skills are gynecological endocrinology and infertility, and the recognition of one of the best high-risk OB/GYNs in all of the greater Jacksonville area. Despite having delivered over 10,000 newborns, Dr. Garcia remains committed to staying on top of advancements in surgical procedures (particularly vaginal rejuvenation), and is certified to perform robotic surgeries. In an effort to provide "total care" to his patients, Dr. Garcia co-founded FamWell MD.

Jackie Gonzalez

Jackie Gonzalez is the Vice President of Women's Health for Thermi. She has over 20 years' experience leading organizations from start-up to acquisition. Most of her career has been spent at the executive level in the medical device and pharmaceutical industries. During her pharmaceutical tenure, Jackie led national sales teams for Pfizer during the Viagra launch, and led the PDI national sales team for Cialis. She worked with AstraZeneca to lead a national sales team selling Nolvadex for breast cancer risk reduction. She also led a team for Allegan selling Restasis for dry eye while Botox was being approved for cosmetic use.

At Thermi, Jackie works with physicians to help them serve their patients while building their practices through the effective use of Thermi temperature controlled radiofrequency products and services. She encourages men and women to have frank and open discussions about their health - including their sexual health – among themselves and with their doctors. Doing so improves well-being, enriches relationships, and allows physicians to provide true "health care" for their patients, at all ages and all stages of their lives.

In addition to chairing the Women's Health Business Advisory Council for Thermi, Jackie serves on the Steering Committees for the AdvaMed MedTech Conference, as well as the World Patient Safety, Science, and Technology Summit.

Elizebeth Harmon. M.D.

In 1991, Dr. Harmon founded Salem Women's Clinic because she saw the need for high-quality women's medical care in an environment that fosters kindness and warmth. Dr. Harmon retired from obstetrics in 2007 to focus on gynecology and aesthetics. In 2010, Salem Women's Clinic moved to a stately, fully renovated space with the latest, most innovative equipment. Dr. Harmon opened Bella Rose Medispa in 2011 to help her patients and other women from throughout the Salem, OR area with all their aesthetic needs. Dr. Harmon is Board-Certified by the American Board of Obstetrics and Gynecology (ABOG) and a Fellow of American College of Obstetricians and Gynecologists (ACOG).

I grew up in a large family where money was scarce and education a dream. I worked hard to put myself through college and medical school. Throughout the long years of training, I dreamed of an office that would serve women in a caring and nurturing environment. Salem Women's Clinic and Bella Rose Medi-spa is the realization of that dream: A medical office that focuses on women that is beautiful and inviting with the latest technology. I make sure that women are healthy and educated about their bodies throughout every phase of their life.

John Miklos, M.D.

Dr. Miklos is an internationally recognized expert in Laparoscopic, Urogynecologic, and Aesthetics Reconstructive Vaginal Surgery. Dr. Miklos is the first fellowship-trained Urogynecologist/Laparoscopic surgeon to receive subspecialty training in Aesthetic Vaginal Reconstructive Surgery, and is one of the first board certified urogynecologists. This unique melding of multiple fellowships and training has made Dr. Miklos one of the most sought after surgeons in the world for laparoscopic (mini incision) reconstructive vaginal surgery as well as cosmetic vaginal surgery. He is the recipient of many nationally and internationally recognized awards including: Castle Connolly "Top Doctor Award" for 12 consecutive years, America's "Best Doctors Award" for 10 consecutive years, Consumer Research Council of America "Americas Top Obstetrician Gynecologist Award" for 6 consecutive years, American Association of Gynecologic Laparoscopy – "Jerome Hoffman Award" and the prestigious "Golden Laparoscope Award – 2001 and 2014."

Dr. Miklos is Board-Certified by the American Board of Obstetrics and Gynecology, Inc., and its Division of Female Pelvic Medicine and Reconstructive Surgery (FPMRS) and is a Fellow in good standing of: American College of Obstetrics and Gynecology (FACOG), American College of Surgeons (FACS), International College of Surgeons (FICS) and a member of: American Association of Gynecologic Laparoscopists (AAGL), American Urogynecology Society (AUGS), American Urologic Association (AUA) and Society of Gynecologic Surgeons.

Robert D. Moore, M.D.

Dr. Robert D. Moore is an internationally recognized Laparoscopic Urogynecological and Aesthetic Vaginal Reconstructive Surgeon who has operated on patients from all over the US and the world. He is widely known throughout the world for his pioneering techniques in minimally invasive vaginal reconstructive surgery and more recently in the field of sexual medicine and aesthetic vaginal surgery. He has received prominent awards in his field including being named to Castle Connolly "Top Doctor Award" 2013-2014, Americas Best Doctors List (8 years) and Consumers Research Council Americas Top Ob/Gyn list (for Vaginal Reconstructive Surgery) for 6 years. Dr. Moore was also awarded the prestigious "Golden Laparoscope Award" for best surgical video at the 2014 AAGL Global Congress.

Dr. Moore is board certified and a Fellow of the American College of Obstetrics and Gynecology (FACOG) as well as the American College of Surgeons (FACS) and International College of Surgeons (FICS). In 2013, he became one of the FIRST Board Certified Urogynecologists through The American Board of Obstetrics and Gynecology, Inc., and its Division of Female Pelvic Medicine and Reconstructive Surgery (FPMRS). He is member of the American Association of Gyn Laparoscopists, American Urogynecology Society, International Urogynecology Association, and the American Urologic Association and a Fellow of the The Royal Society of Medicine, London, England. He is also the Executive Editor-in-Chief of the Online Journal of Urology.

Susan G. Murrmann, M.D.

Dr. Susan G. Murrmann is one of the co-founders of the McDonald Murrmann Women's Clinic, and Medical Director of the McDonald Murrmann Center for Skin, Laser, and Healthy Aging. She is a sought-after lecturer and television commentator on a variety of women's health topics including, heart disease and minimally invasive surgery in women.

An ardent believer in raising awareness about women's health issues, she served on the Board of Directors of the American Heart Association and is immediate past President of the AHA Board in 2005. She is the Chairman of the board of the Methodist Healthcare Foundation and has served on the committee for the Methodist Healthcare Cancer Center Luncheon that has welcomed guests such as Queen Noor, First Lady Barbara Bush, and Tom Brokaw.

In 2011, Dr. Murrmann was instrumental in bringing the program "Hot Flash Havoc" to Memphis and served as a member of the expert panel on female menopause. Dr. Murrmann graduated with honors from Bradley University in Peoria, Illinois, she studied at The Chicago Medical School/University of the Health Sciences graduating with multiple honors, served two years of her residency at the University of Illinois, and two years of residency at the University of Tennessee in Obstetrics and Gynecology.

Sherry Thomas, M.D.

Dr. Sherry Thomas, Urogynecologist and Surgeon, MD, MPH, FACOG has years of experience in successfully treating specific conditions that afflict her female patients. Dr. Thomas has become world renowned for her skill and expertise in treating serious medical conditions, such as incontinence, cystocele, prolapse, and performing hysterectomies.

Dr. Thomas completed her medical degree at the University of Texas, as well as a Master's in Public Health from the University of California. She has been a Fellow member of the American Board of Obstetrics and Gynecology since 1991.

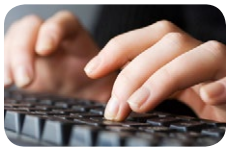
In addition to her medical practice, Dr. Thomas has become world recognized for her charity organization "Life Changing Moments" which brings her skills along with others to Africa where women can receive the same level of medical care as they do in the Western world. Dr. Thomas' remarkable charity work has garnered her worldwide attention for her noble efforts.

For women who may have serious, hard case, or difficult to treat conditions of prolapse, a cystocele and incontinence to name a few, getting the very best diagnosis and expert treatment by a top rated surgeon is vital to the protection of your health. Seeking out the best women's doctor is the first step towards the recovery of your health. Dr. Sherry Thomas has certainly demonstrated her skills, knowledge and experience for women both here in the US and in Africa.

Radiant You magazine's editorial advisory board is comprised of well-known, experienced healthcare professionals. Our board members are at the top of their respective fields and help ensure accuracy of our content. The opinions, beliefs and viewpoints expressed by Radiant You authors are independent of the editorial advisory board members and any organizations with which they are associated.

We extend our deepest gratitude to our editorial board members for sharing in our goal to better educate consumers about relevant, newsworthy healthcare issues of today.

Ask The Expert



Do you have questions about treatments, products or procedures?

Write to ask@radiantyou.com. We cannot respond to questions individually, but each issue of Radiant You Magazine will include a column in which our network of physicians and aesthetic professionals answer the questions we receive.

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 augmentation procedures.

RYM

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Restore your well-being.

Revive your relationships.

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*Alinsod, Red. "Temperature Controlled Radiofrequency for Vulvovaginal Laxity." PRIME, International Journal of Aesthetic and Anti-Ageing Medicine (July 2015): 16-21. Print.

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