

RADIANT LIFE[®]

THE AESTHETIC WELLNESS MAGAZINE

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VOLUME 7 • ISSUE 1



BEAUTY Defined in **2015**

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Body Lift?

Kick Bad
Habits

How to Get That
HOURGLASS
FIGURE

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Dr. Edward Dickerson



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A message from our PUBLISHER

Dear Readers,



It's a New Year, a time when each of us get a chance to make a fresh start. Many people make New Year's resolutions, promising that this year they'll start that exercise program, stop smoking, or finally get organized. Many of us become so absorbed in family, work, extracurricular activities, and taking care of those around us that we neglect ourselves. It's a great time to think about the changes you want to make in your life. Don't forget about YOU!

For a healthier you in 2015 read "Kick Bad Habits: Target—Smoking and Poor Fast Food Choices". Every year, 70% of all smokers indicate they'd like to quit. It takes an average smoker 6-8 attempts to successfully quit. The yearly price tag for a pack a day habit is roughly \$1600. Each year smoke related illnesses contribute to 430,000 premature deaths. Fast food may be convenient, popular, predictable, and fast, but nutrition experts are quick to point out that fast food is often high in calories, sodium, fat, and cholesterol. Remember fast food chains have come out with some healthier choices.

If you're like most of us, there are things about your appearance that bother you – wrinkles, a sagging jowl, love handles, or cellulite that you can't seem to eliminate no matter how hard you try. Thanks to medical science we don't have to live with any of these. Procedures like face lifts, liposuction, laser, and radio frequency treatments can turn back time, and give your spirits a boost.

Radiant Life magazine is packed with news and information on body rejuvenation trends, procedures, and living well articles to help you look and feel your best. In 2015 the natural look is in. The goal is not to be overdone. It's to fit in with your own signature of beauty. If you're over 50, take a photo of yourself from the year 2000 into your aesthetic professional and tell them this is what you want to look like. Let me know what happens. Post on our Facebook page, or send me photos – I'd love to see them!

Best wishes for a healthy, happy, and prosperous 2015.

Debbie Taylor



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

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

The Top 5 Recovery Tips

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

Reduce Pre-op Anxiety- Be Prepared

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

Get the Right Information

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

Get the Right Medication

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

Get Proper Rest and Relaxation

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

Get Prepared for After-Care

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

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

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THE AESTHETIC WELLNESS MAGAZINE

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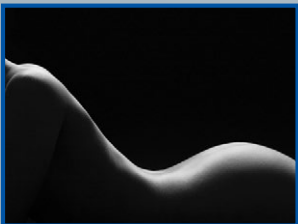
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ASK RADIANT LIFE
(YOUR QUESTIONS ANSWERED)

Changing the Worlds of ANTI-AGING & NATURAL BEAUTY... One Patient at a Time



**KEVIN
O'BRIEN**
PRESIDENT OF THERMIAESTHETICS

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

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

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

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

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

serves the needs of those in their 20s and early 30s.

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

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

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

Kevin O'Brien is the President of ThermiAesthetics, a fast-emerging leader in the tech-driven fields of skin tightening, technology-based alternatives to Botox, and even to previously-impossible surface-only skin tightening in delicate areas, such as around the eyes. His company's technology is all based

around the use of focused radio frequency energy to literally place a carefully metered level of heat to a precise location, where that heat can do the most good.



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

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

“Our final procedures, ThermiSmooth™, O'Brien pointed out, “uses the topical, totally non-invasive application of gentle heat to treat fine lines and wrinkles,

THERMiAesthetics™

often around the eyes. It removes circles and other aging lines with a procedure that patients say “feels like a warm, moist massage that I wish would never end.” But end it does, and when it does, the patient looks naturally younger, more well-rested and even happier than prior to the treatment.”

The ThermiAesthetics technology is built

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

“We have not only created this technology,” O'Brien explained. “We created a Clinical Advisory Council of advanced physicians – men and women who have the soul of researchers, every bit as much as they are committed patient-care therapists. These remarkable physicians have helped us to develop medically-sound treatment protocols, as well as helping new-to-our-technology physicians transition quickly into skilled Thermi professionals. These new physicians often become active members of our Council as well, adding their own patient care ideas and innovations to the cause of helping all of our physicians meet all of their patients needs.

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

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



THERMiTight™

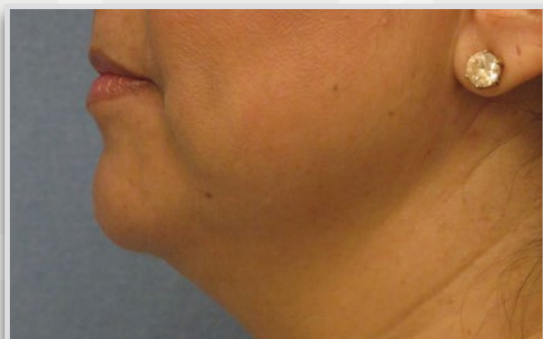


BEFORE



AFTER 4 MONTHS

DOUGLAS KEY, MD



BEFORE



AFTER 6 MONTHS

BRIAN KINNEY, MD

THERMiSmooth™



BEFORE



AFTER 2 TREATMENTS

DENIS BRANSON, MD

THERMiRase™



BEFORE



AFTER 12 WEEKS

JEFFREY CARUTH, MD

Enhance Your Life with AESTHETICS

By Dr. Edward Dickerson



“Thermi is such a versatile tool for our tool box. For the right client that doesn’t want surgery, it is ideal. Many moms, housewives, girlfriends and men who want to tighten the jawline and lower face love the fact that Thermi is associated with little downtime. It is the most sought after procedure this year in my practice.”

For some cosmetic surgeons, it’s all about making a client look good on the outside. The best surgeons, however, look beyond the external, and consider the whole person. Dr. Edward Dickerson of Fayetteville Plastic Surgery & Cape Fear Aesthetics Med Spa in Fayetteville, North Carolina views his mission as being as much about listening to his clients as it is

about artfully and scientifically creating an enhancement for beauty. For double board certified Dr. Dickerson, the goal of cosmetic treatments is to bring a client’s self-image and body-image into better balance; and by so doing, not only improve a face, breast, or body, but also achieve something deeper and more far-reaching—that elusive quality of self-esteem and positive self-image.

Fayetteville Plastic Surgery & Cape Fear Aesthetics Med Spa stands apart from other facilities in more ways than one. As Dr. Dickerson explained, “We offer the opportunity for people to choose with all of the tools necessary to provide a wide range of options for our clients. From advanced skincare to non-invasive treatments, minimally invasive and surgical options for the

face and body, we take pride in our armory of tools. Yet, this is not the only way we are unique. We extend concierge services to our patients. We offer a full med spa and laser center. We have a fully accredited state of the art office based surgical center. We cater to any and every need that our clients have.” The fantasy consultation starts with a phone call so by the time clients reach the facility they will essentially know what to expect. The practice also offers Face Time and Skype. Clients can choose to enter through a private entrance or an open entrance. There is no front desk upon arrival. Clients comfortably sit with a tablet and attentive service to complement their initial phone intake. Then, clients are brought to a private suite, where all moving parts in the practice come to them. It is a comfort level you would not expect anywhere. This all leads to the outcome of great results!

In fact, people from all demographics enjoy the luxuries at Fayetteville Plastic Surgery & Cape Fear Aesthetics Med Spa. That’s right; aesthetics is no longer only for the rich and famous. The practice caters to a multi ethnic America and a wide age range from young adults to aged adults. In Fayetteville and surrounding areas, you may never know that one trip to the grocery store will have you pass by many of all ages who have had plastic surgery or med spa services. Even your friends may never tell you about their experience. The good news is that most anyone today may reclaim what they thought would be lost and those that wish to postpone the signs of aging may do so. As Dr. Dickerson added, “No longer is plastic surgery taboo. Cultural windows have opened up. The science of beauty, the economic conception of beauty, and the action of beauty apply for most anyone today. Grandmothers have options that their moms didn’t have. Soccer Moms and Dads don’t mind taking time out for aesthetics. Hair restoration allows men and women to feel more complete.

Medically supervised weight loss is commonplace today. In addition, the technology has vastly improved, making more sense for people to embark on a transformation through aesthetics.” For example, Dr. Dickerson recently purchased the innovative ThermiRF Aesthetics technology. As Dr. Dickerson added, “Thermi is such a versatile tool for our tool box. For the right client that doesn’t want surgery, it is ideal. Many moms, housewives, girlfriends and men who want to tighten the jawline and lower face love the fact that Thermi is associated with little downtime. It is the most sought after procedure this year in my practice.”

To think of how Thermi works, you’ve got to imagine- Everyone has a bedspread; some are fluffy and some are flat. Now, consider that you want your bedspread to look smooth on your bed. Enter no cutting, just a small pinhole heating up the bedspread for a tight smoothed look. Then add fat transfers for volume to compliment how well that bedspread looks. Check out Dr. Dickerson’s YouTube Channel, where he has posted multiple informational videos about Thermi. Attend an upcoming seminar about Thermi when Dr. Dickerson takes it to three other cities, including: Pinehurst, Lumberton and Wilmington.

When queried about top tips for anti-aging, Dr. Dickerson had some words to share. As he explained, “Control what you can control. Refrain from smoking. Do everything in moderation. Prevention is better than repair. Maintain a healthy diet, spiritual life and sex life! Exercise! Once you get past the cocktail consultation, visit your practitioner and take a preventive approach.”

On a personal note, Dr. Dickerson served in the armed forces for thirteen years in active duty, where he was a Lieutenant Colonel and earned numerous awards including the Meritorious Service Award, Two Oak Leaf Clusters, and the Army Commendation Medal. He is also a

certified paratrooper. His medical training took place at Brook Army Medical Center after completing undergraduate training at West Virginia State College, where he was a 5th generation family graduate. He later became Chief of Surgery at Womack Army Medical Center. Dr. Dickerson initially treated war victims who had aesthetic reconstructive needs. He is double board certified in facial plastic surgery and otolaryngology. He is the medical director of Fayetteville Plastic Surgery & Cape Fear Aesthetics Med Spa. Dr. Dickerson enjoys his family life with his wife of 22 years and three children. Dr. Dickerson mentors local youth within the Fayetteville community and surrounding areas by providing educational benefits through multiple community organizations. Dr. Dickerson has been recognized three years in a row for Best Cosmetic Surgeon in Fayetteville, NC by Up and Coming Weekly.

In essence, the work at Fayetteville Plastic Surgery & Cape Fear Aesthetics Med Spa 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, smooth-skinned and confident in our appearance. Now, with the right aesthetic information and help from one of the best experienced, board-certified surgeons, anyone can reclaim a youthful body and face, as well as, have a healthy, happy outlook on life. You, too, can achieve your best image yet and experience the transformative power of safe, natural looking cosmetic treatment at this wonderful facility. You may be surprised to learn that you can fast track your goals and turn your dreams into the reality you so desire sooner than you think. Please visit www.fayplasticsurgery.com for further information or call 910-323-3757 to schedule a consultation.

Beauty Defined in 2015



In the 1960s, beauty was defined by wide eyes with a well-proportioned face, divided into equal thirds. Definitive features of the nose, eyes, and lips were characteristic of beauty. Our models for beauty during this time period were Paul Newman and Elizabeth Taylor. According to an American Academy of Facial Plastic and Reconstructive Surgery survey, Elizabeth Taylor was the most beautiful for 38% of the respondents and Paul Newman defined beauty for 42% of the respondents. By the 70s, a delicate nose and chin, as well as, well-defined cheekbones and jaw line were the most stylish with Farrah Fawcett and Robert Redford topping the list for beauty. Add to this, thick eyebrows; the features of the 70s tied in with disco music and wide bottomed jeans.

In the 80s, the focus for beauty was big hair and daring make-up. Christy Brinkley and Mel Gibson were touted to be the most popular beautiful people of the 80s. The supermodel phase of the 90s changed the shape of beauty with a focus on natural, youthful skin, an appealing nose, and high definition lips. Prime examples of attractiveness in the 90s were exemplified by Cindy Crawford and George Clooney. A short jaw, small chin, and tiny nose are the signatures of beauty for women and men in the early 2000s. Catherine Zeta-Jones held 31% of the votes, and Hugh Jackman held 26% of the votes in an American Academy of Facial Plastic and Reconstructive Surgery survey. In 2015, the natural look is in. That's right, the goal is not to be overdone. It's to fit in with your own signature of beauty. Check out the list of popular procedures expected for 2015 due to the possibility of obtaining the most natural results in the hands of a gifted board-certified plastic surgeon.

Medical Grade Skincare

The advantages of medical grade skincare to preserve youthfulness, treat aging, and prevent more advanced signs of aging have been very apparent for women who began these routines years ago. Men have noticed the benefits on the faces of women whom they are dating, married to, or whom they otherwise encounter during daily activities. Perhaps this is why medical grade skincare has become popular for both women and men.

Injectables and Facial Fillers

Injectable and facial fillers are very common procedures for women and men these days. Injectables have been known to take the aged appearance down a few notches. For women interested in Botox®: this cosmetic treatment offers natural results, wrinkle relief, and a way to potentially postpone more invasive surgery later. Botox® and Dysport can fit into a work schedule very easily with a fifteen minute time commitment to significantly improve wrinkles on the forehead, between the brows, and crow's feet. This quick fix allows women and men to keep up with their significant other, or stay ahead of the pack in the dating scene. Facial fillers are no different for women than they are for men. It's great to smile and laugh, but smile and laugh lines may have you appear tired and aged. Alas, facial fillers come in handy to alleviate smile and laugh lines.

Face lifts

Face lifts are not only for women. Many men are competing with a youthful workforce, and they can feel great with facial rejuvenation that may allow them to remain competitive. Remember: getting



a facelift earlier when compared to later offers a way to prevent an obvious change.

Ear Surgery

When we first look in the mirror we often tend to notice the imperfections. Ears that are too large, too small, misshapen, pointy, or deformed in some way may impact how we feel about ourselves. Hair and hats may cover up abnormal-looking ears, but it's not a real solution. However, there is a way to subtly or dramatically change those protrusions from the sides of your head: otoplasty. Otoplasty is the fancy word for ear plastic surgery for adults, teens, and children age 4 and over. Why go through life being subject to awkward looks when help is available?

Nose Surgery

If you have been bothered by the appearance of your nose, you are not alone. Nearly 150,000 people underwent nose surgery in 2009 according to the American Society for Aesthetic Plastic Surgery. Typically, people who have nose surgery do not seek





out the procedure for pure cosmetic reasons. More often than not, people interested in nose surgery desire to improve the appearance of an imperfection and/or difficulty breathing. People who have had the procedure have remarked that they feel a sense of an enhanced self-image, less inhibition, and have witnessed benefits of enhancement in their social and professional life.

Fat Reduction Procedures

Liposuction is another favorite. The idea that fat can be permanently removed for a toned, shapely appearance is highly desirable among women and men today. Liposuction for the abdomen is popular, but liposuction of the arms, hips, and flanks is also highly requested particularly since more than one bodily area can be treated at the same time. Smart Lipo reduces fat deposits, and promotes skin tightening. CoolSculpting® is a non-invasive technique that freezes your fat deposits for natural expulsion. The right treatment plan for you depends upon several factors, including: degree of skin

laxity, amount of fat, and degree of fibrous areas, among other considerations. For a slimmed down, trimmer appearance investigate fat reduction procedures. While results may build over time, the results may offer incentive to continue with your goals to look and feel your best for every season moving forward.

Cellulite Reduction

Cellulaze is the first surgical procedure which reliably reduces cellulite. Cellulaze involves the use of the only FDA approved device for cellulite reduction. Whether you are concerned about diminishing cellulite on the arms, chest, abdomen, waist, back hips, buttocks, inner thighs, outer thighs, and/or knees, Cellulaze may be the solution you are looking for to see results by summer.

Tummy Tuck

Both the mini tummy tuck and traditional tummy tuck procedures offer a mean to tighten lax abdominal muscles, and relieve a protruding abdomen. Excess skin may also be trimmed for a refined appearance. The mini tummy tuck treats the area

from the pelvic bone down while the traditional tummy tuck treats the area from the navel down. There is also a skin-only tummy tuck to remove unwanted lax skin along the pubic line.

Breast Augmentation

Breast augmentation has been without fail the most popular U.S. plastic surgery procedure in recent



years. Since the procedure was first introduced in the U.S. approximately 45 years ago, well over one million women have undergone the breast augmentation procedure to increase breast size, improve the appearance of asymmetry or misshapeness, or reconstruct the breasts following breast cancer. What's new is that both seniors and the young have desired breast augmentation for renewal in more ways than one. The procedure is likely to leverage self-esteem, intimacy, and social life activities as well.

Breast Lift


Breast lift techniques have improved to reduce the extent of incisions in select cases. The good news is that scarring remedies have improved to reduce the risk of excess scarring, and allow for better fading of the scars. The breast lift is wonderful to remove excess skin, reposition existing breast tissue, and improve breast sagginess.

Female Breast Reduction

Female breast reduction offers a means to reduce breasts for greater proportion with your body. You may also aid back and neck pain, shoulder strain, skin irritation, skeletal deformities, breathing difficulty, and other medical conditions that come with oversized breasts. In the end, you'll also enjoy better fitting bras that match your breasts.

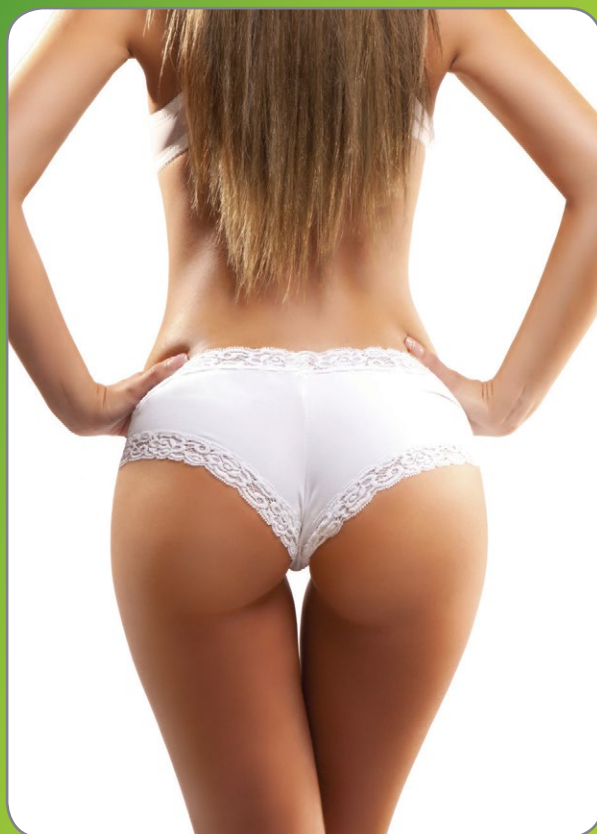
Male Breast Reduction

Male breast reduction is another favorite. For close to 100,000 men each year male breast reduction surgery offers quite the enhancement at an affordable price. Young adult men, overweight men, athletes, body builders, obese men, steroid users, and more have enjoyed the benefits of male breast reduction surgery for quite some time.

Of course, beauty is in the eye of the beholder. Plastic surgery treatments are not designed to replicate a celebrity, but are designed to enhance your appearance for many years to come. The good news is that your signature for beauty may be refined with natural looking, plastic surgery results today. 



Considering a BODY LIFT?



Body lift may be just what you are interested in. For people who lose weight through weight loss surgery and have maintained a stable weight, body lift procedures are usually the final step in the transformation of a “new you.” Of course, there are considerations. For some they may be concerned that their dietetic habits won’t change. For others there may be other reasons why they feel weight will come back such as not changing lifestyle habits which cause weight gain. In both cases the body lift may seem impractical, yet

there are several reasons why people who have had weight loss surgery can feel more assured that weight will not come back, so a body lift may be in order.

First, weight loss surgery procedures inhibit food intake by making the stomach smaller, and unable to hold the extent of food traditionally eaten. Second, people who lose massive weight must undergo lifestyle changes such as participation in exercise, eating habit changes, and more; all of which are assisted with counseling and support from your

bariatric team members. In fact, a recent study gives people another reason to be confident that weight will remain stable within one to two years after weight loss surgery. Study participants who underwent the gastric bypass surgery or vertical-banded gastroplasty were queried about their food choices in a questionnaire following the intake of high-fat foods and low-fat foods. The results of the study were remarkable. Study participants actually preferred the low-fat foods when compared to high-fat foods. One reason for the preference

may be due in part to difficulty digesting high-fat foods when compared to the time period of obesity, although the true mechanism of action is not known to date. It is suspected that researchers will investigate this further to better identify a mechanism of action with the hope that there is an opportunity to offer a non-invasive alternative to weight loss-surgery.

The Body Lift Procedure

Many who have had weight loss surgery

are turning to the body lift procedures to remove leftover skin on the flanks, abdomen, back, arms, and thighs. The body lift procedures are often the final step in a transformation that can last for many years to come. The body lift can vastly enhance social relationships and professional life as well. The body lift procedure may involve liposuction. There are many who experience troublesome fat deposits that simply do not respond to exercise or diet. These types of fat deposits are simply

not designed that way. In this case liposuction is a great answer to achieve a more toned appearance. Liposuction is popular for the abdomen, hips, and back. The butt lift has also been popular for those who desire to keep up with the toned, shapely appearance of the rest of their body following a lift. It's a fairly simple procedure that does not necessarily involve a lot of downtime, so it's no wonder that many have become interested in the butt lift.



Recovery Advancements Enhance Plastic Surgery


Many plastic surgery patients today do not have to worry about the pain factor associated with plastic surgery treatments. Of course, every person's pain threshold is unique, however, plastic surgeons have many tools available that are designed to stay ahead of discomfort during or following plastic surgery.

The first advancement is that techniques have improved to offer more delicacy in treatment which equates to less pain. In addition,

there are smaller instruments with visual aids that may be used during select treatments, so incisions may be smaller in some areas. Anesthesia options have also advanced. There is quick-acting general anesthesia to put you to sleep during the procedure. There are also quick-acting, long-lasting local anesthetics and sedation to help you get peacefully through less invasive procedures. Even some injectables contain lidocaine to prevent pain during the injection.

Recovery times from plastic

surgery have also improved over time, but the body lift is major surgery, and recovery depends in part on the extent of your specific surgery. Less invasive plastic surgery procedures, such as liposuction, are associated with the need for less recovery time.

Undoubtedly, the decision for plastic surgery is a serious one. There are many aspects of the procedure to consider, but rest assured that plastic surgeons do everything possible to prevent discomfort during and after any treatment in plastic surgery. 

Want that “HOURGLASS FIGURE”?

A Personal Story

Even if you see the promise in a youthful, smooth, trim abdomen and an hourglass figure, there's a fair chance that you're put off by the time commitment, cost, interference in your daily life activities, and the risk that there are fat deposits that won't respond to diet and exercise required to look like it is still 1981. Enter liposuction, breast

augmentation and Zeltic®. A former savvy patient responded, “This was a great combination that I required over time, but allowed me to preserve my 1981 high school graduation look. At 35, I opted for liposuction and breast augmentation despite my fit and trim overall appearance. I wanted help with my tiny bulges surrounding my lower abdomen and flanks, as well as, an hourglass look when compared to the flattened chest appearance I was challenged by after giving birth to my child. By 48, I opted for Zeltic® to help with newly-formed, small, abdominal fat deposits. It seemed like the fat moved elsewhere, so I couldn't resist going with the newly launched Zeltic®.

For my initial surgery, I had to play around a bit with the idea I'd miss work, and to find assistance with my child during recovery, yet you really want to play around with the idea until you make the decision

because there are many things to consider, as follows.

First, I learned that the return-to-work scenario has improved for the vast majority of women having breast augmentation. In years past it was not uncommon for a woman to remain off work for two weeks following breast augmentation in order to manage recovery side effects. Today it is common for many women to return to work within seven days of the procedure for several reasons, even if they have liposuction too.

- Technology has also improved. For example: quill barb sutures used to close the incisions help to preserve tissue so that healing is speedier.
- Anti-inflammatory medications and steroids used during plastic surgery reduce inflammation.
- Medications prescribed for use during the recovery period enhance healing as well.
- Certain medications have proven useful for muscle spasms and post-operative nausea.
- Advanced techniques available to help aid recovery such as electrical wrist stimulators that provide relief from nausea without the use of drugs.

I also learned that the pain factor wasn't a concern. The delicacy that plastic

surgeons use in techniques is far more superior than techniques used by plastic surgeons in previous decades. This results in less trauma to the treatment area. In addition, plastic surgeons today may administer pain medication during surgery to reduce post-operative discomfort. Nowadays, sedation agents, marcaine medication, and pain pumps used in breast surgery offer a reduction in post-operative inflammation and muscles spasms. The tools that are used in the right plastic surgeon's hands allow for greater precision and less trauma, so unnecessary areas do not have to be affected by the instruments used in contrast to procedures of the past; the result: less discomfort. The visual guides that plastic surgeons use offer advanced lighting, simplicity in use, and come in minute sizes to provide for smaller incisions resulting in less invasiveness and less discomfort. Of course, I cannot neglect to mention the reduced blood-loss techniques in breast aug, and those that help preserve hydration decrease the risk of post-operative nausea significantly. In fact, early mobility is advised following breast aug, so

I wouldn't need much time off from my child. Since liposuction could be performed simultaneously, not only was I not concerned about the pain factor, but also I could benefit from a cost reduction too. The facility and anesthesia fees could be combined.

Also, I learned that the odds were good for reduced risks from breast augmentation. From medical risks to complication rates, there have been dramatic reductions when compared to years past. As we know, quill barb sutures (used to close incisions) enhance healing today, but also reduce the risk of abnormal scar formation and infection. The use of anti-inflammatory medications and steroids during surgery further reduces the risk of excessive scar formation. There are advanced scar products available for both lipo and breast aug. Since the advent of improved breast implants the number of people who have experienced a leak or rupture has decreased significantly. In the previous decade the saline implant deflation rate was high. Today, implant deflation is a rare occurrence when compared to the number of women receiving breast implants.

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. My plastic surgeon had a private surgical suite and recovery room for aftercare.

I even took advantage of an overnight-care facility to further serve my aftercare needs where a team of nurses attended to me for twenty-four hours around the clock during the initial recovery period.

The choices for breast implants lend the essence of custom design as well. Women interested in breast augmentation may be fitted for breast implants through a wide range of choices for sizes, projection volumes, widths, and profiles today. Saline breast implant choices may be the round smooth type or the textured type.

Silicone gel breast implants offer an alternative to saline breast implants and the cohesive gummy bear implants, and 410 CPG implants offer promise for enhanced results. The plastic surgery community has made great strides in creating more advanced types of breast implants for improved form and stability over time. I also liked having one recovery time for both liposuction and breast augmentation.

The choices for fat reduction are fully encompassing today too. Zeltic® worked well for me, but there have been advancements and alternatives to select from too. CoolSculpting® offers fat reduction for the face, neck, and body by the freezing your fat through a non-surgical approach. There is no scarring, no bleeding, and no downtime associated with CoolSculpting! Thermi offers advantages for the slim, trim abdominal appearance as well.

Smartlipo offers fat reduction for the face, neck, and body using two laser fibers and wavelengths to remove fat cells, and tighten your skin. With this minimally invasive approach less bleeding and bruising may occur when compared to traditional invasive liposuction. Consequently, a shorter recovery process is typical. Smartlipo Triplex provides for three fibers with three different wavelengths to be able to select the right match for fat reduction, and to result in up to 20% skin tightening in all areas of the face and body except the ankles. After a two week recovery process you may return to normal exercise. Smartlipo Triplex with Cellulaze involves the use of the only FDA approved


device for cellulite reduction. Whether you are concerned about diminishing cellulite on the arms, chest, abdomen, waist, back hips, buttocks, inner thighs, outer thighs, and/or knees, Cellulaze may be the answer. Your results build over time (within 12 months) to reveal a renewed appearance!

Knowing that the return-to-work scenario is often shorter can be very appealing. Understanding that techniques have vastly improved is comforting. Witnessing the benefits of advanced technology to use before, during, and after surgery is encouraging. The reduction in the risks

of complications, in the right hands, is reassuring.

My small flattened chest, now a comfortable size C, made me immediately look better and (I think) younger. I don't need alterations for my clothes anymore, and my wardrobe choices are far more extensive, and I'm not intimidated in the bedroom anymore. I could feel the presence of implants, but it wasn't creepy, and my breasts are not too perky. My abdomen has been able to pass the test of time with a little help from liposuction and Zeltic®. You haven't even been able to tell I had a child. That said, I walk

around all day, and no one notices what I have done. I do, however, get lots of compliments about how well I look!"

Of course, every individual is unique. Every plastic surgeon has an armory of tools available to make a realistic treatment plan for most any woman over the age of 18. It is no wonder that women who have plastic surgery tend to be very satisfied with the results of the procedure for many years to follow. 

Alternatives and Adjuncts to Plastic Surgery Choices

COVER UP

Look for looser clothing in those bulging areas for maximum coverage, but before putting them on seek out a lifting bra and a trimming slip-on girdle to obtain an idea of how you may look with these added perks.

EMBRACE EXERCISE

Every morning, march in place for at least 25 minutes to elevate your heart rate, and stimulate fat burning. Top it off with some weight training. Take a dance class. Join and participate in a health club. Consider a personal trainer to learn exercises that are custom designed to fit into your ideal. Some of the best exercise programs involve 60 minutes of physical activity comprised of at least 25 minutes of cardio, and alternating days on muscle groups for weight training.

DELIGHT IN A HEALTHY DIET

It's the one ingredient proven to stimulate weight control. Look for super-foods that promote weight loss. Oats are rich in fiber which helps you feel full throughout the day. Just a half cup packs 4.6 grams of a



healthy carb that boosts metabolism, and burns fat. A cup of black beans offers a whopping 15 grams of satisfying protein, and is low-fat. Lean sources of protein help you feel full without adding fat. Salmon is the right choice for a lean protein. Best known for their anti-aging qualities, blueberries are a powerful figure-friendly fruit: a 1-cup serving helps you feel full with 4 grams of fiber. Cooked or raw broccoli offers filling fiber, and is likely to prevent weight problems too. A half cup serving of brown rice contains 1.7 grams of a healthy carb that boosts metabolism, and burns fat while keeping you feeling fuller when compared to many other food types. These are simply a few ideas to set you on the right course when

making out your next grocery list. Explore other alternatives, enjoy, and control your weight all in one!

DON'T OVERDO IT

Resist the urge to binge eat, or indulge in fatty goodies. Too much can swiftly lead to weight gain making you look like you've got more to cover up, and the same goes for exercise: Too little makes it less likely you will reap rewards; too much and you may give up.

TRY A SKIN TIGHTENER

Though the results obviously aren't as dramatic as plastic surgery choices, there are creams that may make a noticeable difference. Pick one with argireline, GABA, or DMAE—the most effective ingredients.

PRIME YOUR LINES

Fill in uneven areas with spray tanners or tanning creams and lotions.

CONCEAL LIKE A PRO

Disguise your appearance by wearing slimming dark colors, along with the cover up tips mentioned above.

KICK BAD HABITS:

Target- Smoking and Poor Fast Food Choices



Wouldn't it be great to have a fountain of youth for your entire life? While there is no such thing as a fountain of youth many people have found great benefits from kicking bad habits, and replacing them with healthy ones.

It would be no surprise if you've watched to see the tell-tale signs of bad habits on the faces and bodies of other people. It's easy to identify those who have not taken care of themselves. You don't have to be a keen observer to form an impression in your mind

of the people you see based on the appearance of their faces and bodies. One look in the mirror can tell you about your imperfections.

On the up-side, techniques do exist, so people can prevent the consequences of unhealthy habits, and reclaim what was lost due to aging, stress, pollutants, and unhealthy lifestyle habits. Dabs of make-up may mask some of the issues, but we can let you know what other options are available to help you look and feel better, so let's get right down to it!

Refine Fast Food Choices

Fast food may be convenient, popular, predictable, and fast, but nutrition experts are quick to point out that fast food is often high in calories, sodium, fat, and cholesterol. Research shows that fatty foods contribute to high blood cholesterol levels which contribute to hardening of the arteries, heart disease, and stroke. High-fat diets may increase the risk for certain types of cancers. While most Americans may get more than 40% of their daily calories from

fats, the America Heart Association recommends limiting fat to less than 30% of daily calories or 50-80 grams. The American Heart Association also recommends eating no more than 300 milligrams of cholesterol per day, but don't only look at the cholesterol contained in the food item: A product high in fat or saturated fat may be an even bigger contributor to high cholesterol levels such as high-fat foods. On average, Americans consume between 2,300 to 6,900 milligrams of sodium daily, but the National Academy of Sciences/ National Research Council estimates adequate safe intake for adults between 1,100 and 3,300 milligrams per day. High salt intake



may lead to high blood pressure.

On average, to MAINTAIN a desirable weight women need about 2000 calories per day, and men need roughly 2700 calories. To lose weight you must take in fewer calories, or increase physical activity, but preferably both. To help you make better choices check out our article "Alternatives and

Adjuncts to Plastic Surgery" on page 21. Remember that fast food chains have come out with some healthier choices.

Stop Smoking

Healthcare costs are rising due to smoking. Being a fit and motivated individual can help you stay on track for quitting, but awareness about fast-facts may bolster your enthusiasm for quitting.

Fast Facts: Every year, 70% of all smokers indicate they'd like to quit. It takes the average smoker 6-8 attempts to successfully quit. The yearly price tag for a pack a day habit is roughly \$1600. Each year smoke related illnesses contribute to 430,000 premature deaths.

Tips to Quit: Develop a personalized quit plan and strategies to accomplish the mission. Set a quit date, and go public with the announcement. Let the readers of Radiant Life know your goal on our Facebook page! On your quit date, get rid of lighters, ashtrays, etc...

Have a support group you can call or attend for encouragement. Plan ahead for those craving moments and have a list of tasks prepared that will prevent you from smoking (go running, drink water, deep breathing.) Reward yourself at the end of each non-smoking week; buy a new book or CD, catch a flick, or treat yourself to a nice dinner. [RLM](#)



Top Prevention Tips

Time for Prevention Tips! Make it a family affair, and create a healthy habit to fit into your annual routine! All people, young and old, may benefit from the latest prevention trends! Just the process of participating in a tip may boost your enthusiasm for a healthy lifestyle.



Thwart off Disease with Cleanliness

A visit to the supermarket offers signs that some people are concerned about the spread of infectious disease. The disinfectant wet-nap dispenser is usually right by the entrance door for wiping down areas of the shopping cart. Workers wear rubber gloves at the deli counter. Pathogens can be transmitted through various means: airborne through coughing or sneezing, contaminated food sources, bodily fluids and secretions, and physical or sexual contact. Sanitary and sterile conditions are paramount in places where food is prepared, and in medical offices or hospitals. It's vital to remain personally vigilant against illness and infectious disease. You may want to reduce your silent inflammation that we all have to prevent disease, and go for a health screening as well. In the meantime, here are several ways to reduce the odds of contracting sickness:

- Regularly wash hands with clean, warm (to hot) water.
- Maintain good hygiene with bathing and toilet habits.
- Smell-test and examine food before enjoying your meal. When in doubt: throw it out!
- Be familiar with foods that are recalled from store shelves due to a link to infectious disease, and know how to discard them from your home.
- Wash foods for cooking before enjoying them, including: vegetables, fruits, and poultry (such

as, chicken.)

- Take the right over-the-counter medicines (OTC), get rest, and drink plenty of fluids when sick. If obtaining OTCs, it's best to ask your physician or pharmacist for their recommendation.
- Avoid contact, if at all possible, with people who have symptoms or signs of illness.
- Stay home if you are sick.
- Do not delay in seeing your physician if your symptoms or signs get worse or don't abate.

- Keep your living quarters and workspace clean and disinfected.

- Avoid contact with common transmitters of infectious disease: including flies, mosquitos, and ticks.

- If you notice flu-like symptoms, know that these symptoms are also linked to food-borne illness which may lead to an infection. Be particularly mindful of this if you are ill, elderly, or immune system compromised.



No Texting While Driving

Now is the time to take the pledge of "No Texting While Driving!" The following offers tips to meet your goal for the pledge!

- Install an anti-texting application in your cell phone!
- Turn off notifications before you enter your car!
- Place your phone out of reach in the car!
- Assign a designated passenger to read and text for the driver of the car! Don't become a statistic!
- Over 100,000 car accidents annually involve texting, according to the National Safety Council.
- Texting drivers are 23 times more

likely to be in an accident according to the Virginia Tech Transportation Institute.

- Both reading a text, and sending a text while driving creates the risk of a car accident. Car accidents are associated with some of the most devastating orthopedic and brain injuries, as well as, death. If a person survives a texting- while-driving accident, they may be subject to serious fines and penalties.

Take the pledge today! There may be serious financial consequences for both the person texting to a driver, and the driver texting if there is an accident.





Immunizations: Is It That Time?

Immunizations have been known to protect people of all ages against diseases that don't have to be part of your life with a proactive approach. There are specific times that may be important to have vaccinations such as for newborns, babies, adolescents, adults, those traveling out of a country or coming into a country, those with select medical conditions, the elderly, and those with weakened immune systems. Your physician and certified pharmacists can discuss with you the various immunizations to help you decide on the best approach for you. Newborns and babies will receive a set of vaccinations based on your

decision following the physician's recommendation. Here are a few ideas for adolescents and adults to check out with their physician or certified pharmacist! Of course, you may expand on your inquiry to learn about others when you arrive at their location. In the meantime, we invite you to read on!

Pneumococcal Vaccination:

- 65 years of age or over and never had, or haven't had in past five years.
- Any age for those who smoke cigarettes; are alcoholic; or have asthma, cancer, kidney failure, HIV, Hodgkin's disease, sickle cell disease; and those with heart, lung, kidney, or liver disease. This includes those with leaking spinal fluid, spleen removal, have

or will have a cochlear implant, a weakened immune system, or an organ or bone marrow transplant.

Tetanus, Diphtheria and Pertussis Vaccination (TD & TDAP):

- Never or past ten years.

Meningococcal Vaccination (More Than Five Years Ago):

- College students if they didn't have at 16th birthday.
- Travel where Meningococcal is at a high rate.
- Spleen Disease or removal
- Sickle Cell Disease
- Microbiologists

Shingles Vaccine:

- Those over 50!


Hepatitis A Vaccination (To Protect From Acquiring or Giving It To Others):

- Never had
- Vaccinated in past, but did not get second injection to complete.
- Use illegal drugs.
- Males who have sex with males.
- Exposure in past two weeks.
- Chronic Liver Disease
- Clotting Factor Disorder
- Work with primates.

Hepatitis B Vaccination (To Protect From Acquiring or Giving It To Others):

- Never completed three doses.

Annual Flu Shot:

- Flu season is from fall until April, depending upon the source.
- Select children, adolescents, and adults may be sensitive to certain immunizations. Before choosing vaccinations inquire about the risks and potential side effects. Children, adolescents, and adults may need additional vaccinations if traveling to certain countries. 

WANT TO EXERCISE?

Clear Up Misconceptions about Upright Rowing, Lateral Raises, and Squats

If you have glanced around your gym recently, you may have noticed variations in rowing and squatting; two of the most popular and rewarding exercises of all time. You may have thought you must have missed the memo on how to properly perform these exercises, but we're here to dispel some common myths.

You may have witnessed 3 different guys doing upright rows, pulling the bar up higher than their chins which gave you a reason to ponder. You may have then asked a trainer for his opinion of the exercise, and any key coaching cues he may use. His love of the exercise proclaimed targeted muscle groups, and coaching "to lift to under the chin." This coupled with the number of people doing these exercises gave us a reason to write this article.

Take a moment

Follow me here if you would: Standing with arms in front of your thighs, palms facing backwards, abduct (raise) your arms out to the sides. Notice your end-stop (where you feel resistance in lifting any higher.) Anything further would necessitate some type of compensation (e.g., shrugging, torso lean.) If you happen to have someone else with you, observe whether their end-stop is different from yours. Next, return to your starting position, but now turn your palms to face forward, and repeat the same motion. Notice any difference? You should be able to touch, or almost touch, your hands overhead, so why the difference?

Most of you may know this, but a quick review of our anatomical structures provides the answer. We have an acromium

process (AC – a bump at the end of your collar bone above your shoulder joint). We also have a greater tuberosity (GT) just behind the midline of our humerus (arm) to which your deltoid muscle attaches. When you turn your palms inward towards your thighs the GT rolls forward, and when abducting (raising) the arms overhead your movement was impeded because the GT approximated the AC (i.e., got too close) and that compressed the space between the GT and AC known as the sub-acromial space. This

constricts (a) the bursa (a fluid-filled sac acting as a bit of a buffer to facilitate movement,) and (b) two tendons: the long head of your biceps tendon and your supraspinatus (a rotator cuff).

This compression, called impingement, will occur in each of us, but the point at which it occurs varies between people as we each have different sized spaces under the AC (space can vary between 5 - 10 mm or 0.2 - 0.4 inches). This explains why we may each have different end-stops.

From a coaching perspective

Whether your elbow is extended/near extended (e.g., lateral raise) or flexed (e.g., upright row), internal rotation of your humerus is the same at the shoulder joint. While many think this exercise targets the deltoids nicely, EMG studies reveal less deltoid activation with this exercise versus other shoulder exercises which are probably safer on the shoulder. FYI – the Upright Row elicits more trapezius action given the excessive need to upward rotate the scapula.

Furthermore, the end-stop is not dictated by a textbook (e.g., a certain height like your chin), but on a case-by-case basis. Conduct





a basic movement screen (the same one we asked you to perform and use that range of motion (i.e., how high you can abduct your arms until your end-stop)) to dictate your exercise movement range. Now, should you elect to perform this exercise, then aim to raise the bar towards (and not at or past) your end-stop. Preserve your shoulders as they can be quite problematic in many individuals, and they are the only pair we have.

Similar points can be made for lateral raises. First off, if your goal is your deltoids, then train that muscle and not your biceps or traps. In other words (guys), drop the weight, stop shrugging or flexing the elbows during the lift, and stabilize your trunk. A lighter weight with a more extended elbow length lengthens the lever, and with good form it can effectively target the middle and anterior deltoid. As you approach your end-stop keep in mind you may be slightly internally rotated (thumbs pointing forward). It's not a bad idea to turn your thumbs slightly upwards (not completely) to reduce any chances of impingement. Option B is to change the plane of movement into the scaption plane reviewed previously.



Common Misconceptions about Squatting

We often hear contradictory squat rules echoed throughout gyms and health clubs. Some emerged through research while others lie in myth. Furthermore, watching fitness professionals squat demonstrates how often they are incapable of squatting correctly due to inadequate levels of mobility or stability (e.g., ankle mobility). So, let's examine some common misunderstandings:


Told to Keep our Knees Behind our Toes

- Research by Fry, et al., (2003) examined squats where knees moved, or were restricted from moving forward. As expected, with forward knee restriction shear forces and torques at the knee were reduced.
- Shear forces at the knee, involving anterior/posterior movement of bones at the joint, affects cruciate ligaments most notably.
- ACL anterior shear forces start around a 15° knee bend, experience greatest shear forces around 30°, which then diminish after a 60° knee bend.
- PCL posterior shear forces start around a 30° knee bend, experience greatest shear forces around 60°, which then diminish after a 90° knee bend

(not the same as thighs parallel to the floor).

- Squatting beyond a 90° knee bend alters compressive forces within the knee. Passive structures around the joint (e.g., joint capsules) assume much of these forces which unloads cruciate ligaments in most people, and can potentially decrease compression forces on the menisci and articular cartilage in the joint.

However, restricting forward knee movement = greater shear forces and torque at hips vs. squatting with knees moving forward. Ramifications are more serious given how the lumbar spine is more susceptible to injury. In other words, more forward leaning at the hips due to forward knee restriction = greater shear forces between individual spinal vertebrae (e.g., L5-S1, L5-L4, L4-L3, etc.) and greater risk of back injury. As hips drive forward, the spine extends backwards during the rising phase. Translated: greater lumbar extension is problematic. For every 2° of spinal extension from neutral, compressive forces on the posterior annulus (disc portion resists pressure during compression) of each disc increases by an average of 16%.

We've got more to follow next issue so keep on the look out! 

How To Tell When You Are INTO EACH OTHER



Courting can be soul-stirring, inspirational, and an intimate way to invoke romance. Pre-foreplay may begin during your work day with the exchanges of sexy texts and emails. To spice things up a bit you may want to spontaneously kiss each other for 5 minutes then begin kissing each other's ears, neck, and shoulders while conversing for up to 30 minutes. Just don't forget to disconnect your phone before you begin. Now, let's talk about how to tell when you are into each other.

Perhaps we've all heard of the movie entitled *He's Just Not That Into You*, but guys and gals alike

may not know how to tell when they are into each other. After all, some may find it's an art form. The art of flirting is a skill that can create a masterpiece relationship with the right color scheme or aura mix. Women may be more subtle, but men may need women to tune into their cues to mark the right time to embark on a loving relationship. Neither men, nor women may be the most attentive creatures on the face of the Earth, but one needs not be too attentive to tune into the right cues. Friends may offer advice, but girl and man talk may make all the difference in the world for you or a dynamic duo.

YOUR EYES ARE THE GATEWAY TO YOUR SOUL

"It all starts with the eyes, doesn't it? That's when I notice she's into me. Then, I slowly conservatively step into her space (less than 18 inches away) to take things a step further." said Alex.

"The head-to-toe "once over" is a clear sign she's into me. My response of a smile, if I'm into her, comes next." adds Mike.

SMILING IS A GREAT FIRST IMPRESSION

"A man's smile lets me know he might be into me. My genuine smile back lets him know I might

be into him. I want to let him know he is appreciated. If he leans towards me, I suspect he might be into me.” said Kara.

COY CONVERSATION

“I like to stir up the conversation. Sometimes, this just means starting a conversation. Other times, it may mean being coy in a conversation. Sexting is great foreplay once we hit the right stage.” exclaimed Madeline.

“I love it when a woman takes the first step by starting the conversation. It’s a clear sign I can step into her space a bit to get a little closer (politely, of course.) It also takes the pressure off me” said Mike.

“I prefer to be responsive. I don’t give vague answers. I probe back with a question to bring more depth to the conversation, then, maybe, we can get deep in more ways than one!” explained Kara.

LAUGH IT UP

“I think a big part of flirting involves humor and the reactions that we share with each other. If you’re a

woman who’s unable to have good comedic timing, don’t worry, a good guy will be able to offer some jokes up.” added Alex.


PLAYFUL TOUCHES

“I agree that personal space is mostly about 18 inches, but if a woman gets into your space, or if I or she finds an excuse to playfully touch each other, then generally you know she or he is interested.” said Alex.

“I know when we get into each other’s space I can get a sense of the person’s vibe, and find out what’s appealing. It may even make me twirl my hair.” explained Madeline.

“I like it if she lets me know I can look, but I can’t touch on a first date. If it’s a first meeting or date, and I’m into her, I softly kiss her hair if I can tell she’s into me too.” added Mike.

Top it all off with lots of kisses and eventually safe sex, and you’ll likely have a great time. Kisses are some of the sweetest treats to enjoy. In fact, you’ll want to make kissing part of your gift package to your partner every day. It’s been

documented that people who kiss their partners every morning may live five years longer than people who do not kiss each morning. In addition, there are reports which indicate that kissing improves function in several bodily systems. Kissing also increases metabolic rate for a boost in energy and burnt calories. Sex is another form of intimacy that creates stronger bonds in relationships. There are many benefits associated with an active sex life such as stimulating hormones to improve mood, memory, energy, libido, bone and muscle strength, and decreased levels of fat. Pleasure and close intimacy are known to help you age gracefully. It’s also helpful to know that both sexes want to please their partner sexually. A healthy sex life helps to keep you and your partner young. In the end, your partner will certainly appreciate your thoughtfulness. Your days can be memorable, and you’ll likely both appreciate these types of great escapes whether at the beginning of a relationship or thereafter. 



Ask RADIANT LIFE

Q: I've got Age Spots and Hyperpigmentation? What can I do?

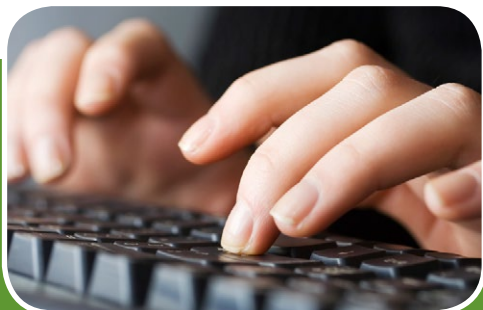
— Tami E., Pittsburgh, PA

A: Age spots and skin hyperpigmentation (discoloration) may affect anyone at any given time of year. While there are hundreds of reasons why skin may become discolored (which may require proper diagnosis and treatment) some of the common forms of skin discoloration and age spots may be responsive to microdermabrasion, chemical peels, and/or laser treatment. This is because these treatments can affect the changes that occur in the melanin of your skin which causes skin discoloration and age spots. In the meantime, first the basics:

The epidermis layer of your skin consists of a dark pigment called melanin. Melanin is responsible for the color of your skin. When you expose your skin to sunlight without protection, melanin production increases to protect your skin. When high levels of melanin are produced, or become clustered because of accelerated production, freckles and brown spots (also known as age spots) appear. The natural aging process also stimulates the production of melanin which can result in skin discoloration.

The good news is that medical grade skincare can help prevent or improve slight skin discoloration and age spots. Healthy lifestyle habits such as not smoking can play a role in preventing age spots and skin discoloration. Management of medical conditions such as skin conditions, lupus, cancer, Hypothyroidism, and ovarian conditions can reduce the risk of age spots and skin discoloration.

Light skinned people are particularly prone to age spots and skin discoloration, however, dark skinned people are not immune. If you've already been faced with the problem, medical grade skincare, laser therapy, and facial rejuvenation are options worth investigating! **RLM**



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





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