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The Shape Edition

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Fall Newsletter

Special points of interest:

- Medical Weight Loss
- A personal story about Breast Surgery
- Skincare updates
- Earn rewards towards cosmetic treatments

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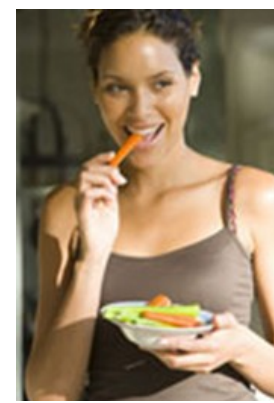
Introducing Ideal Protein Diet...Your Last Diet!

The Ideal Protein Weight Loss Method is a medically designed protocol that results in fat loss while sparing muscle mass. The protocol was developed in France 25 years ago by Dr. Tran Tien Chanh, M.D. PhD. The Ideal Protein Weight Loss Method is an easy 4-phase program which helps stabilize the pancreas and blood sugar levels while burning fat and maintaining muscle and other lean tissue. This program is also an excellent support for cellulite reduction and has been used in well over 2500 Professional Establishments in North America over the last eight years with great success.

The Knowledge to Keep Those Pounds off Forever!

What is the Source of Most Weight Issues? According to Dr. Tran Tien, "The cause of most weight issues in modern society is insulin dysfunction. A diet grossly disproportionate in its share of

saturated fats and sugars, such as breads, cereals, muffins, cakes, pastries, pasta, pizza, rice and corn are very much like the North American diet-causes the pancreas to produce an overabundance of insulin, which stays in the system and puts the blood sugar level in a negative balance.." An overproduction of insulin also leads to hypoglycemia or low glycemia, which in turn induces constant sugar cravings and weight gain. The Ideal Protein Program will transform the body's ability to digest sugars properly by regulating insulin levels. By giving the pancreas a well-deserved break and limiting complex carbs until the weight loss goal is achieved.



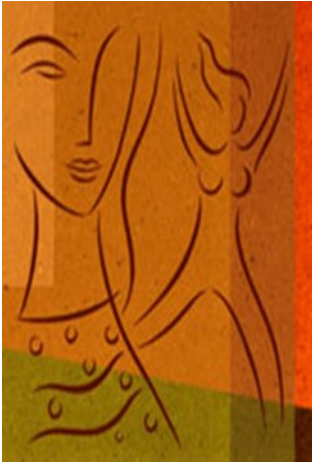
Principles Behind the Protocol...

Learn to live off of the body's own fat reserves. The body employs energy from three reserves: glycogen (carbohydrate), protein and fats. First from its simple and complex carbs reserves and when depleted, turns simultaneously to its protein

and fat reserves for energy. **Simple and complex carbohydrates can prevent weight loss.** Until 100% of the weight loss goal is achieved, we restrict sugars (simple and complex). Why? Because, as long as sugar is

consumed, the body is not burning fat. This is merely a brief summary of the Ideal Protein Diet, If you are interested in The Ideal Protein Diet contact our office for a consultation to find out if Ideal Protein is right for you and start losing weight now!

Breast Surgery Changed My Life



I am a 37 year old mother of two children who had breast implants placed in 1999 while in my early twenties. After two pregnancies and weight gain my breasts increased in size and shape. After having my first child in 2007, I started having pain all over my body, and in particular, in my neck and back. From 2007 until early 2010 the pain became unbearable and I felt I needed to be evaluated for this pain. I saw a specialist and after multiple tests were completed I was diagnosed with Fibromyalgia, a condition described as inflammation of the fibrous or connective tissue of

the body. Symptoms of this disease include widespread muscle pain, fatigue and tenderness. Treatment consists of prescribed medications and/or homeopathic regimens which may or may not work. Caring for my young children, I felt prescription drugs were not a good alternative. I started to look into other possibilities that could assist in alleviating my pain. By 2010, I had my breast implants for eleven years and due to the size of my breasts I decided to look into removing my implants and reducing the size of my breasts. After months of planning I under-

went surgery to remove the breast implants. It has now been two months since my surgery and I have to say, that I have never felt better. The back and neck pain is gone as well as the muscle pain and tenderness that I was experiencing on a daily basis. I have more energy, I am sleeping better and in general feeling like a new person. The size of my breasts, 38DDD, along with breast implants were contributing to the pain I was experiencing. I would do it all over again to feel as good as I do today!

*A personal story from our own
Cosmetic Coordinator*

Get Your Skin In Shape

It is essential that you have a good skin care regimen to combat aging, fine lines and wrinkles. While you are out in the elements one of the most important products to use is sunblock. Sunblock helps to reduce premature wrinkling and aids in the prevention of sun damage, sun damage speeds up the process of the appearance of fine lines and wrinkles. An essential, yet often overlooked, step in

your skin care regimen should be an exfoliator. Exfoliation will help to keep your skin clear and healthy looking, by removing the dead surface skin cells and oil that clogs pores leading to blackheads, whiteheads and acne. Finding a good cleansing wash for your face doesn't mean having to spend a lot of money. Find a cleanser suitable for your skin type that cleans

your face without leaving a residue. Lastly, moisturize, moisturize, moisturize. There are so many lotions and potions on the market we recommend using a medical grade product line to really give your skin a boost and promote quick and lasting results. To learn more about how to get your skin in shape contact our office for a complimentary skin care evaluation.

Brilliant Distinctions Rewards Program

The Brilliant Distinctions™ Points Program allows you to earn points for each eligible treatment you receive from Dr. Gabriel. These points are redeemable for savings on future treatments as well as ALLERGAN® products and ongoing opportunities for other valuable rewards. Program features include points redeemable for dollars off future treatments

like Botox, Juvederm and Latisse. Exclusive access to the easy-to-use website. If you are interested in having Botox or Juvederm treatments the first step is to come in for a consult with Dr. Gabriel to find out what you are a candidate for. The next step is to sign up to take part in the Brilliant Distinc-

tions Program and start earning points each time you come in for your treatments. The points turn into dollars and may be applied toward future treatments!

Brilliant
DISTINCTIONS™
PROGRAM

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