

The Community Health Source

Creating a Healthy Balance in Your Life

Volume 8 Issue 5

May 2011



Integrated Wellness and Beauty Approach Combining Traditional, Holistic and Natural Medicine

Allergy Elimination
Chiropractic Services
Cosmetic Surgery
Counseling
Energy Medicine
Hand Surgery
Holistic Family Practice
Holistic Gynecology
Holistic Pediatrics
Homeopathy
Hypnotherapy
Ion Magnum – Inch Loss
Massage Therapy
MedSpa
Perceptor Facelifts
LipoMassage™
(By Endermologie®)
Permanent Makeup
Reconstructive Surgery
Skincare

Free Wellness Lectures & Special Events

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Millennium Healthcare & Plastikos Plastic and Reconstructive Surgery

Two Locations to Serve You!

Main Office in Dunwoody

Plastikos Plastic and
Reconstructive Surgery
4370 Georgetown Square
Atlanta, GA 30338
(770) 457-4677

Satellite Office in Dunwoody

Millennium Healthcare
1867 Independence Square,
Suite 155
Atlanta, GA 30338
(770) 390-0012
www.plastikos.com
www.millennium-healthcare.com
www.templeofhealth.ws



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ABOUT PLASTIKOS AND MILLENNIUM HEALTHCARE

Dr. Susan Kolb founded Plastikos Plastic and Reconstructive Surgery, Avatar Industries and Millennium Healthcare to create an Integrated Wellness and Beauty Approach Combining Traditional, Holistic and Natural Medicine. Plastikos began in 1995 as a vision for a healing space where surgical technology could be combined with compassionate care and holistic healing modalities. Dr. Kolb founded Millennium Healthcare to create a Holistic group practice, integrating conventional, holistic and spiritual medicine to complement Plastikos Plastic and Reconstructive Surgery. Our goal is to ensure that each patient receives the highest quality care while enjoying special attention in a private serene setting. Millennium Healthcare and Plastikos Plastic and Reconstructive Surgery are service-oriented and dedicated to providing educational opportunities for the Atlanta area through our free wellness lectures, radio shows, workshops and classes.

JULIAN B. GORDON, M.D. COSMETIC AND PLASTIC SURGEON



Dr. Gordon graduated from Amherst College and received his medical degree from New York Medical College. He then completed his general surgery training at Saint Vincent's Medical Center in New York City and went on to complete his plastic surgery training at the University of Medicine and Dentistry in New Jersey where he also served as Chief resident. Following his plastic surgery residency, Dr. Gordon did a one-year fellowship in breast and microsurgery at Memorial Sloan Kettering Cancer Center in Manhattan. Dr. Gordon was certified by the American Board of Plastic Surgery in 2005.

RICHARD CLOFINE, D.O.

DUAL BOARD CERTIFIED IN GYNECOLOGY & HOLISTIC MEDICINE



Dr. Richard Clofine specializes in peri-menopause wellness including "natural" hormone replacement therapy and Osteopathic Manipulative Therapy (hands on healing bodywork) in his practice for over 20 years. He also offers a full range of care in office gynecology from annual women's wellness exams to problems such as PMS, uterine fibroids, menstrual irregularity, contraception, abnormal pap smears, female sexual dysfunction and endometriosis.

"DR. MIKE" GREENBERG, D.C.

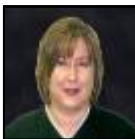
ALLERGY ELIMINATION, SPORTS & HOLISTIC CHIROPRACTOR



In his holistic practice of over 22 years, Dr. Mike built his reputation as an outstanding healthcare provider and has seen many celebrities, world class athletes and top executives. Dr. Mike is a new generation of holistic chiropractic doctor, who is treating food, environment and medication allergies. In 1996 "Dr. Mike" was awarded a United States patent for a rare Multi Herbal/Vitamin formula. He has taken numerous Post-Graduate courses and seminars in nutrition as well as having a Naturopathic certification.

CINDY STOCKTON, L.M.E., L.M.T.

LICENSED MEDICAL ESTHETICIAN AND MASSAGE THERAPIST



Cindy Stockton, L.M.E., L.M.T. is a licensed Paramedical Esthetician and Massage Therapist with over 21 years experience in medical aesthetics and integrated massage therapy. Cindy utilizes her exceptional knowledge of anatomy, cosmetic chemistry, skin structure and function to give each patient a personalized program to meet individual needs. She provides results oriented treatments that focus on skin rejuvenation, including acne and anti-aging treatments, reducing the look of cellulite and repairing sun-damaged skin.

EDD EDWARDS

MEDICAL INTUITIVE AND ENERGY SPECIALIST



Edd has trained his autonomic nervous system to interact with the ever shifting isomeric configurations, called "resonant energy", that are ubiquitous in all living organisms. Edd Edwards grew up in NE Georgia and spent his childhood experimenting with an awareness of an energy field he could sense and modulate. In the fall of 1995 Dr. William Levengood was the first scientist to quantitatively measure Edd's capability to transfer energy beyond space and time, at his Pinelandia Biophysical Laboratory in Grass Lake, Michigan. In 2008 Edd was tested at the Rhine Research Center where he was able to increase the light level.

SUSAN E. KOLB, M.D., F.A.C.S., A.B.H.M.

PLASTIKOS PLASTIC AND RECONSTRUCTIVE SURGEON, FOUNDER AND CEO



The Founder of Millennium Healthcare and Plastikos Plastic and Reconstructive Surgery, Dr. Kolb is a recognized authority on spiritual medicine and energy healing, which she integrates into her practice. She is a leading international authority on Silicone and Saline Breast Implant Disease, and has developed an immune and detoxification protocol for this patient base. Dr. Kolb is board certified in Holistic Medicine as well as Plastic and Reconstructive Surgery.

Dr. Kolb is the author of

[*The Naked Truth About Breast Implants: From Harm to Healing*](#)
and a contributing author to
[*The Goddess Shift: Women Leading for a Change*](#)

BRADFORD GOULD, M.D.

BOARD CERTIFIED FAMILY PHYSICIAN



Dr. Bradford Gould is a Board Certified Family Physician. He attended Medical College of Georgia and graduated in 1999. He completed his internship at both St. Vincent's Medical Center in Jacksonville, FL and Greenville Memorial Hospital in Greenville, SC. Dr. Gould also has a fellowship from International Academy of Medical Acupuncture. Dr. Gould has a very diverse background with special interests in homeopathy, herbal medicine, nutrition and sports medicine. Dr. Gould provides complete family care of all ages from birth to geriatrics. Full pediatric and women's well care are also offered.

NADYA DHANANI, B.H.M.S.

CLASSICAL HOMEOPATH



This provider is not a licensed physician and does not diagnose and/or treat diseases. Nadya Dhanani, B.H.M.S. studied at the Homeopathic medical college associated with Bombay University in India for five and half years. She received her Bachelors of Homeopathic Medicine and Surgery in 1987 after completing her internship in General Medicine, Pediatrics, Skin and Gynecology. Dr. Dhanani has practiced as a classical homeopath for 11 years and specializes in obesity, skin conditions, mental disorders, respiratory problems and children's health issues. This provider does not diagnose and/or treat diseases. For all diseases and/or treatments, please see one of our Licensed Medical Doctors.

JULIE ANTHONY, R.T. (R)(M)

PERMANENT MAKEUP ARTIST



Julie is certified in permanent cosmetics, radiology, and mammography and has been working as a medical professional since 1995. She has completed hundreds of procedures, specializing in lips, eyebrows, hairline stroke eyebrows, eyeliner, eye enhancement procedures, mucosal liner, scar camouflage, corrective procedures, vitiligo, areola pigmentation and stretch mark camouflage. Julie Anthony is held in high regard throughout the southeast for her expertise, professionalism, and knowledge.

SATISH NAIR, C.M.T., M.F.R., R.Y.T.

CERTIFIED MASSAGE THERAPIST, YOGA INSTRUCTOR & AYURVEDIC EDUCATOR



Satish Nair is a certified massage therapist with additional training in Myofascial release therapy, clinical sports, Craniosacral, neuromuscular, Swedish, shiatsu, reflexology and manual lymphatic drainage massage therapy. Satish is a certified Yoga instructor, Pranic Healer and an Ayurveda Educator. His intuition integrated with his innate gift to help each patient understand and become aware of their empowerment in the healing process, provides a very relaxing and healing experience by which he gently awakens the mind, body and spirit connection.

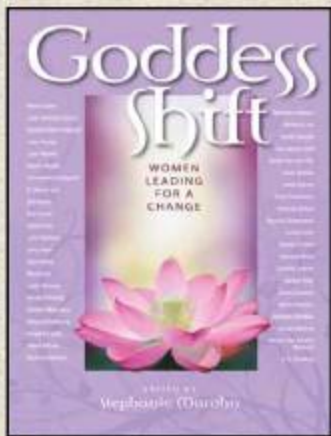
The Naked Truth ABOUT BREAST IMPLANTS FROM HARM TO HEALING

Now Available

The Naked Truth About Breast Implants: From Harm to Healing



Susan Kolb is a medical doctor who is uniquely qualified to tell this story because she has a specialty in plastic and reconstructive surgery, as well as extensive training in holistic medicine. Furthermore, both silicone and saline breast implants have been in her body, and she confronted the health challenges such prosthetic devices can produce. While her story is very personal, it also reflects the experience of hundreds of thousands of other women. The story she tells involves multinational corporations, public health concerns and governmental organizations that have betrayed the very people they are charged with protecting. Suppressed research, legal battles, government hearings, political corruption and corporate greed are part of this saga. Yet it is also about healing, for it contains the promise that those involved will learn greater responsibility. As Dr. Kolb says, "Sometimes we all have to learn the hard way."



Susan Kolb, M.D. is a contributing author on the Goddess Shift book, which includes a remarkable compilation of contributors who shared their insight on the new role of women in leadership.

Goddess Shift: Women Leading for a Change is an anthology that celebrates these values. It includes chapters by women leaders in diverse fields of human endeavor. These range from entertainment (Oprah Winfrey), finance (Suze Orman), government (Angela Merkel), business (Meg Whitman), sports (Mia Hamm), social change and philanthropy (Angelina Jolie), and literature (Sue Monk Kidd).

"A woman with a voice is by definition a strong woman. But the search to find that voice can be remarkably difficult."

- **Melinda Gates**, The Gates Foundation

"We need to fix our souls. Our souls are broken in this nation. We have lost our way. And if begins with inspiration, it begins with leadership."

- **Michelle Obama**, First Lady

About the Author:

Susan E. Kolb, M.D., F.A.C.S. A.B.H.M. the founder of Plastikos Surgery Center and Millennium Healthcare in Atlanta, Georgia, has developed treatment protocols to help women with silicone, chemical and biotoxicity problems from breast implants. She has the personal experience with the illness and first used the protocols to regain her own health.

To purchase either book, please visit Dr. Susan Kolb's website: www.thenakedtruthaboutbreastimplants.com

For Media inquiries, appearances, or other publicity, please contact :

Karen Vaughn at (770) 457-4677 Ext. 144 or via email at kvaughn@plastikos.com



Go Bananas!

Bananas contain three natural sugars - sucrose, fructose and glucose combined with fiber. A banana gives an instant, sustained and substantial boost of energy. Research has proven that just two bananas provide enough energy for a strenuous 90-minute workout. No wonder the banana is the number one fruit with the world's leading athletes. But energy isn't the only way a banana can help us keep fit. It can also help overcome or prevent a substantial number of illnesses and conditions, making it a must to add to our daily diet.

Depression: According to a recent survey undertaken by MIND amongst people suffering from depression, many felt much better after eating a banana. This is because bananas contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood and generally make you feel happier.

PMS: Forget the pills - eat a banana. The vitamin B6 it contains regulates blood glucose levels, which can affect your mood.

Anemia: High in iron, bananas can stimulate the production of hemoglobin in the blood and so helps in cases of anemia.

Blood Pressure: This unique tropical fruit is extremely high in potassium yet low in salt, making it perfect to beat blood pressure. So much so, the US Food and Drug Administration has just allowed the banana industry to make official claims for the fruit's ability to reduce the risk of blood pressure and stroke.

Brain Power: 200 students at a Twickenham (Middlesex) school were helped through their exams this year by eating bananas at breakfast, break, and lunch in a bid to boost their brain power. Research has shown that the potassium-packed fruit can assist learning by making pupils more alert.

Constipation: High in fiber, including bananas in the diet can help restore normal bowel action, helping to overcome the problem without resorting to laxatives.

Hangovers: One of the quickest ways of curing a hangover is to make a banana milkshake, sweetened with honey. The banana calms the stomach and, with the help of the honey, builds up depleted blood sugar levels, while the milk soothes and re-hydrates your system.

Heartburn: Bananas have a natural antacid effect in the body, so if you suffer from heartburn, try eating a banana for soothing relief.

Morning Sickness: Snacking on bananas between meals helps to keep blood sugar levels up and avoid morning sickness.

Mosquito bites: Before reaching for the insect bite cream, try rubbing the affected area with the inside of a banana skin. Many people find it amazingly successful at reducing swelling and irritation.

Nerves: Bananas are high in B vitamins that help calm the nervous system.

Overweight and at work? Studies at the Institute of Psychology in Austria found pressure at work leads to gorging on comfort food like chocolate and crisps. Looking at 5,000 hospital patients, researchers found the most obese were more likely to be in high-pressure jobs. The report concluded that, to avoid panic-induced food cravings, we need to control our blood sugar levels by snacking on high carbohydrate foods every two hours to keep levels steady.

Ulcers: The banana is used as the dietary food against intestinal disorders because of its soft texture and smoothness. It is the only raw fruit that can be eaten without distress in over-chronicler cases. It also neutralizes over-acidity and reduces irritation by coating the lining of the stomach.

Temperature control: Many other cultures see bananas as a 'cooling' fruit that can lower both the physical and emotional temperature of expectant mothers. In Thailand, for example, pregnant women eat bananas to ensure their baby is born with a cool temperature.

Smoking & Tobacco Use: Bananas can also help people trying to give up smoking. The B6, B12 they contain, as well as the potassium and magnesium found in them, help the body recover from the effects of nicotine withdrawal.

Stress: Potassium is a vital mineral, which helps normalize the heartbeat, sends oxygen to the brain and regulates your body's water balance. When we are stressed, our metabolic rate rises, thereby reducing our potassium levels. These can be rebalanced with the help of a high-potassium banana snack.



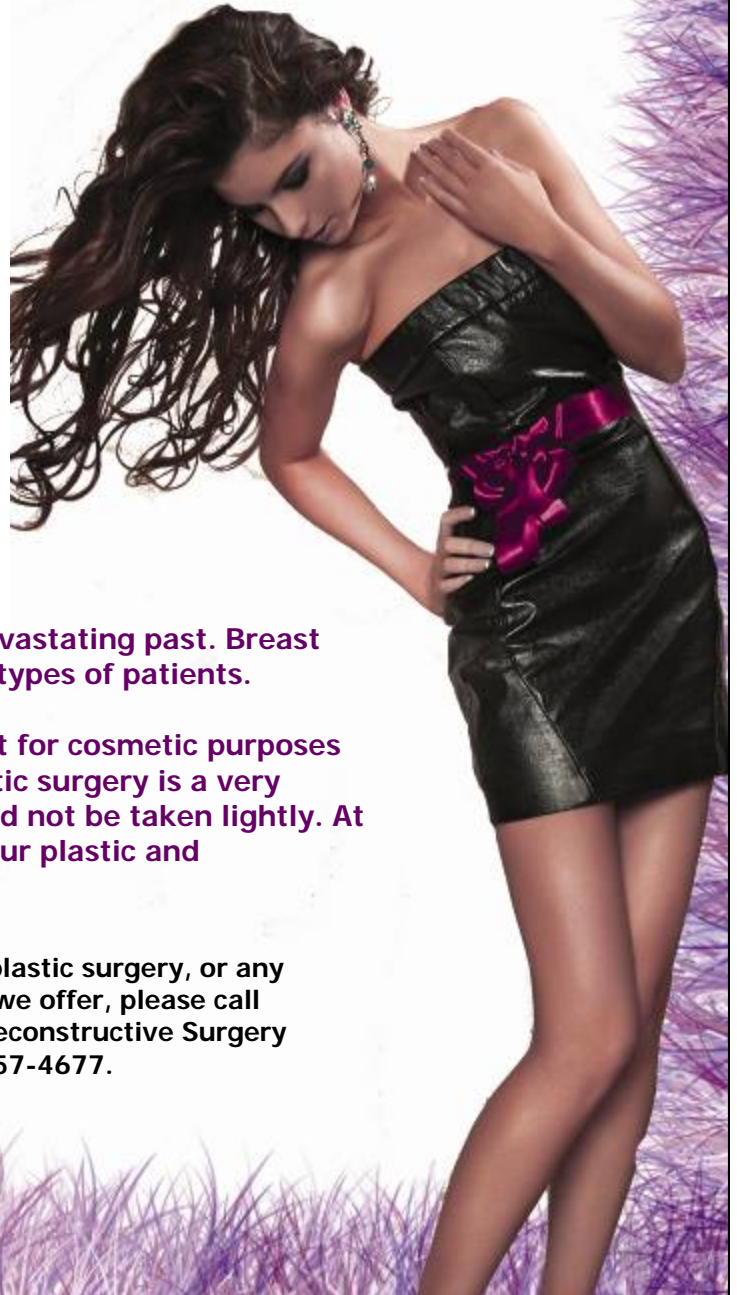
The Many Uses of Plastic Surgery

By: Rhonda Howard and Kia Clemmons

Plastic Surgery can be defined as "Surgery concerned with restoration, reconstruction, or improvement of defective, damaged or missing structures." Many people often shy away from plastic surgery associating it with being "fake" or "superficial", while others love it because plastic surgery has made a huge positive impact on their lives.

Plastic surgery performed strictly for cosmetic reasons has improved the self esteem and lifestyles of many people all over the world. However, even though plastic surgery is considered a luxury to some, it can be medically necessary for others. Medically necessary procedures are often covered by insurance. Physicians are able to correct conditions such as birth defects to give a new outlook on life for those affected. Physical injuries such as disfigurement from accidents and trauma can also be corrected. Breast cancer survivors may survive the cancer diagnosis, but are often left with horrible scarring that constantly reminds the patient of the devastating past. Breast reconstruction is very valuable to these types of patients.

Regardless of whether you are seeking it for cosmetic purposes or for medically necessary reasons, plastic surgery is a very important branch of medicine that should not be taken lightly. At Plastikos - We are here to serve all of your plastic and reconstructive needs.



If you're interested in plastic surgery, or any of the other services we offer, please call Plastikos Plastic and Reconstructive Surgery at (770) 457-4677.

Questions for Your Insurance Company Regarding Allergy Season

By: Central Billing Office

It's allergy season again! Many patients are unaware that their insurance company may offer benefits to help with their allergy problems. Attached is a guide to help you know what to ask your insurance company to see if you're covered!

OFFICE VISITS:

Allergy office visits are generally considered a separate benefit from the patient's procedures, therapies and treatments (including allergy skin testing and allergy shots). For patients with health insurance, office visits are usually covered and the patient is responsible for the predetermined co-payment. Usually, there are no limitations on the number of office visits per year; as long as they are deemed necessary by your physician and you have obtained any necessary referrals.

ALLERGY TESTING:

Allergy testing includes prick and intradermal skin testing techniques. These services are usually considered separate benefits from a patient's office visit benefit. There are many variations in allergy testing benefits between the payers and policies. Some policies cover testing at a percentage of the fee, while other policies impose a limit on the number and type of tests which can be administered. These services are usually subject to a deductible before the insurance company will cover any charges.

ALLERGY TREATMENT:

A typical allergy treatment usually consists of allergen immunotherapy (allergy vaccine shots/injections). These services are usually considered separate benefits from a patient's office visit. Allergy treatment is covered by many insurance companies to some extent. Check with your insurance carrier in order to determine how much coverage your policy provides. These services are usually subject to a deductible.

Questions to Ask Your Insurance Company:


1. Do I have a benefit for office visits to an allergist?
2. Do these visits require a referral?
3. Does my policy cover allergy testing and allergy treatment?

If so, are there are any limitations on:

- The number or type of tests or treatments?
- Annual benefits maximums (dollar limits per contract year)?
- Limits on medical conditions or diagnoses (only cover certain diagnoses)?
- Do I have a deductible? Does my deductible apply to allergy testing and treatment?

<http://www.aaimobile.com/insurance.html>

May 2011 Events

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 | 2 |  <p>National Teachers'</p> | 4 |  <p>Cinco de Mayo</p> | 6 | <p>"Temple of Health" Radio Show 12-1 pm EST www.plastikos.com Patrick Holford <i>New Optimum Nutrition for the Mind</i></p> |
|  <p>Mother's Day</p> | 9 | 10 | 11 |  <p>Nurses Day</p> | 13 | <p>14 "Temple of Health" Radio Show 12-1 pm EST www.plastikos.com William Bengston, Ph.D. <i>The Energy Cure: Unraveling the Mys- tery of Hands-On- Healing</i></p> |
| 15 | 16 | <p>17 <u>Millennium Healthcare Event</u> A free lecture on <i>Cellular Rejuvenation and Regeneration</i> By: Dr. Brad Gould 7:30 p.m. at Our Office 4370 Georgetown Sq.</p> | 18 | <p>19 <u>NOETIC SCIENCES MEETING</u> A free lecture on <i>What in the World are They Spraying?</i> By: Paulus Cieaura 7:30 p.m. at Our Office 4370 Georgetown Sq. 770-457-4677</p> | 20 | <p>21 "Temple of Health" Radio Show 12-1 pm EST www.plastikos.com Elisabeth Fayt <i>Paving It Forward</i></p> |
| 22 | 23 | 24 | 25 | 26 | 27 | <p>28 "Temple of Health" Radio Show 12-1 pm EST www.plastikos.com Chris Carter <i>Science and the Near-Death Experience</i></p> |
| 29 |  <p>Memorial Day Office Closed</p> | 31 | | | | |



Main Office:
4370 Georgetown Square
Atlanta, GA 30338
Plastikos Plastic &
Reconstructive Surgery
(770) 457-4677
Millennium Healthcare
(770) 390-0012



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www.facebook.com/TempleofHealthRadioShow
Dedicated to bringing you leading
experts and authors, revealing the
latest scientific breakthroughs in
science, health and spiritual topics.



Noetic Sciences Meeting

Please join us for our May Noetic Sciences meeting on **Thursday, May 19th at 7:15PM at 4370 Georgetown Square, Atlanta GA 30338. Our guest speaker will be Paulus Cieaura and he will be discussing *What in the World are They Spraying?*. Refreshments at 7:15PM followed by the speaker's presentation at 7:30PM.**

Ever wonder who is flying those planes that leave long crisscrossing "persistent contrails"?

Why is the sky just a murky haze by the end of the day? Is weather engineering going on? Are toxic substances being used? Why is wildlife, crops and trees dying? Who is behind this?

For the answers to all of the above come Thursday evening May 19th to the screening of this most important movie being presented by Jerry and Paulus with the Environmental Purity Alliance.



Millennium Healthcare Wellness Event

Please join us for a special event on Tuesday, May 17th at 7:15PM at 4370 Georgetown Square, Atlanta GA 30338. Our speaker will be Dr. Brad Gould and he will be discussing *Cellular Rejuvenation and Regeneration*. Dr. Gould's presentation will begin at 7:30PM.

Alfa PXP Forte

Do you care about your health? Do you need a mental and physical energy boost without the downside of toxic stimulants? Do you want to get the most out of life every day? Do you want to fight the effects of aging you can see...and those you can't? Do you want to avoid the devastation of degenerative diseases.

If you want to get the most out of life and feel younger than you have in years, it's time you checked out nature's ultimate functional food—Alfa PXP Forte!

Come to the Millennium Healthcare Wellness Event to hear from Dr. Brad Gould on how Alfa PXP Forte can help change your life!

Also available at the Wellness Event will be discount information on Alfa PXP Forte!



Rose Oil in Skincare Products

By: Cindy Stockton, L.M.E., L.M.T.



Roses are possibly the world's favorite flower because of their beauty and amazing fragrance. Did you know rose hip oil has many cosmetic and medicinal uses as well? Rose oil is one of the most antiseptic essences. This combined with its slightly tonic and soothing qualities, and its action on the capillaries, make it useful for virtually all types of skin. It is particularly good for mature, dry or sensitive skin and for any kind of redness or inflammation.

Rose oil has no equal in skin care for moisturizing, firming, smoothing and repairing the skin. It is cooling, calming and soothing. Rose has a positive effect on broken capillaries and is ideal for mature, dry or sensitive skin.

Rose hip oil also has a high content of unsaturated essential fatty acids. They are called essential because our body is not able to reproduce them and because they help to nourish and maintain a healthy skin.

In addition to possessing superior cosmetic properties, Rose Oil also has a long and distinguished history of medicinal use. It has been used as a blood purifier, liver cleanser, cardiac tonic, uterine tonic, digestive tonic and for halting abnormal cell growth.

One of our current specials at Plastikos MedSpa features a facial with a rose hip oil masque. Call today and experience this wonderful essence for the senses as well as the skin.

Article facts reprinted from Wildcrafted Herbal Products.

Satisfy Your Spring Fever with the

Rose Petal Masque

Celebrate the blooming flowers as you calm your skin with our rose hip masque. Rose hip oil is good for all skin types – even sensitive!

This Special Includes:

- 🌹 Relaxing Facial
- 🌹 Rose Petal Masque Application
- 🌹 Rose Hip Infusion (ampoule)

For only \$70
(Normally \$115!)



MedSpa

For more information or to schedule an appointment call Cindy at (770) 457-4677 ext. 124. Offer good through May 31, 2011.



Free Permanent Makeup Consultation!



Julie Anthony graduated with honors from prestigious Gannon University, earning a degree in Radiological Science. Upon graduation, she immediately started a career in the medical field. Julie Anthony is held in high regard throughout the Southeast for her expertise, professionalism, and knowledge. She has logged thousands of hours in the medical field developing superior sterile techniques while assisting Doctors in biopsies of the breast and other surgical procedures.

Eyeliner – Natural or a more definite look can be achieved. It is popular with both male and females.

Mucosal Eyeliner – this is where pigment is applied to the “slippery ledge” part of the eye. It is very popular to add color to this part of the eye.

Lash Enhancement Eyeliner – this is a subtle, natural look, mimicking thousands of tiny eyelashes with the implantation of pigments in the lash line. It is great for conservative people.

Eyebrows – this procedure can mimic the appearance of hair in the brow line. This can make eyebrows appear fuller. It is great for women that suffer from alopecia or women who cannot see well enough to apply their eyebrow makeup. It is surprising how natural it can look.

Hairline Stroke Eyebrows – this is similar to the eyebrow procedure but taken one step further by adding the appearance of actual hair.

Lip Liner and Full Lip Color – this procedure is great for women and men that want the appearance of lipstick or lip liner. This can prevent lipstick from bleeding into the surrounding skin. It can be natural or bold depending on the desire of the client. It can also be applied to change the size and shape of the lips.

Scar Camouflage and Stretch Mark Camouflage – this is for anyone wanting to camouflage a scar/stretch mark on their body to look like the surrounding tissue.

Beauty Mark – this is for anyone wanting a natural appearance of a mole or beauty mark.

Areola Restoration – this is great for women who had reconstructive breast surgery. It restores the color and appearance of the areola and nipple on the breast.

For the month of May receive a FREE Permanent Makeup Consultation with Julie Anthony!

To schedule an appointment with Julie,
call Plastikos at (770) 457– 4677

My Struggle with Melasma



"I have been struggling with melasma, also known as "the mask of pregnancy." Plain and simple, melasma is those ugly annoying brown spots that appear during our reproductive years. Some women get it from the pill, hormones, and most of all pregnancy. If you're lucky, it goes away after you roll out of your hormonal changes. Mother Nature sure did stick it to us! First, we give our bodies during pregnancy, then we lose that gorgeous full and thick prenatal hair, but worst of all many of us are left with noticeable brown spots on our faces. Mine traveled to a new location with each baby, and after my son the dark brown blotches that practically cover my entire cheek decided to stay put! I guess beauty really does have a price, but in this case it was my son's beauty at my expense! I make light of it now, because I have been fighting melasma and trying to conquer it for many years now. Trust me, I have tried everything. Some of you may remember the segment I did with a fellow mommy for The Doctors Talk show. I humbly revealed my melasma after wiping off my thick, full coverage TV make-up on Nat'l television! Then I went in for treatment with another lucky mom from the studio audience. I did 2 laser treatments, then a chemical peel. I was happy to reveal my problem, and hopeful that treatment would fix it, but no luck! Good news is that it worked for Lisa- lucky mommy!"

I have continued to try a variety of treatments, including fractional laser, I.P.L. laser, chemical peels, skin lighteners, brightening treatments, and prescription bleachers. It's crazy how much I went through, and I did not see much difference, Melasma is tricky and stubborn and the sun brings it out. Even driving in the car and getting dash board bounce is too much sun exposure. For the last year I have mastered the art of covering up my spots. It really bums me out, because I am a less is more kind of makeup girl, I LOOOOVE the sun, and I am always striving for a natural look.

Here are some full coverage cover ups that I am currently using: Illum Nare, Concealing Mineral Foundation, Redpoint Noc-Out Cover-up Compact, Sheer Cover Mineral Powder Foundation. As you can see, I cover it pretty well...



I always use a 55 sunscreen, CellCeuticals is great and lasts for up to 4 hours. I recently met Dr. Kalil, who invented the VI Peel. He has been treating my skin. I am finally getting some positive results using his formula and faithfully following up with his recommended products. My advice is to stay out of the sun, treat what you can and cover up what you can't. I assure you that no one else is looking at the same things that you see in the mirror.

Beauty is there even when it is not so pretty....

A little bit about the peel I received: Dr. Abdala Kalil is the CEO of Vitality Institute Medical Products. According to Dr. Kalil, the VI Peel contains Phenol, TCA (trichloroacetic acid), salicylic acid, vitamin C, retinoic acid, hydroquinone, and cortisone. Dr. Kalil says that by combining forces, the powerful acids are used at a lower concentration to avoid any side effects. "Brooke's peel was slightly modified and customized for her skin, but the idea is the same," he explains. "And," he adds, "our peel is painless."



**The VI Peel is available at Plastikos!
For more information, call Sheri at
(770) 457-4677 ext. 128**

**See the back of this newsletter for our
May Skincare Special, if you purchase a
VI Peel you will receive a free \$25
Plastikos MedSpa Gift Card!**

Supplement of the Month: Alfa PXP Forte

Alfa PXP Forte's ability to feed your cells at the same time it protects them from damage means this amazing functional food supports your body's ability to: fight the effects of Syndrome X, Boost your immune system to fight illness and disease, gain energy, vitality, mental clarity and focus, enhance circulation and brain function, and so much more!

**Come to this Month's Millennium Healthcare Wellness Event for more information.
Tuesday, May 17th @7:30PM**

You can buy *Alpha PXP Forte* at Millennium Healthcare for \$106.25. For more information, call Millennium Healthcare at (770) 390-0012



The Next Great Step In The Evolution Of Modern Medicine®



Tantasia™
Self Tanner

It's everything you've ever wanted in a natural tan.

A moisturizing, natural self-tanner for face and body. Features and benefits include:

- Builds a gradual, natural looking tan in 3 days, for optimum control & customization.
- Fresh citrus fragrance.
- Streak-free formula.
- Sensitivity tested for use on face and body.
- Provides natural hydration to the skin.

You can buy Jane Iredale's Tantasia™ for \$36.00 at Plastikos MedSpa. For more information or to schedule an appointment call Cindy at (770) 457-4677 ext. 124!



PLASTIKOS MedSpa



Ingredients: Water/Eau/Aqua, Dimethicone, Cyclopentasiloxane, Vitex Agnus Castus Extract, Glycerin, PEGCrosspolymer, Acetyl Tyrosine, Copper Gluconate, Dihydroxyacetone, Hydrolyzed Wheat Protein, Mica (CI 77019), Caramel, Citrus Grandis (Grapefruit) Peel Extract, Citrus Medica Limonum (Lemon) Fruit Extract, Xanthan Gum, Tocopherol, Sodium Chloride, Raphanus Sativus (Radish) Root Extract, Iron Oxides (CI 77489).

Just for me.
The multipurpose spring collection from jane iredale

Beautiful makeup, beautiful you.

Wink My Shimmer™
AquaMax™ and Glass Maximizer™
Powdered Eyeliner / Highlighter
*Not available. Available for the summer in Wave and Zest collections.

Perseus Pink (Just Kissed) Lip and Cheek Blush
Cool My Shimmer™

The Jane Iredale "Just For Me" Spring Collection 2011 will be available at Plastikos MedSpa after March 1st. For more information call Cindy at (770) 457-4677 ext. 124



Do You Want Sexy Eyelashes?

There is a new innovation in lashes! It is called *Latisse*. *Latisse* solution is a prescription treatment for hypotrichosis (another name for having inadequate or not enough eyelashes) that is used to grow eyelashes. Thus making them longer, thicker and darker. The results of *Latisse* are gradual. The majority of users saw significant improvement by 2 months. *Latisse* is very easy to use. It is applied once nightly to clean lashes with a sterile applicator which comes in the kit. Complete instructions and patient education are provided at time of purchase.

Purchase Latisse for \$120 at Plastikos MedSpa



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Employee Anniversaries

Courtney Caron



*For 5 Years of Dedicated
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*For 2 Years of Dedicated
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If you're interested in learning more about a position or applying for a job, please download and complete an employment application (available on our website at www.plastikos.com/careers.htm) and email it along with a cover letter and a copy of your resumé to hr@plastikos.com or send via confidential fax to 678-475-1441.



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Offer expires May 31, 2011. Limit one per patient. Cannot be combined with any other promotion.