

The Community Health Source

Creating a Healthy Balance in Your Life

Volume 7 Issue 10

October 2010

Show Your Support in
Fighting Breast Cancer by
Purchasing the New
Pheonix Sugar & Butter
details on Page 12!

October is Breast Cancer
Awareness Month

**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
Hyprotherapy
Ion Magnum – Inch Loss
Massage Therapy
MedSpa
Perforator 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

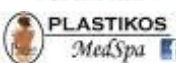
Two Locations to Serve You!

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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www.facebook.com/T ruthAboutBreastImplants



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.

ASAF YALIF, M.D.

SPECIALTY PLASTICS & HAND SURGEON



Asaf Yalif, M.D. graduated from Robert Wood Johnson Medical School in 2000. He then completed his general surgical training in Manhattan, also serving as chief resident there in 2005. He continued his education at the Hand Center of Western New York, pursuing a fellowship in Hand and Microsurgery. He then proceeded to complete his Plastic and Reconstructive surgical training at the University of Tennessee where he again served as chief resident. Dr. Yalif is a board certified surgeon.

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 Levegood 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.

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.

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.

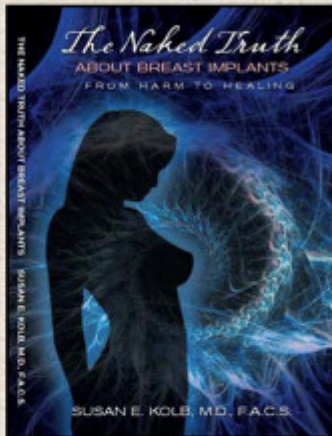
The Naked Truth

ABOUT BREAST IMPLANTS

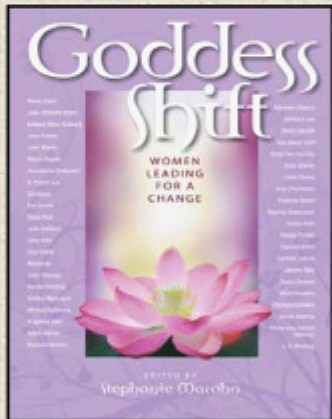
FROM HARM TO HEALING

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 it 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

www.facebook.com/TruthAboutBreastImplants



7 Questions to Ask Yourself Before Considering Cosmetic Surgery

By: Sarah Cribbs, RN

Studies show patients who have cosmetic surgery are generally pleased with their outcomes, have increases in self-confidence, self-esteem and overall quality of life. But how do you know if plastic surgery is right for you? If you are considering plastic surgery, take some time to answer the following questions:

Why am I Considering Cosmetic Surgery?

The healthiest reason to have cosmetic surgery is to improve your self-image. People with a strong self-image are confident, more effective at work, in social situations and tend to be more comfortable in their relationships with others.

Am I Considering Plastic Surgery to Please Myself or Others?

Be sure that the surgery is about YOU, not factors surrounding you. You will likely be disappointed in the results if you undergo cosmetic surgery to please someone else.

Are my Expectations Realistic?

This is one of the most important factors in achieving your result. Cosmetic surgery has the ability to drastically improve your appearance, but it is also crucial to have realistic expectations before you go into surgery.

Am I Emotionally Prepared for Cosmetic Surgery?

In certain situations, cosmetic surgery may be inappropriate. These include crisis situations or emotional traumas such as divorce, death of a spouse, or loss of a job.

Is Now the Best Time for Cosmetic Surgery?

Even if you find that you are emotionally prepared for surgery, you may need to delay a surgery if you have external pressures and preoccupations in your life that make it impossible for you to give yourself some "down-time." At Plastikos, we want the entire experience to be about YOU, so it is important that you plan your surgery at a time when you can relax and give yourself appropriate time for healing afterwards.

Do I Have a Support Network?

It is very important to have someone who can support you physically and emotionally during your recovery time. Beware of negative comments from friends or family members who may have issues with your decision to change your appearance. Graciously decline offers of help from those who may be critical of your decision.

Am I Financially Prepared?

Cosmetic surgery is usually not covered by health insurance. If your procedure is not covered, you are choosing to accept the costs in exchange for surgery that will help you feel better about yourself. It is very important to be financially prepared.



The Best Care for Your Lips and Eyes

By: [Cindy Stockton, LME, LMT](#)

If the eyes are the windows to the soul, the lips are the mouthpieces for the heart. They are the first features people notice, and the ones that convey emotion without making a sound. Lips and eyes are the focus of the face therefore it is important to take good care of them. We first see signs of aging and wrinkles around the eyes and if you are not getting proper sleep or have a poor diet, they show it.

The skin is the largest organ of the body and the eyes and lips are the most delicate. Many people bypass treating them, but they are perhaps the most important. Targeted treatments can greatly reduce age spots, wrinkles and dryness.

Delicate also often means dehydrated when it comes to the skin. In relation to the rest of the face, the lips are prone to being the driest spots. Most of the face is covered in a thick, protective layer of skin that is able to preserve moisture. The eyes and lips are naked in comparison therefore consistent care is a must. Good sources for hydration include emollients, which nourish the dermis and help smooth the surface, humectants, which attract water to the cells, and occlusives which preserve natural moisture levels. In addition, SPF protection during the day is essential to prevent further damage.

So you may be wondering, when should I start treating these areas? In your 20's the focus should be on moisturizing. In your 30's, focus on hydration but begin incorporating antioxidants to ward off free radicals. Those 40 and above should do all of the above plus focus on collagen builders to retain elasticity and tone.

Because the eye and lip areas are already dry and delicate, aging exacerbates their deterioration. You have fewer oil secretions in the eye area and they decline even more as we age. This explains the numerous fine lines and crepe-like texture often seen here. The eye area also tends to show dark circles. The thin skin there exposes the blood vessels underneath, which appear as blue or black shadows.

Aging can also bring wrinkles around the eyes and mouth from expressions and earlier sun damage that begins to surface. Lines around the mouth known as "smoker's lines" surface even if you are not a smoker. These can be caused by pursing the lips. As they appear more in women than men, research shows this may be related to hormone loss for women later in life.

At Plastikos we recommend two products for the lips. [Jane Iredale's Sugar and Butter](#) exfoliates the lips with organic brown sugar and hydrates the lips with a buttery hydrating lip treatment. [Jane Iredale's Lip Drink](#) is a hydrating balm containing humectants, occlusives and an SPF. For the eyes, [Obagi's Elastiderm](#) treats the crepe like skin and [SkinCeuticals Eye Balm](#) or our [Citrus Silk](#) hydrates and nourishes this tender skin.



PLASTIKOS
MedSpa

Information on the October Supplement of the Month

The Isopathic Phenolic Rings homeopathic formulation is designed to address the complex allergic burden of today's society. Based on the principles of homotoxicology, many practitioners have observed that allergies and sensitivities can be a result of deep congestion in the pathways of elimination, resulting in inappropriate immune and neuroendocrine responses to common substances.

A "Phenolic ring" is a 6-carbon benzene ring with an attached hydroxyl (OH) group. These hydrocarbons are what give plants and other substances their color, smell, flavor, and preservatives.

When addressing allergies and sensitivities, many times the response is to the phenolic. The phenolic quercetin, for example, can be found in approximately 80 percent of all foods. Based on the principles of phenolics, an allergy/sensitivity to milk and grains could simply be a quercetin sensitivity.

In addition to the potent blend of phenolics, Isopathic Phenolic Rings helps to support the neuroendocrine factors behind allergic/sensitivity reactions. Isopathic Phenolic Rings is best utilized to calm allergy symptoms and to help connect the communication within the body to allow the practitioner to get to the causative factors behind the sensitivity/allergy.

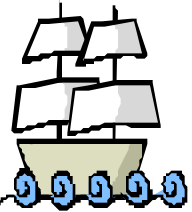

See page 12 for pricing information.

Become a Fan of Millennium Healthcare on Facebook!



**The Next Great Step In The
Evolution Of Modern Medicine®**

www.facebook.com/MillenniumHealthcare

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<p>"Temple of Health" Radio Show 12-1 pm EST www.plastikos.com Carmel Bell</p>
				<p>Millennium Healthcare Event</p> <p>! " # \$ % & ' () * Dr. Brad Gould 7:30 p.m. at Our Office 4370 Georgetown Sq. 770-457-4677</p>	+	<p>"Temple of Health" Radio Show 12-1 pm EST www.plastikos.com Bernard Haisch</p> <p>& - . / 0 ((() 1 2 * 2 3 4 # () 0 ()</p>
5	 <p>6 4</p>					<p>"Temple of Health" Radio Show 12-1 pm EST www.plastikos.com Catherine J. Frompovich</p> <p>7 ' 8 2 (" 9 % 7 4:</p>
	+	,	5	<p>NOETIC SCIENCES MEETING</p> <p>Edwards' Energy Demonstration * Edd Edwards 7:30 p.m. at Our Office 4370 Georgetown Sq. 770-457-4677</p>		<p>"Temple of Health" Radio Show 12-1 pm EST www.plastikos.com Stephanie Marohn</p> <p>: \$ () (; ()</p>
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Noetic Sciences Meeting

Please join us for our October Noetic Sciences meeting on Thursday, October 21st at 7:15PM at 4370 Georgetown Square, Atlanta GA 30338. Our guest speaker will be **Edd Edwards** and he will be discussing *Edwards' Energy Demonstration*. Refreshments at 7:15PM followed by our video presentation at 7:30PM.

In 2008 Edd Edwards was tested at the Rhine Research Center, where he was able to increase the light level, or photons, by 210X above the amount of normal background photons. There are few who have been tested who can achieve this increase, but unlike any other tested, Edd was able to hold that increased photon level longer than anyone.

In his presentation Edd will give a brief synopsis on his life and then will give the audience live demonstrations of sending this energy in a way that most will feel and sense in their bodies and he will allow the audience to ask the questions he will demonstrate this energy for them to experience firsthand.

Millennium Healthcare Wellness Event

Please join us for a special event on Thursday, October 7th at 7:15PM at 4370 Georgetown Square, Atlanta GA 30338.

Our speaker will be **Dr. Brad Gould** to discuss "Boosting the Immune System - How to Make It Through the Cold and Flu Season"

His presentation will begin at 7:30PM.

No big surprises here, but an ounce of prevention matters.

Learn how to put in place strategies to stress less, eat better, and deal with the inevitable germs that come your way.

Come learn what you need to make this fall the healthiest yet for you and your children.



Plastikos Enhance Your Beauty Party

Featuring Vi Peel

For the Woman Who Wants to Make a Statement

Vi Peel Event

Thursday, November 4th
5:00PM-9:00PM

- \$150 Vi Peel (\$435 value) Event Exclusive
- Door Prizes
- Giveaways
- Free Chair Massages
- Hors d'oeuvres Will Be Served

RSVP by Thursday, October 28th by

Calling Sheri at (770) 457-4677 ext. 128



Services will be provided by
Julian B. Gordon, M.D.
Board Certified Plastic Surgeon.

Plastikos
4370 Georgetown Sq.
Atlanta, GA 30338



BEFORE

AFTER

Plastikos Enhance Your Beauty Party

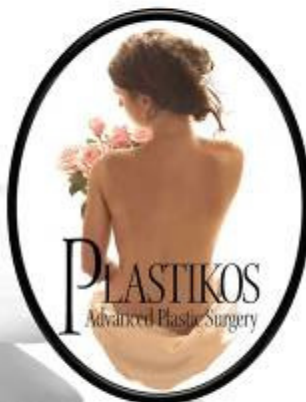
Featuring Dysport™

For the Woman Who Wants to Make a Statement

Dysport™ Event

Thursday, December 2nd
5:00PM-9:00PM

- Incredible Pricing on Injectables
- Door Prizes
- Giveaways
- Jane Iredale® Makeovers
- Hors d'oeuvres Will Be Served



Services will be provided by
Julian B. Gordon, M.D.
Board Certified Plastic Surgeon.

Plastikos
4370 Georgetown Sq.
Atlanta, GA 30338

RSVP by Thursday, November 18th by

Calling Sheri at (770) 457-4677 ext. 128



Dysport.
abobotulinumtoxinA

CDC Says "Take 3" Actions To Fight The Flu

By: Tiffany Palmer

Center for Disease Control and Prevention urges you to take the following actions to protect yourself and others from influenza (the flu):

1. Take Time to Get a Flu Vaccine.

- Everyone 6 months of age and older should get vaccinated. Children younger than 6 months are at high risk of serious flu illness, but are too young to be vaccinated. People who care for them should be vaccinated instead.

2. Take Everyday Preventive Actions to Stop the Spread of Germs.

- Cover your nose and mouth with a tissue when you cough or sneeze.
- Wash your hands often with soap and water.
- Avoid touching your eyes, nose and mouth.
- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.)

3. Take Flu Antiviral Drugs if Your Doctor Prescribes Them.

- If you get the flu, antiviral drugs may treat your illness.
- Antiviral drugs are different from antibiotics. They are prescription medicines (pills, liquid or an inhaled powder) and are not available over-the-counter.

**Millennium Healthcare will provide flu shots for the 2010-2011 season. We also provide homeopathic methods for those who prefer an alternative approach.



Dr. Nadya's Homeopathic Recommendations on the Flu



The Next Great Step In The Evolution Of Modern Medicine®

4370 Georgetown Sq
Atlanta, GA 30338
770-390-0012



This provider does not diagnose and/or treat diseases. For all diseases and/or treatments, please see one of our Licensed Medical Doctors.

If you prefer a homeopathic approach to fighting the flu Dr. Nadya recommends Influenzinum and Flu Immune. Both of which are available for purchase at Millennium Healthcare!

What is Medical Identity Theft?

By: Central Billing Office



Medical identity theft causes both financial and physical harm to patients. This occurs when someone uses a person's name and sometimes other parts of their identity frequently resulting in falsified entries in their existing medical records. This type of identity theft is the most difficult to fix after the fact because you, the victim, have limited rights and resources. Medical identity theft typically leaves a trail of falsified information in medical records that can damage the victim's medical and financial lives for many years. According to the Federal Trade Commission, medical identity theft currently accounts for 3 percent of identity theft crimes, or 249,000 of the estimated 8.3 million people who had their identities stolen in 2005.

Some ways to protect yourself:

- Get a copy of your medical records, in case they are tampered with in the future.
- Every year, ask your insurance company for a complete list of payments it has made for your medical care.
- Obtain a copy of your credit report every year to check if there are any erroneous medical bills reported.

Referenced from usnews.com under health. To learn more about medical identity theft you can read the full article at <http://health.usnews.com/articles/health/living-well-usn/2008/02/29/medical-identity-theft-turns-patients-into-victims.html?PageId=1>

Foundation Support for Stress and Reducing Adrenal Fatigue (Part 2)

By Richard J. Clofine, D.O.

Living in the modern world we all experience stress on a daily basis. Modern relationships, finances, work, news, pollution and many other factors lead to an almost constant state of stress. Changing external factors we can and working diligently to change how we respond to stress is a great place to start supporting ourselves. If you want things to be different then you have to change, not just take supplements (though they are very helpful). There are no magic bullets, pills or potions. Adrenal support and stress reduction is about doing many good things for yourself (self nurturing).

INTERNAL CHANGES WHICH CAN ALTER HOW WE RESPOND TO STRESS

REFRAMING (seeing things differently):

If you want things to be different you have to change!

ADAPTATION:

Some things we can get used to so they have less charge.

MIND-BODY MEDICINE (The practice of Relaxation):

None of us have to learn to be stressed out, we just ARE!

We all need to learn how to relax and practice it to become experts!

Diaphragmatic Breathing; Relaxation Response (generic medical meditation); Progressive Relaxation; Guided Imagery; Creative Visualization, Yoga, Tai Chi.

BUILDING CHI (Life Force Energy) & VITALITY:

Activities that naturally increase DHEA:

Laughter, meditation, exercise, stress, enjoyment of art and nature.

Yoga, Tai Chi, Energy Medicine, Bodywork, Inner Spiritual Work, Nature Communion.

Relaxation Response Exercise

Find 10-20 minutes without distraction, use focus word (mantra), sit quiet and comfortable, close eyes, relax muscles, breath slowly and naturally repeating your focus word on exhalation, assume a passive attitude, don't judge your progress, acknowledge wandering thoughts and return to repetition, continue for 10-20 minutes and slowly open eyes and sit for 1-2 minutes before standing, practice once or twice daily



Love yourself, love others, forgive yourself, forgive others & don't sweat the small stuff!!!

Supplement of the Month: Isopathic Phenolic Rings

The Isopathic Phenolic Rings homeopathic formulation is designed to address the complex allergic burden of today's society. Based on the principles of homotoxicology, many practitioners have observed that allergies and sensitivities can be a result of deep congestion in the pathways of elimination, resulting in inappropriate immune and neuroendocrine responses to common substances.

You can purchase Isopathic Phenolic Rings for \$17.25 at Millennium Healthcare.



*At Millennium Healthcare
We Sell Our Entire
Apothecary for 25% off
Retail Price Everyday!*

25% Off Everyday!



<http://www.plastikos.com/documents/ApothecarySelectionofVitaminsandHerbalSupplements.pdf>

Jane Iredale's Pink Sugar & Butter Honors Breast Cancer Awareness!

Jane Iredale is proud to introduce a new version of their popular Sugar & Butter Lip Exfoliator and Plumper called Phoenix, a beautiful uplifting pink that makes your heart sing.

The mythical Phoenix isn't known for its singing but instead for its resiliency and renewal just as are the cancer survivors we celebrate. This soft, scrumptious pink plumper is paired with an organic brown sugar exfoliator to evoke the joy and daily pleasures of femininity, with ingredients that honor women's health.

Jane Iredale will donate \$2 from the sale of each Phoenix to Living Beyond Breast Cancer in support of all women who have risen above breast cancer and those who love them.



You can purchase Phoenix at Plastikos MedSpa for only \$24.00 and show your support to the victims of Breast Cancer.



CONGRATULATIONS TO..

Brad Gould, M.D.



*For One Year of
Dedicated Service to
Millennium Healthcare*

Rhonda Howard



*For Three Years of Dedicated
Service to Plastikos Plastic and
Reconstructive Surgery*

Jessica Blackburn



*For One Year of Dedicated
Service to Plastikos Plastic and
Reconstructive Surgery*

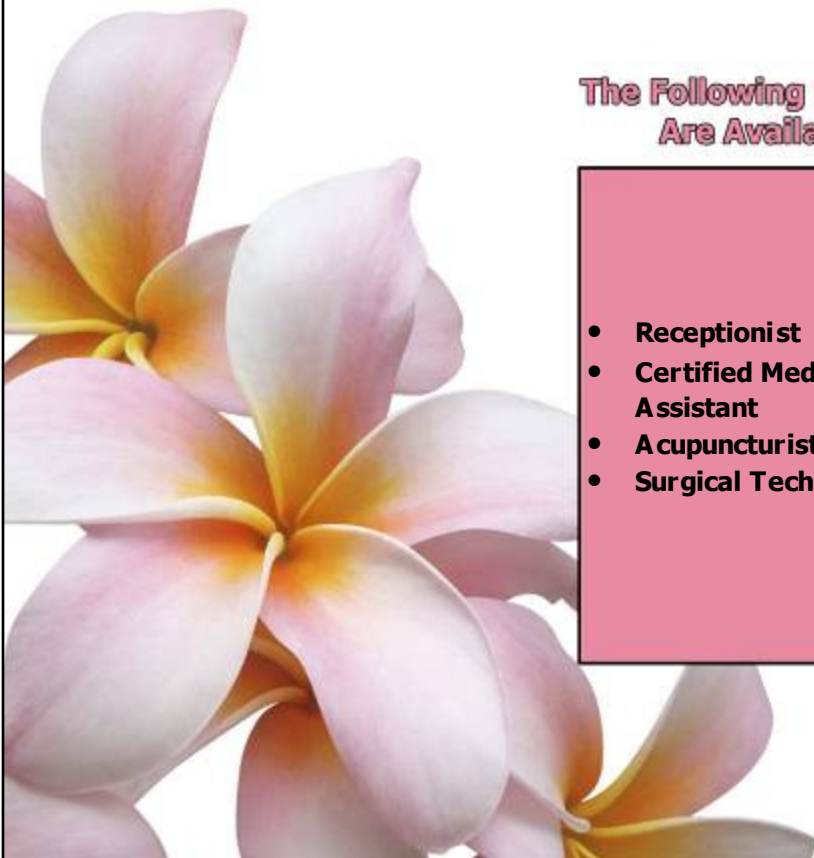
ARE YOU INTERESTED IN JOINING OUR TEAM?

The Following Positions Are Available:

- Receptionist
- Certified Medical Assistant
- Acupuncturist
- Surgical Technician

How to Turn in Your Resumé

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