

HOW TO START MEDITATING



BREATH

Don't try to "calm your mind". Instead, appreciate the sensations of your breath in the same way that a wine snob tastes a Cabernet. When your mind starts wandering away into thoughts, just recognize that you're thinking. Then return to appreciating the sensations of your breath.



EMOTIONS

Long-term meditators show increased size in brain regions associated with emotional regulation. "Larger volumes in these regions might account for meditators' singular abilities and habits to cultivate positive emotions, retain emotional stability, and engage in mindful behavior," according to a UCLA study.



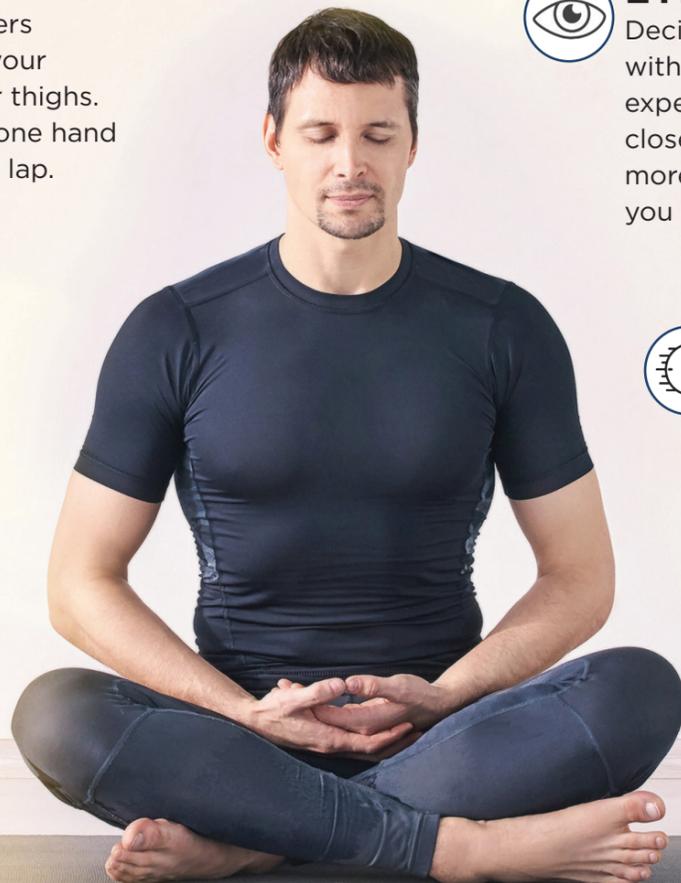
ARMS/HANDS

Relax your shoulders and arms, letting your hands rest on your thighs. Alternately, place one hand on another in your lap.



LEGS/FEET

If you're sitting in a chair, keep your feet flat on the floor and your spine straight. If you're sitting cross-legged on a cushion, the important thing is to have your knees below your hips. If you need a higher seat, make one.



EYES

Decide what you're going to do with your eyes. If you want the experience more body-based, close them. If you want to feel more anchored in the space you are in, keep them open.



TIME

Meditation isn't about length; it's about frequency. In the same way you don't get strong by lifting one giant weight one time, you should try and sit regularly. Five or ten minutes a day is a great start.

BODYNOTES

Fall Newsletter 2021



A Man's
Guide to
DAILY SKIN
CARE

CONFIDENCE
with
Gynecomastia
Surgery

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MEDITATING



A MAN'S GUIDE TO DAILY SKIN CARE

As with anything we do and expect results, skin care requires consistency. But developing a routine can seem daunting if you don't know what to do or use.

Dr. Robbins has streamlined skin care for men. Here are the three most important steps he highlights.

1 CLEANSE



One thing guys have gotten right is not washing their face every single morning. Washing too much can ruin your skin's natural oils. But this only works if you wash every night. We start each day with a clean slate, so why not let your skin end on a fresh note, too? Don't let dirt and pollution soak into your pores overnight.

Dr. Robbins recommends using a mild foaming cleanser before you shave to help reduce surface oil. As long as you don't have sensitive skin, you can alternate between an exfoliating cleanser for an enhanced shaving experience and a mild wash.

Pro tip: If you have oily skin, you can use a hot towel to clean your face in the morning. Splash with cold water for a refreshing boost.

Product Dr. Robbins Loves: FOAMING CLEANSER

Safe for all skin types. 100% Fragrance-free and preservative-free.



2 REPAIR & MOISTURIZE



Our skin takes a beating over time, thanks to free radicals causing oxidative stress. Without going into a chemistry lesson, oxidative stress relates to our bodies' negative reaction to bad things like: air pollution, cigarette smoke, industrial chemicals, UV rays

"An antioxidant serum, for example, like vitamin C, is helpful to reduce damage and should go on in the morning underneath moisturizer," Dr. Robbins says.

Apply after your shaving routine.

Pro tip: You don't have to moisturize at night if your skin isn't dry! Moisturizing is a lot like drinking water. Do it when you need it.

Product Dr. Robbins Loves: RESTORE

This two in one product contains Vitamin C and moisturizer.



3 PROTECT



In the a.m., follow up your antioxidant serum with a moisturizer that has at least SPF 30. Sunscreen isn't just for the beach or outdoor sports.

Incidental sun exposure, like the time you spend walking to your car or sipping a beer on the patio after work, adds up and causes skin damage.

Don't forget you can get sun exposure on cloudy or rainy days.

Pro tip: Before bedtime, Dr. Robbins recommends a Retin A cream for those in their 30s and up. "Retin A helps smooth fine lines and wrinkles," he explains. It is especially important to wear sunscreen if you use Retin A to prevent sunburn.

Product Dr. Robbins Loves: ELTA CLEAR SUNSCREEN

Protects sensitive skin types prone to acne, rosacea and discoloration.



GYNECOMASTIA OR "MAN BOOBS" HOW CAN I GET RID OF THEM?

"Man boobs" or gynecomastia refers to abnormally large breast tissue in men. Gynecomastia can be an embarrassing and uncomfortable topic for men. However, gynecomastia occurs in up to 70% of adolescents! So many men are wondering is, what can be done to get rid of man boobs? Men often think that weight loss, or diet and exercise will change the appearance of the breast. Unfortunately, gynecomastia is glandular tissue and cannot be corrected with lifestyle changes. There are no creams, or pills, or exercise regimen that will reduce the male breast tissue despite what the brands of these products may claim. Surgery is the only guaranteed or proven method to get rid of man boobs.

Why have I developed gynecomastia? Factors that contribute to the development of enlarged breast tissue can be recreational drug use, steroid use and some medical prescriptions. Gynecomastia occurs when there is an imbalance in estrogen and testosterone in men. Most however believe that male breast tissue occurs on a spectrum like so many of our physical features. All men have breast tissue, but some have more breast tissue than others. The increase in male breast tissue size is most noticeable during puberty, and often persists into adulthood.

Gynecomastia is best treated with removal of the breast tissue (or gland removal). Liposuction is usually performed in conjunction with removal of the gland in order to improve the contour of the chest but should not be used as a standalone treatment for gynecomastia. This is because the dense glandular portion of the gland is too firm to be removed through liposuction tube, or cannula. Gynecomastia treatment typically requires 1 week off work and 3 weeks to a full recovery. Most who undergo treatment are required to wear a compression shirt or vest for 6 weeks following surgery. Compression shirts are easily concealed so you can return to work and normal activities without others knowing you've had anything done.

Dr. Chad Robbins, a board-certified plastic surgeon, will discuss the best treatment that is tailored to fit your needs. Check out the amazing results of gynecomastia surgery performed by Dr. Chad Robbins in Nashville. Stop hiding your chest and let Dr. Chad Robbins give you the confidence in 2021 to say goodbye to man boobs!

2 MEN'S CASE STUDIES

