

Body Contouring



By Allana Mirza

I was thrilled when our editor, Helen, asked me to be her plus one to a private dinner event at Buca Osteria Enoteca in downtown Toronto hosted by [Valeant Aesthetics Canada](#) to hear from an expert panel of doctors about cosmetic enhancement trends in body contouring. And what it really takes to get results!

Helen is always introducing me to “thin girl things” like new exercising trends and drinking green stuff, and she’s no stranger to body slimming technologies. Read her post “Do Body Contouring Treatments Work” post [here](#), complete with photos of her stuffing her face with candy while getting [Thermage!](#) That skin tightening laser that celebs love so much.

In a world where liposuction seems mainstream, it was refreshing to learn from the doctors that there are many modern non-invasive ways to bust the fat. In fact, plastic surgeon Dr. Stephen Muholland opened the event by stating that for “every person that wants to go the surgical route, there are ten that want non-invasive.” The panel also included his wife, [Ann Kaplan](#), the CEO and President of iFinance Canada – the lending company that’ll make your cosmetic enhancement dreams possible; plastic surgeon [Dr. Cory Goldberg](#); hormone expert [Dr. Jennifer Pearlman](#); and nutrition expert Corina Crysler, who is the formulator and Co-founder of [GlisODin Skin Nutrients](#), a line of oral antioxidants formulated to maximize results from aesthetic treatments.

The event was one of the most informative talks I’ve been to, I learned a great deal about what women need to do before even thinking about Thermage. Here are some of the best takeaways of the night:

- **Getting a dream body requires a triple action plan.**

Yes we know there is no magic bullet to losing weight, so let’s stop looking for short cuts. However, there is a researched based combination that will do the trick and what Dr. Mulholland refers to as “the trifecta of body contouring”; This trifecta includes: 1) Oral 2) Cutaneous 3) Trans epidermal energy. Science-speak for ingesting good food and supplements, using topical products, and doing skin-tightening clinical treatments.

So what products and treatments should we keep our eye on?



Corina Crysler, Formulator at GlisODin Skin Nutrients

When it comes to supplements, Corina Crysler said that taking quality nutraceutical products, such as [Glisodin](#), which contain active compounds from plants, including their patented Superoxide Dismutase (SOD), derived from melons, have a therapeutic effect on the body, aiding in weight loss efforts. For example, the Advanced Lymphatic Formula from [Glisodin](#) is formulated with artichoke, burdock root and dandelion – ingredients shown to stimulate the liver and eliminate toxins by bolstering the body’s natural defence systems. Starting on a 15-day program before undergoing a body contouring treatment, such as [Thermage](#) or [CoolSculpting](#), will help your body jumpstart a metabolic cleanse and reduce the swelling and water retention caused by aesthetic treatments. This is great, because (as Helen knows!) results from body contouring treatments take a few weeks to show, so if a supplement can help make the belly look flatter faster, then heck yeah: sign me up!

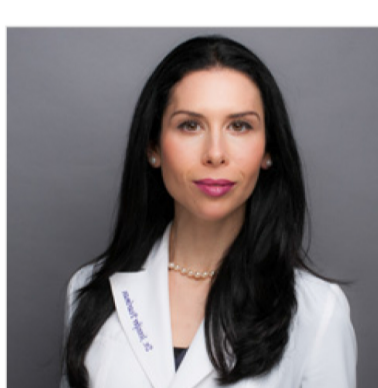


GlisODin Advanced Lymphatic Formula

The cutaneous part of the puzzle is simply using body creams and lotions that have the same collagen-boosting skincare ingredients you would seek out for your face, such as antioxidants and retinoids.

Transepidermal Energy such as radio-frequency (used in [Thermage](#)) work to tighten skin and improve skin quality on the body. Dr. Goldberg said it’s the most research-backed treatment for skin tightening and it’s a great option for improving loose skin from child birth, weight loss, or just to get rid of that extra belly fat most of us struggle with, I know I do!

- **Your hormones and lifestyle may need a facelift.**



Dr. Jennifer Pearlman, Women's Health Expert

Now that our winning trifecta is in place, we have to question how lifestyle, health and age play an effect on our weight. Dr. Pearlman is a physician focused on women’s health and wellness, or in my books, a Hormone Healer. And her role in helping to achieve your ‘summer body’ dream is important and will add to the success of healthy weight loss, and body contouring treatments. Factors such as hormonal states, lifestyle, body type and metabolism testing may reveal an unbalance that could affect your weight loss efforts. Keep in mind that not everyone loses weight the same way; remember when you were 20 and needed to fit in that tight little dress Friday night and all you had to do was maybe skip a meal and bang you woke up 10 lbs lighter? Yea, that’s likely not going to work anymore in your 30s and up. For women ages 30-60, complex hormonal imbalances take place (lucky us), and Pearlman helps women who are caught in this influx to

sort it out with a integrative plan of dietary changes (she’s big on not counting calories), stress assessment (cortisol is the culprit of the middle aged muffin top), exercise (she places more emphasis on weight training over cardio), supplements (a must if you’re over 50, she says), and aesthetic treatments (her clinic offers a variety of transepidermal energies).

Moreover, Dr. Pearlman encourages patients not to be fixated on the weight the scale displays and uses other indicators for weight gain and loss, “Our body shape is a huge marker of how healthy we’re aging,” she stated.

Another note worthy Pearlman pearl: “Woman between the ages of 40-60 develop more deep dangerous belly fat, which is harder to lose considering at the same time we are losing bone density.” Practicing a healthy diet, exercise and nutricosmetics routine is of utmost importance and will help maintain healthy BMI (body mass index) and bone density. Remember, because everyone’s body is different, having individual hormonal and health testing is recommended to gauge what your healthy lifestyle routine should include.

- **Take advice from a plastic surgeon’s wife. (It’s not scary!)**



Ann Kaplan, CEO and President of iFinance Canada Inc.

Dr. Muholland’s wife, Ann Kaplan, a whip smart and stunning woman in her fifties captivated the audience when she spoke candidly about her thoughts on getting older. Kaplan espoused what she wished she knew in her 30s and 40s, starting with food. “It does matter what you put in your body,” she said as she described how amazing she felt after cutting out the carbs during a trip to Italy, “the land of Pizza and pasta.” After this experiment, she went on an antioxidant kick and her melasma cleared up.

“Surgery does work,” but Kaplan was adamant about managing expectations and being mindful of the trends. She noted that in 1962, the first silicone breast implants arrived, then everyone was getting CC or DD cups. Today, the average cup size for breast implants is a B or C cup, although butts are getting bigger. “Know that what is in fashion today may not be in fashion years from now.”

Kaplan shocked most of us product junkies when she admitted that she didn’t start using quality skincare products until only recently, despite having access to the best cosmeceuticals. She admitted to using Noxema pads up until the birth of her last child. Since committing to a regiment of using higher-grade products you’d find in a doctor’s office, not the drugstore, she has seen her skin improve significantly. Her skincare routine now includes a pharmaceutical-grade vitamin C topical, and as expected, supplements of a higher quality as well.