



ASHLEY TAKES OVER

Can you keep a secret?

When Dr. Sukkar wasn't looking, I snuck in and stole his newsletter article space for the month. Consider this edition the Ashley takeover and insert my best maniacal laugh here ... CONTINUE READING



TREAT CELLULITE AT THE SOURCE

Beach season is upon us. While that brings delight for many people, it creates a sense of dread for others. People avoid heading out in their bathing suits for all sorts of reasons, but cellulite is certainly at the top of the list. Cellulite affects more than 90% of women and develops no matter how healthy your lifestyle is. While these totally natural dimples, which usually appear on the thighs and buttocks, may seem like a minor issue, they can ... CONTINUE READING



THE NEXT PHASE OF MARVEL MOVIES

For the past 10 years, Marvel movies have delighted families and comic book nerds alike with their memorable characters, incredible action scenes, and sprawling, interconnected storylines. The Marvel Cinematic Universe (MCU) is the story of the Avengers so far, told through 23 movies. Even though this year marked the end of a massive arc that Marvel Studios dubbed "The Infinity Saga," there are still more movies coming out that will feature everyone's favorite heroes. Here are a few films coming up next in the MCU ... CONTINUE READING

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