

The Beauty Bulletin



the clinic for
PLASTIC SURGERY

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A NEW ADDITION TO OUR TEAM

Let me start by saying I hope y'all enjoyed Ashley's takeover last time. It certainly caught me by surprise — I guess she must've done it while I was in surgery — but in the best way possible. I'm so grateful to have team members like Ashley, who have a passion for what they do, figure out ways to improve us as a clinic, and always find a way to keep me on my toes. Obviously, some of them also have no problem having a little fun at my

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CAN YOGA IMPROVE YOUR BASKETBALL GAME?

We all know that ballet is the secret behind many NFL players' footwork skills, but did you know that yoga can offer similar game upgrades to basketball players? Fitness experts agree that if you're trying to get better at shooting hoops, then you can benefit from regular yoga sessions. According to yoga instructor Karla Tafrá, there are multiple payoffs to adding stretches like Crescent Lung, Tree Pose, Bridge Pose, and Warrior 2 to your exercise ...

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GREEN UP YOUR CAMPING TRIP

During the 35-day government shutdown that stretched from late 2018 to early 2019, National Park Service workers were stuck at home without pay. Meanwhile, Yellowstone National Park trash cans overflowed with fast food wrappers and plastic water bottles; broken sleds and beer cans piled up in the Lassen National Forest; toilets in Yosemite National Park backed up and dumped waste into the places we've deemed most ...

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