

The Beauty Bulletin



the clinic for
PLASTIC SURGERY

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CRAZY TO BUILD DURING COVID-19?

Some people looked at our construction process for the new building and thought we were crazy to build during COVID-19. In fact, that's pretty much a direct quote. And they'd have been right – if we'd only been doing it for that one year. ... [CONTINUE READING](#)



EAT LESS MEAT WITHOUT GOING MEATLESS

America is the land of the free and home of one of the world's highest per capita meat-consuming cultures. While veganism and plant-based diets seem to be trending among celebrities from Beyonce to Bill Clinton, most Americans are not ready to relinquish their burgers and bacon entirely. A recent Gallup poll found that the percentage of Americans who identify as vegetarian or vegan has barely shifted in the last 20 years, holding steady at 5% and 3%, respectively. ... [CONTINUE READING](#)



FUN FACTS ABOUT THE FOURTH OF JULY

What do your kids know about the Fourth of July? Do they know it's a day when you have a barbecue, spend time with friends and neighbors, and watch a fireworks show? These hallmarks of the holiday certainly do make it fun and memorable, but they don't really exemplify why we celebrate the Fourth of July, the anniversary of when the United States declared its independence from Britain. ... [CONTINUE READING](#)