



PRST STD
US POSTAGE
PAID
BOISE, ID
PERMIT 411

Inside

PAGE 1 A FEAST OF GRATITUDE

PAGE 2 GRATITUDE IS A HEALTHY ATTITUDE

PAGE 2 SERVICE OF THE MONTH: SLIMMING DOWN AND TRIMMING FAT

PAGE 3 THE FOMO EFFECT

PAGE 3 SUKKAR VIP PROGRAM

PAGE 4 THE MOST EXPENSIVE INGREDIENTS IN THE WORLD



NEW SPA HOURS!
The Phoenician Medical Spa is now open
M-T 8-5, F 9-3, Sat 9-2



COOKING WITH GOLD

THE MOST EXPENSIVE INGREDIENTS IN THE WORLD

Have you ever wondered what magical ingredients some of the world's most famous chefs are keeping in their spice cabinet or pantry? Wannabe chefs, take note. Here are a few examples of some of the world's most expensive ingredients and why they're priced like precious stones.

WHITE TRUFFLE is one of the most sought-after and difficult-to-find ingredients on the planet. Considered a delicacy, white truffles can only be found in the Piedmont area in Italy. This mushroom can cost you up to \$2,000 per pound. Since it's difficult to discover — and getting increasingly difficult each year — special pigs are trained to forage for them. Find them in the most extravagantly creamy pasta or shaved over a scrumptious tortino.

SAFFRON — the world is just mad about it. This exotic spice is one of the most

expensive food items on the planet, as it's so insanely painstaking to grow and harvest. If you've never been lucky enough to see saffron up close — let alone taste it — it is plucked from the *Crocus sativus* flower. It unravels in thin threads, collected by hand. There are only three threads on every flower, so each thread is like a tiny piece of delicious, red gold. If you're interested in buying a pound of saffron, be prepared to spend up to \$5,000.

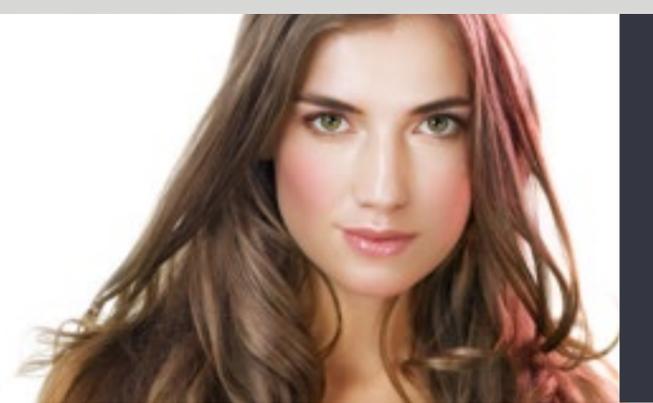
HOP SHOOTS, the part of the plant that beer brewers do not use, are being sold for insane prices around the world. Similar to saffron, hop shoots are very troublesome to harvest, and you pay the price for the workers' pain. A pound of hop shoots can cost you around \$500. Sauté them with butter and garlic for a delicacy only heaven could concoct.

Some will say that the taste of ingredients like saffron cannot be duplicated, and that white truffle is the best thing that's ever happened to culinary arts. But with prices like these, a substitute might not be such a bad idea after all.



The BeautyBulletin

NOVEMBER 2016



A FEAST OF GRATITUDE

THANK YOU FOR BEING YOU!



Are you in as much disbelief over how quickly the year has gone by as I am? Time flies, but as busy as the holidays are, there are always breaks in the waves of excitement. These moments of calm allow us to take a moment to enjoy the company of close friends and family.

This year, I'm busy with several surgeries scheduled around Thanksgiving, so instead of heading to Louisiana, we're going to celebrate a bit closer to home with a family weekend at the beach house. And as always, the whole family will be contributing in some

way to the meal prep. We even told Allie she could "help" cook this year, so we'll see if she's a natural-born chef or if we'll need to give it another year. We're lucky to have Joseph coming home to join us, and I'm just happy to have all the kids around one table again, even if it's short-lived.

Of course, Thanksgiving wouldn't be Thanksgiving without a few dinner parties, and everyone has been looking forward to our team's annual potluck here at the office. In fact, this group prepares well in advance every year, and we're lucky enough to have some pretty outstanding cooks in our midst. Jessica has been asking for Lety's famous stuffing since September, and of course, everyone adores Mary's pumpkin roll. I love to be in charge of the turkey and cooking it to perfection right in the break room! They say

I look like a mad scientist in the kitchen, but for me, cooking the most delicious Thanksgiving turkey is just another day in surgery.

Gratitude is most meaningful when we're allowed to give back and help others. We were happy to see so many submissions from candidates for our Plastic Surgery From the Heart event this month. Dedicating our attention to these worthy candidates is a fantastic experience for me and the team, and I'd like to offer my thanks to everyone involved.

However you celebrate Thanksgiving this year — whether with family at home or on the road — I hope you can take a moment and enjoy the company around you. Remember to tell the people you love how much you care and appreciate them and soak up the abundance of gratitude around you.

I'm grateful to have the love and support of my healthy, hilarious family in all that I do. I am grateful to have found the superstar team of professionals that share my vision and goals — and who get along so well and genuinely like one another. And I'm grateful for you. Thank you for being you! Thank you for your continued support, for your referrals, and for making the world a more beautiful place. We couldn't do it without you.

Happy Thanksgiving!

— Dr. Sam Sukkar



Want to Benefit Your Health? BE GRATEFUL!

Thanksgiving isn't just for a once-a-year holiday — it's something you can take part in every day, if you choose. Do you have an attitude of gratitude? "Grateful people take better care of themselves and engage in more protective health behaviors," says UC Davis psychologist Robert Emmons. That means that beyond letting people know you appreciate what you have, your gratitude will do wonders for your own life.

Who wouldn't like to reduce stress? Being consciously grateful has that effect. Scientist Paul Mills says that grateful people feel more connected with themselves and their environments. "That's the opposite of what stress does," he says.

Dr. Emmons from UC Davis knows why: "Feelings of thankfulness," he says, "have tremendous positive value in helping people cope with daily problems, especially stress." In short, gratitude is good for a stressed-out mind.

It also has a profound physical effect on the body. A study by UC San Diego's School of Medicine found that people who are grateful have healthier hearts — especially when researchers looked at rates of inflammation and arrhythmia. They also found lower rates of plaque buildup in the bloodstreams of people who

were consciously grateful. Heart disease is a leading cause of mortality in the United States and other nations. That means that gratitude is more than a good idea — it might be a lifesaver.

Gratitude boosts the immune system, as well. Dr. Lisa Aspinwall, a psychologist at the University of Utah, says, "There are some very interesting studies linking optimism to better immune function." These studies show higher white blood cell counts in people who demonstrate gratitude and optimism as compared to their more pessimistic peers.

How can you apply this to your own life? Gratitude is a hard thing to keep in mind, especially during tough times. Dr. Emmons recommends keeping a "gratitude journal." His research shows these journals make people more likely to exercise regularly and have a positive outlook.

And take the time to thank other people frequently and sincerely. Did your co-worker take a big piece of a project? Let them know you appreciate it. By showing gratitude, you're doing both of you a favor. Make every day Thanksgiving, and be thankful — and healthy — with a gracious attitude all year long.



THE FOMO EFFECT STOP FEELING LIKE YOU'RE MISSING OUT ON EVERYTHING



Do you suffer from "Fear of Missing Out"? The very real, increasingly worrisome syndrome has been adorably coined FOMO, a word officially added to the Oxford English Dictionary in 2013. We might joke about the fear of missing out, or of not being able to say no to social events or potential picturesque weekend photo opportunities, but psychologists are beginning to worry. Could FOMO be more serious than simply believing in the old turn of phrase, "the grass is always greener"?

Too much FOMO can be paralyzing, as you get stuck in the routine of checking your phone for updates about your ex's new career move or feeling depressed that you weren't invited to a wedding. Even worse, we get so caught up in cultivating the perfect image of our own lives to show off online that we forget to savor the good moments as they happen.

Here's what you need to do to make sure FOMO doesn't take over and leave you — or your child — anxious, depressed, and unsatisfied.

Unplug. You know for a fact that the lives you watch on social media aren't as interesting and perfect as they look. If spending time online is making you feel bad, limit your daily dose of social media or take a social media vacation. Facebook allows users to temporarily deactivate their accounts, so you can always give yourself a week- or month-long break to decompress and re-center.

Consider alternate realities. According to the Journal of Personality and Social Psychology, thinking about what your life would be like without the things and people you have in

it right now makes you more appreciative. Studies show that this appreciation improves positive feelings in general.

Commit to your decisions. UCLA neuroscience researcher Alex Korb says it's important to make decisions. Stop trying to keep your options open. The act of finally making a decision relieves a ton of stress and is one less thing to add to your feelings of uncertainty about your situation.

Slow down and be grateful. Being more mindful as you go about your day to day will help you slow down and appreciate the moment. Savor the sensory pleasures of your day and remember to be thankful for the little things. Taking time to consider what you have is a surefire way to dampen the effects of impending FOMO.

Service of the Month:

SLIMMING DOWN AND TRIMMING FAT

How to Deal With a Stubborn Tummy

If the old beauty adage "summer bodies are made in the winter," has any truth to it, now is the time to start creating your summer body goals. Working out and

eating better will be the first steps toward slimming down, but that sculpted, lean look isn't always achievable with diet and exercise alone. Unfortunately, stubborn excess skin and fat on your abdomen are often the last to go, and sometimes it overstays its welcome on the belly long after you've achieved your ideal weight.

Most people who deal with annoying bits of flab try everything before surgery. But since the abdomen is such a tricky place to lose fat, it often stays put, regardless of your diet or how many reps of ab exercises you invest in looking your best.

If a flatter tummy seems out of the question after major changes to your abdominal area — after pregnancy or dramatic weight loss — a tummy tuck might be the best option for you. A tummy tuck will remove the unsightly extra skin and fat that has remained on the abdomen long

after you've lost weight, and it tightens the abdominal wall for a firmer, flatter, and more natural appearance.

If you've ever seen the results of a tummy tuck, you know how amazingly natural they look — with the incision hidden low enough to wear more revealing garments. With a trimmed tummy, clothing fits more comfortably, and patients are even able to wear smaller sizes after treatment.



Think a tummy tuck might be right for you? Schedule your consultation today.

**Bring in a completed word
search and get \$25 off your next
Botox treatment!*

DR. SUKKAR'S Word Search

B	J	E	G	T	D	V	G	W	G	P	R	E	C	F
I	E	C	F	N	S	E	X	K	O	A	C	I	N	A
L	N	N	G	V	I	Q	L	T	U	N	C	L	N	N
G	L	E	H	M	V	V	L	I	A	L	M	S	D	T
X	C	I	D	G	O	U	I	D	C	L	C	I	Q	A
Q	U	R	W	L	C	B	N	G	E	I	Z	P	N	S
G	V	E	E	K	J	U	F	T	S	G	O	Y	I	T
A	Q	P	I	T	B	K	Z	F	N	K	P	U	X	I
H	G	X	D	A	P	K	J	L	Q	N	N	L	S	C
E	X	E	G	R	A	T	I	T	U	D	E	A	P	Z
U	W	R	Y	H	E	O	M	N	G	G	R	G	H	N
F	S	X	P	F	I	I	R	C	L	X	N	I	Z	T
V	F	Y	C	T	S	Y	E	K	R	U	T	U	O	O
E	B	G	M	T	T	G	J	P	X	X	I	F	Q	D
O	X	Q	F	K	N	W	O	O	O	M	Y	Y	G	D

ABUNDANCE EXPERIENCE GRATITUDE THANKSGIVING
DELICIOUS FANTASTIC POTLUCK TURKEY

Sukkar VIP Program

*In appreciation for recommending us,
we want to reward you!*

Surgery — Receive a \$250 Phoenician Medical Spa gift card for referring a friend who has surgery with us!

Spa — Receive a \$50 Phoenician Medical Spa gift card for referring a friend to the spa!

Can You Reach VIP Status?

Three patient referrals will gain you a one-year membership to the Sukkar VIP Program!

VIPs enjoy ...

- ◆ 15 percent off all services (excludes injectables and products), including your next procedures.
- ◆ An invite to all EXCLUSIVE VIP events.
- ◆ Automatic entry into ALL quarterly contests and drawings.

Don't keep us a secret! Refer a friend today!