

# Beverly Hills

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# 90210



**5 Ways** to Enjoy  
the Summer Without  
Leaving the Westside

**Saving Africa:**  
The Value of Ecotourism

*Spicy*  
**Summer**  
**FASHION TRENDS**

# Health+Beauty



## Dr. 90210's Expert Advice...

With summertime at our doorstep is your body “beach ready?” There are many different things that you can do that range from simple to surgery that can improve the way your body looks in clothes and swimwear.

Let's start simple. There is no better way to lose weight than exercise and diet and I always recommend trying these tried and true approaches to getting your body in shape to my patients as a first line of improvement. Exercise and diet not only help you lose weight but they improve your health, lean body mass and heighten your metabolism. All of these things will make you look more beautiful on the beach and in clothes.

On the other hand, we all know, exercise and diet is difficult in a society abundant in hectic work schedules and fast food restaurants. I personally subscribe to the philosophy of “no pain, no gain” but even with habitual dieting and exercise we all still have our “trouble areas.” Those areas are the ones that always seem to remain no matter how hard we exercise and diet and they are also the first areas to grow larger with weight gain. In women the most common trouble areas are the outer thighs, hips and abdomen (muffin top and saddle bags – ouch) and in men it is the abdomen and waist (love handles and spare tire). Liposuction is a powerful tool to sculpt and remove these unwanted bulges especially when exercise has made them all the more apparent and stubborn. There are many different types of liposuction but they all have one thing in common – they remove fat effectively and safely. Just remember, liposuction is not intended for weight loss but rather for improving overall body contour. Having said that, liposuction can give the appearance of significant weight loss since fat is strategically removed from areas that give your body slimmer lines and sexier curves.

Summertime is here and with faster recovery periods and affordable procedures; you can still look your best on the beach this summer whether it is through exercise, diet, surgery or a combination of all three. Lastly, if surgery is not in your budget or lifestyle, non-invasive procedures can touch up your body for the beach by removing unwanted hair, tightening skin and reversing prior sun damage. State-of-the-art technology and highly trained professionals can now provide injectables, fillers, peels and lasers with minimal downtime and impressive results.

Remember, a beautiful body never goes out of style, so bring on summer and don't forget your sunscreen!

*Dr. Gary Motykie is one of America's most respected, published and innovative plastic surgeons. In addition to running a busy private practice in Beverly Hills, he is always in demand with the media, making regular appearances on E! Dr. 90210, Extra, Discovery's TLC and Dr. Phil. Additionally, he is quoted in newspapers and magazines including The Wall Street Journal, the L.A. Times and US Weekly. He has authored several scientific journals and written textbooks on many areas of plastic and reconstructive surgery, and many of the techniques he has helped create are referred to by surgeons today. Dr. Motykie is committed to the cultivation of breast cancer reconstruction. He donates hundreds of hours to survivors in the mission to achieve natural looking breasts after the physical and emotional effects of chemotherapy, radiation and mastectomies.*