

LOOKING BETTER & FEELING BETTER

HAVING THE CAKE & EATING IT TOO



BY: DR. JON F. HARRELL DO FACS

Each day in my practice I see a steady stream of patients who are seeking a way to look better. For some patients this may mean turning the clock back a bit or correcting some of the natural 'wear and tear' associated with aging. Others may have a particular anatomical feature they wish to change. In almost all instances patients express their concerns in concrete terms – that is, they are fixed on the physical issues they have. What frequently goes unsaid is just what emotional 'payoff' is associated with changing their appearance. Just what does 'looking better' mean to my patients?

In my experience, the common denominator in most patients is not simply to 'look better' but to 'feel better' about themselves. Over the years I've found that for most patients I can make positive changes in their appearance but many patients need more than just a surgical procedure to really help them feel truly good about themselves.

INSIDE AND OUTSIDE APPROACH

It has constantly impressed me just how many of us are brainwashed or

ignorant about nutrition and just how poor our dietary and lifestyle choices are when it comes to maintaining optimal health. However, I have found that since my patients want to have a smooth surgical recovery they are typically interested to know what they can do to ensure an uneventful postoperative course. Therefore, even those not educated in nutrition or wellness issues will frequently change their dietary and social habits around the time of surgery simply because they are motivated to avoid postoperative complications.

AN OPPORTUNITY TO FEEL AS GOOD AS YOU LOOK

This has given me a window of opportunity to help many patients discover a world of health they didn't even know existed. Like many of my more progressive colleagues, I now offer pre and post surgical dietary supplements for my patients. For many older patients hormonal supplementation can be recommended as well. At any rate, not only do my patients feel better about the way they look – they simply just feel better. After all who wants to simply look better if they still are tired, depressed and wrestling with chronic

medical problems? In fact, I have a number of patients who have actually derived more benefit from changes in their lifestyle - with the addition of dietary supplements and possibly hormonal supplementation- than they have with cosmetic procedures.

HAVING YOUR CAKE (ORGANIC OF COURSE)

Most of us pay at least some attention to our appearance and place a certain amount of importance on it. However, feeling good about yourself also involves having the energy, endurance and vitality to enjoy life fully.

Many doctors share this paradigm of wellness and help coach their patients in the ways they can add vital years to their lives. If your surgeon doesn't seem interested then find someone to coach you. It will be an investment that will yield returns, long after the surgical scars have faded away.

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