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Men's Fall Style

Easy Tips for the
Changing Season

Staying Youthful

Part Mindset and
Part Elbow Grease

Scott W. Parker

Fresh Artist on the Block



Staying youthful is part mindset and part elbow grease. You can't just wish yourself young. You've got to put in the effort. Beauty maintenance is a multi-billion dollar industry and the field of plastic surgery is a reasonably-sized part of this industry. As a board-certified plastic surgeon I am fortunate enough to be entrusted with keeping people looking as young as they feel.

When the public thinks of plastic surgery, they think of procedures like facelifts, Botox, and fillers. Yes, these are some options used in the pursuit of beauty, but once all the nipping and tucking is done, what then? Or asked differently, what could one do before the nip and tuck?

A new trend amongst Millennials is the concept of prejuvenation, or pre-Rejuvenation (ie. "What can I do to avoid plastic surgery?"). In my opinion, procedures get you only so far. I truly believe that it is what you do everyday that makes the greatest impact on your beauty. Why wait to get old and then do something to fix the problem?

Most things that keep you youthful won't cost you an arm and a leg. Everyone who knows my philosophy of beauty knows that I preach that exercise, good sleep, clean water, and a healthy diet keeps your beauty in prime condition. I believe that supplements with good science behind them are also important.

"Exercise, good sleep, clean water and a healthy diet keeps your beauty in prime condition."

Staying Youthful

PART MINDSET AND
PART ELBOW GREASE

by Manish Shah, M.D., FACS

Dr. Manish Shah is a board-certified Denver, CO plastic surgeon who specializes in plastic surgery of the face, breast, body and skin. At his practice, Dr. Shah is committed to the informed patient. By educating patients, he provides them with all the pertinent information to make an informed decision for the best possible outcome.

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Here is my list of supplements that help you look your best:

Vitamin C This vitamin is the most important vitamin for collagen production. Collagen makes up most of your body tissue. Healthy collagen keeps skin strong.

Calcium This element is found in our bones, including the skull. Calcium deficiency leads to skull shrinkage and more facial sagging. I recommend plant-based calcium supplements since humans weren't actually designed to eat chalk.

Astaxanthin This high potency antioxidant has the highest ORAC (oxygen radical absorbance capacity) value known. Stress to the body increases free radical formation. Free radicals damage our cells. Astaxanthin is a mega-neutralizer of these unhealthy free radicals.

Fish Oil This supplement helps improve moisture in the skin and reduces inflammation of the skin keeping it supple and more healthy appearing. It is also amazing for brain and breast health.

Coffee OK so this isn't technically a supplement despite the fact that most of us partake every day. Recent scientific research supports coffee's role in actually increasing longevity. Add this to the fact that it increases mental acuity, reduces the incidence of some cancers, and reduces the chance of Alzheimer's disease, and you've got a bit of a wonder drug! Just make sure to drink 3-4 cups a day.

There are other exotic options that I could add to this list but I will keep things simple. Adding these well-researched vitamins and supplements to your daily health regimen should help you in your quest to look and feel your best.