

New Year, New You!

By Wes Gilbert

As the saying goes, "New Year, New You." At Achieve Weight Management and the Xanadu Rejuvenation Institute, that phrase can become your new reality.

Dr. Pamela Silver, owner and primary physician, has been working in the field of weight loss and body rejuvenation for over twelve years. Before opening the Institute, she asked herself, "What can I bring that the community really needs?" Her answer? A customized and personalized approach to weight loss and improving one's appearance.

"The crisis of obesity we are facing causes or intensifies Type 2 diabetes, problems of circulation and healing, degenerative joint disease, cardiovascular disease, and even cancer," cites Dr. Silver. "Excess fat is a drain on your vital organ systems."

Gaining control of obesity reduces or removes risks of long-term negative consequences. Dr. Silver explains, "What we're trying to do is unburden your physiology. Some folks have been able to discontinue medications for hypertension and diabetes just by losing weight and getting on a better life plan."



The personalization is unique in today's clinical environment. What she does is comprehensive and designed to address the specific needs of each client.

"We don't all come in the same size; we don't all have the same activity level. For each client, our analysis indicates hydration level, bone mass, muscle mass, and fat mass, and also fat distribution as it relates to disease risk. Then, after learning their 'likes, dislikes, and no-way', I work with them to construct a program they can live with and succeed," she says.

While it is always a good time to improve one's health, a new year and the desire to change past lifestyles and one's appearance for the better can provide extra incentive.



"Summer is coming, the holidays have just passed," reminds Dr. Silver. "Statistics show that the average individual in America has gained 5 to 10 pounds between Thanksgiving and New Year's. If one begins now, that individual can lose 10% or more body fat by summer."

New Techniques To Improve Your Appearance

Many people these days want to improve their appearance but are unaware of all the options. At the Institute, many safe, non-invasive, and FDA-approved tools are available to help clients combat aging, restore youthful looks, and reap the many positive benefits of self-rejuvenation.

"With many of us having to work longer and harder to be competitive," Dr. Silver says, "one needs to keep one's vigor and looks up. It's an economic advantage to do that. Many people are pursuing career goals well into their 70's. Increasingly, men use these interventions to help them remain competitive with younger workers, and to provide better self assurance and a higher quality of life."

Dr. Silver's techniques, which require no surgery, no downtime, and no anesthesia, provide remarkable transformations at a much lower cost than procedures such as traditional plastic surgery.

"The idea is to help people feel better about themselves, to look younger, and do it in a way they can afford. People can budget it, depending on their priorities," states Dr. Silver.

"These tools can actually work better than surgery. They can get the same benefits. There's no downtime so people can go back to their jobs the next day.

before



after



Some women have it done and they're not telling their husbands... but that shows you how non-invasive it is, that a husband may not even know except for thinking, "Wow, she's really a good looking woman."

All treatments have been proven safe and effective when performed by an expert such as Dr Silver, a board-certified maxillofacial surgeon, trained in Plastic Surgery, who is also board-certified by the American Board of Aesthetic Medicine, with extensive experience in Nutrition and Bariatric Medicine.

One popular treatment, Ultherapy, employs a high intensity ultrasound device to elevate brows, remove crows-feet, enhance eyes and cheeks, and even firm up the neck. Other state-of-the-art treatments include Botox, Juvederm, and Latisse, all of which can provide a more youthful appearance.

Dr. Silver also offers medical-depth chemical peels, which are safer and more thorough than those typically done in local salons. These can smooth and refine skin, quiet acne, diminish scarring, and more. Combining any or all of their non-invasive treatments can create stunning improvements, increase inner confidence and boost self-esteem.

Don't put off your transformation into a rejuvenated, re-energized, and freshly-improved version of yourself. With the help of Achieve Weight Management and the Xanadu Rejuvenation Institute, you'll feel better, look better, and enhance your quality of life.

Their office is located at 401 Park Avenue in Newport, and the building itself provides a comfortable and dignified home-style setting. Evening and weekend hours are available.

For weight loss consultations, call Dr. Silver at **859-431-5673**. Call **859-431-0007** to discuss the many options for personal aesthetic rejuvenation. More information is available at the website younewandimproved.com. Contact them today and start the New Year looking forward to the new you! 



NURSE STAFFED MEDICAL CHILD CARE


The Kidz Club
 Pediatric Medical Day Treatment Facilities

Pediatric Trained Nurses - Ratio 1:3
 All Medicaid Plans Welcomed
 Parents Can Return To Work Or School
 Transportation Available - Limited Area
 Before And After School Care
 Current Educational Curriculum
 No Child Care Fees
 Enrolling Now!

www.thekidzclub.com

2 Northern Kentucky Locations
 527 Watson Road Erlanger, KY 41018 859-727-0700
 7611 Dixie Highway Florence, KY 41042 859-918-5698