

Dr. J's JOURNAL

DR. JOSEPH
JENSEN the Heart
and Art
of Surgery

AUGUST 2016 ISSUE



FROM THE HEART

Dr. Joseph Jensen, D.O.

Summer is coming to an end. The kids are back in school, the days are getting shorter and the nights are cooler. I don't want it to end! That's why this month's subject is all about squeezing the most out of the last days of summer.

In this issue I announce our new BOTOX® For Beginners special*. This special can help overcome your fears and freshen your look for a special price. Then I'll list my top 10 favorite activities to squeeze in before fall arrives. Then, the fun

one: How squeezing your loved ones can improve your life and your health. I'll even give you a free hug with your consultation! We have some exciting new before/after photos from real patients from our practice. As an extra bonus, I have included a recipe that requires fresh squeezed lime juice. Last but not least, we've got a new office in Clinton you must see!

Please enjoy this month's newsletter and thank you for being such great patients and friends!

LOOSEN UP THOSE LAUGH LINES

Diminish the marks of time's passing with the help of injectable treatments by Dr. Jensen!

Learn more about Dr. J's BOTOX Special at:
Dr.JosephJensen.com/botox-juvederm-injectables/

(385) 393-1311
*For first-time patients only

Beginner BOTOX Special: **\$8/Unit!**

THE ART OF WELLNESS

5 Ways Squeezing Your Loved Ones Benefits your Health

Embracing your loved ones feels good, but beyond that, it also improves health and well-being!

Here are the



top five ways that squeezing your loved ones can improve your health and your life.

Bonding: Hugging releases the hormone oxytocin, the bonding hormone. This causes you to feel closer and alleviates feelings of loneliness, isolation, and anger.

Relaxation: Extended squeezing relaxes muscles. Hugs release tension, take away pain, and increase circulation to soft tissues.

Stress Reduction: Hugs cause the body to release serotonin and endorphins. These hormones

reduce stress, reduce pain and sadness, can help prevent heart problems and weight gain, and can actually prolong your life!

Immunity Booster: Hugs reduce stress which is good for your body! Studies show that frequent squeezes can even shorten the common cold.

Antidepressant: Hugging produces dopamine in the brain, fighting depression, stress, and pain!

Squeeze away stress today and start reaping the benefits that hugs provide. It's easy, and free!

STATE OF THE ART



BOTOX FOR BEGINNERS

BOTOX®, we have heard the name, but how much do you really know about it? BOTOX is an injectable treatment where very fine needles are used to deliver the treatment to the muscles of the face. The medication relaxes the muscles around the forehead and eyes that cause lines and wrinkles. Once the muscles are relaxed, the wrinkles smooth out and the lines virtually disappear!

Chances are your friends and family have already tried this injectable treatment and now it's your turn! Dr. Jensen is running a BOTOX special, just for first-time patients. For more in-depth information, visit our website at drjosephjensen.com. Call Dr. Jensen's office now and schedule your consultation today!



SQUEEZE INTO THOSE SKINNY JEANS

Fall is almost here and that means squeezing back into your skinny jeans. Those jeans didn't magically disappear and perhaps those muffin tops didn't either? You take good care of yourself. You eat right and exercise. And yet, every year when pants weather returns, you are disappointed to see that the love handles are still there. Well, don't worry, CoolSculpting® has got your back (and your front, and your chin, and your thighs...!)

The CoolSculpting technology freezes and kills off fat cells, all while you relax in our treatment rooms. This fat removal procedure is non-invasive, safe, and effective! In a few weeks, you will be able to ease the squeeze and fit easily back into your jeans!

UpBEAT

Top 10 Summer Activities You Can Still Squeeze Into Your Schedule

Summer is fading into fall and it is time to squeeze those last summer activities into your schedule! Check out my top 10 favorites here:

Go To the Drive-In Movie! For Salt Lake City, try Redwood Drive-In or the Motor Vu Drive-In in Riverdale.

Play Mini Golf! Try Swan Lakes in Layton or Cherry Hill in Kaysville.

Pick peaches! Or take a road trip to Brigham City and buy fresh.

Make lemonade! Lemons, water, sugar, GO!

Mountain bike those beautiful trails! Utah has the best trails.

Picnic in the park! Local parks are perfect for picnics.

Stargaze! Lay back, relax and take in the universe.

Go play in a lake! Your favorite reservoir or lake is calling.

Take a train ride! The Heber Creeper is a beautiful ride in the summertime and a lovely way to spend a day.

Catch a baseball game! The Ogden Raptors and Salt Lake Bees are good for a fun summer night!

Have fun, stay safe, and squeeze these

fun activities into your summer. Check out our blog for more helpful links.

Have any ideas we haven't listed here? Let us know! Email us at drjosephjensen@gmail.com.



Success Stories

“I came in for a lipo fix to one side of my upper thigh. He fixed the area so that it looks natural and symmetrical. He gives realistic and truthful advice. I met with other doctors and I'm so glad I had him do this procedure!”

~Jane



The laser technology of SmartLipo aids traditional Liposuction by essentially melting fat cells before they are removed. This provides an easier fat removal, less pain and bleeding, and results in shorter recovery time. It also stimulates skin tightening! You can see from these before and after photos that the results can be truly awesome!



CALL TODAY! (385) 393-1311

"PALETTE" PLEASERS



Lou's Guacamole

Avocados are in the peak of season! Take full advantage with this tasty guacamole recipe. Caution: you may want to eat the whole bowl!

INGREDIENTS:

- 6 Large Ripe Hass Avocados (peeled, pitted, coarsely chopped)
- 3 Roma Tomatoes (seeded, diced)
- 1 Jalapeño (seeded, diced)
- 1/2 Bunch Cilantro (leaves only, finely chopped)
- 1/4 Red Onion (finely diced)
- 1 Lime (juiced)
- 1 Tangerine ("secret ingredient", juiced)
- 1 Tbsp Sea Salt

DIRECTIONS:

1. In a large bowl, peel and pit avocados. Coarsely chop, don't mash.
2. Add diced, seeded tomatoes, diced jalapeño, chopped cilantro, diced red onion and salt. Fold ingredients.
3. Squeeze lime and tangerine juice. Fold. Taste. Add more salt if needed.
4. Grab your favorite tortilla chips and Enjoy!



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BEHIND THE SCENES

Our Clinton Office is Up And Running!

We are proud to announce the opening of another location in Clinton! This west side office will serve as our aesthetics headquarters, will provide more flexibility in scheduling and convenience for our patients.

One of our most popular fat removal treatments, CoolSculpting®, is sweeping the nation. Our new office features a dedicated CoolSculpting suite!

Being our aesthetics headquarters means we will also be focusing on all things injectable! Our new location can be your one stop shop for BOTOX, Dysport, Juvederm, Voluma and Kybella.

Save the date! We will be hosting a CoolSculpting kickoff event September 27th. Details will be in next month's newsletter!

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385-393-0922

Thank you for taking the time to read our newsletter. We have the best patients in the world and are happy to share with you every month. Please, take our advice and squeeze the most out of the remaining summer, and squeeze your loved ones! You'll definitely be happier for it...until next time!

~Dr. Joseph Jensen and Team

