

Dr. J's JOURNAL

DR. JOSEPH
JENSEN the Heart
and Art
of Surgery

SEPTEMBER 2016 ISSUE



FROM THE HEART

Dr. Joseph Jensen, D.O.

September is here and that means the kids are back in school, giving us a little extra breathing room. The leaves will soon be turning and there will be an old familiar chill, signaling winter's approach. Can you smell fall in the air? This time of year, it's easy to feel nostalgic. In this newsletter, I will offer ways in which you can take advantage of the time and the season, by shedding the old to shape up the new. Perhaps you haven't had enough time for yourself? I've included tips

for that. Maybe you want to shape up your schedule? Read on to find out how. Maybe you want to keep the shape you've worked so hard for and still enjoy a pumpkin spiced smoothie? Healthy recipe included here. Maybe it's time to seek options for sculpting your shape to perfection? I am hosting a CoolEvent just for you. Read on for this and more and thank you for being such awesome clients and patients!



You're Invited to A Cool Event! Curious About CoolSculpting®?

Come see it in action at our CoolSculpting Open House at Dr. Jensen's Clinton Office

- Live Demonstrations
- Free Food
- Free Consultations
- Special Pricing for Attendees

Tuesday, September 27th
Open House 12 - 4pm

SO COOL!



UpBEAT

Shape YourSELF

Hooray, hooray! The kids are back to school. Summer was long and you may have neglected the things that you do specifically for YOU. Maybe you haven't put your own needs on your list for a very long time. Now, you have an opportunity, while adjusting the daily calendar, to pencil in some you time.

Regular Exercise Just 30 minutes out of your schedule to focus on your physical health can make a difference in your overall feelings of well being. It will reduce stress and help keep you happy as you power through rest of the day's to-do list.

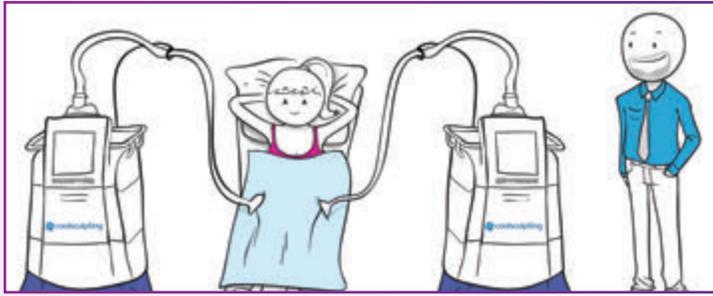
Daily Meditation Although there are many ways to practice meditation, the simplest is to sit in a comfortable, quiet spot and listen to your breathing for 20 minutes. You will soon feel centered and calm.

Schedule Some Free Time Sometimes, we need to work frivolity into the daily grind. Go to a new restaurant, listen to your favorite music, see a matinee, go to a park and watch the trees move in the wind. This fun free time can replenish your creative coffers and have you seeing things in a new perspective.

There's no time like the present to pencil a little self-care into the daily grind. We hope these suggestions inspire you to give yourself the "me time" you deserve!



STATE OF THE ART



YOUR SILHOUETTE CAN BE THE SHAPE YOU DESIRE

Shape your Silhouette with CoolSculpting®. It works while you kick back and relax in the privacy of our new CoolSculpting suite. Want a sculpted physique? No problem! Those pesky fat pockets are no match for this non-invasive fat removal treatment. It's great for men and women who have worked hard to shape their bodies and need a little help with the flanks, inner thighs, chins and other places that don't always respond the way we wished they would. Sound too easy? Check out our super fun video on YouTube and see for yourself just how simple body sculpting can be!



UNVEIL THE SHAPE THAT MAY BE HIDDEN

Things like time's passing and having children can reshape our bodies, and not always into the shape that we want. Dr. Jensen offers several options to help you achieve the body, and the life you desire. One of our best options is SmartLipo! SmartLipo utilizes laser technology to aid the liposuction process, making the procedure easier, the results smoother, and the downtime shorter. It not only removes fat, it can help tighten loose skin as well! You don't have to settle for that sagging belly. You really can have the shape you want. Call Dr. Jensen today for your consultation and see if this procedure is right for you!

THE ART OF WELLNESS

Shed the Old to Shape the New

As fall approaches, we often start to feel nostalgic. Like the trees who shed their leaves, maybe this season is the perfect time to shed some of the old, the worn, the tired, and start to shape the days to come.

In the popular book "The Life-Changing Magic of Tidying Up", author Marie Kondo offers a new perspective on shedding the heaviness of household clutter. She suggests that if you properly organize your home once, you will never have to do it again. It doesn't happen by magic, of course. Those seeking a lighter load will be tasked with determining which items, (that's right, you must go through the whole lot of

it) spark joy. If they don't, they go.

In this Mind Body Green article, they list some really genius ideas for shedding...or maybe shredding your stressful to-do list. The simple act of switching things that we think we need to do with things that make our heart sing will not only keep those things in the front space of our minds, it can actually shape your day into one that is actually simple and satisfying.

Forgiveness, it can be tough. Whether

your 'hurt' happened yesterday, or a million years ago, it's never too late to let go. Search your faith, ask your therapist, or even Google it. There are many ways in which to achieve forgiveness. However it happens, forgiveness will clear the mind-space the hurt once occupied and allow you to fill it with a hopeful, happy future.

So, take advantage of the season's sentiment and shed some old: old clothes, old toys, old feelings, or old to-do items. Whether it's cleaning out your closet or forgiving a past wrong, shedding the old will leave room in your life to shape the new.

Success Stories

Sculpting your shape into the silhouette of your dreams really is possible! Whether it's your double chin, your thighs, or your flanks, we all have problem areas we just can't get rid of. But now, there is a treatment that requires no surgery and no needles that can zap those trouble spots into oblivion! What is it?



It's CoolSculpting!
CoolSculpting
can work
for you!

In this month's
gallery, see real Dr.
Jensen patients who
got real results
with this super
Cool treatment!



CALL TODAY! (385) 393-1311

"PALETTE" PLEASERS



Maddy's Heart Healthy Pumpkin Spice Smoothie

Fall reminds us that life is cyclical... and we are in the pumpkin spice cycle! We all look forward to this season all year, but, maybe there's a better way? Here is a healthy spiced pumpkin smoothie recipe that won't break your bank account or add more layers to your shape.

INGREDIENTS:

- ¼ cup Pumpkin Puree
- 5 Dates
- ½ Banana
- Dash of Cinnamon
- Dash of Nutmeg
- 7 Cubes of Ice
- Almond Milk

DIRECTIONS:

1. Combine these ingredients and blend until smooth!
2. Finish with a dash of cinnamon if you so desire.

HEALTH BENEFITS:

- Pumpkin** - Helps regulate blood pressure, protects against asthma and heart disease
- Dates** - Muscle development, bone strength, helps allergies
- Cinnamon** - Antibacterial, anti-inflammatory
- Nutmeg** - Relieves pain, good for skin health, helps insomnia, better circulation
- Banana** - Lowers blood pressure

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BEHIND THE SCENES

You're Invited to A Cool Event!

SO
COOL!

We are so excited to introduce this revolutionary fat reduction treatment! CoolSculpting® freezes the frustrating fat pockets that diet and exercise can't touch. It's never been easier to get the sleek physique you want. No needles, no surgery, and no downtime.

Got your attention? Great!

Join us at our CoolEvent! There will be live demonstrations to ease your fears and refreshments to please your palette. While enjoying the party, book your service and receive special pricing.

Mark your calendar now and save the date! And call now to make your appointment for a free 30-minute consultation during the event to start your CoolSculpting experience! Space is limited!

Tuesday, September 27th
Open House: 12 - 4 PM
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Phone: (801) 728-9258

For more information, visit our website: drjosephjensen.com/coolsculpting-coolevent/

