

Dr. J's JOURNAL

DR. JOSEPH
JENSEN the Heart
and Art
of Surgery

MAY 2016 ISSUE



FROM THE HEART

Dr. Joseph Jensen, D.O.

Mother's Day has come and gone, but there is no better time to take some time for yourself and take care of your skin. Most of us have some skin flaw we'd like to change, whether it is brown spots, scarring, cellulite or varicose veins. It's been a tremendous pleasure to help so many people just like you feel better, look better, and enjoy youthful, glowing skin.

This month, please enjoy our discussion of skin-healthy foods, how our laser procedures work,

our recipe for Blueberry Mango Smoothies, and our information on how to take care of your skin at any age.

And while you're pampering yourself and your skin, consider some of our long-term skin care solutions that will keep you looking great throughout the year. Here's to having summer skin ready to go along with all of your adventures this year! And we hope you had a wonderful Mother's Day.



UpBEAT



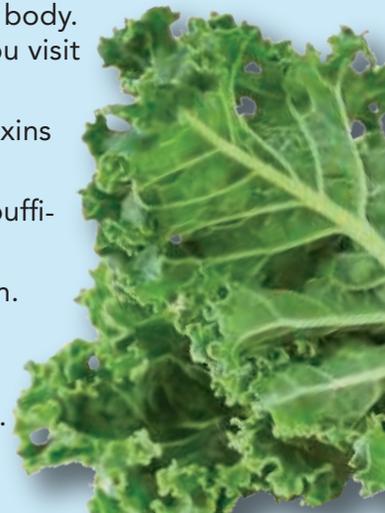
Healthy Foods That Benefit Your Skin

The appearance of your skin is often a good indication of your overall health. When you eat healthy foods that nourish the body, your skin tends to be blemish-free and have a noticeable glow to it. If your diet could use an overhaul, keep in mind that choosing healthy foods benefits your skin just as much as your body.

Here are some foods you will want to pick up the next time you visit the grocery store:

- **Blueberries:** This delicious food has anti-oxidants that clear up acne by eliminating toxins from the body.
- **Kale:** Rich in Vitamin C, Kale has anti-inflammatory power that reduces bloating and puffiness in the face.
- **Mangos:** This fruit boosts the production of collagen for smooth, younger-looking skin.
- **Salmon:** This fish product offers Omega 3 that the body doesn't produce on its own. Omega 3 helps to give the skin a smooth appearance.

Visit our blog for more healthy foods that benefit your skin at www.drjosephjensen.com.



STATE OF THE ART

CLEAR YOUR SKIN: THE MIRACLE OF COSMETIC LASERS



Have you always wanted to have beautiful skin with a youthful shine? But the mirror shows you've got brown spots where it should be clear?

Whether they are freckles or the frightening age spots called hyper-pigmentation, there's no way you want them hanging around and having a blast in your epidermis (the upper layer of the skin).

Well, you can tell those bad boys that the party is over! Dr. Jensen can help break up those annoying brown spots once and for all.

How Does it Work?

To eliminate the brown spots, Dr. Jensen will use the most advanced Picosecond laser technology to carefully focus intensive light waves on selected brown spots. The pigments in the brown spots will then absorb the laser light and begin to heat up.

Normally, it will take a few days for the affected pigment to break down into tiny particles. Once this happens, your skin will effortlessly get rid of the pigments during exfoliation — a natural healing process where dead skin cells on the skin's outermost surface peels off.

THE ART OF WELLNESS

Skin Care for Every Age

Good skin care is obviously important as you get older, but it's just as vital for those in their 20s as it is for those in their 50s, 60s or 70s. Many skin care tips you may have heard, such as limiting exposure to the sun and keeping your skin moisturized will apply to any age, and no matter your age, smoking is the worst thing you can do for your skin! But there are some age-specific skin care strategies that should be observed.

Skin Care in Your 20s

Twenty-something skin is generally healthy, but it's never too early to start a proper skin care regimen. Keeping your skin moisturized, drinking plenty of water and avoiding tanning beds will give you a good foundation that will last for the next several years. Eye cream can help reduce the fine lines and wrinkles you may start to see in your late 20s, and a facial cleanser will help control

any acne you may still have.

Skin Care in Your 30s

Proper skin care is more important in your 30s than it is during your 20s. Stick to the eye creams and moisturizers, and make sure you wear an SPF30 sunscreen or higher whenever you go outdoors. Skin care during this decade is about preventative maintenance; caring for your skin now means making fewer corrections in the future.

Skincare in your 40s

By now, you're probably noticing more fine lines and wrinkles as well as some age spots. Most of these can be covered up with a tinted moisturizer, preferably one that provides SPF protection. You may want to opt now for a stronger sunscreen.

Your 50s and Beyond

Once you reach your 50s, you may notice that you are starting to

look older than you feel inside! Deeper wrinkles emerge and your skin starts sagging. Fortunately, Dr. Jensen offers amazing treatments including Botox that can help improve the look of both moderate to severe crow's feet lines and frown lines between the eyebrows. Additionally, our state-of-the-art lasers can significantly reduce the appearance of brown spots, freckles, and more.

Come in for a free consultation and discover the possibilities that await you and your skin!



Success Stories

They say we should age gracefully, but what does that mean? The notion of "having a little work done" used to be somewhat taboo. When we were young we thought that WE would never be the one to need that particular service. Then time and life happened.

While it is definitely important to love and accept yourself, it's no longer a requirement of healthy aging to accept the little imperfections of aging, like brown spots, stretch marks and varicose veins. New technologies make erasing these imperfections simple. Dr. Jensen can help you best define your own version of graceful aging. Call today for a consultation!



BEFORE



AFTER



BEFORE



AFTER

CALL TODAY! (385) 393-1311

"PALETTE" PLEASERS



Super Easy Blueberry Mango Smoothies

Want a breakfast that will wake you up and not let you down? This recipe is full of delicious goodness and enough energy to get you through your morning. It's not just good for you, it's tasty too!

INGREDIENTS:

- 1 c water
- 1 c. fat free Greek Yogurt
- 1 banana
- 1/2 small lemon, peeled
- 1 c. frozen mango
- 1 c. frozen blueberries
- Honey, to taste (optional)

DIRECTIONS:

1. Add all ingredients to your blender and blend until smooth.
2. Add a drizzle of honey if desired and blend until incorporated. Pour into two tall glasses and serve.

Photo and Recipe courtesy of NatashasKitchen.com
Check out NatashasKitchen.com for the full recipe

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BEHIND THE SCENES

Have you seen this? Last month, our very own Summer Faulkner had the opportunity to appear as a special guest expert on KSL's Studio 5 with Brooke Walker. We were so pleased with the outcome, we just have to share!

What is SmartLipo? Essentially, it is liposuction that first includes the use of a laser. In a one-on-one interview, Summer described the FOUR major advantages of SmartLipo with Dr. Jensen.

First, Summer explained that using the laser results in better fat reduction? Why? For lack of a better explanation, the laser 'melts' the fat, allowing the cannula to remove it more easily.

Second, the laser stimulates collagen development. Why does that matter? The increased collagen results in tighter skin so you're not left with saggy skin after liposuction.

Third, Summer highlighted another important advantage over traditional liposuction: faster recovery. "We're busy... We have jobs. We don't want to be laid out for a week looking all bruised up and in a lot of pain."

And Fourth, Dr. Jensen will do it! And, in Summer's words, "He's the best."

Several fat-prone areas on our bodies simply don't respond well to diet and exercise. That's where SmartLipo comes in. Minimally invasive, this procedure delivers maximum results – and with our SmartLipo special pricing, now is the perfect time to say "ta-ta" to those trouble spots!

Watch the full Studio 5 interview and learn more about SmartLipo by visiting our blog: DrJosephJensen.com/studio-5-spotlights-smartlipo

