

Dr. J's JOURNAL

DR. JOSEPH
JENSEN The Heart
and Art
of Surgery

DECEMBER 2016 ISSUE



Merry Christmas and Happy Holidays!

Dr. Joseph Jensen, D.O.

The season of giving is upon us – and have I got some gifts for you! First, remember, it's important to take care of yourself as much as others. If this seems impossible, I have listed a few ways to survive the inevitable holiday stress. Next, if you need a boost, there are subtle, safe, and effective ways to freshen your look with injectables and dermal fillers (take advantage of special pricing!) Then, in the

spirit of giving, I have listed wonderful, local charities in need. And just in case the cookies and cakes are calling your name, this smoothie recipe will help keep your health and fitness goals in check. Lastly, I bring you results from my own CoolSculpting® experience!

I am so fortunate to have such a wonderful practice full of wonderful staff and clientele! Thank you for being apart of it all. I wish you all the joy of the season!

**GIVE YOURSELF
THE GIFT OF** *Beauty*

Dermal fillers can help put the perk back in your profile!
Starting now & for a limited time, we are offering

Call now to book your FREE consultation
Learn more about Dr. J's Special at:
drjosephjensen.com/injectables/
(385) 393-1311

10% OFF ALL DERMAL FILLERS!

UpBEAT

Give to Charities That Touch Your Heart

There are many charities to donate your time and money to this time of year and sometimes it can be difficult to decide which to support. Here are a few that are worthy, highly rated, and may tug at your heartstrings.

Youthlinc

This Salt Lake City based organization's goal is to create a lifetime of humanitarianism for today's youth. Each year, up to 200 teens have taken on service, mentoring, education and more, learning the gift of service on a local and international level.

Best Friends Animal Sanctuary

Best Friends Animal Society is the only national animal welfare organization focused exclusively on ending the killing of dogs and cats in America's shelters. If furr babies have your heart, this is an excellent place to put your love.

Bikes For Kids

Bikes For Kids is an organization that...well... gives bikes to kids! Dr. Jensen knows the joy that riding a bike can bring and these folks are dedicated to providing that joy to those who can't afford their own bikes. These bikes are specifically meant for area third graders who

are encouraged to join bike clubs.

Utah Medical Outreach

This one is near and dear to our hearts. Dr. Joseph Jensen and other Utah physicians give their time and expertise to travel abroad and provide medical care and much needed surgeries to those in need.

There are, of course, many other worthy charities out there. If this has inspired you to give to any of these local charities, check out our blog at DrJosephJensen.com/news-and-testimonials/. No matter what, we wish you a beautiful holiday season!

STATE OF THE ART



THE GIFT OF YOUTH

As Father Time ushers in the new year, it's time to usher him off your face! Facial Rejuvenation could be the right thing for you to do just that. There are so many awesome non-surgical and a few surgical ways in which we can turn back time. It's a broad term that encompasses – but is not limited to – injectables like BOTOX® and dermal fillers.

BOTOX is an injectable that comes with minimal pain and maximum results! The solution is delivered under the skin to affect the underlying muscle. It then causes that muscle to relax, making the surface lines and wrinkles relax too! Presto! Smooth, youthful skin is yours! And there's more... it's affordable too! Never tried BOTOX? Take advantage of our beginner special!

Dermal Fillers like, Juvéderm, Restylane, and Voluma, are used to fill in the dermal layers where collagen and elastin have started to deteriorate. Ultimately, these treatments plump up the skin under wrinkles to make them disappear and add a fuller, more youthful complexion! The process is simple and the results are almost instant.

THE ART OF WELLNESS

Give Yourself a Fighting Chance

During the season of giving, we can often forget all about our own needs. It's so important to keep our health and fitness intact and yet, it is so easy to let it slide. With that impossible to-do list, the parties, the sweets, and the cold weather...we have a recipe for a health crisis! Here are some tips to practice self-care during the season.

Get OUT! We know it's cold, but a little outdoor exercise in the freezing weather will do wonders for your fitness! Take advantage of Utah's great outdoors and ski, snowboard, ice skate, or build a snowman. It will get your heart rate up and put a healthy glow in your cheeks.

GOAL! Setting fitness goals during the holidays can be a saving grace. Whether it is a daily minimum of cardio or perfecting

your push-up form, a tangible goal can really help keep you on track.

Glue Yourself to the TV! We don't mean that seductive Netflix binge, we are talking about workouts you can do at home. Your tight schedule might keep you from your favorite pilates class but there are plenty of options from YouTube videos to DVDs that can help you stay in shape during the holidays.

Go to the Mall! Enlist your friends to be your new workout buddies. Accountability is a major force in keeping fitness goals intact and on track. Maybe you can even meet at the mall and finish some shopping while doing high steps, walking lunges, or festive mall walking. Whatever you decide, everything is more fun with friends!

We hope this reminds you to take yourself, your health, and your fitness into account during this season of giving. Putting yourself on the top of your list will help you provide that special holiday for others. Whatever you need, you deserve to have!

Happy holidays!



Success Stories

“I came to Dr. Jensen’s and I got BOTOX and filler injections which I’m so pleased with. I have a noticeable difference in the creases and my laugh lines and without really changing my natural look. I would recommend them to my family and friends.” ~Nancy



AFTER



BEFORE

Ever wondered how dermal fillers can help you? Check out these before and after shots and see for yourself the fresh and youthful difference they can make. Then, call our office and make your appointment!



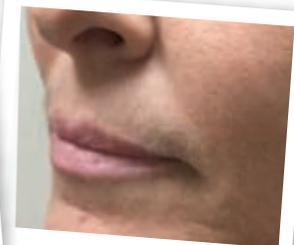
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AFTER



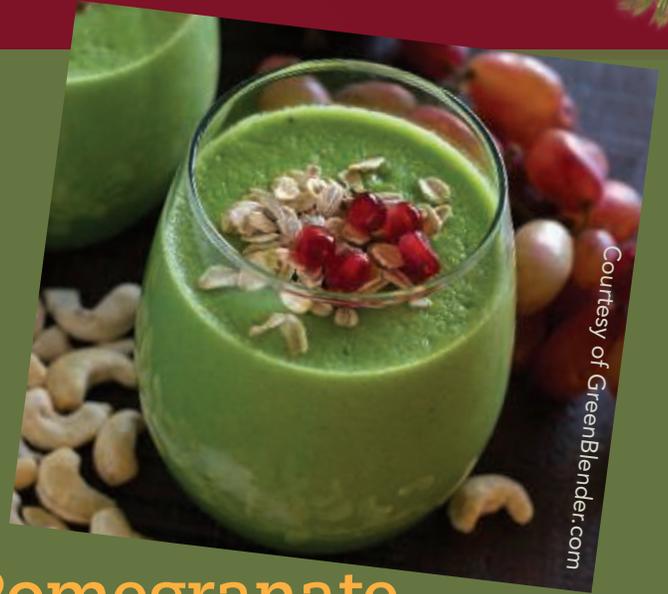
AFTER



BEFORE

CALL TODAY! (385) 393-1311

“PALETTE” PLEASERS



Pomegranate Oatmeal Smoothie

This smoothie looks like Christmas and tastes great too! It’s got everything you need to stay on track for the Holidays – essential greens, healthy fiber, good fats, protein packed oats and the antioxidant power of pomegranate!

INGREDIENTS:

1 1/2 oz swiss chard	1/4 cup rolled oats
4 oz grapes	3 tbsp cashews
1 pear - chopped	1 cup water
1 oz pomegranate seeds	1 cup ice

DIRECTIONS:

Place ingredients in a blender and blend until smooth. Enjoy!

Pomegranates are so nice, we used them twice! Full of fiber and even a little protein, pomegranates are known for their antioxidant power, but they’re also fantastic at treating inflammation in the body. Cashews are a low fat nut, and the fat that do contain is the healthy kind, which directly responsible for helping our body process energy in the most efficient way. Oats will help you feel satisfied and grounded with their heart healthy fiber, and grapes and pear add a sweet (but not too sweet) base. After a long, stressful day, this might be just the thing to renew your senses!

Photo and Recipe courtesy of GreenBlender.com
For more simple and tasty smoothie recipes visit
GreenBlender.com

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BEHIND THE SCENES

Dr. Jensen Gets Sculpted Too!

CoolSculpting® is so COOL! All the cool kids are doing it, even Dr. Jensen himself! Check out the before and after of his chest sculpting!

CoolSculpting is a revolutionary new fat removal technology that is sweeping the nation. The CoolSculpting machine freezes the fat away while you relax! It's so simple that you can do it during your lunch break. The frozen fat cells are sloughed off through the body's natural process, unveiling the six pack you've been working for! There is no surgery, no cutting, no down time and no reason not to check it out for yourself. (We provide the cozy blankets in the Coolsculpting Suite, bring your own slippers!)



Still have questions? Check out our website at DrJosephJensen.com/CoolSculpting.

Or ask Dr. Jensen! He can tell you all about it from first hand experience. Call now and schedule your FREE consultation. The only thing you have to lose...is fat!