

Dr. J's JOURNAL

DR. JOSEPH
JENSEN the Heart
and Art
of Surgery

NOVEMBER 2016 ISSUE



FROM THE HEART

Dr. Joseph Jensen, D.O.

It's Turkey Time and I am so grateful for my amazing patients. Making a positive difference for you is why I do what I do!

I'd also like to thank my amazing team. Thank you for everything you provide me and for taking such good care of our patients. Now, for the newsletter...

I have some great articles this month. I talk about the differences between all of the amazing fat reduction procedures we offer. With the approaching Holidays, I thought you could use a few tips on stress reduction and a reminder

on how to practice gratitude throughout the year. Then, I invite you to check out laser hair removal (winter is the perfect time to get started!) While you're at it, check out the awesome before and after photos to see the amazing results of SmartLipo. Don't forget that breakfast is the most important meal of the day and try our featured recipe. There is a special message at the end, from my team.

I wish you the happiest of Thanksgivings!



Tackle Your Turkey Neck

Turkeys have the trademark on wiggling waddles... that squiggly sack of skin under the chin...
Sound familiar?
From CoolSculpting® to Laser Lipo, Dr. J can help!

Learn more on our website:
DrJosephJensen.com

(385) 393-1311

UpBEAT

How To Manage Stress through The Holidays

Thanksgiving is a wonderful time of year when we gather with loved ones, express our gratitude and break bread together. At least, that's what we hope for every year... but, let's get real. These gatherings, while important, can also be very stressful! Sometimes we think we can produce an Instagram-perfect Thanksgiving, that the kids will not only look perfect but will actually cooperate, and that the rest of the family will get along. The house will be perfect and people will be singing the praises of the best Thanksgiving

ever for the rest of time. Whether it's pressure from ourselves, social media or Martha Stewart, the stress involved in this mess of expectations can ruin your good time. Here are some proven ways to avoid a meltdown during this year's Thanksgiving festivities.

Be grateful: It's the reason for the season – don't forget to count your actual blessings (maybe in your gratitude journal?)

Have fun: No one really cares if your center piece is on trend – scrap that and play games with the kids!

Change it up: You don't have to do things the way they've always been done. Try something new!

Don't "should" all over yourself: Look for what is really important and let the rest go!

Schedule time out: It's perfectly fine to take a breather from the hubbub.

We hope this helps as we brace ourselves for the Holiday pressures. We will be here for you, at Dr. Jensen's office, to help put you back together after it is all over...

STATE OF THE ART



GIVE THANKS FOR TECHNOLOGY

We are thankful for many things, but one of our favorites is technology! Specifically, laser and radiofrequency energy technology. Here are some things that lasers do for you! First, laser hair removal. It's safe and effective and permanently reduces body hair. Next, radiofrequency is used for endovenous ablation. A tiny catheter is inserted into a varicose vein emitting gentle waves that cauterize the vein from the inside, killing off those unsightly and painful veins for good! Use both for smooth, beautiful legs! Call us for your consultation and check out our blog for more info.



TAKE THE WIGGLE OUT OF YOUR WADDLE

Have something in common with your Thanksgiving dinner? That's right, I'm talking about the turkey neck. Don't fret, you can get rid of it...here's how!

CoolSculpting® harnesses the power of freezing. Simply watch the fat disappear! Get started now, and proudly bare your neckline in time for New Year's Day! Then there's SmartLipo—laser technology that melts the fat prior to Liposuction removal for a smoother result and faster recovery than traditional Lipo.

Consider these turkey-neck removal techniques and dare to bare your new neckline. Check out our blog for more and ditch that itchy scarf!

THE ART OF WELLNESS

Gratitude and Your Well Being

Thanksgiving: The meaning is in the name. We set this day aside to show thanks for the bounteous lives we love. The following are some tips on how to keep that feeling throughout the year.

Practice makes perfect

In a recent study published in NY Magazine, researchers studied the effects that practicing gratitude have on the brain. Subjects were required to perform tasks ranging from writing letters of gratitude to keeping a gratitude journal followed by assignments to "pay it forward." Participants reports and brain scans showed that they felt better and less depressed.

Oprah said so

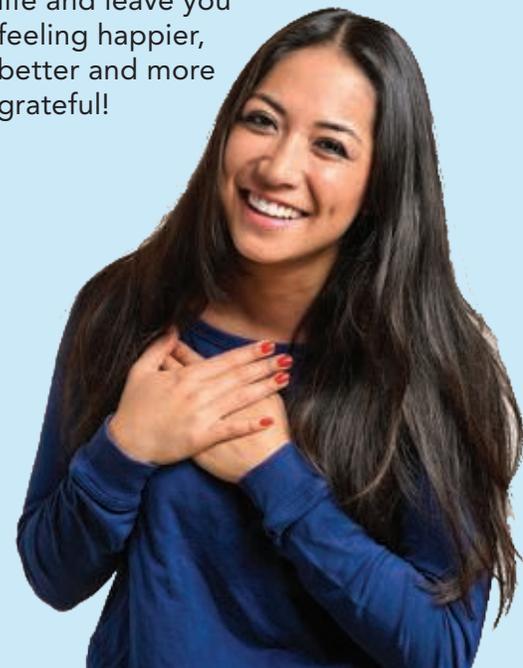
One of the many great things that Oprah has done for us is to bring to light the "gratitude journal." She started the practice of writing

down 5 things she was grateful for every day. It may seem a bit "woo-woo" to you but again, there is science to back it up! Neurons that fire together, wire together. The simple act of focusing and writing down what you are grateful for puts new pathways in place, making it more and more natural to be in that grateful space every day.

How to do it for yourself

- 1. Write it down:** Everyday write down 5 things that you are grateful for, focusing on things that bring you joy.
- 2. Get into the routine:** Commit to 10 days at first. Keep a journal, put it in your phone, or get a gratitude accountability partner.
- 3. Repeat!** The more you practice, the stronger your gratitude muscles get.

We challenge you to put gratitude into your daily routines during these days leading up to the Thanksgiving. However that looks for you, we are certain it can make a real difference in your life and leave you feeling happier, better and more grateful!



Success Stories

“Dr. Jensen and his staff are amazing. I always felt comfortable and all my questions and concerns were answered honestly. I truly enjoyed my experience. Big shout out to Dr. Jensen for another satisfied patient!”

~Bree



SmartLipo is the one of the best ways to get dramatic fat reduction results. Laser aided LipoSuction removes fat and tightens skin from about every area you want. Bellies, be gone! Thighs, hit the road! Turkey neck, get off my lawn! Check out the before and after shots here and on our website and see for yourself!



CALL TODAY! (385) 393-1311

“PALETTE” PLEASERS



Pecan Pumpkin Pie Oatmeal

Breakfast is the most important meal of the day... that’s what they say! Here is a delicious recipe for a breakfast that is sure to delight and give you plenty of energy to host your friends and family for Thanksgiving!

INGREDIENTS:

- | | |
|--------------------------|--------------------|
| 1 c. whole oats | ½ tsp. cinnamon |
| 2 c. hot water | ¼ tsp. vanilla |
| ½ c. pumpkin | |
| 2 Tbsp. Truvia Nectar | Toppings: |
| 1 Tbsp. chia seeds | 2 Tbsp. raw pecans |
| 1 Tbsp. ground flax seed | Truvia Nectar |
| ½ tsp. pumpkin pie spice | |

DIRECTIONS:

1. In a large microwaveable bowl combine oats, water, pumpkin, Truvia Nectar, chia seeds, flax seed, pumpkin pie spice, cinnamon, and vanilla. Stir to combine.
 2. Microwave on high for 2 minutes, stir and microwave 1 minute more or until desired doneness.
 3. Divide into serving bowls, top with pecans and drizzle of Truvia Nectar.
- Enjoy!

Photo and Recipe courtesy of CookingWithRuthie.com
For more simple and tasty meals visit CookingWithRuthie.com

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BEHIND THE SCENES

Messages of Gratitude from Dr. Jensen and His Team

Amey, Layton Office Manager

This year and every year I am Thankful for my family and our health. I would like to thank Dr. Jensen for being one of those Doctors that genuinely cares about each one of his patients.

Taylor, Layton Office Administration

Thanksgiving is always one of my favorite holidays. My favorite tradition is the yummy stuffing my Step-Grandma makes. Next to spending time with family, It is my all-time favorite part of Thanksgiving.

Summer, Clinton RN

I am thankful for all our great patients and the relationships that we have built. It is so fun getting to know them and to hear their stories.

Terah, Clinton RN

I am the new RN here and I am so thankful for this new position and to work with this awesome team.

Anne, Clinton RN

I am loving meeting new patients and am thankful for the chance to help them love the skin they are in.



Dr. Jensen

I am thankful for all the beautiful things that mother nature shares with us and for my ability to get outside and enjoy life. I am also thankful for my occupation and for how rewarding practicing medicine can be.