

YOUR LIFE MADE BEAUTIFUL

# REVIVE

WINTER 2012

REVIVEMAGAZINE.CA

Ben Mulroney  
& Tanya Kim

TEN  
YEARS  
of etalk

THE SCARY  
TRUTH ABOUT  
SURGERY  
ABROAD

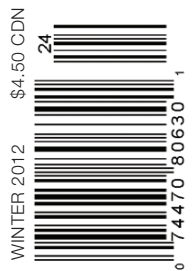
TRISH STRATUS  
Enlightens Us  
with YOGA

Learn to Have  
**MORE SEX**

the  
**REVIVE  
MAKE-OVER  
REVEAL**  
a life transformed

**ROMANTIC  
TRAVEL  
DESTINATIONS**

**DAVID DIXON**  
Tells Us  
What to Wear



# The REVIVE Final In

## START MEASUREMENTS

HEIGHT: 6 FEET

WEIGHT: 204 LBS

BODY FAT: 32 %

WAIST: 43"

HIPS: 45.6"

ARMS: R- 13" L- 12.5"

BUST: 42"

THIGHS: R- 26" L- 25 1/4 "

CALVES: R- 16 3/4" L- 16.5"

BY LOLA AUGUSTINE BROWN

After two years of dedication and hard work, Laura, the last woman standing in the two-year Revive Makeover, has completely changed her life. Laura tackled the health issues that had been holding her back, shed a significant amount of weight and has undertaken various procedures to help her look her best. "I feel terrific," she says, "I have way more confidence. When I look at pictures of myself I feel like, "Wow! What a difference!" and I'm so happy with how everything worked out. It took a long time to get here, and I'm proud to have achieved this."

### Getting Healthy

With support from an expert team providing nutritional guidance and personal training, Laura went from making poor dietary choices and not doing any exercise to becoming fit and healthy. Laura says that her biggest challenges were finding the time to exercise or eat properly. "I have three children, aged 8, 6 and 3, so it was really hard to fit those things in around what I needed to do for them," she says.

Giving up smoking was another challenge. "I wrote a contract with myself and just quit cold turkey that day. There are days though when you get cravings, when you are around other people that smoke, and that makes it hard," she says, "but you just have to stay strong."

Laura had to make major changes to her diet. "As a mom, I'm on the go constantly and I didn't have the greatest eating habits. I'd grab a muffin for breakfast, or a cereal bar, but I found myself having to prepare proper breakfasts, like eggs. Once I got into a routine, it wasn't that hard," she says, "but at first it was like, "Oh my God, I have to eat five times a day?" and I didn't know how I'd manage."

Being prepared ahead of time was key. Laura would make snacks and have them in baggies in her purse so that she wasn't scrambling to find something healthy to eat when out. She always had a bunch of vegetable cut up and ready to go in the fridge too.

As for working out, Laura grabs the time when she can, which is usually late at night once the kids are settled. "Everyone can find half an hour to exercise in the day. Even if I don't get done 'til midnight, after I've got the kids to bed and cleaned up dinner, I make sure I work out and I always feel better for it," she says, adding that the little bit of quiet time alone every night has been great for her, as she wasn't always taking that time for herself before starting this



# Makeover interview

## FINAL MEASUREMENTS

HEIGHT: 6 FEET

WEIGHT: 169 LBS

BODY FAT: 24 %

WAIST: 31"

HIPS: 41

ARMS: R- 12" L- 11.5"

BUST: 41"

THIGHS: R- 22 1/4" L- 22"

CALVES: R- 16 1/4" L- 16 1/4"

makeover.

For Laura, workouts are always done at home using a treadmill, free-weights, medicine balls and stretches. A personal trainer helped develop an at home routine that worked for her, and came back and upped the intensity when Laura needed more of a challenge.

Not that she was perfect the whole way through this makeover process, there were times when she stopped working out for various reasons, and then found it hard to get back into the routine. "Sometimes you fall off, and you get lazy, so you have to motivate yourself again and get back into your routines. Over the course of the year, I fell off track a few times because I got sick or something, and it was hard to get back on," she says. But she succeeded, and the photographs prove that all her hard work and dedication has paid off.

### Looking Good

Laura is very, very happy with the cosmetic work that she has had done. "I'm getting so many compliments. People are telling me how amazing I look, and I'm not embarrassed to tell them that I had liposuction, a tummy tuck and my breasts done. It was my choice to get those things done, and although not everybody would agree with those choices, I have no issue- I'm happy," she says.

This wasn't the first time that Laura had had surgery; She had work done on her breasts when she was younger because she had asymmetrical breasts. "With each child they got more and more asymmetrical, so when I went in this time it wasn't as simple as just getting a lift, I needed the right side reconstructed to match the left. It feels great to be in proportion again, because I was feeling so self-conscious about that," she says.

Fortunately, Laura recovered quickly from each procedure, with minimal bruising or discomfort. She is very grateful for all the support she got from the team of experts that guided her through her makeover experience. "Everyone was just awesome, the nurses, the staff at the clinics, all the doctors," she says.

After transforming her body in such a huge way, Laura has had to go buy new clothes, and says that shopping has been really fun. Trying stuff on in the stores is a pleasure, and Laura often has to grab a smaller size than she thinks she needs. "I'm thrilled," she says, "and I feel amazing."





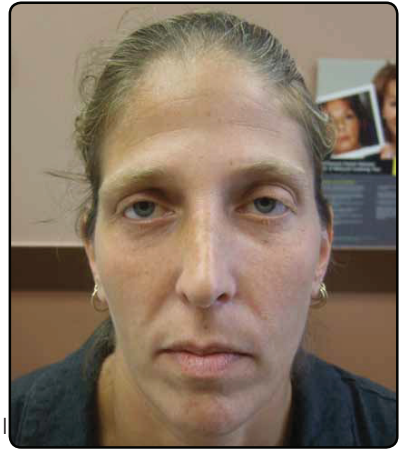
**DR. MATTA:**

Laura was an absolute delight to work with. She had a few specific concerns and was also open to treating areas that she may not have noticed but might be of benefit to her. As with all of us, Laura had some asymmetry with a smaller right side. Most people aren't aware of their own asymmetry and don't realize that one side of their chin may be smaller than the other side, or their forehead is smaller on the left than the right. I utilize the Canfield Imaging system to compare the right side to left and allow patients to see how symmetrical they are, or where they would benefit from augmentation. We aim to improve symmetry, make the width of the face proportional to the length, lift descending structures and replace lost volume.

We agreed that it would be of benefit to try to enhance her right side to make it more like her left. We did this in stages using Restylane™. Restylane™ is a non-animal stabilized form of hyaluronic acid that helps to lift and fill areas on the face that have deflated or dropped. In Laura's case, I treated her in stages, starting in April using 4 syringes of Perlane™ and 2 syringes of Restylane™. Perlane™ is a thicker form of Restylane™, used to provide more volume; this is especially helpful in areas that need significant augmentation, such as cheeks, chins and sometimes temples. On the first session, I filled in her temples, more on the right than left. I also treated her cheeks and filled in the hollowness below her cheek, aiming to make them more symmetrical and widen that part of her face,

which was looking a little bit too thin relative to the rest of her face. I used a technique that I pioneered years ago, which I refer to as the "meso" technique.

I used 3 Perlane™ and 3 Restylane™ on her second visit in August to continue to add volume to her temples, especially her right side, and cheeks. We also agreed to augment her lip a little bit. I usually do not like lip augmentation, since I think most women over do it, but Laura needed just a little bit and it still looks very natural and subtle. I also added some Botox to improve her wrinkles a bit and try to lift her right eyebrow.



Laura presented as a great model to show the different things achievable with Restylane™ and Perlane™. With Restylane™ we can sculpt a sexy, high, model-like cheekbone, fill in a face that has sunken in from weight loss, eliminate the hollows around the temples and other areas, improve thin "party hat lines", augment a dropping chin, reduce smoker's lines, improve jowls and so much more. In fact, the limits are endless in terms of what you can do. With Restylane™ you are able to sculpt and create the specific look that you want. Cosmetic treatments nowadays should be very natural looking to make you look your best in an age-appropriate way.



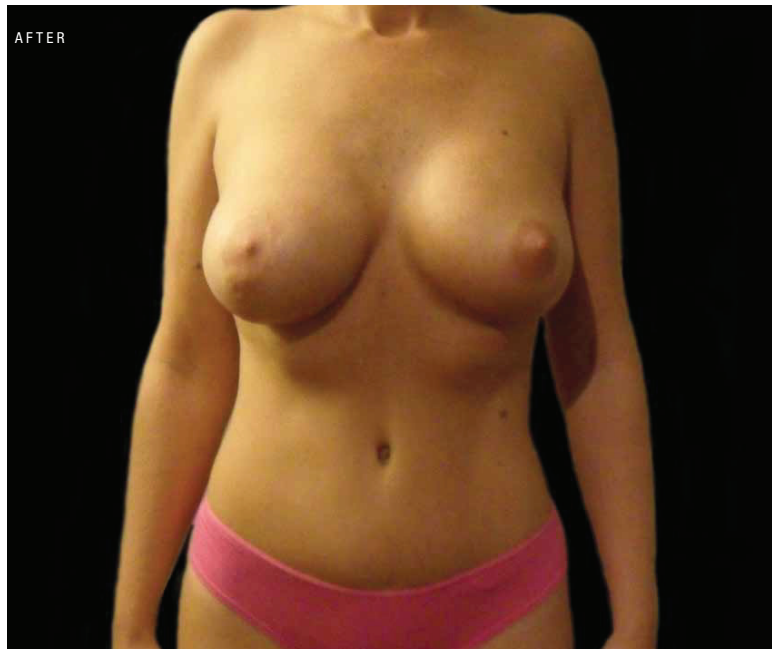
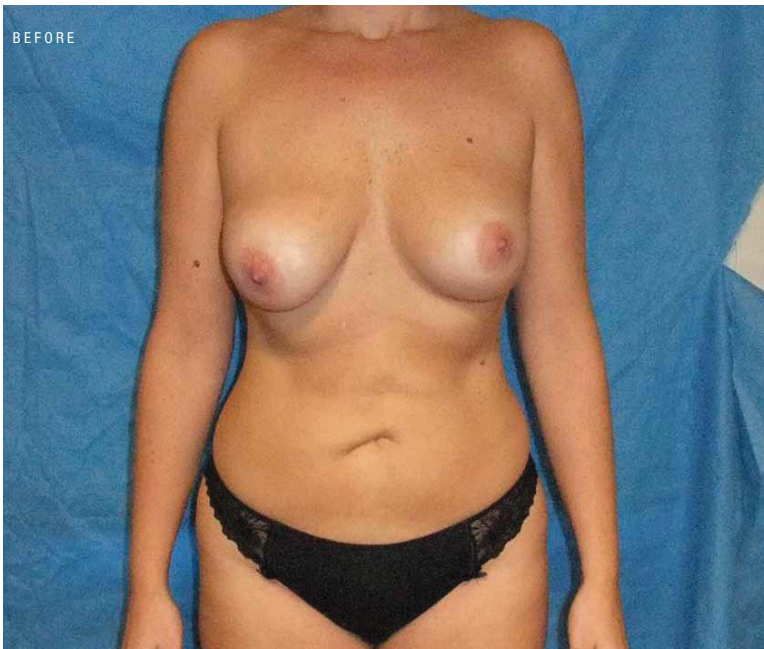
**DR. SPROULE:**

Pre-operatively Laura had already had a lot of work by the time I first assessed her. Her most significant concerns for those related to previously performed breast augmentation which had left her with some asymmetry and some capsular contracture and the asymmetry was fairly significant because her underlying breasts were asymmetrical to begin with.

She also had a moderate amount of redundancy of her abdomen, especially below her abdomen in the flank regions and this was not improved

with liposuction alone. I felt that the best option for her was a skin excision to correct the lower abdominal area and flank region and in addition to revise her breasts with a combination of a mastopexy and a change of her implants to the latest cohesive gel implants available through the Allergan Company. We went ahead with this procedure and she really didn't at 39 years of age, turn a hair partially because she is so healthy despite her past history with being a smoker.

Post-operatively as the pictures show she really has achieved a very nice result and I think that combined with an exercise programme will give her a lasting and very substantial improvement in her appearance. She was a great patient to look after and I was delighted to participate in her care.



**DR. BRAY:**

Laura had already completed most of the difficult work before being seen by me. She had achieved a stable, healthy, sustainable weight and was interested in options to improve some resistant trouble-spots.

These included several areas of persistent, excess fat contributing to a somewhat bottom-heavy appearance. Also of concern to her were thicker areas of the mid and upper back, tending to form bulges and rolls with her bra or certain types of clothing.

Our goal was to reduce these areas of excess fat, tighten the skin, and create an overall better proportion between her upper and lower body. I felt these goals would be best achieved with the use of BodyTite™ liposuction to the areas of the bra-line, mid and lower back, love handles, and inner and outer thighs.

Laura was comfortable with this plan and we went ahead, performing the procedure without difficulty. I used the radiofrequency energy of BodyTite™ to melt and then gently remove fat and also to raise the temperature to encourage skin-tightening. We removed approximately 3 litres of fat in total from these combined areas and have seen a nice improvement in contour, proportion, and an overall leaner appearance.







**BRUCE KRAHN:**

When Laura began the makeover she had little to no exercise experience, had a very poor diet, was a heavy smoker and was in generally poor shape. However, Laura had an incredibly positive attitude and she genuinely wanted to improve herself.

The program I created for Laura was designed to increase her strength, flexibility and endurance without taking over her life. Laura performed short, high intensity workouts alternating between strength training and cardiovascular conditioning.

Laura has completely transformed the way she looks and the way her body performs. She has stopped smoking, eats a healthy, balanced diet and exercises regularly. Her persistence and dedication to the program paid off and she looks fantastic. Way to go Laura!

