

THE HUMAN BODY IS AMAZING.

Consider this: You contain enough blood vessels to circle Earth's equator four times and your heart will beat continuously more than three billion times during your lifespan. With all the beautiful inner workings of the body, there is much to be proud of—but sometimes it's hard to get past what we see in the mirror. Social media pressure is to wake up fresh-faced, perfect brows and ready for anything life throws at us. And sure, some Instagram accounts are dedicated entirely to body confidence and self-love, but for every one of those there are 10 right behind it promoting bodies that many people are sponsored to keep up with, *aka* they are paid to work out three hours a day and drink organic kale juice. So many of us are stressing ourselves out to keep up with unrealistic expectations. And that can be a problem without someone firmly in your corner supporting you. That is where Beautopia Cosmetic Medicine comes in.

A less-than-positive body image can have a greater impact on your quality of life than you realize, and isn't a subject that should be taken lightly. Its effects can take a significant toll—both physically and emotionally. A few negative thoughts a day while scrolling through your Instagram feed can quickly escalate, resulting in social withdrawal, depression and unhealthy eating and exercise habits that harm the body on the inside though things appear good on the outside. However, many appearance and well-being issues can be addressed in minimally invasive ways with the right physician on your side. One who brings the latest medical trends to her practice. Trends which happen to emphasize self-healing and research-based, innovative, natural and least invasive techniques to replace the dated, brute force surgical approach to cosmetic medicine.

Beautopia Cosmetic Medicine and Dr. Tammy Polit are here to help when your body confidence needs a boost. They bring the safest, most effective techniques to address the most widely identified body, skin and intimacy issues. Your concerns are Beautopia's specialty. Under the guidance of Dr. Tammy Polit as Medical Director, Beautopia offers a host of safe and advanced cosmetic procedures that are all physician administered. Dr. Polit has been practicing medicine for 26 years, and has trained with some of the most recognizable names in Cosmetic Medicine. Here are five ways the expert team at Beautopia Cosmetic Medicine can help bring back your body confidence in a safe and healthy way.



Boost Your Body Confidence

WITH THESE CONFIDENCE BOOSTERS FROM BEAUTOPIA

ARTICLE
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PHOTOGRAPHY
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CONFIDENCE BOOSTER

MOVING WITHOUT PAIN

Science agrees that exercise is a certified mood booster. Once the endorphins kick-in, there's just no place for low self-esteem. The tricky part is staying motivated—especially if you are in pain. Beautopia offers advanced joint repair services using PRP (or platelet rich plasma). In recent years, doctors have learned that your amazing body has the ability to heal itself. Platelet-rich plasma therapy capitalizes on those abilities and amplifies the natural growth factors your body uses to heal tissue. PRP therapy uses injections of a concentration of a patient's own platelets to accelerate the healing of injured tendons, ligaments, muscles and joints.

PRP injections are prepared by taking your own blood and running it through a centrifuge to concentrate the platelets. These activated platelets are then injected directly into your injured or diseased body tissue. This releases growth factors that stimulate and increase the number of reparative cells your body produces. If you're contemplating steroid injections, joint surgery or joint replacement, visit Beautopia first. PRP utilizes your body's own growth factors to potentially make a life-changing improvement to your well-being without invasive joint surgery.

"Within one week, I was able to walk with normal motion and no limp. Pain and swelling has subsided significantly," says S. Williams, a 48-year-old male patient. Williams sought Dr. Polit's help because his left knee had no cartilage, multiple sprains in the muscles and ligaments around the knee and bruising of the bone. This limited his ability to walk in a normal everyday forward motion and compromised his athletic ability to play the racquet sports he so loves. "Overall, thus far, I have noticed a big improvement," admits Williams. "I am very grateful to Dr. Polit and her staff and thankful that I chose this path over the three to four surgeries that I was told I would need."

Another patient, 49-years-old, says because of the PRP joint treatments, her life has dramatically changed. "I was told that best results for them would be around three to four months when the stem cells would have been absorbed fully and be working. The first day after the procedure I was barely able to walk, as completely expected. The second day was a lot better. After the first week, I was able to go up and down stairs with no pain." A month later she was experiencing no pain whatsoever. She is now able to work out and lose the weight she gained from years of inactivity due to the pain. "I have lost over 10 pounds so far. I don't think I will need a tummy tuck now that I can lose the weight with exercise. I wish I had the words to explain how my life has changed, the difference is night and day. The results from those knee injections have given me a different life."

CONFIDENCE BOOSTER

RECONNECTING WITH YOUR PARTNER

If being intimate isn't as easy as it once was, Beautopia has solutions to bring back that connection in your relationship. For men, they offer the Vampire "P shot." Similar to the other Vampire, or PRP, procedures, the client's blood is drawn and processed with an FDA approved kit to provide the best isolation of platelets and growth factors. The area is completely numbed with topical anesthetic. The growth factors, via platelet-rich plasma, are injected pain-free into the area. From three weeks to three months, the client should notice a significant improvement in results. For women, Beautopia offers the Vampire "O-shot." Their very first "O-shot" patient says she can't believe the increase in sensation that she had. "It happened the day after the procedure," she says. "I felt much more stimulated, like everything woke up down below." She raves, "This really works. I mean, I'm 66-years-old and it really works." This procedure also helps with stress incontinence, as well as sexual dysfunction for women. Beautopia also offers ThermiVa which is a pain-free radiofrequency treatment to the local area that also improves collagen stimulation to augment results and improve stress incontinence. Both procedures can be performed together for best augmented results.



CONFIDENCE BOOSTER

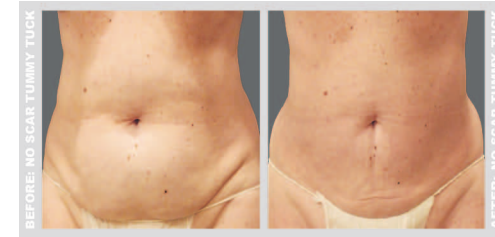
PUTTING YOUR BEST FACE FORWARD

By now we all know that its filters and lighting that give that Instagram sunkissed glow, but Beautopia can give you a face that needs no filters, so you're looking just as good in person as your Snapchat says you do. Dr. Polit is now offering the Vampire Facelift, a procedure that requires specialized training and certification to perform. First, blood is drawn from the client and prepared with an FDA-approved kit to obtain the optimal platelet-rich plasma (PRP) sample. Numbing cream is applied to the client while the sample is prepared. Filler is injected to correct the areas where there may be some age-related facial changes and volume loss. Dr. Polit then injects the PRP which will enhance collagen production in combination with the filler. Fine wrinkling fades as the skin uses the growth factors from the PRP to rejuvenate itself. PRP continues to improve skin rejuvenation for a full three months and, with appropriate fillers, results can last 3-5 years. Hesitant to start down the path of cosmetic fillers? You can still take advantage of this astounding technology. Dr. Polit also performs the Vampire Facial. This procedure, made famous by Kim Kardashian West—among other celebrities—is done with topical numbing followed by professional micro-needling. Blood is then drawn and the PRP is isolated. When the PRP is ready, Dr. Polit injects it into specific areas of your face that will give you the best results for anti-aging for your face specifically. There may be some redness for up to 48 hours, but most clients have a healthy glow immediately, and the PRP continues to enhance the skin health and texture over the next year. "My face is very smooth and my wrinkles have disappeared considerably," says 76-year-old Glenda. "I hear all the time that I look 10 years younger and who doesn't like to hear that?"



CONFIDENCE BOOSTER

LIFTING YOUR SPIRITS (AMONGST OTHER THINGS)



Beautopia offers the newest, most advanced procedure for tummy tucks that's called tumescent liposuction. Gone are the days of general anesthesia, large unsightly scars and weeks of house arrest to recover. This no scar-style of liposuction is for both men and women. Depending on life experi-

ences from gaining and then losing weight rapidly to having a baby, the belly skin can stretch and just hang with a pooch of fat. This area can be very stubborn to respond to even the strictest of diet and exercise regimens. Laser liposuction not only melts the fat, but also tightens the skin. Then, after the fat is melted, the areas are sculpted by Dr. Polit and the fat is removed. For most patients there is no down time. Patients have even gone to yoga the same day of surgery! That's because a new, different and better-for-the-patient approach can now be done while you are awake. Local anesthesia, called tumescence, is used to numb the treated areas. The client is completely awake and comfortable throughout the procedure—and not groggy afterwards. Tumescent liposuction can be used for far more than just tummy tucks. Dr. Polit can also reduce love handles and bra pudge, as well as provide chin and neck lifts, arm lifts, thigh lifts and female breast reduction—all without unsightly scarring. "I could not be happier with my neck lift," shared 49-year-old April Armstrong. "I went from having multiple chins to a beautiful and well-defined jaw line that is still getting even better—I'm only three months out and best results are usually around six months."

CONFIDENCE BOOSTER

TAKING A SELF CARE TIME OUT

Even if you have already reached your ideal body shape and your body confidence is in check, it's important to take time out to pamper yourself. Beautopia offers a variety of services and exclusive, organic skin care products to help you easily maintain what you've already achieved. ThermiSmooth, IPL photofacials and skin spot treatments, Medical Hydrafacials, Endermologie cellulite reduction therapy, sclerotherapy and 3-D skin tightening treatments using the most advanced technology are available. Dr. Polit also offers a complete range of other cosmetic procedures. Contact Beautopia today for a custom-tailored plan to get your body confidence back on track.

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WHAT PATIENTS ARE SAYING

"Dr. Polit is the most knowledgeable, caring and compassionate doctor I have ever met. I would trust her to do any cosmetic procedure and would highly recommend her to anyone that wants to look and feel better about themselves."

Actual Patient, age 76

"Dr. Polit was recommended to me from a close friend, whom I trust. She has extensive experience in Stem Cell and PRP therapy. She is very caring, concerned, thorough and knowledgeable. She is interested in your success and well-being, so she follows you continuously from the start of planning through the therapy and beyond."

Actual Patient, age 48

"From the minute I sat down in her office for my consultation, it felt more like I was talking to one of my friends who had the procedures done. She wanted to know about me as a person. She explained everything I had a question about. It wasn't just about what she could do, but also what she felt I wouldn't need. I went to two other places for consultations for the same type of procedures and just didn't feel comfortable with them. I never felt like Dr. Polit was just about the money. I wasn't just another procedure, I felt like a real person. She took her time talking with me, not to me."

Actual Patient, age 49

BEAUTOPIA SERVICES

Experience a personal physician approach and the latest in cosmetic medical technology expertly combine at Beautopia. With over 25 years of experience, Dr. Polit can design a treatment plan customized to your precise needs. Services include:

- No Scar Tummy Tuck
- No Scar Female Breast Reduction
- Vampire® PRP Facelift
- Vampire® PRP Breastlift
- PRP Joint Injections
- PRP Injection Hair Restoration
- Eye Bag Reduction (lower eyelid blepharoplasty)
- ThermiSmooth Collagen Rejuvenation
- No Scar Neck and Chin Lift
- Photofacial and Body IPL
- Face, Lips and Hand Dermal Fillers
- Fat Transfer Filler Alternative
- Botox / Xeomin
- Cellulite Reduction
- PRP Priapus Shot®/ PRP O-Shot®
- Arm, Thigh, Knee No Scar Liposuction
- ThermiVa Vaginal Rejuvenation
- Hydrafacial MD
- Scar Reduction
- Love Handles and Waist No Scar Liposuction
- Laser Hair Removal