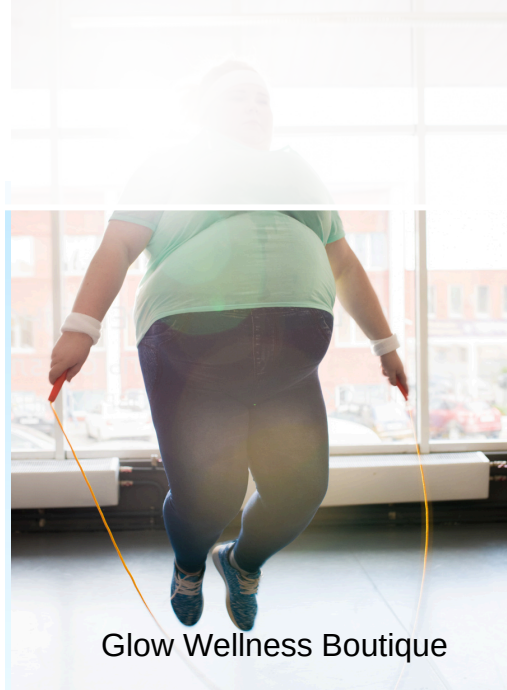




**90 DAYS UNTIL**  
*Surgery*  
**WHAT TO KNOW BEFORE YOU GO**



Glow Wellness Boutique

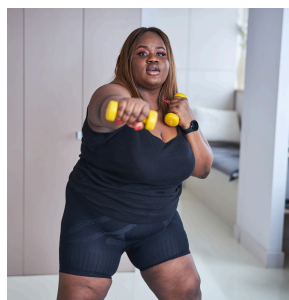
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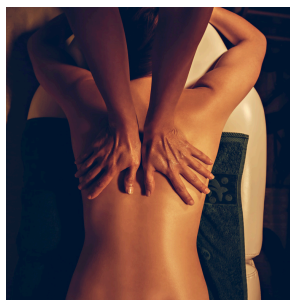
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# GETTING STARTED



Many people focus on what to do after getting cosmetic surgery without considering what they should be doing before. Once you've decided on a surgeon and set a date, you will receive a list of things to stop using around four weeks before surgery. This list will advise you that the use of tobacco, cigarettes, and nicotine consumption must come to an end. It is essential because it's known to cause poor wound healing, longer healing times, and excessive scarring. Other things listed include avoiding foods, drinks, or herbal supplements that can increase the risk of bleeding and bruising. This includes aspirin, Ibuprofen, Naproxen, Motrin, blood thinners, vitamin E, omega-3, fish oil, and alcohol. For some, not drinking or smoking is easy; however, others may find it nearly impossible to go without for days or weeks. If you fall under that category, you want to start phasing out alcohol and nicotine 90 days before your surgery date.



# GET SUPPORT

What you do 90 days before your surgery can be vital in getting you cleared, decreasing your recovery time, and helping you achieve better results. I have spoken to many women who have traveled thousands of miles only to be told the doctor must cancel their surgery due to



conditions such as hypertension (high blood pressure), high BMI (body mass index), low hemoglobin (protein in your red blood cells that carries oxygen to your organs and tissues) or low iron. The good thing is you can change these medical conditions before surgery. That's why giving yourself time to make necessary lifestyle changes is essential.



# IT'S TIME FOR A DETOX

Finding a detox plan that will assist you in cleansing and revitalizing your body is essential. Inner cleansing of the intestines is integral to your overall health. This process helps filter out harmful toxins from your stomach before it arrives at your liver. Without going too deep, making this a whole anatomy lesson, the liver is one of the body's largest and most important organs. It's so crucial that, unlike other organs, it has a double blood supply. The liver's daily to-do list is substantial in no particular order it

- Aids in digestion by helping the absorption of fat and vitamins.

Distributes nutrients from food

- Banks vitamins A, B, D, E, K, and others for release into the bloodstream

- Filters many chemical substances and waste products from the blood

- Produces essential proteins for the blood

- Provides coagulation factors needed for clotting blood after an injury

- Supplies globin, a constituent of oxygen-carrying hemoglobin in the blood

- Helps retire old blood cells

- Turns sugars and fat into protein, assisting in maintaining the blood sugar level

- Makes cholesterol and proteins that carry energy-supplying fats around the body

I may have missed a few functions, but I'm sure you get the point a healthy liver before surgery is critical.



# GET UP AND GET MOVING

I've had ladies tell me that they didn't need to work out or eat healthy because their doctor would snatch their waist with liposuction. Only to be disappointed during their healing journey because they feel the doctor didn't take enough fat off their midsection or back. If your BMI is on the high end of the chart, burning fat before surgery will only help your results. Remember that the maximum amount of fat that can safely be removed with liposuction is between six to eight pounds (three to four liters).

If you're like most people, you hear the word exercise and suddenly feel overwhelmed, unsure, and defeated about what to do. Remember, this exercise doesn't have to be complicated, and you don't need fancy equipment. There are no rules about what you have to do. Try aerobics, resistance or strength training, yoga, or Pilates. It can be as simple as turning on your favorite songs and dancing until you work up a good sweat. Or grab a jump rope and challenge yourself to 5 minutes of non-stop jumping. What you do isn't that important. Just get up and move your body. If your BMI is low and the doctor has advised that losing fat's not in your best interest, that's good. However, that doesn't mean you don't have to get your body prepared for an invasive procedure. You'll want to start a regular stretching routine; this will help increase your range of motion in the joints, improve blood circulation and posture, and alleviate muscular tension throughout the body. All this is important in assisting with your recovery.



# AT HOME WORKOUT TIPS

Don't worry about buying expensive equipment! For under two hundred dollars, you can purchase more than enough tools that will help you keep your workouts practical, challenging, and fun. Items to consider purchasing include ten-pound dumbbells, ten or fifteen-pound kettlebells, jump rope, a large stability ball, yoga mats, heavy-duty resistance bands, ankle weights, and a mini trampoline. Remember, you can do plenty of exercises using nothing more than your body weight.



## PLANK

An easy way to target your abdominal, back and oblique muscles. For best results keep abs tight, keep body in a straight line and avoid arching your back. Hold for 30 seconds, building up to 2 minutes. If there is a history of shoulder injury or severe back pain it's not recommended.

## CHAIR DIP

Targets triceps, shoulder and core stabilizers. Keep your body close to the chair and your spine in a neutral position. Be sure to use a sturdy chair and place your hands beside your hip, wrapping your fingers over the front edge of the chair. Lower your torso until your elbows make a 90 degree angle. Press into the chair and raise your body back to the starting position. Repeat this up down motion at least 30 times.



## CRUNCH

Targets the rectus abdominis. Crunches should be performed with slow and controlled movements -- no fast jerking moves. Avoid pulling on your head during the upward phase and keep your lower back in contact with the mat throughout the exercise.



# AT HOME WORKOUT TIPS

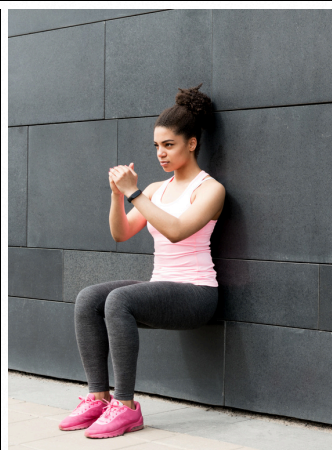


## LATERAL LUNGE

Targets gluteal muscles and quadriceps. Strengthens the pelvis trunk and knee stabilizers. Keep your spine in a neutral position as you bend your hips. Be sure to relax your neck and shoulders. Align your knee with the toe of your bent leg. Tighten glutes as you bend. Avoid lifting your feet off the floor.

## WALL SQUAT

Targets quadriceps and gluteal muscles. Trains the body to place weight evenly between the legs. Slide your torso down the wall, until your hips and knees form 90-degree angles. Raise your arms straight in front of you and relax upper torso. Hold position for 1 minute and repeat five times. Avoid pushing your back into the wall to hold yourself up.



## ALTERNATING DUMBBELL CURL

Targets biceps strengthens and tones upper arms. Stand upright with your feet shoulder width apart with a slight bend in your knees. Grab a dumbbell or bottles of water in each hand. Using controlled movements rise one arm at a time towards your shoulder. Be sure to keep one arm still while the other is moving and keep your torso still.





# YOU ARE WHAT YOU EAT

Suppose most of us were honest with ourselves, willing to admit that our daily diet is the biggest downfall in our overall wellness. We sabotage our health by consuming too many fried foods and highly processed, refined carbs loaded with trans fats and sugar. We eat based on the comfort and pleasure food brings rather than treating food as medicine and fuel. Before you spend thousands of dollars hoping to obtain your dream body, it's best to learn how to eat and hydrate correctly. You'd be surprised at how healthy diet changes can help reduce your BMI, and risk of heart disease, assist in maintaining healthy blood pressure and cholesterol levels, and increase your hemoglobin.

The feelings that rise at the thought of dieting or going without your favorite foods can be appalling. Eating healthy doesn't have to feel like a punishment. Finding new foods or different dish preparation methods can be exciting and fun. Did you know that there are nearly forty different vegetables, but studies show that many of us eat the same five? Could it be possible that we are failing at eating healthy because we lack daily variety? Trying a meal kit service such as Hello Fresh or Blue Apron is an easy way to step out of your comfort zone. Companies like these send you a box with premeasured ingredients and detailed instruction cards, making the cooking experience simple and less stressful. Another option is to find a local meal prep service that delivers fresh food daily. However, if you enjoy cooking, taking time to prepare food can be extremely helpful. Preparation will keep you from chasing the convenience of fast food.

# THE MORE YOU KNOW

Eating at least five small portions of fruit and vegetables per day helps to ensure an adequate daily intake of dietary fiber.

Fruit and vegetable intake can be improved by:

- always including vegetables in meals;
- eating fresh fruit and raw vegetables as snacks;
- eating fresh fruit and vegetables that are in season; and
- eating a variety of fruit and vegetables.

Fat intake, especially saturated fat, and industrially-produced trans-fat intake can be reduced by:

- steaming or boiling instead of frying when cooking;
- replacing butter, lard, and ghee with oils rich in polyunsaturated fats, such as soybean, canola (rapeseed), corn, safflower, and sunflower oils;
- eating reduced-fat dairy foods and lean meats, or trimming visible fat from meat; and
- Limiting the consumption of baked and fried foods and pre-packaged snacks and foods (e.g., doughnuts, cakes, pies, cookies, biscuits, and wafers) that contain industrially-produced trans-fats.





# THE MORE YOU KNOW

Sugar intake can be reduced by:

- Limiting the consumption of foods and drinks containing high amounts of sugars, such as sugary snacks, candies, and sugar-sweetened beverages (i.e., all types of beverages containing free sugars - these include carbonated or non-carbonated soft drinks, fruit or vegetable juices and drinks, liquid and powder concentrates, flavored water, energy and sports drinks, ready-to-drink tea, ready-to-drink coffee, and flavored milk drinks); and eating fresh fruit and raw vegetables as snacks instead of sugary snacks.





# MASSAGE & BODY CONTOURING

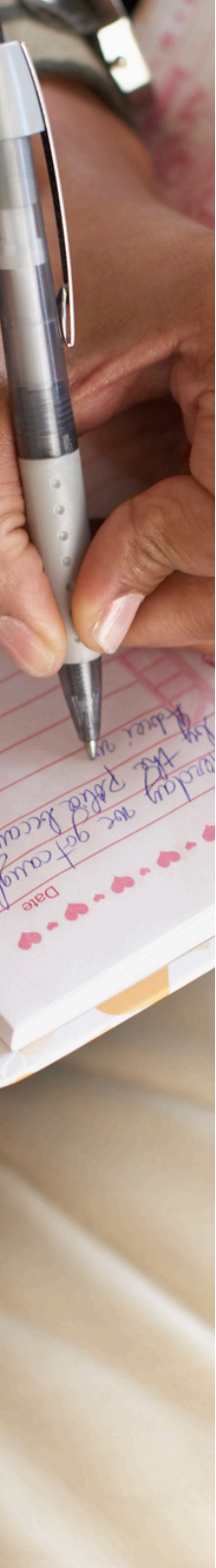
Most doctors recommend you start receiving lymphatic massages the day after surgery. Surprisingly, people wait until after their procedure to find a licensed massage therapist that provides this service. It's best to find a therapist in your area and book a massage with them in advance to ensure you're comfortable in their space and with their energy. In addition to seeing if the therapist is professional and knowledgeable in postoperative care, you'll reap some of the benefits of massage. Massage is excellent for:

- Reducing stress and increasing relaxation.
- Reducing pain and muscle soreness, and tension.
- Improving circulation, energy, and alertness.
- Lowering heart rate and blood pressure.
- Improving immune function.

Other services that you may find beneficial before surgery are known as non-invasive body contouring/sculpting. These services include cavitation, which uses sound waves and helps break down unwanted fat cells. Another service is maderoterapia, also known as wood therapy; this service comes with many benefits, including stimulating blood circulation, accelerating metabolism, naturally ridding the body of toxins, breaking down body fat, and loosening tight muscles.

# KEEP IT TOGETHER

During your wellness journey, you will go through an astounding number of emotions. You'll become more in tune with yourself. For this reason, I encourage you to purchase a journal. You'll want to begin journaling daily. Journaling can play an essential role in implementing healthy lifestyle changes by helping you keep track of your progress, identify patterns and triggers, and stay motivated. By regularly journaling your food intake, exercise routine, and thoughts and feelings, you can gain insight into your habits and behaviors and adjust as needed. Additionally, writing down your goals and plans can help you stay accountable and focused on your journey toward a healthier lifestyle.





# Healthy EATS

AT HOME



# FAT BURNING GREEN SMOOTHIE

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## INGREDIENTS

- 2 handfuls Baby spinach
- 1 Banana, ripe
- 1/2 tsp Ginger
- 1 cup Pineapple chunks, frozen
- 1 cup Almond milk
- 1 tbsp Chia seeds



# YOGURT PARFAIT

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## INGREDIENTS

- 1 1/2 cup of berries
- 1/2 cup Granola
- 2 tbsp Almond butter or peanut butter, natural
- 2 tsp Dark chocolate chips
- 1 Almonds
- 1 tsp Chia seeds
- 1 Coconut
- 1/2 cup Yogurt, plain



# SOUTHWEST CHICKEN SALAD

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## INGREDIENTS

- 1 cup Chicken breast
- 1/4 Avocado
- 1/2 cup Black beans
- 1/4 cup Corn
- 1/4 cup Cucumber
- 1 Roma tomato
- 1 cups Romaine

### Condiments

- 1 Chipotle ranch dressing
- 1 Cilantro yogurt sauce, Spicy
- 1 Greek yogurt ranch dressing





# TURKEY WRAP

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## INGREDIENTS

- 3 Slices Deli sliced turkey
- 2 Roman lettuce, Leaves
- 2 Slices Tomatoes
- 1 Slice Cheddar cheese
- 2 Slices of avocado
- 1 tbsp Mayonnaise or hummus
- 1 whole wheat tortilla



# CHICKEN & BROCCOLI STIR FRY

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## INGREDIENTS

- 1 lb Chicken breast
- 2 heads Broccoli
- 3 cloves Garlic
- 1 inch Ginger, fresh
- 1/2 cup Chicken broth
- 3 tbsp Lime juice
- 1 1/2 tbsp Avocado oil
- 1/2 tsp Red pepper flakes
- 1 Salt and pepper
- 1 tbsp Sesame oil
- 1/2 cup Coconut aminos



# HONEY GLAZED SALMON

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## INGREDIENTS

- 12 oz. salmon, cut into 2-3 fillet strips
- salt
- black pepper
- 1 pinch cayenne pepper
- 2 tablespoons honey
- 1 tablespoon warm water
- 1 1/2 teaspoons apple cider vinegar or lemon juice
- 1 tablespoon olive oil
- 3 cloves garlic minced
- 1/2 lemon sliced into wedges
- 1 tablespoon chopped parsley



# SHEET PAN CHICKEN & VEGGIES

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## INGREDIENTS

- 1 lb Chicken breasts, boneless and skinless
- 1 small head Broccoli
- 1 tsp Garlic powder
- 1/2 tsp Onion powder
- 1 tsp Oregano, dried
- 1 tbsp Parsley
- 1 Red bell pepper (cut into 1" cubes)
- 1 large Red onion
- 2 large carrots (peel and cut into 1" cubes)
- 1 Kosher salt and pepper
- 1 tsp Paprika, smoked
- 1 1/2 tbsp Olive oil

