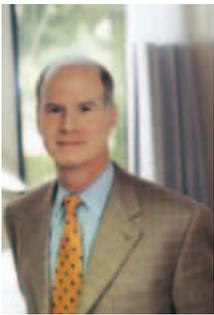


# Plastic Surgery vs. Diet

## What Can Diet and Exercise Realistically Improve?

By: Dr. Robert Graper, F.A.C.S.



The answer is, quite a lot, when done consistently for a lifetime. The benefits to your heart and lungs are life extending, not to mention the stress relief that a good workout provides. Putting healthy fuel in your body, including plenty of water, makes all your equipment work better from your skin to the bones and joints.

From a cosmetic viewpoint, extra fat can be removed with diet and exercise without any risk. This effect covers any area of the body and involves no capital other than willpower. It will make breasts smaller and relieve neck and back pain. It will expand your wardrobe by allowing you to fit into clothes that you have not worn in years. But diet and exercise have their limits. It will not remove extra skin and stretch marks on your abdomen after pregnancy. It will not tighten

loose skin on your neck or remove extra skin from your eyelids. And it will not lift drooping breasts to pre-childbirth levels. For these improvements surgery is the only answer. Surgery should be done by a board-certified plastic surgeon and done in an accredited office facility as an outpatient. The results will not be perfect, but they should be safe and reliably and predictably better than before surgery or you should not do the procedure. Diet and exercise are always the best option to improve your health, but when the problem cannot be solved with those tools, surgery may be a reasonable option to reach your goals.

Dr. Robert Graper hosts free cosmetic surgery seminars at Graper Cosmetic Surgery, 2915 Coltsgate Road, Suite 103, in Charlotte. Visit [www.grapercosmeticsurgery.com](http://www.grapercosmeticsurgery.com) or call 704.375.7111 for more information.



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