

# Heavenly Cosmetic

Aesthetic Medicine & Weight Loss

Medical Spa

## START LOSING WEIGHT TODAY!

We can help you lose 10, 20, 40, or 80 pounds.

### Medical Weight Loss Program

**\$165** per month reg. \$200

includes Office Visit & Meal Planner, One Month Worth of Medications & Monthly Diet Shot! Our combination of medications promotes weight loss by:

REDUCING APPETITE • FEELING FULL • BURNING FAT  
INCREASED METABOLISM • DECREASING WATER RETENTION



ACTUAL MODEL



PHOTOS COURTESY OF ROBERT VALLS, MD

### LIPODISSOLVE

**BETTER THAN LIPOSUCTION**  
Gain back your gorgeous look without surgery. You can get it all without surgery in as little as 4 weeks!

**LIPODISSOLVE \$200** (PER TREATMENT / PER AREA)  
Areas: Abdomen, (Upper or Lower), Love Handles, Low Back, thighs (inner, lateral or posterior), mid Back or axillary.

## SPECIAL PACKAGES

Package A: Lose up to 10 lbs. and up to one inch from waist in 4 weeks. Includes one treatment of Lipodissolve on 3 areas: abdomen (upper or lower), love handles and lower back. One month medical weight loss program.

\*Monthly payment of \$55 for 12 months.

**\$665**

Package B: Lose up to 10-15 lbs and up to 1-2 inches from waist in 4 weeks. Includes 2 Lipodissolve treatments on 3 areas: abdomen (upper or lower), love handles and lower back. One month medical weight loss program.

\*Monthly payment of \$97 for 12 months.

**\$1165**

NO INTEREST • PAYMENT PLANS FOR 12 MONTHS

**SAVE \$100**

FROM ANY PACKAGE ABOVE

Expires 2/28/09

**RESTYLANE®**  
**\$425** per cc

**BOTOX®**  
**\$160** per area  
(Forehead, Glabella, Crows Feet)

**JUVEDERM/ PERLANE**  
**\$500** per cc

FINANCING AVAILABLE through "Care Credit"  
Subject to approval. Results may vary.

Saturday Appointments Available.



We Have 2 Locations • Free Parking

**STUDIO CITY**  
11390 Ventura Blvd. • Suite 5  
CALL NOW! (818) 361-3788

**SAN FERNANDO**  
501 MacClay Ave.  
CALL NOW! (818) 361-3788

[www.heavenlycosmetic.net](http://www.heavenlycosmetic.net)



## Great Ways to Nurture a Giving Child

by Dr. Jenn Berman

**M**aking a difference in the world and helping others are the best inoculations against poor self-esteem for children. Having a sense of purpose, knowing that you can influence others and give back, creates a sense of self-efficacy that leads to great self-esteem. Performing meaningful activities decreases boredom, isolation, self-centeredness and materialism.

### Don't Wait, Start Now!

When most parents think about teaching their children to give back, they tend to think about teens or even elementary school kids. But as Oprah Winfrey said recently, "You are never too young to make a big difference in somebody's life." Teaching very young children to give back can start as soon as they are verbal and can hold a crayon to paper.

By teaching this lesson to children as young as two or three years old, you help them develop the habit of giving and helping others, therefore allowing this way of thinking and behaving to become more deeply ingrained. Once begun, this practice can carry on through childhood, through the notoriously narcissistic teen years and on through adulthood thus making a difference not only in the world but also in your home.

### Helping Others Scrapbook

Recently, I started a "Helping Others" scrapbook with my two-year-old daughters, Quincy and Mendez. I have gone out of my way to find age appropriate opportunities for them to be charitable with their time, artwork, hands, and even money. The scrapbook serves to memorialize these deeds, thereby allowing them the opportunity to look back on all the kind things they have done to help others that they can feel good about. Also, this allows them to revisit these generous deeds as their developmental ability to understand what they have done increases.

### Great Ways for 2-5 Year Olds to Give Back

These are some of the projects that we have done or will be doing this year. I invite you try some of these at home.

### Make A Card For A Very Ill Child

Young children love making artwork and now their art can help make a sick child happy. My favorite website is MakeaChild-Smile.com which features children with chronic or life-threatening illnesses. The site has profiles of children that include their ages, interests, and information about their family so your family can send cards to siblings and parents as well. Many of the families have websites where you can get updates about how their child is doing. The site



also includes tips about writing letters to sick kids. For example, you never want to say "get better soon" to a terminally ill child.

### Adopt An Endangered Animal

Let your child pick from the list of 24 photographs of endangered animals on Defenders.org. When you send in a donation in his or her name, your child can receive a personalized certificate, photo of the animal, activity book, fact sheet, and plush toy of the animal they helped. This is a great opportunity to talk about being kind to animals and taking care of the environment.

### Collect Food For A Food Pantry

Most service kitchens don't let children under the age of five serve food or help out in the kitchen but younger children can help collect goods to donate.



You can use a conversation with your children about people who are less fortunate as a segue, then look through your kitchen cabinets or take a trip to the market together to find food to donate. If you contact LAFoodBank.org, you can get a food collection barrel so you can have a food drive of your own.

### Sponsor A Child

There are many organizations that allow you to sponsor a child. My favorite is HalftheSky.org, which provides nurturing programs to help prevent attachment disorders for children in orphanages all throughout China. When you and your child donate money, you receive a certificate with a child's photo, name, and date of birth in the mail along with periodic reports about the sponsored child's progress.

### Bring Some Baked Goods To Your Local Firefighters

This is a fun project to do with little ones who always love making things in the kitchen. It is also an opportunity to talk to your kids about people who help keep us safe and giving back to the community. Just make sure you call your local fire station to make sure they are open to visitors.

### Plant A Tree

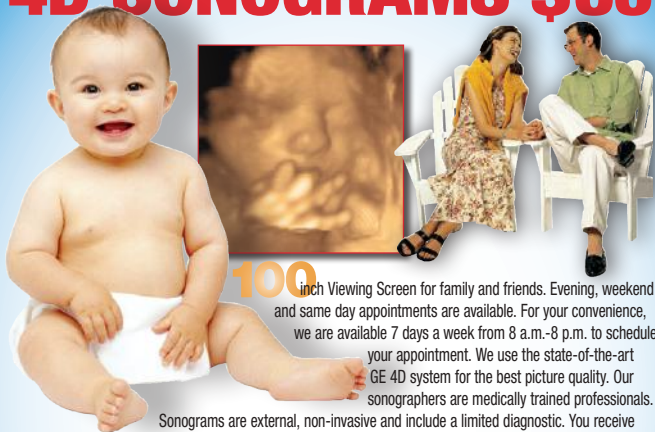
According to the organization TreesWaterPeople.org, ten trees are cut down for every one that is replanted. Because trees store carbon dioxide and produce oxygen, this endangers the health of people as well as the planet. Their website has a calculator that can help you figure out how many trees you use per year so you can plant accordingly or sponsor seedlings to be planted. But for a great hands-on experience with your kids, get a tree planting kit from Trees for the Future at TreeFTF.org or join the Arbor Day Foundation at ArborDay.org and get 10 free trees to plant that will grow well where you live.

### Rescue A Dog Or Cat

If you don't have the ability to take in a rescued animal, make a donation to an animal rescue like the Lange Foundation at LangeFoundation.com. Your child can pick a cat or a dog to rescue and, for a donation, your child will receive a photo of the dog or cat along with a story about the animal. The money will go to cover shelter, medical expenses and boarding. Hopefully, that donation will help find the animal a home, too.



## 4D SONOGRAMS \$83



100 inch Viewing Screen for family and friends. Evening, weekend and same day appointments are available. For your convenience, we are available 7 days a week from 8 a.m.-8 p.m. to schedule your appointment. We use the state-of-the-art GE 4D system for the best picture quality. Our sonographers are medically trained professionals. Sonograms are external, non-invasive and include a limited diagnostic. You receive everything at the time of your appointment. We take the time to make sure your experience with our center is one you will treasure for a lifetime. Trust us with this precious moment!

### A ONCE IN A LIFETIME EXPERIENCE



DVDs • Videos • Pictures • Digital Pictures on CD • Gender Determination

## TREASURED MOMENTS ULTRASOUND

CENTER FOR 4D SONOGRAM IMAGING

3 Locations in Los Angeles, Orange County and Riverside

(818) 243-3778 • WWW.SONO4D.COM

Get \$15 off any package with this ad. Price listed already reflects \$15 discount on our basic package. Not valid with any other discount.



CENTER FOR HOLISTIC DENTISTRY

Harold E. Ravins, D.D.S., Inc.

## Laser Dentistry for Children



no injections  
no drilling  
no pain  
no fear

The Mouth Reflects the Health of the Body...  
Keep your Child Healthy.

Call us for your complimentary consultation.

12381 Wilshire Blvd., Suite 103 • Los Angeles  
(310) 826-8418  
www.ravecoholistic.com