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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Nip/Tuck & Travel**

**By Robert Strong**

Looking for an extreme makeover or just a little Nip/Tuck?

Are you aware of the growing trend of medical tourism? If not, consider this, have the vacation adventure of a lifetime in an exotic country, with sun, sea and pristine white beaches. Your personal assistant awaits you at the airport, accompanied by car and driver. You are whisked away to a luxury beach hotel where you are warmly greeted and everything has been made "just right" for your arrival. Sound great so far? Now add world class plastic surgery. Got your interest?

The kicker, the price tag! This "lifestyles of the rich and famous" treatment will run you half the cost of staying home and having just the surgery. Yes, you heard right half the cost of staying home and having just the surgery! Imagine all this and medical treatment or plastic surgery performed by some of most qualified surgeons in the world. No wonder hundreds of thousands of people annually are exploring the advantages of medical tourism.

A well-known Dallas socialite who travels every year to have "a little work done" said "Why in the world would I pay double the money for half the quality?" That's a good question. She went further adding, "I could never afford the top surgeon in Dallas, but abroad I can, and would I really want to trust my face or body to my second choice because my wallet couldn't stretch far enough?"

Plastic surgery and medical tourism trends continue to grow every year. Medical tourism is expected to be a global \$2 billion dollar market by 2012. Countries where medical tourism is being actively promoted include South Africa, India, Malaysia, Philippines Singapore and South America. The latter, South America is known for being home to arguably the best plastic surgeons in the world.

There is no end in sight for the worldwide growth of medical tourism, in fact, Malaysian Airlines recently announced their plans to become the first airline to book medical holidays direct from their travel agents and ticket counters. The giant tour operator Thomas Cook has also announced plans to market medical holidays in the near future.

The worldwide demand for plastic surgery rises every year and as more individuals who desire a "Nip/Tuck" realize they can afford VIP treatment with a top surgeon in another country they're packing

their bags and heading to the airport.

Robert Strong

Robert Strong writes about Medical tourism.

<http://surgicalservicesinternational.com>

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<http://niptucktravel.blogspot.com>

## **Is a tummy tuck for me?**

**By Keith Londrie**

Is a tummy tuck for me?

Abdominoplasty, or "tummy tuck" is a major surgical procedure that removes excess skin and fat from the stomach and tightens the abdominal muscles. Many people who are unable to achieve desired results with traditional diet and exercise seek a plastic surgery tummy tuck. The tummy tuck is the sixth most popular plastic surgery procedure in the US.

There are different types of tummy tuck surgeries, and the main difference is how much work is done and how large of an incision is needed. A mini tummy tuck is only performed on the abdominal area below the belly button. A traditional tummy tuck surgery is performed on the entire abdominal area, from the lower rib cage to the top of the pelvis. When considering plastic surgery tummy tuck, it is important to meet with a qualified physician to discuss what options are best for you.

To determine if you would be a good candidate for tummy tuck surgery, ask yourself the following questions:

Are you within about 30% of your ideal weight? If you intend to lose more weight or become pregnant, you should probably wait to have a tummy tuck.

Are you physically and emotionally healthy? The best candidates for tummy tuck surgery understand the associated risks and have the good health necessary for proper healing.

Will you have the time to allow your body to heal properly? In some cases, an overnight stay in the hospital may be required, and healing can take up to 6 months to fully recover. During that time period, with your doctor's permission you will be able to return to most normal activities.

Can you afford the cost of a Plastic Surgery Tummy Tuck? Most insurance companies won't cover the cost of the procedure. It is considered elective surgery.

Further consultation with your physician will of course be necessary to ultimately determine if a plastic surgery tummy tuck is right for you. It is important to do some research about surgeons in your area before you seriously consider a tummy tuck. Referrals can be very helpful, and quality tummy tuck surgeons tend to be concentrated in certain locales.

For example, in Newport Beach there are many qualified surgeons to select from. Similar results can be obtained in the greater Orange County as well as in New York City. Be sure to check the surgeon's credentials with the American Board of Medical Specialties and your state medical board. In short, before your research before you decide on a tummy tuck.

<http://tummy-tucks-info.info/>

provides detailed information on standard and mini tummy tucks, surgery and recovery procedures, and other advice, including the cost of surgery.

Keith Londrie II is a renowned specialist in tummy tuck information. He provides free information on

the subject matter at his web site at

<http://tummy-tucks-info.info>

– Visit to get your questions answered now.



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