

Dr. Katie's Beautiful You Aesthetics

BY RITA GOLDBERG



Google Med Spas and you'll soon be scrolling through an overwhelming amount of hits. There is no shortage of reputable facilities ready to diminish wrinkles and restore a youthful visage. But among the many available local places to get treatment, there is one that stands out: Dr. Katie's Beautiful You Aesthetics.

What is so special about this medical spa in particular? It's Dr. Kathryn Ross, M.D., F.A.C.G. She is board certified in Internal Medicine as well as Gastroenterology and has been practicing in Newport for more than 30 years. She has also studied nutrition and is a fellow of the A4M (American Academy of Anti-Aging Medicine). She has also re-trained in minimally invasive aesthetics and has been treating aesthetic patients in a separate office for nearly a decade.

In the elegantly appointed, aroma infused suite located along Dover Drive, Dr. Katie is on hand to welcome clients and offer informative consultation on the many available services and products designed to make you look and feel your best. Clearly she knows a lot and by the time you are ready to begin your selected procedures, you will too.

As a highly respected, Newport Beach-based Gastroenterologist, she has helped thousands of patients achieve better internal health. As the lead practitioner of Dr. Katie's Beautiful You Aesthetics, opened six years ago at the current location, she helps her patients and clientele get desired results using the latest, state-of-the-art, scientifically proven methods available, as well as all the favorite "tried and true" treatments.

"I opened this practice because I love seeing my patients happy as they come into the office as well as when they leave," says Dr. Katie. "As a gastroenterologist, I often treat patients who are ill and need guidance with diet and medical management as well as psychological care. But usually patients are not looking forward to seeing their gastroenterologist for a colonoscopy; it's about as popular as going for a root canal." For patients with more serious issues, such as debilitating colitis, a visit to the doctor's office is not their happy place. "Here, patients love coming in for their treatments and they are delighted with the apparent results. Almost everyone feels better and gains confidence when they look their best so it's been a wonderful experience. I love helping my patients get healthier, feel better and look great too!"

Dr. Katie provides a wide array of beneficial treatments. Together with her staff, which includes a medical aesthetician, the offerings range from anti-aging facials, IPL, liquid face lifts and peels, to sophisticated technologies that came to market as recently as six months ago including body sculpting, skin tightening and noninvasive bladder repair. She attends medical and aesthetics conventions regularly to stay abreast of emerging trends and newly FDA approved equipment and products. With her medical training and experience, Dr. Katie can weigh the science behind new products and technology and choose those she believes will have the most benefit for her patient population.

Case in point: The LightStim LED Bed. Imagine laying on a bed with over 18,000 LEDs in 4 different wavelengths (colors) working to rejuvenate, repair and energize every cell in your body. The treatment is FDA cleared to decrease the inflammation and pain and increase circulation throughout the body. It also boosts nitric oxide, the "Miracle Molecule" in our bodies to relax the heart and increase circulation. At the same time, the patient gets an anti-aging LED facial treatment that boosts collagen and elastin. The 40 minute treatment is relaxing as well as therapeutic.

"I had a non-surgical frozen shoulder for over two years but after a few LED Bed treat-

ments, I was back to free range movements," she tells, as she gracefully swoops her arm overhead to demonstrate her restored agility. There is also an at-home treatment with the LightStim pain belt which has the same four healing wavelengths of light.

If you think CoolSculpting is on trend, then you may be surprised to learn that comfortable heating of the fat cells can literally melt some inches away in a few comfortable sessions using the Vanquish ME. The non-invasive device can tackle those bulges and tighten the tummy and thighs. The procedure disrupts fatty cells through selective heating, leading to shrinkage and permanent elimination of those dead fat cells with good hydration and diet.

Dr. Katie offers treatments to tighten your body from and head to toe - and in between. The BTL Emsella, another one of her state-of-the-art, new to market devices, is FDA cleared to tighten and lift the pelvic floor muscles and significantly improves bladder function. Through electromagnetic impulses, clients achieve the same results in a single 28 minute session as doing 11,200 kegels. For both men and women with issues, six non-invasive treatments typically results in noticeable improvement in 95%.

The comprehensive approach to optimal health and wellness also extends to nutritional guidance. Dr. Katie explains the value of introducing some supplements, probiotics, some herbs and sometimes even adaptogens into your daily regimen. "Not all supplements are created equal," she explains, showcasing those that are of medical grade to improve the digestive and immune systems, metabolism, bones, joints, even hair and skin as they slow down the natural effects of aging. As a Fellow of the American Academy of Anti-Aging Medicine, Dr. Katie is well versed in this arena. She states "Combining allopathic medicine with nutrition and some alternative medicine can lead to improved health for many people today." For detoxifying and weight elimination she offers the only diet to have FDA clearance as being safe and medically beneficial for blood pressure, glucose metabolism and cholesterol as well as other medical problems. The FMD, Fasting Modified Diet combined with the Longevity Diet, was developed by Dr. Valter Longo, Director of the Longevity Institute at University of Southern California, and it is based on 25 years of research. The Prolon diet is easy to follow as it comes as an all inclusive 5 day modified fasting diet that not only facilitates weight loss, but is also muscle and lean body mass sparing. A doctor's supervision is suggested for anyone on



prescription medications. Although it is safe for most people, Dr. Katie warns that it should not be started without your doctor's approval.

"My philosophy is based on the value of optimizing health, weight and beauty and slowing or reversing the effects of aging. Our motto is "Beautiful You, Inside and Out," says Dr. Katie. "I believe in a total approach to wellness and I strive to provide the best available treatments and combine traditional medicine with aesthetics and nutrition to achieve desired results." Many of Dr. Katie's patients see her in both her GI and medical spa offices and they look and feel great. And that makes them and Dr. Katie very happy.

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