

POWERING YOUR HEALTHIEST LIFE

AUSTRALIA

Prevention

**WALK
OFF 5
KILOS
IN 6 WEEKS!**

**CRUSH
CRAVINGS**
THE NEW
SCIENCE OF
WILLPOWER

**JULIA
ZEMIRO**
*51 and filling
life with fun*

AGELESS SKIN

The no-frills
products you
really need

BREAKTHROUGH

A pill to prevent
migraines!

**MID-LIFE
HORMONES**
SURPRISING EFFECTS
NO-ONE TALKS ABOUT

*feel fitter
be happier!*

- + Foods to boost mood
- + Calm your busy brain
- + Inspiring real life stories





Cosmetic Surgery

Moving forward with courage and safety

Most women want to look good and feel good about their bodies, which can have a big influence on their self-esteem and self-confidence. Unfortunately, this isn't always easy to do and in some cases, cosmetic surgery can be the answer. Deciding to go ahead is a big step. If you are considering it, you need to arm yourself with the correct knowledge and be sure that the procedure you plan to undergo is the right one for you.

Key to this is finding the right cosmetic surgeon, who will be equipped with the top surgical skills and can offer you the personalised approach you deserve. If you have done your research, and the improvements you want can't be achieved with a healthy lifestyle alone, then, it's time to move forward with courage, to remind yourself that you're worth the time and the money, and to do something about it.

CONTACT US TODAY AND RECEIVE A COMPLIMENTARY COSMETIC SURGERY CONSULTATION. QUOTE 'PREVENTION MAG'. *Terms and conditions apply. Offer only valid for when a surgical procedure is booked. Valid until 30.11.2018. Not redeemable for cash.*

Dr Michael Yunaev is a highly trained Surgeon with extensive experience and passion for the treatment of all aspects of Aesthetic Breast & Body Surgery and Breast Reconstruction, specialising in breast reductions, breast augmentations, breast lifts, revision breast surgery and tummy tucks.



Dr Michael Yunaev
Specialist Oncoplastic
Breast & Cosmetic Surgeon