

**Rhett Palmer Show Interviews Dr Frazier And Dr Bailor On
Liposuction Used With Tummy
Tuck Surgery**



William H. Frazier, MD and Katya Huseva Bailor, MD



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HOW LIPOSUCTION AND TUMMY TUCKS CAN BE USED TO RE-SHAPE THE BODY

WAXE 107.9FM Radio Show host Rhett Palmer recently invited two Vero Beach cosmetic surgeons to discuss the usage of liposuction and tummy tucks in body contouring.

Dr. Frazier and Dr. Bailor practice at Vero Cosmetic Surgery and Medispa in Vero Beach Florida which serves the Treasure Coast and surrounding areas.

Dr. Bailor's training is *specialized in cosmetic surgery of the head and neck*. Dr. Frazier's specialty includes reconstructive surgery, breast reconstruction, liposuction and skin cancer reconstruction. He says, "She's a real delight, technically excellent and thinks well as a clinician."

When asked about liposuction used with abdominoplasty Dr. Frazier replied, "Frequently you have excess fat that is diet resistant along with excess skin, pregnancy is a classic example, so you can remove that fat with liposuction and tailor the skin with a low incision that makes the abdomen nice and flat." The incision can also be done under the breastline so the belly button isn't abnormally displaced as other surgeons do.

INTERVIEW: <https://vimeo.com/152958724>

Additional videos of Dr. Frazier explaining the various services offered at Vero Cosmetic Surgery and Medispa can be found on his company Vimeo channel at <http://vimeo.com/VeroCosmeticSurgery>.

Controlling Your Blood Sugar Levels

Dr. Frazier favors diets such as the Paleo Diet as he explained, "Wheat, flour, breads and crackers are really not good for us. A Paleo Diet is high in proteins and



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short-chained fats that you can burn easily along with vegetables and low-sugar fruits." He mentioned how bananas are low on the glycemic index and release their energy into the bloodstream slowly but **two pieces of whole wheat toast** will raise your blood sugar level more than a Snickers bar.

The Relation Between Inflammation And Diet

The segment also focused on how nutrition affects our lives and how chronic inflammation can lead to joint replacements. Dr. Frazier discussed how we are learning how the body reacts to wheat/high carb foods and the breakdown products (such as gluten) cross the blood-brain barrier to which create inflammation in blood vessels. "We see cholesterol deposited on top of the inflammation and think it's the cholesterol but when you look underneath it it's the inflammation."

He closed with, "We're learning alot more about these things and still just scratching the surface in understanding inflammation and diet."

To learn more about liposuction and facial surgery visit Vero Cosmetic Surgery and Medispa's corporate website at <http://www.VeroCosmetic.com> or by calling 772-562-2400.

About Vero Cosmetic Surgery & Medispa

Serving the Treasure Coast community, founded by Dr. Frazier and joined by Dr. Bailor, the practice provides body contouring, facial rejuvenation, medispa services, breast improvement and tattoo removal with the most advanced laser in medicine today.

William H. Frazier, MD, FACS is Yale-trained, experienced and trusted for over 25 years.



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Katya Huseva Bailor, MD completed her year long Fellowship at Colombia University of Missouri in Facial Plastic and Reconstructive surgery through American Academy of Facial Plastic & Reconstructive Surgery.

More information can be found at <http://www.VeroCosmetic.com>.

YouTube Channels:

[**Dr. Bailor MD - Frazier MD**](#)

[**William H. Frazier**](#)

Additional Links

- [Vero Cosmetic Surgery and MediSpa - William H Frazier MD](#)
- [William Frazier, MD, FACS](#)
- [Florida Tattoo Removal by Vero Cosmetic Surgery and MediSpa](#)
- [!\[\]\(7a8011739ec4e250e2f89a547d75fb0a_img.jpg\) Dr William Frazier Addresses Tummy Tucks And Differences Between The Four Abdominal Procedures](#)
- [!\[\]\(07dce76283bf618e2364d95ae0021e26_img.jpg\) Vero-Cosmetic-Surgery-and-Medispa-is-the-vero-beach-dayspa-that-also-specializes-in-cosmetic-surgery](#)



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