From Burnout to Beauty: A Nurse's Wellness Revolution | Dominika Laureto | Ep. 49 Transcript

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Podcast Introduction and Guest Background

We had a guy who came in and says, Dom, I just don't like how I look. Let me just do a laser. And I said, walk me through your previous two weeks of what you've been doing.

Well, it turns. A guy doesn't sleep well because he's overstressed with the job, travels a lot, doesn' drink enough water, does an exercise, eat horrible diet, and drinks too much alcohol.

Meet Domenica Larratto, founder of Supreme Wellness Aesthetics. She's dedicated to helping people look and feel their best through innovative anti-aging solutions.

Stay tuned for her insights. Some of these foods that are out there are full of toxins. A lot of this foods, they shouldn't be even considered foods. If something has 47 ingredients and you can't even pronounce it, it's not eatable.

Let's talk about some aesthetics. Asthetic always starts with you. You have some procedures that you're very passionate about. Yes, I love sculpture. We do a lot of sculpture in our clinic.

It's a bio-stimulator. So Brazilian butt lift. Some of these women, they got booties that look like they've been sculptured. Are you familiar with how to do this procedure?

Yes. Well, first of all. For your health, how important is exercising? Welcome to another episode of a Healthy Point of View podcast. I'm your host, Sam Tahata.

Today we have a new guest here that has come in all the way from Chicago. And this one I really, really am really going to enjoy doing this interview because it's very similar to my story, right?

Someone who came from more of that traditional allopathic medicine to then going more into that holistic approach to people's health and wellness. And also diving into the aesthetics medicine.

And I know there's a lot of registered nurses, paramedics that are trying to dabble into this industry. Some of you guys that have already started in this.

Industry and I want you to hear not just my story, but also her story so you can really understand that it's okay and you. Can make it happen. You don't have to be a doctor.

It's good to have the doctor on your side, but you can do it through your profession as a registered nurse or a paramedic. And today we have Dominica Loreto.

How are you? I am good. Thank you, Sam. I have been really honored to be here. And yes, I did start my career in aesthetic medicine as a registered nurse.

So I'm currently in nursing practitioner school, so soon to become a nurse practitioner. But yeah, my journey started as registered nurses. Yeah, so this is interesting because when I first connected with you, we were at the A4M, and a mutual friend of ours, Rob Fletcher, introduced me to yourself and your husband.

And you guys have a beautiful wellness, aesthetic practice in Chicago, in the Chicago area. And as we're communicating and talking about you coming on the podcast, I start hearing your story and I'm like, man, your stories is very similar to mine, where you became a registered nurse and were working in the hospital system first,

right?

Correct, yes. And I want people to kind of understand why you made that decision from going from working at the hospitals system for many years to where your at today.

So I, yes, I was working about eight years in emergency department. So, was trauma certified nurse, so I taking really heavy cases. I went into nursing because I truly wanted to make a difference.

I want to help people. And yeah, I wanted. So I was fully committed, 100% dedicated to my job. I mean, it took me a moment, but I finally realized that it didn't matter how long of a shift I was working, I couldn't make a difference because the system is broken.

Firstly, a lot of people in the United States, unfortunately, don't have health insurance. So these people, when they seek medical help, medical assistance, they don' have a place to go, so they go to emergency room.

And not that I'm saying this in a negative, you know, I don''t want to be a negatives here, but when those people come to ER, they crowd the emergency rooms.

So they take up the resources that they took up nurses time and doctor time, nurse assistant, you know, phlebotomist, x-ray technician, everyone's time.

And unfortunately, then we cannot dedicate 100% of our time to people that truly need our help, right?

Leaving Emergency Medicine for Aesthetics

So a lot of times it feels or it felt like we were trying to just get to the next patient because it was like a race and everything was about measurement, you know, door to doctor, a door, to admission, or to discharge.

Everything was measured. And honestly, at the end of the day, it is all about productivity, how fast you can run, and how many people you see within your shift.

And we just want to make sure that our boxes are checked and we didn't have any fallouts and just met the benchmarks. So it was just very frustrating, you know?

Like I never had a time to sit down with a patient and ask, hey, what's your lifestyle? What did you eat today? Did you exercise? I mean, I was lucky if I could get through their medication list and no one was ever questioning it because we truly had No time.

Yeah, and I can relate to that because when you know, obviously I was a firefighter paramedic for 12 years and Working in emergency medicine and had that opportunity to to work in the ER as well, too on my days off And what was happening was is that emergency?

Medicine the er was becoming people's primary care, right? Yes which a lot of the times the type of illnesses that were coming into the door, you had people that we're just having like the common cold and coming in because they felt sick or someone having other type issues that can easily be number one, prevented if they're taking care of their lifestyle or number two, having access to some kind of healthcare provider that doesn't tie up the emergency room.

Emergency rooms should be for people who are having an actual acute emergency. who's having a heart attack, some kind of cardiac dysrhythmia, someone who has fainted, a stroke, something of that nature.

Chest pain, right. So I can relate to that 100%. And I actually kinda experienced the same thing, where I said, I feel like I'm not giving everything that I could to society when it comes to actually helping people.

Because same things, it was more of a numbers game, we're consistently just kinda like, moving quickly, right?

Where is the time where you can actually sit down and assess people?

So I relate with it. And so at what point in time in your career did you say, you know what, enough is enough, I wanna do it differently? So it was right, I mean not right but I think in 2017 I got a certification as a nurse injector and I did it more for fun, like just a side gig.

I started to work a part time at Med Spa and then right before COVID our hospital was getting busier and bussier, and we had more issues with you know, a lot of patients, understaffed, not enough doctors, So I started to take less shift in the hospital, more shifts in in The Med Spa and I realized, okay, well here, I know it's a beauty industry, but I feel like I'm actually making a difference because I am making people look better and they're living happy.

So it just, it was making me happy, I felt more fulfilled doing this than trying to make a difference and like struggling with the system. So then I started working at the Med Spa full time.

I was taking like a one shift a week in a hospital. And I wasn't fortunate that I met a doctor who had the same passion as I did for like, you know, a wellness, beauty industry.

Didn't want to have a practice, but didn't wanna operate solo, so we just partner up. And then the spa was open in the middle of COVID, it was opened in 2020. Oh, you open your practice in the middle of COVID?

Oh wow. Right in a middle off COVID. Were you nervous and scared of it? You know, I don't know. I was just so ready to actually do something that I felt like, OK, this is it.

That I wasn't even thinking about being shut down and not having a client in. And actually, the 2020 was a very good year because once the government allowed to places to be open.

We had such an influx of everyone coming in and trying to enhance their beauty, let's say. And you know, at the beginning, I'm not saying that aesthetic field was like ideal.

I saw a lot of negatives too, like the spot that I worked, it was all about numbers too every 10 minutes. You know we had to meet a quota, we have to like sell, sell sell and as many people as we can.

I honestly didn't like that. I had a vision. If I truly want to create something that was client or patient centered, I want implement the holistic approach that aesthetic always starts with wellness and we're getting to the root of the problem.

Because a lot of aesthetics issues are actually caused by chronic inflammation, gut health, hormonal imbalances, oxidative stress, and all that stuff.

So that was my vision. And like I said, I was lucky that the doctor kind of followed my lead. And when we open, we started with, you know, aesthetic treatments, but our consultation consultations were longer.

So let's say Botox appointment was 30 minutes, not 10. Then filler appointment with an hour and we were doing more of assessment. And shortly after we implemented functional medicine.

Um, so we had a functional Madison provider that does blood work. and then analyze blood work from functional perspective and treats people with supplementation.

So we had that. In 2020, we opened another location that was truly fully equipped in all aspects of wellness services. We grew really fast. In our second location, we provide regenerative treatments done by our doctor.

We provide hyperbaric chaper therapy, red light, ozone treatment, HAQAT, which is full detox, PMF, sauna, cold plunge, arp wave therapy recovery, salt room, IVs, blood work, so like everything, yeah.

That's like the one stop shop, I love it. Yeah, it is. So, one of the things you mentioned, and when we were talking

before backstage, you mention that when you got into aesthetics, You decided to actually follow Dr.

Shino Bay very closely, which he does, he is the voice of functional aesthetics medicine. And I had the opportunity to have him on the podcast before, And we talked about that.

Building a Wellness-Focused Med Spa

And a lot of the ways that you see medical providers treating patients with aesthetics, with the neurotoxins and the fillers and everything else, it's in a way where it almost like putting a band-aid on the issue.

So bringing in the wellness services, by doing the comprehensive blood work that your doing, you're able to actually figure out what the root cause is of why they have the sunken face and potentially dehydration, nutrient deficiencies and all of these other things.

So what made you actually start thinking about these other services to target these root causes? So OK, so we have a lot. So when I was working at MedSpot, I obviously sometimes saw like 30 clients a day and a.

Lot of them were coming from different places with either like botched faces or after receiving unnecessary treatments or like, let's say, complaints with, Inflammatory skin disorder in the light and they were saying, oh, I've tried a B and C and it didn't work.

Can you do something? Well, first of all, why don't we just draw your blood? I think it's just a common sense to me. I don' I Don't even know how to explain it differently, but you look at someone and you know, okay, you don''t need any aesthetic like there's something not right with you, we gotta take care of your wellness.

Like that's the holistic approach. That's taking, you know, considering your physical, your mental, social, like spiritual aspect of well-being, right?

And a perfect example, I, We had a guy who came in and says, Dom, can you do a laser on my face? I just don't feel good. I look like, just I don' like how I looked like.

Let me just do laser. And I said, well, okay, walk me through like your like previous two weeks of what you've been doing. Well, it turns, the guy doesn't sleep well because he's overstressed with the job, travels a lot, doesn' drink enough water, does an exercise, eat horrible diet and drinks too much alcohol.

Well, I can tell you what the solution's gonna be there, right? The outcome's not gonna to be good. Well the laser's, so I'm like, laser is not going to fix anything, it's just gonna put a band-aid, you're gonna look good for five minutes, but if you don't fix all these things, then you gonna come back in two weeks and be like hey, like I paid that much money but it didn't really help me.

So what I did instead, is I said okay, why don' we do this? Try like stress management, sleep right a diet like and i'm not saying do everything at once but start with one thing pick something right pick, something that it's the easiest so let's say eight hours of sleep and we so he agreed um he said and I said drinking honestly like if you if, you're not limiting alcohol intake that's gonna make everything worse right that gonna, make you gonna not feel good and you not gonna look good So he agreed, no alcohol and then sleeping more.

And we put him in a hyperbaric chamber. He did actually 20 sessions and he documented it himself. Actually, I think he posted on Instagram too. His before when he was inflamed, puffy, red face to after It's like a completely different person.

That's amazing. Amazing. Isn't that so rewarding when you can see all your hard work on the fruition? Like I am so passionate about it. You don't even know.

I love it and the stories we have, that's why we grew so fast. And that is why people trust us and then, you know, They appreciate our honesty and integrity.

I love seeing those changes. Yeah. Because I know that, you know, now you not only look good, but you feel so much better. Right. You're obviously very data driven.

Yes. So what type of different data points are you guys using with your patients? Like objective or you asking so like subjective obviously so client feedback.

So we very Strong like our receptionist nurses doctor. Everyone is collate collecting subjective data when it comes to objective Depending on what treatments but we don't use scale.

Let's say like for weight loss. We use tape measurement and We are getting DEXA scan for more like objective results and blood work. So let's say when it comes to like inflammation, like this gentleman in particular, we drew his bloodwork inflammation markers, his CRP before and then after.

Basically use now so blood work is are like a base. Yeah, bloodwork is definitely important. We use the dexa We have the Dexa for body composition analysis.

we are actually in a process of Purchasing a building that it's you know, 6,500 square feet, so we're gonna put a DEXA scan in. So we can have a space right now.

We just limited on our space, we maximized. That's awesome. Are you guys using any other data points like ORing or any of the wearables? We have some of our clients are wearing like whoop or whatever of their choice.

Yes, or quite a few clients who are on memberships and they track their data. So let's say they come for hyperbaric chamber and ADIV, red light therapy and the measure their sleep quality and recovery the night before and night after and then they send us data and it's usually like tremendous difference.

Amazing. Yeah. So, OK, so going to the wellness, I know you have a very strong passion for peptides. Yes. What are some of your favorite peptide that you utilize?

Many of them. But I think we talk a little bit about a few of that. The one that I truly love and I feel like almost everyone is a candidate, it's MOTC, M-O-T-S slash C.

That's mitochondrial derived peptide, and it's composed of 16 amino acids, so it is a small peptid. So what it will do is actually improving functions of your mitochondria, producing more energy for the body.

And actually, MADC is activating AMPK, which is like a crucial energy sensor in a body. So very incredible to improve physical performance, endurance, good for athletes, or like average people who just wanna have more energy and be better at the gym.

Also, it's gonna reduce your oxidative stress, so it has anti-aging properties. The other reason I like this peptide a lot is that it's a great adjunct to GLP-1.

So for people who are on a low dose of GLp- 1 or trying to lean off, or I'm sorry, wean off of glp1, the MATC, it is an amazing adjuct because it will increase your increase or glucose uptake, it's gonna increase a fat breakdown in the body, and also inhibits gluconeogenesis, which is like glucose storage in a liver.

So yeah, increases insulin sensitivity. So very good, we have a lot of patients on it in addition to GLP-1 or like when they're ready to just, okay, I don't wanna do GLp-one anymore, We just transition them to Mod-C.

I mean, just listen to all of those benefits. And I'm pretty sure there's even more benefits to that. Yes, yes. So that's amazing. What other peptides?

Okay, so like talking about GL-P1, because I know this is one that has like either you love it or you hate it. And I listened to a couple of your podcasts and I know we were, you know, there are talks about ozempic phase and muscle wasting, which I agree with, but.

There, there is, you know, GLP one micro dosing, which I honestly love. So like, You know GL P one has receptors throughout the body, right? So that's why it does all the things that does it has.

Root-Cause Aesthetics and Patient Assessment

Receptors in a brain. so it's going to act on a center of hunger. It's gonna suppress the appetite. it as receptors in your intestines. Then it is going prolong the feeling of fullness, so now the receptors are in the pancreas.

It's going to shoot up insulin when the blood glucose is high. So that's why it's a great for weight management or weight loss. Now, you know, the studies is coming up or coming out saying that GLP-1 is great cholesterol because it lowers your lipids.

It lowers the block pressure. Its cardioprotective, neuroprotective. It's going to vasodilate your vessels. So it's like relaxing the vessels and it is going reduce your systemic vascular resistance.

It is so great for cardiac. And I know that people who are not manage well on the GLP ones, they have all kinds of side effects. They lose muscle. and all the things, but when you, in a context of micro-dosing, it's honestly a great option for people, even like you and I, who just want to improve overall metabolic health.

Because microdoseing of GLP-1 is going to prevent insulin resistance. And you know, insulin resistant is like a key to all kinds of chronic, you now, illnesses, right?

Obesity. diabetes type two, so it's gonna prevent the insulin resistance. Now also what we see in our clients on microdosing, it shuts off that emotional eating so people have a better emotional control over food and they make better choices.

So that's like a great success. We have a group of people who report that they are not depressed anymore because GLP-1 is neuroprotective, so also it's going to reduce the inflammation in the brain.

And from that anti-inflammatory standpoint, it is a very powerful anti inflammatory agent. It's gonna down-regulate your pro- inflammatory cytokines, It is going up- regulate your antiinflammatories cytokingines.

So it great for people to deal with anything like systemic inflammation, chronic inflammation. I truly, for that reason, I really, really like it. That's amazing.

And another thing, too, that I've noticed with our patients is women who have PCOS. It has worked phenomenal for them. Yes. I've even seen women that have PCOS that had issues getting pregnant.

And you have the semi-glutide babies that come out, right? The other thing that I have seen is alcohol. Patients that are consistently drinking a lot of alcohol, they don't have that dependency anymore.

So our Chief Medical Officer, Dr. Christopher Davis, who's an interventional cardiologist specializing in functional medicine, He was actually the first person that I've seen, besides now hearing you, that's been doing the microdosing of the GLP-1 drugs.

And, you know, for the listeners who don't understand the difference is that GLp-2 drugs are typically on a sliding scale. Every four weeks, they're going up, almost double the dose, depending, if it's the semi-glutite or the terzipatite, it has a slide in scale, So this is a little bit of a different approach, which obviously, between Dr.

Davis and even yourself, you guys are seeing success with it. Yes, and it's funny, because we, our doctor, we started doing microdosing before we heard the term micro dosing.

Right. So basically, it is taking a subtherapeutic dose of the GLP-1, I don't even know, we don' even have one single patient on a full therapeutic dose of semi-glutite or other GLP ones.

We try to incorporate diet, activity. all other like consultations, wellness, functional medicine, just because we want to keep these people on a lower dose.

So it's easier for them to wean off later, it causes less side effects. And we started doing micro dosing because, we had a lot of inflammatory issues, so chronic inflammation, rheumatoid arthritis, things like that.

We just came up with like, oh, let's try like a tiny, tiny dose. It was working. And then all of a sudden we hear, Oh, there's such a thing like microdosing.

So, yeah. Well, one of the things you said earlier also is what the GOP want drugs. One of things that the industry has seen a lot of is that patients are losing weight, but it's not the appropriate weight.

Its muscle weight And when we talk about health span and longevity, we need muscle, right? And this is why we're so adamant about making sure we do the true body composition analysis, putting people through the in-body DEXA scan, to be able to make sure that the weight that we are losing is the appropriate weight.

Now with the microdosing, you mentioned that that helps where it's not so aggressive, where then the patient ends up losing a lot of muscle weight rather than fat.

Right. It's more like subtly is going to suppress your appetite. So just people control themselves better. The other thing is too, I feel like with the GLP once you truly need to dedicate the time for the consult and educating your clients.

Because if yes, if let's say I live on pizza and ice cream and take some of my glutide and then eat less of the pizza, an ice scream. It's not fixing anything, it's just right.

I'm gonna lose weight, but I'll most likely lose all of my muscle. weight. So the education is a key like you have to increase your protein intake and you Have to, um, you know, engage in some sort of activity that you either lift weights or do some Sort of resistance training.

Otherwise, it's just no point. Like if you're not committed to do these changes like that, You should be on it. You're you not a right candidate because it is not just a miracle that You just take a pill and lose a bunch of weight It's not meant for that.

So let me ask you this, for your health, how important is exercising?

Peptides and Microdosed GLP-1 Therapy

Very important. I exercise five to six times a week, depends on, you know, like my, let's say schedule, but I try to do it five or six time a day. So I have a personal trainer.

Mainly I don't do any cardio, I do strength training because my age, bone density and muscles, very important, like, you know, for hormones for everything.

So my workouts are mainly based on it's a weightlifting resistance training. And honestly, I learned that from mind pump because I listened to mind pumps.

So they kind of got me on I'm like, Oh, maybe I should not do cardio so much anymore. And I switched the best decision in my life. Awesome. Feel great.

It's just I can eat a lot. I don't have to worry about you know, my metabolism is fast. Yeah, just I think activity, sleep, and diet, like the basic three things that you gotta do.

You know, I heard a guy on social media, a doctor, he said that if you show him a person who smokes and drinks but exercises, that that person will potentially outlive the person that doesn't smoke and drink and doesn' exercise.

I believe that. That's how important exercising is. Now, what about nutrition? How important is nutrition also? Very important. I, you know, I've always ate good because when I was growing up in Poland, we didn't have any junk food.

You know we was a communism country. It was like really nothing in a store. So we were lucky to to get like fruit. And then like in 90s when Poland became democracy and we were allowing imports you know we we're eating fruits and vegetables but it was all basic so I don't even have a taste buds like for junk stuff so yeah I think I follow a good diet for majority of my life I always prioritize protein I'm having a hard time now because I have a mutation on my gene.

It's called BRCA2. So that's a Mutation that causes a higher risk for breast cancer in women. And so up to 70%. So when I went to a doctor, they want me to follow more of a plant based diet, because a lot of meats in United States are just not healthy from hormonal too much preservative and hormones.

So I'm trying to now find a way to get a plant-based diet, but still get enough protein in my body, so yeah. So, obviously, nutrition is very important, it's key.

Now, right now, there's been a lot of talk with this movement, Make America Healthy Again, with RFK Jr. And one of the things that's like, what are we putting in our bodies, some of these foods that are out there are full of toxins.

So what's your take on making America healthy based off of foods out with these big food companies? I love the movement. I hope that they will truly follow through and a lot of these foods will be banned.

Because honestly, they shouldn't be even considered foods. If something has 47 ingredients and you can't even pronounce it, especially I can pronounce, so it's not eatable.

Yeah, I think we should go back to eating more, you know, whole foods. And I know we're living in a society that unfortunately we have to make sure that everything is convenient because people are busy and they don't have time to cook, right?

When I was growing up, my mom was cooking dinner every day. It's not a case anymore, but there are ways that you can grab a salad. That type of food should be more accessible.

When you go to the store, 70% of the stores, it's all junk, right? And then you have a small section that can buy fruit and vegetables. It should kind of be opposite.

Have a smaller section for the people who want to just indulge in eating chips and drink coke and have the majority of store with healthy, you know, food that it's accessible for everyone.

So it is not pricey to the point that you can't even afford eating healthy. Yeah, yeah. You know my parents are talking about the grocery store. My parents would always tell me when you go to their grocery, store you should try to shop on the perimeter of the store is typically that's where all your produce and all the natural stuff is at.

So, all right, so we're talking about the wellness stuff. Let's talk about some aesthetics, right? Because obviously you are totally into aesthetics. You take care of yourself aesthetically very well.

Um, you follow Dr. Shinobay, who is like the guru behind medical aesthetics functional aesthetics medicine. So there's some procedures that you do at your clinic.

Obviously you'd do the stuff that everyone else does. Also the neurotoxins, the fillers, but you have some, uh, procedures. That you're very passionate about.

Hmm. Yes, I love Dr. Shinobe and I loved Sculptra and he's like the godfather of S sculptra injections. So I actually, we do a lot of sculpture in our clinic and we follow His technique on sculpture.

So like for those who don't know what sculpture is because a lot of people call it dermal filler, but technically it's It's a bio stimulator, right? So it is a biostimulator that enhances your body ability to produce its natural collagen.

And Sculptra comes in a powder form. You have to dilute it with bacteriostatic water. And once injected, it causes mild inflammation and that the inflammation triggers fibroblast to stimulate more collagen.

OK. So I think the reason that it's not very popular It doesn't give you instant gratification and doesn' have instant results. So it takes, because it take time for the collagen to, you know, be formed in your tissue.

Um, so technically it's like a three to six months, um, process. And so you're injecting it, You look beautiful because you put a lot of fluid in you face, but then the fluid goes down.

You kind of go back to your old normal and then you waiting that, three, two, six, months. And it also usually takes about three to two to three sessions for like the most optimal results.

I love it because it's all natural and it gives you like very subtle natural results as well. It's great for improving skin tone and texture and to replace volume loss but in a very subtle, natural way.

By producing its own halogen. So when you said two to three different sessions, how far out are the sessions? So we are doing every four weeks. Every four week, okay.

Yeah. and then unlabeled for the facial rejuvenation, then, you know, off-label, different parts of the body, right? So the off label, that's actually, it's very popular here in South Florida, which we do at the Liquivita clinics as well, too, is we've seen a lot of celebrities, and I think some of The Kardashians or The Genders or something like that, they've done it.

where they do the Brazilian butt lift with the sculpture. So let's talk about that because the thing is is some of these women out there, they got booties that look like they've been sculptured.

Sculpture, right? So are you familiar with how to do this procedure? Okay. We do those too. First of all, not everyone is the right candidate. Let's say if your goal is to get a very Enhanced large, but Sculptra won't do that.

It's gonna firm lift, contour, But it's a more like a subtle results, you know?

Exercise, Nutrition, and Healthy Living

And then it takes many vials. So you can, it can take from four to 10 vial, so it, can be pricey. But I truly love the results. Even from like the skin quality improvement and a saddle lift and contour.

We do follow, there's a clinical studies, a technique called firm and up. And basically, so we follow that. And depending on what your target and end goal is, we inject it in different area of the butt.

So let's say if you want to contour, you're concentrating on the outer upper quadrant of butt, if want lift, it's more inner upper. Different places on a butt then the sculpture will go in.

And then the dilution is a little bit different for the but we over diluted because we just want to we inject more superficial, like one to two centimeters down to avoid large vessels that you have in a but because which obviously don't want a cousin occlusion.

What's some what's like the main reason why women are coming in to get these injections in their butt? Do they not know how to squat? Oh, I think that I don't want to just sound this is going to sound awful, but I thing that people do like quick fix many times.

It's easier to do that than go to the gym and do squats for a year. Now, if you do. That and go. To the. Gym, does it enhance the results? it does um definitely and then we also like we combo sculpture with m sculpt because that's

actually a great combination like if you do sculpture and follow up if if that in someone's budget follow-up with em sculpt session it really gives you nice results but you got to maintain it right so sculpture longevity let's say it's two maybe up to five years.

So you got to maintain it and then Emsculpt the same thing. It's going to tone up your muscle, but then if you don't maintain that, you're just going lose it.

I always say, well, just follow up with the gym sessions and keep working out from that point on. Absolutely, absolutely. Are you using any kind of other lasers?

I know you mentioned Emsculp. Yes, so on aesthetics. So yes, we have, well EMSculpt is basically a body countering device. We have energy devices in our office, radio frequency and micro needling.

Uh, We Have something called Neogen, which is, um, plasma resurfacing, and then we have ablative laser halo, NBBL, which is like sophisticated IPL. Wow, you guys really do have the full domain.

We do a lot of things, yeah. And now you're gonna have a bigger facility, 6,000 square feet? Yes, yes. I'm gonna go up there and visit. Please, definitely.

If everything goes through, we'll have inspectors going through the building as we speak, so hopefully everything will go through. Nice, nice. So what other technologies do you expect to see in the future?

Well, I hope that hyperbaric chamber will invent red light therapy, that you can do red-light therapy in hyperbolic chamber. Oh, That would be interesting.

That will be a very, very good combo. From aesthetic, honestly, there's so much right now. And I think every year there is something new. A lot of the new technologies are actually following it.

All technology is just more nicer package. Let's put it this way. But I think AI is big and it's going to play a significant role in like diagnostic testing.

Sculptra, Body Contouring, and Future Tech

I I don't know, we're gonna have a screen that you just type all your symptoms and it's gonna come up. I've been seeing stuff online, like people already talking about things like that.

It's interesting but a little scary at the same time. But I'm happy to see what comes up? It is, as long as it doesn't take away the role of provider, then I am fine using it.

So, Dominica, question for you. If there's someone listening to this podcast right now that wants to take control of their health and wellness, what is one thing that you can let them know?

Well, definitely just to understand that health is your biggest asset. Health is wealth. And then we, you know, are not going to enjoy your life. You're not gonna enjoy money if you don't have your health.

So take control of it. I think you said it, become a CEO of your own health educate yourself, invest in alternative therapies, and invest your health.

We have such a big access to everything. It's so easy to find information. Then yeah, I would just say don't wait until it's too late. Absolutely. And listen, we have a lot of medical providers that are listening also.

So for the people that want to take control of the health, I appreciate that response. But listen. You're a registered nurse. So you've done something that many other people haven't been able to accomplish.

For that other nurse that's out there trying to figure out how to make that maneuver into doing what you have done,

what's one piece of advice you can give that nurse?

Just, I think, don't ever give up. Just follow your dreams. Everything is possible. Like you said, you don' have to be a doctor. Um, just look around.

Find, find a Doctor who has the same passion as you do and follow you dreams, yeah. Absolutely. Definitely. The meaning of work and people find you. So my Instagram, dominica underscore supreme wellness.

My company, Instagram is supreme underscore wellness underscore aesthetics. I hope that I'm saying that right. And then we are located in suburbs of Chicago, Park Ridge and Willowbrook, Illinois.

Final Advice and Closing Remarks

Amazing, which we're going to include all the links down below anyways, so people are going be able to check it out. Dominica, thank you for coming on the podcast.

We appreciate you sharing your story. You know, this is very motivating for a lot of people that are listening. Thank you so much. Absolutely. Thank you for watching another episode of a Healthy Point of View podcast.

Again, I'm your host, Sam Tahada. Make sure you subscribe, do all that other stuff, share it, click on all the links, follow Dominica, Follow her page, her company page as well too.

Learn about the things that are out there that making people well, that make people look beautiful. And then we'll see you on the next one.