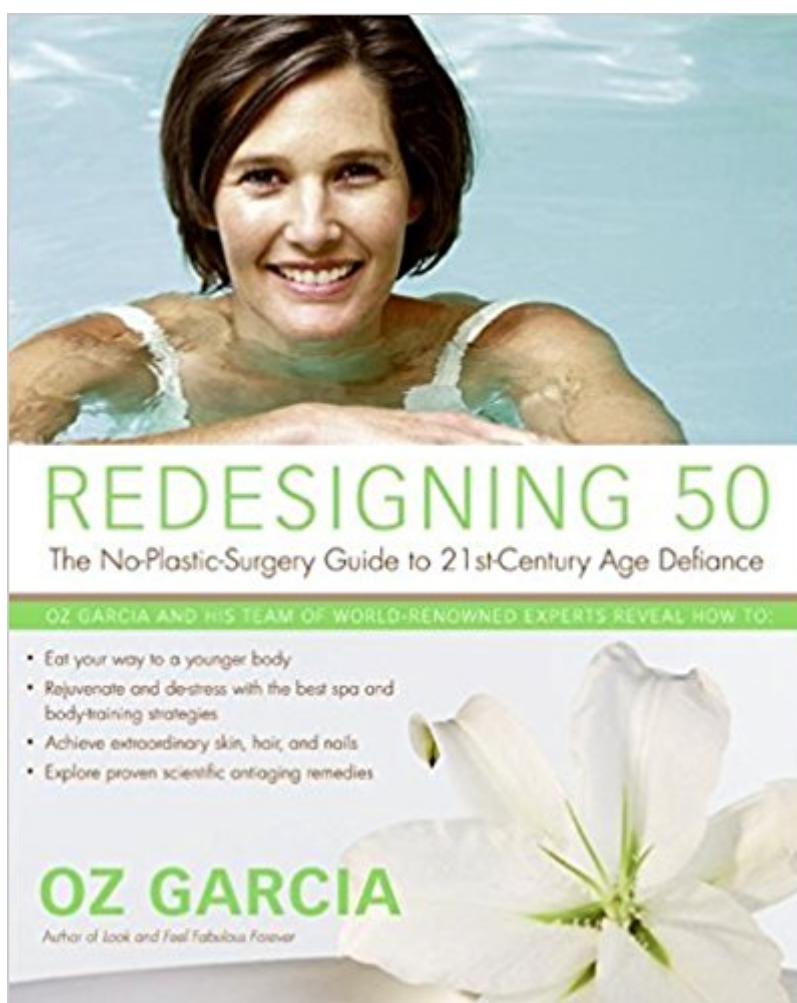


The book was found

Redesigning 50: The No-Plastic-Surgery Guide To 21st-Century Age Defiance



Synopsis

When you reach middle age, what does it take to turn back the hands of time and regain the youthful vitality of your younger years? Top nutritionist and health authority Oz Garcia offers definitive guidance in his information-packed *Redesigning 50*. You'll discover what Oz calls "the New 50": a fitter, healthier, better-looking middle age than you ever imagined possible. Oz explains how to take advantage of the finest that science and artistry can offer—without going under the knife. Drawing on the foremost expert opinions in health and beauty, Oz offers the latest information about diet and nutrition, exercise, skin and body care, hormones, stress reduction, dental and cosmetic treatments, and the new nutraceuticals—giving readers the tools to look younger and feel better than they have in years. You'll learn how to implement "the New 50 Fusion Plan," Oz's simple yet powerful fusion of "efficiency foods" with the healthy dietary traditions of Japan and the Mediterranean. You'll learn safe detox plans from experts Adina Niemerow and Roni DeLuz, hair how-to from Joel Warren and Edward Tricomi of Warren-Tricomi and Frédéric Fekkai, culinary insights from renowned chef David Bouley, spa secrets from the Golden Door and others, beauty advice and makeup tips from Bruce Dean, skin-care savvy from Dr. Nicholas Perricone and rejuvenation techniques from Dr. Lisa Zdinak and Dr. Lisa Airan, exercise insights from David Barton of David Barton Gyms, and fitness assessments from Suzanne Meth of Equinox Fitness Clubs, among others. Oz pulls it all together with his decades of experience into an enlightened, effective approach to antiaging. Hundreds of Oz's clients—women and men from across the country—have found success under his supervision. The powerful results are documented in candid accounts, from the busy company executive to the harried parent. Their antiaging success stories inspire and motivate readers to begin their own journey. The result? Middle age has never looked or felt so good!

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Customer Reviews

Praise for Balance: (...)
"If you are looking to be your most beautiful, this is the book for you." (Veronica Webb, supermodel on *The Balance*)
"My level of energy was outrageous, my complexion was clear and no more menstrual cramps. I was amazed... at the end of three months I had dropped the pounds I set out to lose."
"The best nutritionist in New York."
(Cosmopolitan on *The Balance*)
(New York)

Oz Garcia, PhD, one of the world's leading authorities in progressive nutrition and antiaging, is author of *The Balance* and *Look and Feel Fabulous Forever*. Twice voted best nutritionist by New York magazine, Oz lectures nationally on progressive nutrition, slowing down the aging process, and bringing people to their highest level of well-being. Dubbed "Nutritionist to the Stars," his international clientele includes Fortune 500 CEOs as well as film, television, and fashion's elite. Oz has been featured in countless print, broadcast, and online media worldwide. He is nutritional advisor at Equinox Fitness Clubs and consultant to the East Coast Alliance of Trainers and to the world-renowned Life Extension Foundation.

This contained good info but it was like reading 100 unrelated internet articles - it had the same scattered but good info feel as a night of web searching the term 'anti -aging'. Much of it was "notes" from other 'experts'. Nothing got 'put together' or seemed to apply directly to me or appeared to be his 'recommendation' Under neuroceutifcals he listed so many - I dont know what to do with the info or how to tell which ones I would benefit from- who are they for? In some cases he'd list them out for different conditions (energy, brain power, detox etc) - he'd list four or five different neutraceutical for each condition but am I supposed to take them all or choose from them? How do I choose which one works best for me? It left me confused - it never seemed to come together for me.

There is a wealth of new information here that has changed the way I eat, look and feel for the better. The changes don't take long to happen either. Having given up all wheat products for just 2 days, my puffy eyes and moon shaped face have become a younger version of me. I love this!!! I agree with the earlier reviewer who said this book should get 7 Stars ... Bravo!!!

Grerat and very helpful book.

I am SO disappointed with this book. I received it last night and read the first chapter and then looked through the remaining chapters trying to find something useful and interesting. This is all stuff that I have read in other books and magazines many times over - common sense (eat your veggies). If you want to read it, save your money and check it out from your local library. I'm going to try to return mine!

This book is terrific. It deserves at least 7 stars. ***** Its explains in detail issues as diverse as blood tests the average Doctor doesn't even perform such as C-Reactive Protein, homocysteine, and fibrinogen. It also explains hormone therapy both synthetic and bioidentical. It explains nutraceuticals, mesotherapy, the whole world of non invasive and minimally invasive facial and skin rejuvenation such as Thermage, Carboxytherapy In typical Oz style he actually interviews the leading Doctors in each of their respective fields and they are the ones who provide much of the diverse information in the book. You would have to buy at least a dozen books (one from each of the expert authors) to get all of that information in one place. Oh yes and there was a chapter on food the first one. Its astonishing and a terrible disservice that someone could write a review after reading only one chapter, clearly ignorant of the wealth of information in this book, admit it and actually posts it. There is no way that anyone, even a Doctor or a scientist, could know all of the information in this book because contributions were made by over 50 leading Doctors and companies.

Unless you have no previous contact with health and wellness information , perhaps like being off the planet , there is nothing new of even interesting here. Basic things that we have all read in newspapers, magazines, and on any electronic source available. I was bored and disappointed with this book so I zipped It right back to the library and cancelled my request for the other titles by Mr. Garcia.

I really was having a difficult time with dieting and keeping up my energy level after I hit my early forties, but this book has put me right back on track! Oz's book comes with a diet plan that isn't difficult to follow, with a variety of delicious foods that actually give more energy and focus throughout the day (and I'm actually sleeping better at night too). This program feels less like a diet

and more like something I can actually follow for the rest of my life. It also addresses other aspects of aging, and how to incorporate detox, new kinds of exercise, skin care, cosmetic procedures and more. The book really does show how you can grow older yet feel and look young, without the need to line a plastic surgeon's pocket. It's a must-read for anyone who's middle-aged!

I have read quite a few books on nutrition and looking younger and I have to say Oz Garcia's Redesigning 50 is really one of the best on providing you with insight to how your nutrition is affecting your body and potentially leading you toward aging. The Redesigning 50 program about which Oz Garcia writes is applicable to every person regardless of age. If you want to look great, feel great and live a long life this is a great read. In Redesigning 50, Oz Garcia gives you the tools you need to improve your self physically, emotionally and mentally. It should not be considered a self-help book but a self-investment guide. Redesigning 50 should be the next book you read. I got a lot out of this book and my review definitely does not do the book the justice it deserves. If you want to live longer and look better then you should give Oz Garcia's Redesigning 50 a try. Reading this book and following the program might be the best advice you ever take.

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