



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

*Oz Garcia*

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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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