REDESIGNING 50: The No-Plastic-Surgery Guide to 21st-Century Age Defiance
(Harper Collins)
By Oz Garcia

Why age without a fight? In Redesigning 50, Oz Garcia delivers a comprehensive must-have guide to reversing the aging process. Drawing on the foremost expert opinions in the health and beauty fields, Oz offers the latest, most vital information about diet and nutrition, exercise, skin and body care, hormones, stress reduction, dental and cosmetic treatments, and nutraceuticals—giving readers exactly the tools they need to look younger and feel better than they have in years. No other book offers this kind of breakthrough information in an easily customized program. Among the notable contributors to Redesigning 50 are chef David Bouley, restaurateur Gennaro Sbarro of Salute in Manhattan, hair stylist Frederic Fekkai, David Barton of David Barton gyms, Oculoplastic Surgeon Dr. Lisa Zdinak and the famous dermatologist Dr. Nicholas Perricone, to name just a few. Gleaning the most essential, cutting-edge information from the top experts in their fields, Garcia has developed a truly enlightened and effective approach to anti-aging. Hundreds of Garcia’s clients—women and men from across the country—have found success under his supervision by sticking to a prescribed exercise and diet plan, undergoing a gamut of treatments, and/or making several lifestyle adjustments. The powerful results are well-documented in case studies and testimonials throughout the book, inspiring readers to chart their own progress.

www.ozgarcia.com

THE NEW FACE: A High Definition 3D Approach for Natural, Enduring Rejuvenation
(MD Publish)
By Sam Rizk, M.D.

The field of plastic surgery continues to evolve by offering patients personally-tailored procedures and the dramatic results they covet with less downtime. Park Avenue plastic surgeon Dr. Sam Rizk caters to a crowd with distinguished tastes and a discerning eye. He specializes in customized facelifts, necklifts, eyelifts, browlifts and rhinoplasty. Dr. Rizk will address his newest techniques in facelifts, necklifts, rhinoplasty and brow plastic surgery using the high-definition 3D vision system in his book titled The New Face: A High Definition 3D Approach For Natural, Enduring Rejuvenation. Although this system has been used in other non-cosmetic surgeries such as abdominal surgery, prostate surgery, and brain surgery, Dr. Rizk is first surgeon to use it in plastic surgery. Through 3D telescopic visualization of face neck, surgery can be done with smaller incisions and greater precision. Smaller facelift or nose incisions (inside nose), small telescopes are placed allowing high definition 3D viewing of all structures before they are modified or lifted. This telescope is connected to a high definition camera system which is connected to a console that translates the image in 3D onto a high definition monitor system. Dr. Rizk’s book will be published in English and Arabic for the layman. Dr. Rizk recently appeared on “The Doctors” on CBS and on the Dr. Oz Show, where he was the first plastic surgeon to ever perform a nasal high definition evaluation for Septoplasty/Sinusitis on national television.

www.drsamrizk.com