



Oz Garcia's Two Week Body Transformation Plan

Two-Week Transformation with Oz Garcia



[Oz Garcia, Ph.D.](#), one of the world's leading authorities on nutrition and anti-aging, is known for helping celebrities like Hilary Swank and Mariska Hargitay look their best before big events. Here, he reveals his top ten tips for banishing bloating, shedding pounds and reducing wrinkles in just two weeks, so you can look red-carpet ready just like the stars.

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Fill up on fish

Adding fish to your diet -- especially salmon, which is known for its high omega-3 content -- will help improve the quality of your hair and skin. Garcia, who wrote "Redesigning 50: The No-Plastic-Surgery Guide to 21st-Century Age Defiance," recommends eating a serving of fish every day, but if you're not a big seafood fan, he says you can substitute a teaspoon of flaxseed oil. "You can see the effects in as little as a week," Garcia claims.



Avoid bloat-inducing foods

"Salt makes you retain water," says Garcia. "And if you want to reduce bloating, you need to reduce your overall salt intake." What's the best way to do this? Garcia recommends breaking the habit of using a salt shaker. And if you do need to add salt while cooking, opt for natural sea salt and use it sparingly. Another food that Garcia says contributes to bloating is wheat. "If you eat a high amount of wheat, you'll tend to hold more fluid," says Garcia. He doesn't recommend ditching wheat all together, but limiting your intake to just two to three days a week. "I don't like to think of wheat, even whole wheat, as a source of everyday calories," he says. Look to get your carbs from other sources, such as squash, sweet potatoes and beans, or from breads, cereals and pastas made from flax, rice or quinoa.



Catch some zzz's

Getting a full night's sleep (that's eight to 10 hours) will help you regulate hunger, says Garcia. "If you don't get enough sleep you'll be hungrier throughout the day because your body will be trying to get more fuel to compensate for the lack of rest."



Skip artificial sweeteners

Drinking diet soda and using for artificial sweeteners, like aspartame, may seem like diet-friendly moves, but "research shows that these sweeteners actually fool the body into thinking it's consuming real sugar, which triggers a spike in insulin and a craving to eat more," says Garcia. So toss the diet cola and if you need to sweeten a drink, opt for honey or Splenda.



Rev-up your workouts

Garcia recommends working out everyday for the two-weeks leading up to your big event--even if it's just walking around the neighborhood for a half hour. If you already workout regularly, increase your intensity by adding some sprints or hills to your walking program to burn extra calories. "You should also do some strength training a few days a week using light weights combined with high repetition," adds Garcia. "It's not just about burning fat on the treadmill, but building up lean muscle."



Make mornings tea time

You might think that drinking a cup of joe instead of having a big breakfast is a good way to cut calories, but Garcia says the smarter beverage to sip in the morning is green tea, which contains theanine, an amino acid that helps to regulate your appetite all day.



Sweat it out

Garcia recommends a 20-minute sauna session three times a week leading up to your event. "Saunas help to reduce puffiness, increase circulation and improve the appearance of skin," he says.

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Drink plenty of water

Want to keep skin looking healthy and curb hunger? Quenching your thirst with water will do both. "Aim to drink about two liters a day," recommends Garcia. He also adds that sometimes when we think we're hungry, it's actually our bodies telling us we're thirsty. Before you reach for a snack, have a glass of water and see if that does the trick.

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Say goodbye to sugar

Nixing the sweet stuff from your diet will help fight wrinkles, says Garcia. "Sugar causes glycation in the body, which accelerates the skin's aging process and is one of the primary causes of wrinkles."

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Eat breakfast

"Having a morning meal will help control cravings and keep your energy up all day," Garcia says. His favorite breakfasts? Oatmeal with berries or yogurt with fresh fruit.