



A Model Mother
STEPHANIE SEYMOUR
At Home in Sagaponack

ROBERT DASH
INSIDE THE ARTIST'S STUDIO

FAMILY & HEALTH
BEST BOOKS FOR KIDS
LIGHT DISHES AT THE VINE STREET CAFE

ABRIDGED GUIDE TO
SHELTER ISLAND

The Fountain of Youth

Celebrity nutritionist Oz Garcia helps patients turn back the clock. by Susan Waits



Oz Garcia.

THE LOBBY OF OZ GARCIA'S NEW YORK CITY OFFICE is lined with beautifully framed press clips chronicling his career as one of America's leading nutritionists. As I await our session—during which he's agreed to evaluate my eating habits—I'm undeniably anxious. The man reformed Hilary Swank's body for *Million Dollar Baby*, for God's sake. I love coffee and Doritos far too much for this to be even remotely enjoyable.

However, I'm pleasantly surprised when the exuberant—and whistling—"nutritionist to the stars" (Donna Karan and Kim Cattrall are also clients) swings open the door and beams at me. He ushers me into his office and starts to chat about my weekend plans, making me feel instantly at ease.

Garcia openly discusses his love affair with Italian food and red wine, and



REDESIGNING 50
The No-Plastic-Surgery Guide to 21st-Century Age Defiance

OZ GARCIA AND HIS TEAM OF WORLD-RENOWNED EXPERTS REVEAL HOW TO

- Eat your way to a younger body
- Rejuvenate and de-stress with the best spa and body-training strategies
- Achieve extraordinary skin, hair, and nails
- Explore proven scientific antiaging remedies

OZ GARCIA

Author of *Look and Feel Fabulous Forever*

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laughs as he tells the story of how he discovered nutrition. Working in the stressful industry of fashion photography in the 1970s, he was "living on coffee and a pack or two of Marlboros a day." He starts to pantomime the motions of smoking and photographing simultaneously. "I mean, I was mainlining! [Cigarette in mouth.] Oh, there she is! Click!"

But soon he was looking for ways to relieve his chronic migraine headaches, and eventually ended up cutting out cigarettes and caffeine altogether. He also became fixated on running, followed by juicing, eating raw foods, and focusing on holistic health. "I wanted to be a better runner and to know about the biology of feeling that damn good, because I'd never felt like that before," he says.

Now, more than 25 years, a PhD, and three books later, Garcia, 57, imparts his knowledge about and passion for wellness to the masses. His latest book, *Redesigning 50: The No-Plastic-Surgery Guide to 21st-Century Age Defiance* (Collins), brings together his expert colleagues from the fields of fitness, beauty, and dermatology to provide a practical approach to antiaging. Unlike Garcia's previous books, *Redesigning 50* presents a gentler, less-scientific explanation of aging. "It's a little bit easier for readers to get their minds around," he says.

Garcia takes a unique stance on his patients' well-being. "It's not that I'm necessarily interested in life extension," he says. "I'm interested in something more subtle: health extension. Can we stretch out how long you're going to be well?" His key suggestions for me include avoiding artificial ingredients, taking time to properly relax, and strengthening my body's probiotic environment—something he stresses as important for keeping regular, especially in this body-baring bikini season.

He continues to explain that a healthy lifestyle from a holistic perspective radiates in our appearance, especially as we age, and that he hopes to help create a new class of healthy-looking 50-, 60-, and 70-year-olds. "We're very vain by nature. I think that's unavoidable in terms of the kind of creature that we are," he says. "And we're all too familiar with the grotesque extremes that people go to [to look young]."

In the increasingly artificial health industry of today, Oz Garcia is a breath of fresh air. **H**