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BODY > BOOKS



TURNING BACK THE CLOCK

Turning 50 doesn't have to be the traumatic entry to middle age. After all, isn't 50 the new 40? But it does take a healthy lifestyle to tame the aging process. In his book "**Redesigning 50: The No-Plastic-Surgery Guide to 21st-Century Age Defiance,**" nutritionist Oz Garcia presents information about diet and nutrition, exercise, hormones, stress reduction, dental and cosmetic treatments and nutraceuticals, all in the name of looking younger and feeling better. It's available at bookstores and through online booksellers for a suggested \$27.95.

> Janet Firestein Daw