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NEWS

GlitterBuzzStyle Health

This season at Rachel Roy, the fashionista's favorite nutritionist, Oz Garcia, provided a menu of "high-efficiency foods" helping everyone to maintain their energy throughout the day as they ran from show to show and party to party.

Lifestyle and Longevity Expert Oz Garcia PhD dispelled the myth that models can survive on coffee and cigarettes alone during Mercedes Benz Fashion Week. The truth is that they need healthy nutrients to sustain them and keep them looking fabulous on the runway and energized throughout their busy schedules.

The Oz Garcia backstage menu included:

Cilantro chicken with chihuahua sandwich
Hummus with sunflower greens & radicchio sandwich
Egg salad sandwich
Smoked tofu, pickles & bean sprouts sandwich
Butternut squash with Asian pears and hazelnuts

OZ water – Stay hydrated with his premium advanced micro structured water that enables it to impregnate the cells in your body more quickly and efficiently than ordinary H20.

AM/PM AriZona Fast Shots – Garcia launched two new Fast Shot Formulas which he created in

partnership with AriZona Iced Tea. This innovative pairing of FastShots offers a natural boost, AM Awake, and an all natural sleep aid, PM Relax. Oz Garcia's AM/PM FastShots are a healthy alternative to energy drinks and sleeping pills. These AriZona FastShots contain a healthy a combination of nutrients, anti-oxidants, vitamins and minerals all handpicked by Oz Garcia to provide maximum results.

ABOUT OZ GARCIA:

Oz Garcia, Ph.D., a highly regarded nutritional consultant and life extension specialist, is also the bestselling author of The Balance and Look and Feel Fabulous Forever. Twice voted best nutritionist by New York Magazine, Oz Garcia is the Executive Chairman of the successful health and well-being consulting firm, Personal Best, Inc, which specializes in progressive nutrition and anti-aging solutions. For more information on Oz Garcia, please visit www.ozgarcia.com.