

study where Thai women and Swedish women were fed a diet they loved, metabolizing their food at a much higher rate than when they were fed a diet they didn't like.

Carol immersed herself in that same lifestyle in researching her book *The French Twist: Twelve Secrets of Decadent Dining and Natural Weight Management*. The idea is to eat authentic, high-quality food that you enjoy consuming, rather than depriving yourself because Carol says when you deprive yourself of the things you love, the more you crave them, potentially causing overindulgence. She adds that it's all about finding the balance. "It took me two years to get comfortable with eating anything I wanted," she says.



DR. DIMITRY PALCESKI:
Freeze your fat... forever!

Other than liposuction, there's really nothing else out there for permanent fat reduction... until now...

Enter CoolSculpting by Zeltiq, a permanent fat reduction procedure that requires no needles, no lasers and no downtime. Sound too good to be true? Well, CoolSculpting is the first FDA approved device for fat reduction in the country, according to Board Certified Dermatologist Dr. Dimitry Palceski of Reflections Dermatology. "We can truly say that because the fat does not recur," he says.

Dr. Palceski explains that we develop all the fat cells we're ever going to have in adolescence and that the cells just expand and shrink with our weight. "This [CoolSculpting] actually destroys the fat cells so it takes away the number of fat cells that you can fill up,

so permanently they're gone," he says.

The device suctions the fat, such as on the arm, and freezes it in a process lasting about an hour. It also works great for abdominal fat, love handles, back fat and even the bra area. For most people, one treatment usually works for a 22 to 25 percent reduction, according to Dr. Palceski.

Because the fat cells are broken up, patients swell at first, but the immune system eventually flushes the cells out, with full results in about eight weeks. Dr. Palceski is one of only two physicians in the Orlando area with a CoolSculpting machine.

A board certified dermatologist and dermatologic surgeon, Dr. Palceski specializes in medical, surgical, pediatric and cosmetic dermatology.

DR. D. SCOTT ROTATORI:
Surgence of in-office procedures and fat transfer.

"Nationally the trend has been more use of non-invasive procedures, meaning a greater reliance on Botox, fillers and laser techniques. More surgical trends have involved more use of the newer gel [more cohesive, a soft solid] implants over saline implants," Dr. Rotatori says.

He also explains that, "Fat injections have been a real hot topic over the last few years. Even after another procedure — like a breast reduction — the use of fat can smooth out any depressions and add fullness. Fat is also used in the face and buttocks. Even after a successful facelift there can be hollowed areas in the cheek or temple area that can benefit from the addition of fat."

According to him fat is typically harvested and then processed so damaged cells are taken out, but now there is an emphasis on adding back in stem cells and growth factors to get a better take and new cell growth. The more concentrated solution works well

in aged or damaged skin making it suppler.

"In our practice the big thing has been doing procedures in the office just with oral valium and local anesthesia. Several years ago we were doing facelifts, eyelids and neck lifts all under general anesthesia in an operating room setting. Patients really like the new method because they have some fear of anesthesia and they like the idea of being awake. It's also much less expensive," Dr. Rotatori says.

"We also see younger patients who do tweaking more often — like a brow lift or mini-facelift — instead of waiting and having something more extensive done," he adds.

Dr. Rotatori is a board certified plastic surgeon who has practiced here for more than 17 years. He has been the chief of plastic surgery at Orlando Regional Medical Center and is currently vice-chairman of the department of plastic surgery at Florida Hospital.

DR. EDWIN LEE:
It's almost never too late to reverse aging!

"A couple of things were presented at a recent anti-aging conference. One is about telomeres, which are the end of your DNA. They are like the caps of your shoelaces. If caps fall apart, your shoelace will fray and disintegrate. As we get older our telomeres shrink and your DNA gets damaged from things like free radicals, which lead to chronic disease and cancer. What's exciting is there is an FDA-approved agent called TA-65 that can increase your telomeres. We are one of two local offices authorized to prescribe it," Dr. Lee says.

According to Dr. Lee, it has been shown to increase telomere lengths — increasing longevity. And it also improves your immune system. As you get older you produce too many white blood cells and your immune system becomes inefficient. By lowering these counts you can fight off more diseases.