

THE AGE FIX



*More Insider
Tips, Tricks,
and Secrets
To Look and
Feel Younger*

BONUS BOOK

ANTHONY YOUN, MD

THE AGE FIX

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Author's Note:

This book is written to provide information on many of the various treatments and options for aging and beauty that are currently available. It is based solely on the opinions of Dr. Anthony Youn, whose opinions may not reflect every doctor's standpoint. Before you undergo any cosmetic procedure, begin a skin care regimen, or make major dietary changes, it is important that you consult with your physician to ensure that it won't adversely affect your health. Following any of the recommendations in this book does not constitute a doctor-patient relationship, and the author expressly disclaims any responsibility for any adverse effects arising from the use or application of the information contained herein.



The fields of beauty and plastic surgery are constantly changing. It seems that every week there is a new device that is FDA-cleared, a new cream touted as “better than Botox,” and a new beauty trend to consider. If it’s hard for doctors to keep up with all the new treatments, procedures, and products, then I couldn’t imagine how difficult it is for the patient or consumer! Although *The Age Fix* contains the most up-to-date information on beauty and anti-aging of any book currently available, the time cycle of publishing means that several months have passed from the writing of the book to today.

In just these past several months, there have been many changes in the fields of beauty and plastic surgery. These are changes that I’m sure you’d love to know about, so that’s the focus of *The Age Fix Bonus* book. I’ll describe to you a number of new, revolutionary, and fascinating treatments being performed this very minute in select plastic surgeons’ and dermatologists’ offices. I’ll share with you several new or heretofore unpublicized anti-aging products to consider trying. I’ll even give you a handful of new DIY recipes to try at home to make your skin look and feel younger.

But before you start reading *The Age Fix Bonus*, I encourage you to read *The Age Fix* first. *The Age Fix* contains all the background information you’ll need to put all these new treatments, procedures, and creams in the right perspective. Then, once you’ve completed *The Age Fix*, come back here to read *The Age Fix Bonus* to top-off all that useful and fascinating information.

So for those of you who’ve read and digested *The Age Fix*: Are you ready to get your *Age Fix Bonus*? Yes? Then let’s start!

YOUR FACE

KYBELLA

Have you heard of Kybella yet? This is the most exciting new treatment to hit my office in quite some time. Kybella was FDA-approved in April 2015 and is a great new injectable treatment to get rid of a double chin. Our office has been packed with patients asking about and receiving this treatment, so I thought it’d be a good place to start.

Kybella is composed of deoxycholic acid, a naturally-occurring molecule in the body that aids in the breakdown

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and absorption of dietary fat. When injected into the subcutaneous fat of the neck (the layer of fat below the skin), it can cause the fat to dissolve away and the body to dispose of it by natural processes. It's like magic!

The actual procedure is really quick and can be nearly painless. A doctor starts by marking the area, with care taken to avoid injecting close to nerves or the organs of the neck. At this time, I prefer to inject a local anesthetic to numb the area, though some doctors just use ice for pain control. The Kybella is then injected into the fat under the chin, taking about 3-4 minutes for the actual treatment.

Most patients experience quite intense burning for about ten minutes after the injections, although with the local anesthetic they usually don't feel a thing. Within a couple hours swelling sets in and sometimes a temporary numbness. These symptoms typically resolve within a couple of weeks, and most of my patients notice a nice change after just one or two treatments.

Most patients require 2-4 treatments for maximal results. The best candidates are between the ages of about 18-50. In many people over the age of 50, loose skin can become an issue, especially since Kybella doesn't actively tighten the skin. Because of this, some doctors have been combining Kybella with non-surgical skin tightening treatments, like Ultherapy. The jury is still out on how effective these modalities are when combined.

The one problem I have with Kybella is the price. Each Kybella treatment costs patients between \$1000-\$2000 a pop. With the average patient needing 2-4 treatments, this can really add up. That's why I encourage anyone thinking about Kybella to also consider liposuction. Liposuction under the chin is what I consider a 'weekend necklift.' It can be performed with minimal pain and downtime, low cost, and tiny scars. Make sure to discuss both of these treatments with your plastic surgeon prior to deciding on which one is right for you.

One final question that people ask me is whether Kybella can be used to reduce fat on other parts of the body. Currently, it's approved for use only below the chin, but I've heard some doctors are using it for other parts of the body as well. I don't have a lot of experience with injecting it elsewhere, but it makes sense that it could work. Keep in mind that this is considered an 'off-label' use and may be more risky than just injecting it into a double chin.



COOL MINI

What if you want to get rid of your double chin, but you don't want to be poked with needles? Now you have the option of freezing the fat with the Cool Mini applicator from Coolsculpting. I wrote about Coolsculpting in *The Age Fix*, but to briefly summarize, it's a device that freezes the fat of the abdomen, hips, and thighs, causing it to be irreversibly damaged. The body then clears this damaged fat over the span of several weeks. Studies have shown an average fat reduction of around 25% after just one treatment. Unfortunately, the Coolsculpting applicator was too large to use for the small, delicate area under the chin.

In September, 2015, the FDA cleared the Cool Mini applicator, which can be used to freeze the fat under the chin. Studies have shown an average reduction of 20% of the thickness of the fat after one or two treatments spaced six weeks apart. The most dramatic results occur one to two months after the treatment. Each treatment costs approximately \$750-\$1000.

So which should you choose to get rid of your double chin? Liposuction or Kybella or Cool Mini? Well, here's my opinion.

If you want a quick and dramatic improvement, need to know exactly how much you will spend, and are not opposed to a tiny scar under your chin, then liposuction should be considered first. The results are consistently impressive, and you will know exactly what the procedure will cost you. Recovery time is usually a weekend, but bruising and swelling can take much longer to resolve.

If you don't want surgery, aren't afraid of needles, and want a dramatic change, then Kybella may be your best choice. Kybella can reduce your fat just as impressively as liposuction, albeit with more treatments and subsequently more cost. In general, you begin to approach surgery-type costs after about two treatments with Kybella. The benefit of Kybella, though, is no scars, no surgery, and no downtime.

Finally, if you are ok with a more subtle change and don't want surgery or injections, then Cool Mini could be a good option for you. It's the least expensive and invasive of the three choices, but may have less dramatic results.



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SKYN ICELAND FACELIFT IN A BAG

Speaking of cool, one of the newest and most popular beauty treatments is adherent gel strips that produce a refreshing, chilling sensation to the skin. These are often used on the eyelids in place of the tried-and-true cold slices of cucumber. Skyn Iceland produces gel strips that are infused with a plethora of moisturizers and antioxidants to soothe the skin, hydrate it, and even temporarily reduce fine lines. You can buy these gel pads for each specific part of the face (undereyes, forehead, or smile lines) or as a package called the Facelift in a Bag (\$19.50). After just ten minutes, your skin feels smooth, hydrated, and even relaxed. It's perfect to use after a long day at work!

LEMONADE SCRUB

In *The Age Fix*, I recommend several DIY treatments made with ingredients found in the refrigerator. Here's another nice one. Combine 2 tablespoons of honey, 2 tablespoons of granulated sugar, and 1 tablespoon of lemon juice. Mix these together, then apply the mixture to your face. Gently rub your face with this scrub in circular motions, allowing these great ingredients time to affect your skin. This scrub combines the moisturizing and soothing properties of honey with the mild exfoliation of sugar granules and lemon juice (containing citric acid, an AHA). Sugar may not be good to ingest, but it can be a great exfoliating agent!

Keep in mind that this one can be a little messy. And try not to drip any of the scrub onto the bathroom floor- the honey will make your toes stick to the tile or carpet!

RESTYLANE LYFT

Speaking of injections, there are two new fillers that have recently hit the market and are being used by many plastic surgeons and dermatologists. The first one is Restylane Lyft. Restylane Lyft is a hyaluronic acid filler that was FDA-approved in June 2015 for enhancing the cheeks. Many doctors are now using this product to fill in lines and plump up the cheeks. Exciting and new, right?

Not necessarily. Restylane Lyft is actually Perlane, just with a different name. You may have heard about Perlane from your friends or your doctor. Well, Perlane is no more. Now it's called Restylane Lyft.

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So what's new, then?

Basically, just the indication. Perlane was approved by the FDA back in 2007 for the treatment of facial wrinkles, mainly the nasolabial folds. I've injected hundreds of syringes of Perlane into patients' wrinkles since then with great success. It has excellent lifting power and good longevity - it sticks around about 9-12 months on average.

With the popularity of Juvederm Voluma for enhancing the cheeks, the company that makes and markets Perlane (Galderma) got it approved by the FDA for plumping up the cheeks as well. I assume that in order to keep their branding consistent, and maybe generate some buzz, they changed the name to Restylane Lyft. Much catchier, huh?

However, my current go-to filler of choice for plumping up the cheeks is Juvederm Voluma. It's smooth, easy to inject, and lasts 1.5-2 years. In my experience, Restylane Lyft, although a very nice product, lasts about 9-12 months. The negative of Juvederm Voluma is its cost (approximately \$1000 per syringe) compared to Restylane Lyft, which costs closer to \$600 per syringe.

RESTYLANE SILK

The other new member of the Restylane family of injectable fillers is Restylane Silk. This filler is FDA-approved for filling in wrinkles around the mouth and lips. In other countries it's called Restylane Fine Lines, but here in the U.S., it's Restylane Silk. This product is a thinner substance that is great for injecting the thinner wrinkles around the mouth. It's also a nice treatment to plump up the lips, since it's a finer substance that feels a little softer than most other injectable fillers. It lasts about six months on average. I use it for patients who have wrinkles around the mouth that are too fine for the thicker Juvederm Ultra Plus. The cost is about the same as regular Restylane, ranging from \$500-\$750 per syringe.

PEACH AND OLIVE OIL MASK

This is a very simple and easy DIY way to hydrate your skin and infuse it with a healthy combination of anti-aging alpha-hydroxy acids, free radical-fighting antioxidants, and moisturizing squalene. Take one-half of a peach and peel the skin off it. Mash it with a fork until it's fairly thin. Then combine the mashed peach with one tablespoon of olive

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oil and mix together. Apply this mixture to your skin and let it sit for 20 minutes. Then rinse off with warm water. Your skin will feel smoother and more hydrated afterwards!

FACE YOGA

Have you heard about this relatively new trend? There are many videos on YouTube which demonstrate how performing facial yoga poses can actually make you look younger. Do I believe it? Not really.

This comes back to the face exercises I wrote about in Chapter 2 of *The Age Fix*. Making various extreme facial expressions can actually contribute to deeper wrinkles instead of smoothing them out. Repetitive facial expressions can cause the underlying muscles of facial expression to create deeper and deeper grooves in the skin. This is the reason why we develop crow's feet wrinkles, frown lines, and horizontal forehead wrinkles as we age.

So is there anything good about doing Face Yoga? Yes!

One prominent part of Face Yoga involves relaxing your face. Relaxing and training your muscles of facial expression NOT to contract is a great way to keep wrinkles at bay. It's like a natural form of Botox! So if you're thinking about doing Face Yoga to look younger, I recommend that you skip making the extreme facial expressions and instead focus on its relaxation techniques. Those can actually provide a (small) help in looking younger!

ROC MAX RESURFACING FACIAL CLEANSER

In *The Age Fix* I wrote about the importance of both cleansing and exfoliating the skin to keep it looking young and even reverse the aging process. Here's a nice, inexpensive cleanser which also mechanically exfoliates the skin. It costs \$9.99 and is gentle enough to use every day. Check it out if you are on a budget or if the more expensive, aggressive exfoliating scrubs are too irritating to your skin. You can find it at several chain drugstores or online.



MICRONEEDLING WITH AND WITHOUT GROWTH FACTORS

One of the hottest treatments in my practice right now is microneedling. This actually isn't a new treatment, but over the past year or so has regained popularity as technological advances have improved what this procedure can do to rejuvenate the skin. You may have seen handheld rollers with tiny needles that, when rolled on the skin, caused microtrauma to it. These 'dermal rollers' punctured the skin to very tiny depths, typically less than 1 mm, causing the skin to be temporarily damaged. When the skin is damaged, the healing process causes the collagen in the skin to heal in a tighter, smoother fashion. This is also how lasers and chemical peels cause our skin to look more youthful.

The problem with the handheld dermal rollers is that the round shape of the roller can cause the depth of the puncture to vary. Therefore, several companies now manufacture handheld automated microneedling devices. These devices can be calibrated to create a very consistent depth of micro-puncture, from 1 mm to 2 mm and even deeper. This allows the doctor or aesthetician to tailor the treatment to how aggressive the patient wants. The deeper the punctures, the more trauma to the skin, and the greater the changes.

Microneedling is now being combined with the topical application of growth factors for an even greater rejuvenating effect to the skin. The idea is that the tiny punctures created by microneedling can act as channels into the deeper skin (the dermis). Applying a growth factor serum immediately after the microneedling treatment allows it to penetrate deep into the skin to rejuvenate it. Many practices have seen great changes to the skin by using this potent microneedling and growth factor combination. The skin becomes smoother, tighter, and has less fine lines. It can even improve acne scarring!

Some doctors are combining microneedling with the application of growth factors from platelet rich plasma (PRP). In this process, the doctor or nurse draws the patient's blood, spins it down, removes the platelets, and applies this substance (platelet rich plasma) on the treated skin. The PRP is chock full of a patient's own, all-natural growth factors. Combining microneedling with PRP can look pretty gruesome, but many doctors swear by it. In my practice we're combining microneedling with Tensage

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Growth Factor Serum. My aestheticians (who perform the microneedling for my patients) don't want to deal with vials of blood, so we prefer the much cleaner, commercially-available Tensage.

Automated microneedling treatments can take about 45 minutes in a doctor's office or medspa and can range in price from \$200 for a superficial treatment to almost \$1000 when PRP is used. Downtime is typically a day or two, unless you have a deeper treatment. It's very important to inform the doctor or aesthetician if you have a history of cold sores so that they can prescribe you an anti-viral medication to prevent an eruption after the procedure.

XAF5 OINTMENT

What's coming around the bend? I recently heard about a new topical treatment that could make a huge impact in the field of plastic surgery. What do you think about an ointment that's applied to the bags under the eyes that shrinks the size of the fat cells and reduces puffiness? One company, Topokine Therapeutics, thinks it's discovered something that could do just that! Their proprietary active ingredient is currently being tested by the FDA, and early results reportedly show a nice improvement in the puffiness under the eyes after just five weeks. There is no real timetable for its release, but I'll be monitoring this one closely. There's never been a topical product that has been proven to melt underlying fat, so this one could be a true game-changer. I'll post any updates on the XAF5 Ointment on my Facebook and Twitter accounts (@tonyyounmd), so feel free to follow me for the latest on this exciting treatment!

GARNIER CLEARLY BRIGHTER ANTI-DARK-CIRCLE ROLLER

In the meantime, are there any effective, non-invasive options to improve dark circles under the eyes? In *The Age Fix*, I mention some quick fix products that act as a 'shrink wrap' to reduce puffiness of the lower eyelids. In addition to these products, I have a few new options to consider.

Garnier sells a nifty, inexpensive treatment that can immediately improve the appearance of dark circles under the eyes. The Clearly Brighter Anti-Dark-Circle Roller is a 2-in-1 product that combines a mild concealer with

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a number of skin care ingredients to make a very nice improvement to the undereye area. In addition to the make-up component, it contains the moisturizers dimethicone and squalene to fill in fine lines and caffeine to tighten the skin. The product is very easy to apply and costs only \$12.99. With some minor blending using the pad of your pinkie or ring finger, you can get a really nice, natural improvement in the appearance under the eyes. I use it for my undereye puffiness prior to TV tapings when we don't have a professional makeup artist on hand!

ROC RETINOL CORREXION EYE CREAM

The Garnier product above is great to temporarily hide the puffiness under the eyes, but if you want to truly reverse the aging of the undereye skin, I strongly encourage you to consider using a retinol-based cream. I recommended a few products in *The Age Fix*, but here is another good one to consider. The ROC Retinol Correxion Eye Cream is a silky, hydrating eye cream that combines moisturizing glycerin with anti-aging retinol. Apply it to the sensitive undereye skin using your pinky or ring finger every morning and evening. For an eyelid cream it's very affordable too, costing only \$22.99, less if you search around online. You can't get a much better lower eyelid cream for the price.

GREEN TEA BAGS

An even easier way to soothe your lower eyelids and temporarily diminish their puffiness is to apply used green tea bags under your eyes. After steeping your tea, put the used tea bags in your refrigerator to chill. Once you have two chilled, moist bags, apply them over your eyelids for thirty minutes. The caffeine in the green tea will produce a mild tightening of the skin, reducing the wrinkles. The antioxidants in the tea provide a soothing, anti-aging effect. This is a simple way to soothe your eyelids and make them look younger for just pennies! Although this can also work with black tea bags, I prefer green tea since it has more powerful antioxidants.

BLISS TWO STEP LIP ENHANCING AND REJUVENATING SYSTEM

This is a nice, inexpensive system that I shared on The Rachael Ray Show. If you have lips that are dry, chapped, and thin, then this is the treatment for you. Start by using the Bliss Fabulips Pout-O-Matic Lip Perfecting System (say that five times fast!). This small \$48 device combines with the Sugar Lip Scrub to exfoliate and buff away dry, flaking skin from your lips, leaving them soft and smooth. The head of the device rotates at over 450 rotations per minute. The sugar lip crystals gently exfoliate the lips and also taste great. Once your lips are properly exfoliated, apply the Bliss Fabulips Instant Lip Plumper (\$22). This lip gloss instantly plumps your lips in two ways. It aggressively moisturizes them with squalene and creates a mild irritation / tingling sensation with peppermint oil. This two-step system is perfect to rejuvenate tired, dried-out lips and give you a pretty plump pout again!

YOUR BREASTS

There have been some really interesting developments in the field of breast enhancement recently. Let's start by talking about Vacation Breasts.

VACATION BREASTS

One doctor in New York City has recently begun advertising instant breast enhancement, or "Vacation Breasts," as nicknamed by the media. In this procedure, the doctor injects a large amount of saline (salt water) into the breasts as a way to temporarily enlarge them. Within a day or two the body reabsorbs the saline, and the breasts return back to their normal size. All for \$2500.


Why would anyone do this? You've got me. It's an invasive procedure, and although it doesn't involve cutting, it does involve long needles and, I would assume, a good deal of pain. Some patients who've been interviewed for the news segments on "Vacation Breasts" claim that it's a useful way for them to 'test-drive' implants.

That's a very expensive test-drive!

So what can go wrong? Well, if the doctor is very careful,

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the risks are probably pretty minimal because it's only salt water that is injected. However, if the doctor injects too deeply, then he or she could theoretically collapse a lung. This isn't a procedure that I perform or recommend to my patients. If you really want to test drive implants, try the Rice Test at home. I recently explained how to do this on *The Rachael Ray Show*, or you can find videos showing how to do this on YouTube.

OK, now that I've discussed something I'm not a fan of, let's shift gears and go over something that I am in support of. This is a true game-changer in the field of breast enhancement: The Ideal Implant.

THE IDEAL IMPLANT

Yes, I know, I know. We already discussed the Ideal Implant in *The Age Fix*, but now I have a lot more information that I'd like to share with you on it.

The Ideal Implant is the newest, saline-filled breast implant on the market. It contains internal chambers which allow the liquid inside to move around more smoothly than a traditional saline implant. This makes the implant (and therefore the breast) look and feel more natural than a traditional saline implant, with less wrinkling and rippling. Some patients find that the results approach the natural look and feel of a silicone gel implant.

One added benefit that most doctors and patients don't realize is that if this implant breaks, which happens very rarely, only one internal chamber deflates. This allows the patient more time to get the implant switched out before the pocket shrinks down in size. Typically, when a saline implant breaks the implant completely deflates, like an empty balloon. This causes the pocket it's in to shrink down as well. Waiting too long to get the implant switched out can make it necessary for the plastic surgeon to completely reopen the pocket again. This can become an extensive, bloody operation. With the Ideal Implant, because it has two inner shells, if one breaks the implant still remains partially inflated, allowing the patient more time to switch the implant out. This can mean the difference between a simple implant exchange operation which could take 15 minutes or an operation to reopen the entire breast implant pocket which could take an hour and a half.

The major negative of the Ideal Implant is its price. Because the Ideal Implant corporation is still a small company (and

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as of this writing only a few hundred plastic surgeons around the country have access to them), the cost of the Ideal Implant is about twice the cost of a traditional saline implant. However, with time, I predict that the Ideal Implant will make the traditional saline implant completely obsolete.

NATRELLE INSPIRA BREAST IMPLANT

Fifteen years ago we had basically one type of breast implant available for use in the United States: the traditional saline implant. Today, we have a plethora of choices. While the Ideal Implant is truly a new and different type of implant, the Natrelle Inspira is a modification of the cohesive silicone gel-filled breast implants commonly used today. The main difference is that the Natrelle Inspira has a higher silicone gel fill ratio. This means that the Inspira has more silicone gel packed into the implant shell than other similar implants, making it look rounder, firmer, and possibly causing less wrinkles and ripples. This implant can be especially helpful for women who already have breast implants and have issues with them rippling or wrinkling.

YOUR BODY SCULPSURE

In *The Age Fix*, I describe numerous devices that are currently used to non-invasively reduce fat. These include Coolsculpting, Vanquish, Ultrashape, and many more. Each of these options causes irreversible damage to fat pockets in a different way: by freezing them, heating them with ultrasound, blasting them with radiofrequency, and even modifying them with cold lasers.

Sculpsure is the newest entry into this crowded field of non-invasive fat reducers. It's made by Cynosure, the same company that developed Smart Lipo, and is the first heat-based laser that is FDA-cleared for non-invasive reduction of fat in the abdomen and flanks. Some doctors are also using it on other parts of the body. Each treatment takes about 25 minutes (less than the one hour of Coolsculpting), and typically only one treatment is necessary to see results.

Studies have shown that one treatment of Sculpsure can reduce the thickness of fat by an average of 24%, similar to the results described for Coolsculpting. And, like the other



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non-invasive fat-reducers, results can take 6 weeks to be visible, with up to 12 weeks for maximal reduction.

While SculpSure doesn't appear to be a game-changer, it offers plastic surgeons another option to achieve what I consider the Holy Grail of plastic surgery: fat loss without dieting, exercise, or surgery. And that's a big deal for us!

ZO SKIN HEALTH ORASER BODY EMULSION PLUS

The vast majority of moisturizers for our hands and body do only that: moisturize. This non-greasy body moisturizer from ZO Skin Health is one of the few that also actively reverses the aging of our skin. It does this via a combination of retinol (in just the right concentration so as not to irritate the skin), exfoliating papain extract, and antioxidants. It feels silky smooth and absorbs quickly. Although at \$95 it's a splurge, it is one product I use on my skin every day. For best results, apply this body moisturizer to your skin within three minutes of showering to lock-in the moisture. This is especially important to keep your skin hydrated during the cold, dry winter months in northern climates. Very highly recommended!

AVEENO SKIN RELIEF 24 HR MOISTURIZING LOTION

Although this body moisturizer won't make your skin any younger, like the ZO product above, it's a very inexpensive (\$10 for a large 18 oz bottle) way to moisturize your skin. It provides lasting relief, unlike some moisturizers that seem to wear off after just a couple of hours. It also won't make your skin feel oily or greasy. I highly recommend it for use in dry climates or during a cold winter. Your skin will thank you for it!

CELLFINA

There is no permanent cure for cellulite. Or is there?

Cellfina is a new, FDA-cleared, minimally invasive treatment for the long-term reduction of cellulite. It reduces cellulite in a completely different way than any of the treatments described in *The Age Fix*. If you recall from the book, one of the main causes of cellulite dimpling is the thick, fibrous

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bands that connect the muscle fascia to the overlying skin. Cellfina is a small device that uses a specialized needle to cut these bands, releasing them and causing the dimpling to improve. Although Cellfina is an invasive procedure, it's not surgery.

Studies show the results with Cellfina can be seen in as little as 3 days and can last two years, possibly more. Best of all, patient satisfaction at two years was a whopping 96%! The procedure takes about 45 minutes but does have some pain associated with it, necessitating a local anesthetic.

There's still no cure for cellulite, but for small areas of dimpling Cellfina appears to be a very effective treatment. As of this writing, Cellfina is still not widely used since it's so new, but it's definitely an exciting new treatment for women (and men) who want to improve their cellulite!

ST. IVES SMOOTHING APRICOT EXFOLIATING BODY WASH

I've always been a sucker for beauty products that smell like apricots. I just think the scent of apricots is fresh and clean; therefore, this exfoliating body wash by St. Ives is one of my favorites. It contains tiny pumice crystals (not the beads that President Obama wisely banned) that exfoliate the upper layer of dead skin cells, revealing the younger skin underneath. Just place it on a washcloth and gently work it into a rich, creamy lather as you cleanse your skin with it, then thoroughly rinse off. Do not use it for your face, though, as it's too aggressive and really just meant for the body. This one is quite inexpensive, costing as little as \$3.50 for a large bottle.

OTHER BEAUTY ISSUES

THINNING HAIR

I recently introduced one of the newest treatments for thinning hair on Dr. Mehmet Oz's show: Platelet Rich Plasma, or PRP. I mentioned PRP earlier with microneedling. As a reminder, a sample of blood is taken from a person's arm and then the blood's platelets and plasma are separated from the red blood cells. This platelet rich plasma is chock full of growth factors. It is then injected into areas of the scalp with thinning hair, encouraging the hair to enter

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an active growth phase. This can cause the hair to thicken.

Early anecdotal reports reveal that 3-4 months are needed to see results, and the treatments must be repeated at least once a year to maintain the hair's thickness. Since there are currently so many non-invasive options for thinning hair (like Rogaine, low light lasers, and dietary changes), PRP isn't my first choice of treatment. However, it is an exciting new option which warrants further investigation.

As an aside, PRP has been used for the past several years in a lot of other treatments. Orthopedic surgeons have used it to help speed healing, plastic surgeons have used it to decrease bleeding with facelifts, and dermatologists have used it with microneedling. The science supporting all of these applications is still limited, but many doctors really believe in the magic of PRP.

TATTOO REGRET

It seems that everyone under the age of 35 has at least one tattoo, usually more. Experts are projecting that the number of individuals seeking to get rid of their tattoos will dramatically rise over the next five to ten years. So, what's the best way to get rid of unwanted ink?

In the past, we had to use a separate laser to destroy each individual color in the tattoo. Red ink would require one laser, blue ink another laser, and so on. These nanosecond lasers would often require up to ten treatments and only achieve a 60% clearance rate, sometimes leaving ghostly hues of colors behind. Not a good look!

Enter the newest lasers: the picosecond lasers. These devices fire much more quickly (in mere picoseconds), causing them to be significantly more effective in blasting away tattoo ink. Currently there are three devices available: Picosure (the original), Picoway, and Enlighten. All three of these lasers appear to be far superior in clearing tattoos than the older, nanosecond lasers. They're more effective and require less treatments. So if you regret your tattoos, then try to see a doctor who has one of these picosecond lasers.

DRY SKIN OF THE HANDS

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In *The Age Fix* I give a number of solutions for dry, cracked skin of the hands. Most of them require several steps, but here's an easy, effective way to rejuvenate and rehydrate your hands without doing anything but wearing a set of gloves. Borghese Spa Mani Moisture Restoring Gloves are infused with hydrating emollients (Olive oil, Grapeseed oil, Ceramides, and Vitamin E) which restore moisture to dry, cracked hands. They can be worn for a 20 minute mini-session or an overnight intense rehydrating treatment. Although they're somewhat costly (\$49), these gloves can be re-used for up to three months. Just put these on your hands in the evening while you're watching TV, and very quickly your hands will be soft and silky.

THIN EYELASHES

Latisse has been the most popular, effective eyelash enhancing treatment available for many years. I can't tell you how many hundreds of boxes we've sold in my office. However, I've recently begun to hear great things about a new eyelash enhancer called the Alphaeon Beauty Eyelash Serum. Many plastic surgeons and dermatologists have been raving about this product as a great alternative to Latisse, and the results I've seen are impressive. Head-to-head anecdotal comparisons have been very favorable for this new treatment. At \$110, it's not cheap, but for those of you who haven't had success with Latisse, this is definitely the one to try.

SUPERFOOD SWITCHES TO LOOK YEARS YOUNGER

As you read in *The Age Fix*, the food that we eat can have profound effects on how our skin looks and how quickly we age. Therefore, any anti-aging plan should include a healthy, Age-Fix approved diet. Sometimes the easiest ways to change our diet and eat healthier is to make small switches. If you're a die-hard soda pop fan, let's say, then to abruptly stop drinking it and exchange it for ice water could be a real challenge. So be realistic when changing your diet to eat more nutritious and skin-friendly foods. Make small changes each week or month, and these changes will build up over time. Here are some easy but effective food switches to consider:

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Food Switch #1:

COFFEE TO GREEN TEA

Green tea might just be the most powerful of all the antioxidant sources. The polyphenols in green tea have been shown to be 100 times more effective than Vitamin C in fighting free radicals. Now, many people who drink coffee consume several cups per day. This might be you. If that's the case, then making the cold turkey switch from coffee to green tea might be pretty difficult.

Here's a solution: Start slowly. If you drink three cups of coffee per day, begin by decreasing to two cups of coffee and one cup of green tea. After a few weeks, go to one cup of coffee and two cups of green tea. A few weeks later, discontinue the coffee altogether for green tea. You'll still get your much-desired caffeine boost but with more antioxidants and less unhealthy additives (sugar, cream, etc.) than you might need for your coffee.

Food Switch #2:

CREAM CHEESE TO ALMOND BUTTER

My kids love to slather cream cheese on their bagels. Unfortunately, cream cheese isn't all that healthy and doesn't make your skin any younger. So try substituting almond butter for cream cheese. Not only is almond butter tasty, but it's chock full of healthy monounsaturated fatty acids. Unlike saturated and trans fats, which are inflammatory and accelerate the aging process, monounsaturated fatty acids are anti-inflammatory. They soothe and calm the skin, protect it from UV radiation, and even moisturize the skin from the inside-out.

Some of my friends and patients complain that almond butter tastes too dry. If this applies to you, then try a natural peanut butter. Make sure to avoid peanut butter with too many additives and preservatives and low-fat peanut butter, which often has an extra dose of unhealthy sugar to take the place of the missing healthy peanut fat.



Food Switch #3:

MILK CHOCOLATE TO DARK CHOCOLATE

Raw cocoa contains an enormous dose of free radical-fighting antioxidants. Chocolate bars are graded according to how much raw cocoa (or cacao - same thing) they contain. The higher the percentage of raw cocoa, the higher the antioxidant content. Unfortunately, most commercially-available chocolate bars, like milk chocolate or even Hershey's Dark, contain too much sugar and too little cocoa to be healthy for you. So, if you like chocolate (and who doesn't?), then try to stick with or switch to dark chocolate with at least 70% raw cocoa.

This also pertains to hot chocolate. Instant hot chocolate usually contains too much sugar and additives, and too little cocoa, to give a beneficial effect. Instead, try making your own dark hot chocolate at home. Just mix organic unsweetened ground cocoa with almond milk and a touch of honey or stevia. Yum!

Food Switch #4:

VEGETABLE OIL TO AVOCADO OIL

Which oil is the best for you? It can be very confusing. Back in the 1980's, everyone thought margarine was much healthier than butter. We now know that margarine contains trans fats (called partially hydrogenated vegetable oil on packaging) and that these trans fats are just not safe. Vegetable oil can also contain too much saturated fat, which can be inflammatory to our bodies.

Currently, it appears that avocado oil, even more than olive oil, may be the best oil for preventing and slowing down the aging process. Although avocado oil contains a similar amount of monounsaturated fatty acids as olive oil, it contains less harmful saturated fats and more healthy polyunsaturated fatty acids than olive oil. It also has a very high smoking point, making it ideal for both low temperature (drizzling it on a salad) or extremely high temperature (pan searing meats) uses. It's also full of carotenoid antioxidants and can even increase the absorption of carotenoids from other foods. I encourage you to try avocado oil if you haven't!

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Food Switch #5:

WHITE TO WHOLE WHEAT

This is probably the most important switch of all. Sugar is truly the worst food for your skin. It causes inflammation, produces AGE's (advanced glycation end products), and can contribute to unwanted fat pockets. It can even worsen acne!

When we think of sugar, most of us think of desserts and sweets, but refined carbohydrates are bad sugars, too. The refining process removes the bran and germ, causing the food to taste lighter but to digest much more quickly. This can result in sugar spikes, similar to what we get with candy and sweets! So, to decrease these sugar spikes (and lessen the damage caused by them), I strongly recommend that you switch to whole over white. Eat brown rice instead of white rice. Eat whole grain pasta instead of white pasta. Eat whole grain bread over white bread. Decreasing the amount of sugar you eat can have profound effects on how quickly (or slowly) you age.

Food Switch #6:

TOMATO PASTE INSTEAD OF FRESH TOMATOES

Normally we think that the fresher a food is, the better it is for you. In general, that is true. Fresh fruits and vegetables are usually better for you than canned, and especially processed, foods. Vitamin C in food is a good example of fresh being better, since it degrades quickly after harvest and with cooking.

There is a major exception to this rule, however. Tomatoes. Tomatoes are full of the powerful antioxidant lycopene. Lycopene is actually better absorbed by our bodies when it's in cooked form, such as canned tomato sauce and tomato paste. It is even better absorbed when it's combined with fats, since it is fat soluble. So add olive oil to your pasta sauce and extra sauce to your pizza. It's good for your skin!

Food Switch #7:

CROUTONS TO SUNFLOWER SEEDS

Croutons are basically empty calories. They are usually made with refined white bread and also may contain additives like salt. Instead of croutons, try sprinkling some sunflower seeds on your salad. Sunflower seeds are great sources of Vitamin E, Vitamin B, and copper.

So that's it! Thank you for reading *The Age Fix* and *The ge Fix Bonus*. If you are interested in purchasing any of the products listed in this bonus book, visit my website at www.dryoun.com for links to purchase them on Amazon.com or elsewhere. Otherwise, you can 'google' any of these products to find out where you can buy them.

Thank you for spending your hard-earned money buying my books. I appreciate it more than you know. I hope you've learned a lot and are inspired to live a healthier, happier, and more beautiful life. Please follow me on Facebook and/or Twitter and visit my website to sign up for my free online newsletter for the latest tips and secrets about looking, feeling, and being younger. And feel free to drop me a line anytime. I'd love to hear from you.

God bless!



For a complete guide to turning back the clock without surgery, please check out my new book ***The Age Fix: A Leading Plastic Surgeon Reveals How To Really Look Ten Years Younger.***



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