

THE ART OF STAYING YOUNG



Editor's Choice by Adrienne Papp, Profile Editor

We all thrive to look good and feel good. These two principles go hand in hand. When we look our best, we feel much better about ourselves, and when we are healthy and happy, it radiates on the outside. How do we achieve that perfect smile, glowing skin, toned body, and internal health? We found answers from noted celebrity practitioners who offer the latest technology and treat stars and dignitaries from around the world. We personally tested them.

"Everyone wants to look good," says world-renowned celebrity dentist, **Dr. Eric Fugier**. "It's all about natural beauty, excellence in dentistry, and artistry." Dr. Fugier's rise to fame started by mastering his profession from the father of "Esthetic Dentistry," Dr. Charles Pincus, who was the personal dentist for *Judy Garland*, *Shirley Temple*, and *Elizabeth Taylor*. Dr. Fugier's services include a variety of **cosmetic and restorative dentistry**, including crown and bridge work, the famously perfect yet natural veneers, and full mouth reconstruction. One of his specialties, "Smile Redesign Consultation," is offered to show how beautiful your smile can be by using computer imaging technology. "People do not understand that good dentistry requires a combination of proper technique along with experience and artistic ability. The mouth is where everything starts - it is important to your entire body and the first impression you make. This is why we are so involved with biological dentistry."

Frequently featured in news magazines, having a uniquely designed office that makes you feel right at home, voted as Best Dentist in America and referred to as the "Godfather of repairing botched teeth", Dr. Fugier can make even a perfect smile brighter. If you're not happy with your smile, Dr. Fugier is the best choice! DrEricFugier.com, 310.859.1575, Airport: Santa Monica (SMO).

Exposure to sun, pollutants and day-to-day stress are elements that can result in rough, wrinkled, and prematurely aged skin. **Dr. James H. Sternberg** offers high technology **CO2 laser treatments** that are the new gold standard in state-of-the-art laser skin rejuvenation that can dramatically improve your appearance. Dr. James H. Sternberg, an anti-aging expert with practices in Westwood and Malibu, is board certified in dermatology and dermatopathology, and is an Assistant Clinical Professor of Medicine/Dermatology at The UCLA Medical School. He has lectured on the latest **anti-aging techniques** at "Anti-aging Medicine 2000" and co-authored books. He now applies his extensive experience and technological skills to this most unique skin rejuvenation therapy that puts the "bloom of youth" back in your skin. With just one treatment you will see a dramatic difference! Ten years off is the minimum. JamesHSternbergMD.com, 310.208.8680, Airport: Santa Monica (SMO).

The **YODO® Fitness System** is changing lives all over Los Angeles. Created by Jerry Colker- Harvard Gymnast, Martial Arts Black Belt, Yoga Teacher, and Performance Enhancement Expert, this "Best of the Best" (as featured in magazines) workout program is fun, safe, challenging and personalized for clients of all backgrounds.

Jerry recovered from a severe herniated disc without surgery, understands what it's like to "lose yourself" and what it takes to become "better than ever" at any age. YODO® combines the **best of the East & West, from yoga and meditation to kettlebells and interval training, and from ancient nutritional wisdom to Quantum Biofield assessment techniques** that lead to extraordinary health. YODO® turns back the clock and turns on your power. Yodo.org, 310.270.6248, Airport: Santa Monica (SMO).

Anna Bielecki offers a unique pathway to help everyone achieve optimal health for a lifetime in a natural way. Currently a clinical nutritionist, organic foods restaurateur and **Advanced Level Quantum Reflex Analysis™ practitioner**, Anna's own life was once hanging on the precipice. Diagnosed with ovarian cancer, Anna naturopathically cleared her cancer when nothing else worked, and has since dedicated her life to helping others including those with health challenges that have defied conventional methods. Anna can determine not only what the status is of every organ and gland in the body, but exactly what nutrients and precise doses are needed through combining ancient Ayurvedic formulas, acupuncture points, O-Ring muscle testing and the latest in Quantum Physics Biofield Assessment techniques. Rejuvenate, cleanse, repair, heal and energize like never before in a natural way. NaturesWisdom.org, 760.808.4912, Airport: Santa Monica (SMO.)

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