



CALIFORNIA STYLE

YOUTHFUL  
BLISS  
GOLDEN  
STATE  
ANTI-AGING  
SECRETS

**OUTRAGEOUS  
FORTUNES**  
SIZING UP  
CALIFORNIA'S  
WEALTHIEST  
LEGACIES

**CALISTA  
FLOCKHART**  
HITS MALIBU IN FALL'S FINEST

**SANTA MONICA  
SCOOP**  
THE INSIDER'S  
GUIDE TO SOCAL'S  
GOURMET MECCA

**INTERIOR MOTIVES**

SHIVA ROSE'S BRENTWOOD HACIENDA  
THE ULTIMATE RUSSIAN RIVER RETREAT  
SAN DIEGO'S RED-HOT ARCHITECT

OCTOBER 2008 \$4.99



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*Pick your poison: Wear it, drink it or inject it. State doctors and scientists alike have been cooking up the most effective potions and processes for chasing the ever-elusive ideal of youth. But what sets these innovations apart is a decidedly technological, firmly results-oriented slant. For change that works, add a pinch of innovation and stir.*

## HYBRID LIFT

**GOAL** The next generation of facelift: natural-looking and longer-lasting with limited scarring and minimal downtime.

**METHOD** Double-board certified facial plastic surgeons Dr. Jason Litner and Dr. Peyman Soliman of Profiles Beverly Hills use small incisions similar to those popular in mini-lifts, but they dissect deeply in the lower-face, avoiding the bruising caused by raising a large skin-flap in traditional facelifts.

**RESULT** Combined with fat-transfer to the cheeks and undereye area, the “windswept” look is avoided. Skin appears firmer for years longer than various “lunchtime” procedures. *Dr. Jason Litner and Dr. Peyman Soliman, Profiles Beverly Hills, Beverly Hills, 310-276-6800; beverlyhillprofiles.com.*



## SMOOTH-SHAPES

**GOAL** No more cellulite.

**METHOD** A dynamic process available at Dr. Grant Stevens' Marina Del Rey practice, SmoothShapes uses a newer technology called Photomology—combining a laser with vacuuming and massage to target the tissue that creates cellulite.

**RESULT** After four treatments, cellulite is slightly less visible; up to eight treatments are recommended to enjoy dramatic results of noticeably smoother skin and reduced fat. \$2,500/8 treatments. *Dr. Grant Stevens, Marina Plastic Surgery Associates, Marina Del Rey, 800-763-9968; marinaplasticsurgery.com; smoothshapes.com.*



## SCLEROTHERAPY

**GOAL** Banishing under-eye circles.

**METHOD** Sclerotherapy—the injection of liquid into veins to dissolve and reduce their appearance—is popularly performed on legs to zap spider and varicose veins. Dr. Alexander Cadoux, Medical Director at Laser Solutions in Beverly Hills, has translated its benefits for the dilated blood vessels which often cause persistently dark under-eye circles.

**RESULT** After three relatively painless treatments of 5-10 minutes each, expect an approximate 90% reduction in circles. \$375/15 min. *Dr. Alexander Cadoux, Laser Solutions, B.H., 310-550-5366; lasersolutions90210.com.*

## EVOLUTIONARY EATING

Are our genes trying to kill us?

That's the revolutionary proposal from Dr. Steven R. Gundry, a cardiac surgeon with a practice in Palm Springs. Author of *Dr. Gundry's Diet Evolution: Turn Off The Genes That Are Killing You—And Your Waistline—And Drop The Weight For Good*, he explains the surprising ways food choices activate genes programmed to increase fat and decrease health. Out of a desire to be slim, many of us eat precisely the wrong foods, activating so-called “killer genes” and provoking heart disease, diabetes, arthritis and a dramatically expanded waistline.

So, in the quest to drop those extra 15 pounds, what should be avoided? Red meat, perhaps? Cheese? That third—or fifth—glass of wine? In fact, the single biggest culprit is fruit.

“Individual genes are turned on or off by the compounds to which they're exposed,” explains Dr. Gundry of his studies in human evolutionary biology. “Phytochemicals in plants interacted with our genes to tell them what time of year it was, what we were supposed to do and how to keep the organism well-functioning. Winter was a time for less food, no matter where in the world, so the only time we would run into simple sugar was in the form of early fall or summer fruit.” Bodies take this simple sugar and store it as fat. So by eating fruit, our body thinks winter is coming.

Dr. Gundry's plan involves three stages (the Teardown Phase, the Restoration Phase and the Longevity Phase), with the Teardown Phase barring all fruits for two weeks. “When people give fruit the boot, the weight loss is dramatic,” says Dr. Gundry, instead advocating a heavy reliance on dark, leafy greens (“If you eat green, you'll become lean”) and protein from animals eating natural diets (i.e. grass-fed cows and wild, not farm-raised, fish.) In >>