



****For immediate release**

BEST SELLING AUTHOR, OZ GARCIA RELEASES REDESIGNING 50: The No Plastic Surgery Guide to 21st Century Age Defiance

April 22, 2008 (New York, NY) – Top nutritionist and health authority, **Oz Garcia**, offers a definitive information-packed guide for diet, fitness, health, and beauty in his new book, ***REDESIGNING 50: The No Plastic Surgery Guide to 21st Century Age Defiance*** (Collins; May 2008; Hardcover; \$27.95; available on Barnes & Noble, Borders and amazon.com). He gives age-defying answers to questions such as, “When you reach middle age, what does it take to turn back the hands of time and regain the youthful vitality of your much younger years?”

Aging shouldn't be filled with aches, angst, amnesia, loss of energy and adding pounds. In *Redesigning 50*, Oz Garcia delivers a comprehensive must-have guide to reversing the aging process. Drawing on the foremost expert opinions in the health and beauty fields, Oz offers the latest, most vital information about diet and nutrition, exercise, skin and body care, hormones, stress reduction, dental and cosmetic treatments, and nutraceuticals—giving readers exactly the tools they need to look younger and feel better than they have in years.

Among the notable contributors to *Redesigning 50* are chef David Bouley, detox expert Roni DeLuz, hair stylist Frederic Fekkai, David Barton of David Barton gyms, and the famous dermatologist Dr. Nicholas Perricone, to name just a few. Gleaning the most essential, cutting-edge information from the top experts in their fields, Garcia has developed a truly enlightened and effective approach to anti-aging. Hundreds of Garcia's clients—women and men from across the country—have found success under his supervision by sticking to a prescribed exercise and diet plan, undergoing a gamut of treatments, and/or making several lifestyle adjustments. The powerful results are well-documented in case studies and testimonials throughout the book, inspiring readers to chart their own progress.

As a generation of baby boomers grapple with the signs of aging, Oz Garcia comes to the rescue with the complete handbook they need to fight back. The result? Middle age has never looked or felt so good!

ABOUT OZ GARCIA:

Oz Garcia, Ph.D., a highly regarded nutritional consultant and life extension specialist, is also the best selling author of *The Balance* and *Look and Feel Fabulous Forever*. Twice voted best nutritionist by New York Magazine, Oz Garcia is CEO of the successful health and well-being consulting firm, Personal Best, Inc, which specializes in progressive nutrition and anti-aging solutions. Oz is frequently consulted by some of the most respected names in medicine for his up-to-the-minute views on nutrition and its role on human health. Oz has worked with some of the highest-ranking Fortune 500 CEOs and many of film and fashion's elite A-list. He has been featured in publications like Vogue, Self, Elle and W, and made numerous television appearances on 20/20, 48 Hours and The View. For more information on Oz Garcia, please visit www.ozgarcia.com.

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