

# THE FUTURE IS NOW!



By Daryn Mayer and Lori Zelenko

As we head into a new year, the age-old question is before us: How can we turn back Father Time to restore a younger looking version of ourselves? At the forefront of age reversal, science is delivering the precise stimulation that enables the body to regenerate itself. No longer is surgery the best solution for maintaining a youthful appearance. We asked leaders in aesthetic medicine to share with us the breakthroughs that have made repairing and reversing the signs of aging possible, all without going under the knife.

### A, B, C's of Non-Surgical Breast Lift

A push up bra might offer a temporary way to lift sagging breasts, but according to Dr. Barry DiBernardo, Board Certified Plastic Surgeon and Medical Director of New Jersey Plastic Surgery Associates, the Thermi Lift™ offers a non-surgical breast lift alternative. This breakthrough procedure uses radio frequency-based energy to tighten and lift the breast tissue up to two inches with no visible scarring. The result? "A more perky, youthful looking bust line."

An equally youthful décolletage completes the effect. Dr. DiBernardo recommends a combination of laser treatments and skincare including, energy-based PicoFOCUS® by Cynosure® to comfortably and quickly stimulate collagen and elastin production to firm and tighten the skin. Powerful peptides, Dr. DiBernardo observes, present in the new advanced skincare line, DefenAge™ trigger the skin to hydrate, repair, renew, and protect against harmful toxins.

### Hair and Now

Hair loss more often than not equals a loss

of confidence. But now there is game-changing technology that helps men and women suffering from thinning hair or pattern baldness. Beverly Hills-based Plastic Surgeon, Dr. Tim Neavin, Medical Director of Artisan Hair Transplant Center, advocates minimally invasive hair restoration with NeoGraft™ a follicular unit extraction (FUE) technology, which uses suction to gently remove hair follicles. "No incisions mean less pain, no need for stitches." Skillfully implanting the follicles in the areas of the scalp where balding has occurred, the result – attributable to Dr. Neavin's artistry—is a natural and more youthful head of hair.

### Body By Design

"Even with daily exercise and healthy eating it can be progressively more difficult to get rid of stubborn fat and stay stylishly firm and taut. This an exciting time to be alive," Dr. Dendy Engelman, Board Certified Dermatologic Surgeon at Manhattan Dermatology and Cosmetic Surgery states, "the advances we're seeing in science and technology are amazing."

For quick and effective fat reduction and skin firming, Dr. Engelman pairs two pain-free treatments to reshape your body without surgery: BTL Vanquish Me™ which uses heat based technology to gently eliminate fat around the waist, thighs and love handles and BTL Exilis Ultra™ which firms and tightens sagging skin using radio frequency and ultrasound technology.

### Face Forward

Years pass and our face loses volume, making us look older and more tired than we really feel. Manhattan and East Hampton-based Board Certified Plastic Surgeon, Dr. Barry Weintraub notes a shorter, wider face rather than a long and narrow one helps make us look better and younger not only in photos but also in real life."

Although there is a myriad of options available today for a face lift without surgery, the results are typically temporary. With the introduction of Bellafill®, a new FDA-approved filler that can last up to five years, long lasting change is now possible.

Explains Dr. Weintraub, "this miracle filler not only allows me to erase deep smile lines and re-contour my patient's face, but Bellafill also smooths the skin's surface, alleviating the appearance of acne scars."

### Neck-Less

Whether a double chin and sagging, wrinkled skin below, aka a "turkey neck", are the result of lifestyle, age or genetic factors, up until now getting rid of both was difficult without surgery. NYC-based Board Certified Cosmetic Dermatologist, Dr. Michele Green uses CoolMini™ from CoolSculpting® to permanently destroy fat cells around the jaw line with controlled cooling technology. Combined with the powerful radio frequency technology of Thermage® "we can lift, contour and firm for a more youthful appearance without downtime."

### Eat and Drink Your Way to Radiant Skin

Eating a diet rich in fruits and vegetables may slow down the aging progress, but to help restore volume and reduce wrinkles on a daily basis, Dr. Erin Gilbert, NYC-based Dermatologist recommends AETHERN® Drinkable daily, AETHERN® contains high quality bioactive collagen peptides, antioxidants, vitamins, and minerals.

Dr. Gilbert cites a recent clinical study demonstrating a 70 percent increase in skin hydration and a 39 percent reduction in wrinkles 30 days after taking AETHERN daily. "As Director of Gilbert Dermatology, I've anecdotally noticed that my patients' skin is softer and more radiant several weeks after starting AETHERN."

### You Fortified

Age reversal is essentially about living life in balance. The key? Minimizing stress: healing body and mind from within, restoring and maintaining beauty in form and function. Opportunities abound to experience innovations in non-invasive techniques; science is moving fast as re-generation becomes the mantra of the aging generation. It's important though to make informed choices, to learn from the experts and depend on their guidance and artistry as we proceed on our journey



**"Your body's system is what cures. Doctors and medical technology stimulate and support the process, but the body is the healing engine."**

J.J. Goldwag

to fortify ourselves against the passage of time.

Stay tuned. We'll be sharing even more ways to help get you fortified.

### About the Authors



Daryn Mayer and Lori Zelenko are the principals of fortified. Their mission is to curate the best products, procedures, experts, and experiences that create lasting beauty in form and function. For more information about fortified visit:

[www.youfortified.com](http://www.youfortified.com)